

SPRING 2025 GUIDE

ActiveWaterloo



Camp registration opens March 4.

Active Living registration opens March 6.

Swim registration opens March 20.

waterloo.ca/activewaterloo

THE CITY OF 
Waterloo

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Sign up for our Active
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a quick and easy way to
stay connected with the
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Two ways to register



Register online

Create or retrieve your ActiveWaterloo account at waterloo.ca/activewaterloo

Did you know you can:

- Register for programs using your email address
- Find programs with online search functionality
- Experience fewer delays due to overloaded servers or lineups
- Save classes to your Wish List and simply add to your cart when registration opens

Register in-person

Visit us daily from 8 a.m. to 8 p.m. at these locations:

Waterloo Memorial Recreation Complex (WMRC) and Community Pavilion

RIM Park Manulife Sportsplex (RIM)



Did you know you can get this guide emailed directly to your inbox!
waterloo.ca/subscribe

IMPORTANT REGISTRATION INFORMATION

We take your privacy seriously

It is our job to keep the information customers have trusted us with safe. We will ask for confirmation of account each time. This can be confirming your address, birthdate, telephone number or providing photo ID. In ActiveWaterloo, the Head of Household (HH) is one person per account that has permissions to make changes, access information, etc. If the HH would like to give another person on the account these permissions, let us know.

Fee assistance leisure access card

Fee assistance is available to Waterloo residents with low income who wish to participate in City of Waterloo recreation programs or affiliated arts, culture or minor sport programs. You must confirm your eligibility prior to registration.

Applications are available at City of Waterloo recreation facilities and online at waterloo.ca/feeassistance. For information, call 519-747-8512.

Leisure support services

The cities of Waterloo and Kitchener are happy to assist those who require accommodations/support in order to participate in municipal programs.

One to one support is available through an application process. Individuals seeking

inclusion support in our recreation programs, including camps, require an inclusion membership. To get your inclusion membership, please fill out our online participant information form, which must be completed before you register for support.

To request inclusion support in a program follow these 3 easy steps:

- 1) Obtain an inclusion membership – fill out the online form at kitchener.ca/inclusion
- 2) Register for inclusion support
- 3) Register for the program you are requesting support for. Be sure to match the support program with recreation program.

For more information about one to one support or for any other accommodation related questions, please call 519-741-2200 ext.7229, TTY 1-866-969-9994 or email access@kitchener.ca

Methods of payment

- Cash, Interac (Tap not accepted)
- Visa, MasterCard, American Express
- Cheques, payable to City of Waterloo

*Returned (NSF) cheques must be replaced immediately upon notification and an administrative fee of \$35.00 will be charged for each returned cheque.

IMPORTANT REGISTRATION INFORMATION

Program cancellations

Programs and individual program dates may be cancelled due to insufficient registration or other circumstances.

You will be contacted if your program or program date is cancelled and full or prorated refunds will be provided. An administrative fee will not apply.

Announcements will be made online and on local radio stations in the event of an unexpected class cancellation. Email notification may be provided to those who subscribe to email communication.

Program transfers

Program transfers may be requested if:

- 1) made prior to the withdrawal deadline,
- 2) space exists in the alternate program and both programs are within the same program session.

Withdrawals

Withdrawals may be done if requested before the deadline by contacting customer service at 519-886-1177.

Withdrawal deadlines

To receive either a refund or credit on account, withdrawal requests must be made as follows:

SINGLE DAY PROGRAM

- 14 days prior to the program date

CAMP PROGRAMS

- 14 days prior to first program date

REGISTERED WEEKLY PROGRAM

- prior to the third class

REGISTERED DROP-IN PROGRAM

- 24 hours prior to the program start time

ADULT LEAGUES

- teams - prior to communication of game schedule
- free agents - prior to first game

Refund policy

Refunds are prorated and subject to an administrative fee of 10%. Cheque refunds of \$25 or less may only be available as a credit on account.

Credit policy

Credits on account are prorated and subject to an administrative fee of 10%. Credits can be used for any city facility rental, program registration, Fitpass, or pay as you play fee. Credits are not transferable to another customer.

Additional information

For additional information on program withdrawals, please contact customer service at 519-886-1177 or find our Program Withdrawal Policy at waterloo.ca/reg-policies

IMPORTANT REGISTRATION INFORMATION



Inclusion Services



Inclusion Support

We provide support to individuals with disabilities to facilitate participation in all City of Kitchener and City of Waterloo recreation programs through 1:1 support, program modification, and more. A support staff is provided at no cost to the participant, and may offer support through redirection, sensory or emotional breaks, and assisting with personal care and feeding. Please ensure you have an inclusion membership and request support at least **two weeks** prior to program starting. Every effort will be made to provide support when requested, however requests are fulfilled based on availability.

REQUESTING 1:1 SUPPORT FOR PROGRAMS

1. Complete an Inclusion Membership Form. Visit www.kitchener.ca/inclusion
2. Register for a program that meets the needs and interests of the participant.
3. Request 1:1 support by contacting the Inclusion Services Coordinator at **519-904-5793** or emailing olivia.curtis@kitchener.ca

SUMMER CAMP INCLUSION SUPPORT

Up to two weeks of support are available for participants registered in City of Kitchener and City of Waterloo Summer Camps (contingent on availability). To request inclusion support:

1. Ensure you have completed an Inclusion Membership Form by visiting www.kitchener.ca/inclusion
2. Register for inclusion support for the week you want to send your child to camp. If the week is full, either select a different week or register for the waitlist.
3. Register for the camp program you are requesting support for. Be sure to match the week of support with the camp week you select.

Summer Programs for Youth with Disabilities

It's All About YOUth Camp (13-17 years) and YOUth Sense (9-14 years) are summer camps for youth with special needs. Campers will enjoy games, crafts and special guests, while gaining friendships, life skills and confidence, all in an accessible camp environment. Registration open for all on March 25 at 8:30 a.m. (registration for Kitchener residents opens on March 18 at 8:30 a.m.) Inclusion membership is required.

For more information, call 519-783-8996, TTY 1-866-969-9994, or visit www.kitchener.ca/Specialized



Each year, thousands of kids take part in our summer camps. For children with a disability, participation is made possible through support from the Every Kid Counts program.

Bring the family and join us for our Every Kid Counts Day on Sat. May 3 from 12 to 4 pm. at 600 Heritage Dr., Kitchener! Enjoy food, crafts, music with Erick Traplin, and \$2 public swims (registration required for swims). Proceeds benefit our Every Kid Counts program to support children with disabilities at summer camp.

Visit kitchener.ca/everykidcounts to learn more, or call us at **519-904-5793**, TTY **1-866-969-9994** and make a donation today!

Accessible Golf Cart

An accessible golf cart is available for use at the Doon Valley golf course, located at 500 Doon Valley Drive. The cart allows people who have mobility challenges to play golf.

For information visit www.kitchener.ca/AccessibleGolfCart





Preschool Programs



ART AND SCIENCE

Kid Outdoor Explorers – Camping Discovery (4 to 6 years)

Come explore the outdoors! Children and their caregivers explore the wonders of the outdoors through games, nature walks and crafts. An explorer hat will be given to each child and each week a craft will be completed to attach to their hat. Camping Discovery allows participants to learn about the items they need when planning a camping trip and important skills needed for becoming a master camper! New crafts, games and walking trails are introduced each session, so returning explorers can continue to discover all that nature has to

offer! Maximum two children per adult, each child must register.

WMRC 4/\$57.00

72824 Tue May 6-May 27 4:00pm-5:00pm

Kid Scientists – Ooey Gooy (4 to 6 years)

Children explore the wonder of science while having fun. Participants think, predict and test - learning outcomes of their own scientific experiments. Ooey Gooy participants will make slime and lots of sticky experiments. This program is designed for children to discover new ways that the world works while growing their fascination with science.

WMRC 8/\$80.00

72812 Tue Apr 8-May 27 6:30pm-7:15pm



Little Outdoor Explorers – Camping Discovery (2.5 to 4 years with caregiver)

Come explore the outdoors! Children and their caregivers explore the wonders of the outdoors through games, nature walks and crafts. An explorer hat will be given to each child and each week a craft will be completed to attach to their hat. Camping Discovery allows participants to learn about the items they need when planning a camping trip and important skills needed for becoming a master camper! New crafts, games and walking trails are introduced each session, so returning explorers can continue to discover all that nature has to offer! Maximum two children per adult, each child must register.

WMRC 4/\$57.00

72823 Tue Apr 8-Apr 29 4:00pm-5:00pm

Little Scientists – Ooey Gooy (2.5 to 4 years with caregiver)

Children and caregivers explore the wonder of science while having fun. Participants think, predict and test - learning outcomes of their own scientific experiments. This program is designed for caregivers and children to socialize together. Ooey Gooy participants will make slime and lots of sticky experiments. There is a maximum of two children per adult. Each child must register.

WMRC 8/\$80.00

72811 Tue Apr 8-May 27 5:30pm-6:15pm

Stemotics – LEGO SPIKE Essentials – The Animal Kingdom (4 to 6 years)

In this program, participants dive into a world of creativity and exploration by building and coding their very own animal models using the LEGO SPIKE Essentials kit. Through step-by-step instructions, participants will bring to life fascinating creatures like a crocodile, T-Rex, fish (Line Follower), frog and more, while learning valuable STEM skills along the way. Using intuitive drag-and-drop coding software,





they'll make these animals move, react, and even follow lines! This engaging program nurtures problem-solving, critical thinking and coding skills, making it perfect for young minds ready to explore the wonders of the animal world through hands-on building and programming. Each session introduces a new animal, providing an immersive learning experience that is both educational and fun! This program is offered in cooperation with Stemotics.

ALBERT MCCORMICK C.C. 8/\$140.80

72771 Sat Apr 12-May 31 10:00am-10:50am

WMRC 8/\$140.80

72769 Tue Apr 8-May 27 5:30pm-6:20pm



DANCE

Kid Dancers – Ballet (4 to 6 years)

This program is a great way for your child to explore movement through music, develop a sense of rhythm and be creative. This dance theme introduces young dancers to ballet steps and movement, while helping them develop gross motor skills. Classes are structured with a focus on creativity and exploring musicality, coordination, technique and rhythm. Comfortable clothing and running shoes or bare feet are required.

ALBERT MCCORMICK C.C. 8/\$80.00

72806 Sat Apr 12-May 31 11:00am-11:45am

WMRC 8/\$80.00

72804 Wed Apr 9-May 28 6:00pm-6:45pm

Kid Dancers – Bollywood (4 to 8 years)

Bollywood dancing is a colourful, dynamic and highly theatrical dance style that tells a story through expression and energetic rhythms. No experience required; emphasis is on learning and having fun.

WMRC 12/\$96.00

73144 Wed Apr 9-Jun 25 6:15pm-7:00pm



Kid Dancers – Hip Hop (4 to 8 years)

Dancers will learn basic hip hop skills and create combinations together while dancing to today's hit music.

WMRC 10/\$80.00

73147 Sat Apr 12-Jun 28 10:15am-11:00am

WMRC 12/\$96.00

73146 Thu Apr 10-Jun 26 5:00pm-5:45pm

Little Dancers – Imagination (2.5 to 4 years with caregiver)

Unleash children's creativity through dance and movement in Little Dancers - Imagination! The instructor will lead children on exciting journeys where they can pretend to be animals, beloved characters or anything their imagination dreams up! This will be done through action songs, poems and props to foster imagination and exploration of movement. Comfortable clothing and running shoes or bare feet are required. Maximum of two children per adult, each child must register.

ALBERT MCCORMICK C.C. 8/\$80.00

72803 Sat Apr 12-May 31 9:00am-9:45am

72805 Sat Apr 12-May 31 10:00am-10:45am

WMRC 8/\$80.00

72802 Wed Apr 9-May 28 5:00pm-5:45pm

FITNESS AND WELLNESS

Kid Athletes (4 to 6 years)

Is your little one ready to kick start their active life, but you aren't sure what they will like? This program is designed for caregivers and children to socialize together while introducing children to the fundamental skills associated with different sports and games. Each week our program leaders will take kids and parents through new activities so your child can find out what they enjoy the most. This is a great program for your little one to learn to follow simple instructions, share with other children and develop their gross motor skills. Comfortable clothing and running shoes are required. Maximum two children per adult, each child must register.

RIM 7/\$70.00

72808 Thu Apr 10-May 29 4:00pm-4:45pm

Kid Fitness (4 to 6 years with caregiver)

This program will focus on movement and fun with beginner fitness movements incorporated in games, songs, and activities. Children will be the focus but we require a caregiver to be present throughout the entirety of the class. You may move alongside your child, support them in any



PRESCHOOL PROGRAMS

way necessary, or grab a seat in the fitness studio. This is family friendly space which means that there will be other caregivers in the room who may have additional children with them, and the focus will be on the children participants in this program.

WMRC 12/\$96.00

73150 Tue Apr 8-Jun 24 5:00pm-5:45pm

Kid Karate (4 to 6)

The beginner Karate program is taught by a Black Belt Instructor and will teach self-defense training for boys and girls. Participants learn basic stances, blocks, strikes, and kicks as well as develop balance, co-ordination, strength and flexibility. The goal is to help the student become focused not only in physical aspects of karate and self-defense, but to become a well-rounded individual by teaching discipline and self-confidence while promoting a healthy active lifestyle.

ALBERT MCCORMICK C.C. 10/\$60.00

73221 Mon Apr 7-Jun 23 4:30pm-5:00pm

WMRC 11/\$66.00

73220 Fri Apr 11-Jun 27 4:45pm-5:15pm

WMRC 12/\$72.00

73219 Wed Apr 9-Jun 25 4:30pm-5:00pm

Parent and Baby Waterfit (3 months to 3 years with caregiver)

This registered waterfit program is designed for the busy mother/caregiver who finds it difficult to exercise while watching children. Swimmers are positioned in the water with their baby/preschooler to experience the best possible workout using water resistance. Each participant must provide a floatation seat for their child to sit in during the class. Due to age prerequisites you must register your child for this 45 minute shallow water fit program.

WMRC Swimplex 8/\$66.72

67685 Tue Jan 14-Mar 4 10:30am-11:15am

67686 Thu Jan 16-Mar 6 9:30am-10:15am

SPECIAL INTEREST

Little Chefs – Around the World (2.5 to 6 years with caregiver)

In this new edition of Little Chefs, little ones will learn how to make simple dishes from around the world. This program is a kitchen skills program where children and their caregivers learn about healthy eating and a healthy lifestyle, basic kitchen



PRESCHOOL PROGRAMS

skills and hands-on cooking fun. At the end of each class participants sample their delicious and healthy creations. Food made in this program cannot be taken home due to food safety and handling guidelines. Recipes are sent home at the end of the program for the whole family to enjoy. Note: chef hats and aprons are included in the price. There is a maximum of two children per adult. Each child must register. All tools and supplies needed for use in this workshop are provided.

Note: Food Allergens that may be/are present include, but not limited to: dairy, eggs, soy, gluten, nuts, food coloring etc.

WMRC 8/\$146.00

72818 Wed Apr 9-May 28 6:00pm-7:00pm

Montessori Fun Sensory Play (2 to 6 years with caregiver)

Sensory play builds more than just smiles! In this program, children will work at their own pace alongside their adult to boost fine motor development through hands-on activities and encourage open-ended problem-solving and creativity with educational, fun themed sensory trays. These activities promote adult-child bonding, child confidence, social skills and a sense of accomplishment through

unstructured independent and group play. Offered in cooperation with Smartizen. Maximum of one child per adult. Register the child due to age minimums.

RIM 7/\$80.50

72825 Wed May 7-Jun 25 10:00am-11:00am

Ukulele for Little Kids (3 to 5 years with caregiver)

Ukulele is the perfect musical instrument for little fingers! Enjoy strumming and singing together, while learning the basics of music. Improve your singing voice, rhythm skills and musical ability while learning music through games and song. Each participant will receive a song book to keep. Children need their own ukulele to participate. Ukuleles are available for purchase or weekly rental or bring your own from home. Offered in cooperation with Ukulele Kids. Maximum two children per adult, each child must register.

WMRC 8/\$160.00

72778 Sat Apr 12-May 31 10:00am-10:50am



More Littles programs

View details on drop-in Littles programs on page 46.



Children's Programs



ART AND SCIENCE

Stemotics – 3D Modelling and Printing with CodeBlock (10 to 12 years)

In this hands-on program participants will dive into the world of 3D modeling and printing using Tinkercad's CodeBlock feature. Through step-by-step guidance, they'll design and bring to life exciting models like rocket ships, keychains, cars, wrenches and other items we use in our daily lives while coding each shape, angle, and structure. Tinkercad's intuitive platform makes it easy for young creators to explore the basics of geometry, engineering and programming and building models layer by layer with code. By the end of the program, participants will see their digital designs become tangible objects through 3D

printing. This course is perfect for curious minds ready to explore creativity and innovation in a modern, interactive way! This program is offered in cooperation with Stemotics.

ALBERT MCCORMICK C.C. 8/\$140.80

72777 Sat Apr 12-May 31 12:00pm-12:50pm

WMRC 8/\$140.80

72775 Tue Apr 8-May 27 7:30pm-8:20pm

Stemotics – LEGO SPIKE Essentials – Machines and Mechanisms (7 to 9 years)

Over the course of several weeks, children will embark on an exciting journey of engineering and innovation by building and coding functional models using the LEGO SPIKE Essentials kit. Through hands-on activities, participants will create impressive



CHILDREN'S PROGRAMS

machines like a Brick Sorter, Gripper, Hammer, Wind Turbine and more, each designed to demonstrate real-world mechanics. With step-by-step guidance and intuitive drag-and-drop coding software, they'll bring these machines to life, exploring concepts like motion, force, and automation. This program not only fosters creativity but also develops critical thinking and problem-solving skills as kids experiment with each model. Perfect for young minds curious about how machines work, this course is both educational and thrilling! This program is offered in cooperation with Stemotics.

ALBERT MCCORMICK C.C. 8/\$140.80
72774 Sat Apr 12-May 31 11:00am-11:50am

WMRC 8/\$140.80
72772 Tue Apr 8-May 27 6:30pm-7:20pm



CAMPS

Summer Camp Inclusion Support

Inclusion Services assists persons with disabilities to access municipal programs and services. Inclusion Services provides accommodation through program consultation, trained volunteers, staff or facilitates other means of assistance. You must have an inclusion membership before you register for the inclusion support program. For more information and to get an inclusion membership, please visit, www.kitchener.ca/inclusion. By registering for the inclusion support program for the weekly summer sessions, you are requesting support to participate in summer camp. Please also register for the summer camp that matches this weekly session. Up to two weeks of support may be available for summer camp (pending availability). Participants must be registered in both the camp program and inclusion program to secure an Inclusion Support Worker. Please contact Inclusion Services to request an accommodation or exemption by calling 519-904-5793.

Week 1	Jun 30-Jul 4	73039
Week 2	Jul 7-Jul 11	73040
Week 3	Jul 14-Jul 18	73041
Week 4	Jul 21-Jul 25	73042
Week 5	Jul 28-Aug 1	73043
Week 6	Aug 5-8	73044



CHILDREN'S PROGRAMS

Week 7	Aug 11-Aug 15	73045
Week 8	Aug 18-Aug 22	73046
Week 9	Aug 25-Aug 29	73047

Summer Adventure Camp (7 to 12 years)

Your child will have a blast with us this summer with planned theme weeks and new and exciting games. Included in the week is swimming, a special guest, crafts, making new friends and there may be some offsite trips.

Visit waterloo.ca/activewaterloo for weekly theme descriptions. Note: it is beneficial if your child can pass the swim test to attend this site, but not mandatory. See waterloo.ca/swim under the Fees and swimming safety section for information about the swim test.

WMRC 4/\$176.15 5/\$220.19

70556	Jun 30-Jul 4	Out of This World
70587	Jul 7-Jul 11	Outdoor Adventures
70588	Jul 14-Jul 18	Racing Around the Globe
70589	Jul 21-Jul 25	Marvelous Music
70590	Aug 5-Aug 8	Sensational Science
70591	Aug 11-Aug 15	H2WOW
70592	Aug 18-Aug 22	In the Circus

Summer Fun Centres (4 to 6 years and 5 to 7 years)

Is your child ready to have oodles of fun this summer? Campers get down and dirty each week with activities, crafts and

outdoor play. Children make new friends, hear from special guests and get a chance to just be a kid. All activities are organized by responsible leaders certified in standard first aid and HIGH FIVE Principles of Healthy Childhood Development and who have submitted a successful vulnerable sector police reference.

AGES 4-6

RIM 4/\$134.97 5/\$168.71

70511	Jun 30-Jul 4	Ocean Explorers
70512	Jul 7-Jul 11	Mystery Week
70513	Jul 14-Jul 18	Superheroes
70514	Jul 21-Jul 25	Ooey Goopy Science
70515	Jul 28-Aug 1	Magical Creatures
70516	Aug 11-Aug 15	Colour Wars
70517	Aug 18-Aug 22	Outdoor Adventures
70518	Aug 25-Aug 29	Carnival Fun

AGES 4-6

WMRC 4/\$134.97 5/\$168.71

70504	Jun 30-Jul 4	Magical Creatures
70505	Jul 7-Jul 11	Superheroes
70506	Jul 14-Jul 18	Colour Wars
70507	Jul 21-Jul 25	Mystery Week
70508	Aug 5-Aug 8	Ooey Goopy Science
70509	Aug 11-Aug 15	Ocean Explorers
70510	Aug 18-Aug 22	Carnival Fun

AGES 5-7

ALBERT MCCORMICK

C.C. 4/\$134.97 5/\$168.71

70519	Jun 30-Jul 4	Superheroes
70520	Jul 7-Jul 11	Ooey Goopy Science
70521	Jul 14-Jul 18	Outdoor Adventures
70522	Jul 21-Jul 25	Colour Wars



CHILDREN'S PROGRAMS

AGES 5-7

RIM 5/\$168.71

70523	Aug 11-Aug 15	Mystery Week
70524	Aug 18-Aug 22	Ocean Explorers
70525	Aug 25-Aug 29	Magical Creatures

Variety Camp (7 to 12 years)

Participate in a new activity every week with special guests in our variety camps. Staff will also plan games, crafts and fun adventures which may include swimming, park visits and/or offsite trips. Please check each week carefully to see which camp you are registering for.

Visit waterloo.ca/activewaterloo for weekly theme descriptions.

RIM 4/\$176.15 5/\$220.19

70593	Jun 30-Jul 4	Racing Around the Globe
70594	Jul 7-Jul 11	Explore the Arts
70595	Jul 14-Jul 18	Sensational Science
70596	Jul 21-Jul 25	H2WOW
70597	Jul 28-Aug 1	Food and Your Senses
70598	Aug 11-Aug 15	Marvelous Music
70599	Aug 18-Aug 22	Busker Mania
70600	Aug 25-Aug 29	Outdoor Adventures

CLINICS

Powerskating Clinic: Power 1 (U7-U9 Houseleague)

A two-week program designed to introduce hockey and ringette skaters to

specific skating skills to ensure proper skating techniques. All participants must be able to skate forward, backward and stop.

RIM 10/\$194.84

72666	Aug 18-Aug 29	6:00pm-6:50pm
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Powerskating Clinic: Power 1 (U7-U9 Select/REP)

A two-week program designed to introduce hockey and ringette skaters to specific skating skills to ensure proper skating techniques. All participants must be able to skate forward, backward and stop.

RIM 10/\$194.84

72667	Aug 18-Aug 29	5:30pm-6:20pm
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Powerskating Clinic: Power 2 (U8-U11 Houseleague/Select)

A two-week program designed to target a more defined skill set for hockey and ringette. Skaters must be proficient with forward and backward crossovers, edgework, agility and balance. This level is for participants that have not played rep level but would like to improve their overall skill.

RIM 10/\$194.84

72668	Aug 18-Aug 29	7:00pm-7:50pm
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Powerskating Clinic: Power 2 (U8-U11 REP-B/BB, A/AA, AAA)

A two-week program designed to target a more defined skill set for hockey and



CHILDREN'S PROGRAMS

ringette. Skaters must be proficient with forward and backward crossovers, edgework, agility and balance. This level is for participants that have played rep hockey or ringette and skills/drills will be done at a faster pace.

RIM 10/\$194.84

72669 Aug 18-Aug 29 6:30pm-7:20pm

Powerskating Clinic: Power 3 & 4 (U11-U14 Houseleague/Select)

A two-week program designed to teach specific advanced skills for the elite hockey and ringette player. Skaters will have good skating skills and edgework. Agility and balance drills will be worked on in conjunction with hockey and ringette drills.

RIM 10/\$228.12

72670 Aug 18-Aug 29 8:00pm-8:50pm

Powerskating Clinic: Power 3 & 4 (U11-U14 REP-B/BB, A/AA, AAA)

A two-week program designed to teach specific advanced skills for the elite hockey and ringette player. Skaters will have well established advanced skating skills and elite edgework. Agility and balance drills will be worked on in conjunction with hockey and ringette drills.

RIM 10/\$228.12

72671 Aug 18-Aug 29 7:30pm-8:20pm

NEW! Powerskating Clinic: Adult (18 years and up)

This program is 10 sessions over 2 weeks. Full equipment and sticks are required, no pucks will be allowed on the ice. This program is designed to help with the development of prior skating experience through balance, control, speed and power. This is not a learn to skate program.

RIM 10/\$228.12

73049 Aug 18-Aug 29 8:30pm-9:20pm

DANCE

Kid Dancers – Ballet (6 to 8 years)

This program is a great way for your child to explore movement through music, develop a sense of rhythm and be creative. This dance theme introduces young dancers to ballet steps and movement, while helping them develop gross motor skills. Classes are structured with a focus on creativity and exploring musicality, coordination, technique and rhythm. Comfortable clothing and running shoes or bare feet are required.

WMRC 8/\$80.00

72807 Wed Apr 9-May 28 7:00pm-7:45pm



CHILDREN'S PROGRAMS

FITNESS AND WELLNESS

CAN-BIKE Level 1 – Youth (9 to 14 years)

This course will cover the information and fundamental skills needed to get on a bicycle and ride comfortably. On and off bike instruction, no on-road component.

WMRC 1/\$55.00

72955 Sat May 10 9:00am-11:00am

72956 Sun May 25 9:00am-11:00am

CAN-BIKE Level 2 – Youth (9 to 14 years)

Help your child understand the rules of the road. Help them feel confident riding in their neighbourhood, to school or out with friends. There will be both in-class and in-the-saddle instruction. Note: no on-road instruction for youth.

WMRC 11/\$65.00

72957 Sat Jun 7 9:00am-12:30pm

72958 Thu Jun 12 5:00pm-8:30pm

Kid Athletes (6 to 8 years)

From traditional soccer to newer sports like pickleball, this program allows children to learn the fundamentals of different sports in a fun, stress-free and non-competitive setting. This program keeps children moving and engaged while learning a new skill from a different sport each class. If you're looking for a way to give your child

a well-rounded sports base that supports their independence and leaves room for specialization later, look no further! Comfortable clothing and running shoes are required.

RIM 7/\$70.00

72809 Thu Apr 10-May 29 5:00pm-5:45pm

Kid Dancers – Bollywood (4 to 8 years)

Bollywood dancing is a colourful, dynamic and highly theatrical dance style that tells a story through expression and energetic rhythms. No experience required; emphasis is on learning and having fun.

WMRC 12/\$96.00

73144 Wed Apr 9-Jun 25 6:15pm-7:00pm

Kid Dancers – Everybody Dance Now (8 to 12 years)

Have fun and work up a sweat with some great music. Start with a warm up to get footloose and ready to bust a move. Have fun and work up a sweat together. You'll learn beginner dance moves and choreography. Let's dance!

WMRC 10/\$80.00

73145 Sat Apr 12-Jun 28 10:30am-11:15am

Kid Dancers – Hip Hop (4 to 8 years)

Dancers will learn basic hip hop skills and create combinations together while dancing



CHILDREN'S PROGRAMS

to today's hit music.

WMRC 10/\$80.00

73147 Sat Apr 12-Jun 28 10:15am-11:00am

WMRC 12/\$96.00

73146 Thu Apr 10-Jun 26 5:00pm-5:45pm

Kid Dancers – Hip Hop (8 to 12 years)

Dancers will learn basic hip hop skills and create combinations together while dancing to today's hit music.

WMRC 12/\$99.00

73148 Thu Apr 10-Jun 26 5:45pm-6:45pm

Kid Fitness Games (8 to 12 years)

Bringing fun and fitness together! This class focuses on games and activities that integrate fitness challenges such as coordination, balance drills, wall sit competitions, ball games and more.

WMRC 12/\$96.00

73151 Wed Apr 9-Jun 25 6:45pm-7:30pm

Kid Karate (6 to 8 years)

The beginner Karate program is taught by a Black Belt Instructor and will teach self-defense training for boys and girls. Participants learn basic stances, blocks, strikes, and kicks as well as develop balance, co-ordination, strength and flexibility. The

goal is to help the student become focused not only in physical aspects of karate and self-defense, but to become a well-rounded individual by teaching discipline and self-confidence while promoting a healthy active lifestyle.

ALBERT MCCORMICK C.C. 10/\$80.00

73222 Mon Apr 7-Jun 23 5:00pm-5:45pm

WMRC 11/\$88.00

73224 Fri Apr 11-Jun 27 5:15pm-6:00pm

WMRC 12/\$96.00

73223 Wed Apr 9-Jun 25 5:00pm-5:45pm





CHILDREN'S PROGRAMS

Kid Karate (8 to 12 years)

The beginner Karate program is taught by a Black Belt Instructor and will teach self-defense training for boys and girls. Participants learn basic stances, blocks, strikes, and kicks as well as develop balance, co-ordination, strength and flexibility. The goal is to help the student become focused not only in physical aspects of karate and self-defense, but to become a well-rounded individual by teaching discipline and self-confidence while promoting a healthy active lifestyle.

WMRC 11/\$88.00

73226 Fri Apr 11-Jun 27 6:00pm-6:45pm

WMRC 12/\$96.00

73225 Wed Apr 9-Jun 25 5:45pm-6:30pm

Kid Kickboxing (8 to 12 years)

Fitness kickboxing is a non-contact conditioning class that emphasizes the development of fundamental kickboxing skills. Classes include bodyweight exercises, kickboxing techniques, punching pads and fitness focused games. Improve cardio, increase strength and coordination, learn the fundamentals of kickboxing and have fun in an engaging environment.

ALBERT MCCORMICK C.C. 10/\$88.00

73227 Mon Apr 7-Jun 23 5:45pm-6:30pm

Skate Academy – Level 1 Skateboarding (8 to 12 years)

This beginner skateboard workshop will introduce the basics of skateboarding and build confidence on and off the board. These sessions are great for those who have never stepped on a skateboard or those who can stand and push, but have not yet mastered riding. Helmet, knee and elbow pads must be worn. Pads and boards are available if requested. Participant must provide their own helmet, bike helmets are allowed. This class is offered in cooperation with Wolfpack Skate Co.

ALBERT MCCORMICK C.C. 4/\$80.00

74156 Sat May 31-Jun 28 9:00am-10:00am

Skate Academy – Level 2 Skateboarding (8 to 12 years)

Level 2 will expand on the basics of skateboarding and build confidence on and off the board. These sessions are great for those who have some experience on a skateboard but want to gain more confidence and skills. Helmet, knee and elbow pads must be worn. Pads and boards are available if requested. Participant must provide their own helmet, bike helmets are allowed. This class is offered in cooperation with Wolfpack Skate Co.

ALBERT MCCORMICK C.C. 4/\$120.00

74157 Sat May 31-Jun 28 10:15am-11:45am



CHILDREN'S PROGRAMS

SPECIAL INTEREST

Kid Gamers (8 to 10 years)

Let's play some games! Children will learn a new board game each week alongside a program leader and fellow participants. Games played will teach children collaboration and skill building. This is a great way for children to learn new games and skills that they can share with loved ones.

WMRC 8/\$80.00

72822 Wed Apr 9-May 28 4:45pm-5:30pm

Kids Sugar Cookie Decorating (7 to 13 years)

See how easy it is to decorate your own

cookies to show off to family and friends. All supplies including take home boxes are provided. Decorating tools will be available for use in class.

NOTE: Food allergens may be/are present including dairy, eggs, soy, gluten, nuts, food colouring etc.

WMRC 1/\$32.00

67368	Sat Feb 22	1:00pm-2:15pm	Woodland Animals
67369	Sat Mar 8	1:00pm-2:15pm	Rabbit Cookie Puzzle
72766	Sat Apr 26	1:00pm-2:15pm	Pastel Cookies
72767	Sat May 10	1:00pm-2:15pm	Vase of Flowers
72768	Sat Jun 7	1:00pm-2:15pm	It's a BBQ





Youth Programs



ART AND SCIENCE

Introduction to Drawing – Youth (13 to 17 years)

This course will teach you the methods and techniques involved in sketching - drawing, shading, lines, perspectives, proportions, values, edges and many more tips & tricks! Supplies are included in the course fee.

WMRC 10/\$160.00

72686 Tue Apr 8-Jun 10 4:15pm-6:15pm

Multi Media (13 to 17 years)

Participants will try a variety of styles including watercolour, acrylic, sketching, mixed media, writing and more! No previous experience required, supplies are included in this course.

WMRC 8/\$128.00

72687 Fri Apr 11-Jun 6 7:00pm-9:00pm



Watercolours – Youth Beginners (13 to 17 years)

Explore the gratifying process of watercolour in this beginner course. Learn about paper, how to mix colours and use various brush techniques. Through repetition you will gain confidence working in this medium. No previous experience is necessary. All supplies are included.

WMRC 8/\$128.00

72684 Mon Apr 7-Jun 9 4:15pm-6:15pm

DANCE

Dance Mixx – All Levels (13 to 17 years)

Energetic dance inspired choreography that will get you moving to top 40 songs. No dance experience required.

WMRC 11/\$90.75

74273 Fri Apr 11-Jun 27 5:00pm-6:00pm



Adult Programs



ART AND SCIENCE

3D Hello Spring Wildflowers Sign Workshop

Together we will paint, stain, assemble and glue a 3D inspired spring wildflower sign. Signs are 10.5 inches round and laser cut from ¼ inch maple wood. No experience required, all supplies are included.

WMRC 1/\$45.00 55+/\$33.75

72756 Wed Apr 9 6:00pm-8:00pm

3D Home Sweet Home Paw Print Standing Frame Workshop

For you or the animal lover in your life! Together we will paint, stain, assemble and glue this adorable sign. The standing frame sign measures 18.5 inches long by 7.7 inches

tall and is laser cut from ¼ inch maple wood. No experience required, all supplies are included.

WMRC 1/\$45.00 55+/\$33.75

72757 Wed Apr 30 6:00pm-8:00pm

3D Lake Life Cattails Sign Workshop

Join us as we create a 3D inspired summer sunset sign entitled 'lake life cattails'. Together we will paint, stain, assemble and glue our signs. The signs are 10.5 inches round and laser cut from ¼ inch maple wood. No experience required, all supplies are included.

WMRC 1/\$45.00 55+/\$33.750

72759 Wed Jun 11 6:00pm-8:00pm



ADULT PROGRAMS

3D Spring Porch Leaner Sign Workshop

Together we will paint, assemble and glue our laser cut letters onto this popular porch leaner sign. Porch leaners are made of pine and stand 4 feet tall by 5.5 inches wide and will come pre-stained. Letters are laser cut from 1/4 inch maple wood. All materials are provided.

At registration, please select your choice of sign: Hello Spring/Tulip (tulip will replace the letter 'l') or WELCOME/ Sunflower (sunflower will replace the letter 'O').

WMRC 1/\$55.00 55+/\$41.25

72758 Wed May 7 6:00pm-8:00pm

Collage Greeting Card Workshop

Collage from the French "coller", meaning to glue, is a simple art form that anyone can do. We will start with some basic principles of collage (how to build a background, add focal points and work on composition). You will then select the materials to be used and have fun making your own unique collages on cardboard paper. Embellishments such as doodles, black silhouettes, and unique images can be added. You will finish with 2 or 3 unique frameable collages or cards and ideas for many more.

WMRC 1/\$25.00 55+/\$18.75

72678 Wed Apr 16 1:00pm-3:00pm

72679 Wed May 7 1:00pm-3:00pm

Crochet – Beginners

Crochet is a relaxing, uplifting and creative activity that requires few supplies and can be enjoyed by people of all ages. Crochet for beginners is a course for anyone who wishes to start learning or is aiming to improve their basic skills. No previous experience is required. You will learn basic stitches, how to read a crochet diagram and a written pattern and finally how to work on your own project. Crochet hooks and yarn will be provided. Join us for great relaxation, creativity and fun!

WMRC 7/\$112.00 55+/\$84.00

72677 Mon Apr 14-Jun 9 1:00pm-3:00pm

Introduction to Drawing

This course will teach you the methods and techniques involved in sketching - drawing, shading, lines, perspectives, proportions, values, edges and many more tips and tricks! Supplies are included in the course fee.

WMRC 10/\$160.00 55+/\$120.00

72685 Tue Apr 8-Jun 10 2:00pm-4:00pm

Mixed Media Collage Workshop

Mixed media describes artwork in which more than one medium or material is used. The great thing about mixed media collage is that you can be as free and loose or controlled and precise as you like - so relax and have fun! We will use paper, cardboard, watercolor, acrylic, markers, stencils,



ADULT PROGRAMS

stamps and small objects to create unique art pieces.

WMRC 1/\$25.00 55+/\$18.75

72680 Wed Jun 4 1:00pm-3:00pm

Palette Knife Painting in Acrylic

Learn the many wonderful techniques and textures you can do with a palette knife and acrylic paints in this class. You will learn various application methods and complete a small painting in each class.

WMRC 4/\$64.00 55+/\$48.00

72675 Thu May 29-Jun 19 6:30pm-8:30pm

Spring Scenes in Watercolour

Learn how to paint landscapes that reflect the season. We will learn how to mix colors, create focus and variety, and experiment with different techniques.

WMRC 4/\$64.00 55+/\$48.00

72674 Thu May 1-May 22 6:30pm-8:30pm

Spring Watercolours Card Workshop

Dreaming of spring? In this workshop participants will use watercolours to create beautiful spring garden themed cards using watercolours.

WMRC 1/\$25.00 55+/\$18.75

72676 Sat May 10 10:00am-12:00pm

Watercolours – Beginner

Explore the gratifying process of watercolour in this beginner's course.

Learn about paper, how to mix colours and use various brush techniques. Through repetition you will gain confidence working in this medium. No previous experience is necessary. Supplies are included, complements of the Province of Ontario Senior Active Living Centre grant.

WMRC 8/\$128.00 55+/\$96.00

72683 Mon Apr 7-Jun 9 2:00pm-4:00pm





CLINICS

Pickleball – Learn to Play

New to the sport of pickleball? Learn to play clinics introduce users to the game of pickleball. Participants leave the clinic with an understanding of basic rules, fundamental skills, game etiquette and how to keep score.

RIM 1/\$22.65 55+/\$16.99

67096	Wed	Mar 19	12:00pm-12:50pm
67098	Wed	Mar 26	12:00pm-12:50pm
67099	Wed	Apr 9	12:00pm-12:50pm
67101	Wed	Apr 23	12:00pm-12:50pm
72626	Wed	May 7	12:00pm-12:50pm
72628	Wed	May 21	12:00pm-12:50pm
72629	Mon	Jun 2	12:00pm-12:50pm
72630	Wed	Jun 18	12:00pm-12:50pm

WMRC 1/\$22.65 55+/\$16.99

67090	Mon	Mar 17	4:45pm-5:35pm
67086	Wed	Apr 2	12:00pm-12:50pm
67091	Mon	Apr 14	4:45pm-5:35pm
72637	Tue	Apr 29	12:00pm-12:50pm
72646	Tue	May 13	4:45pm-5:35pm
72647	Tue	May 27	12:00pm-12:50pm
72649	Tue	Jun 10	4:45pm-5:35pm
72652	Tue	Jun 24	12:00pm-12:50pm

FITNESS AND WELLNESS

FITNESS LEVELS – Spring 2025

- **All levels:** individuals of all abilities are welcome to join; participants can adjust how they move in a class based on their experience.
- **Beginner:** for individuals who are less experienced or brand new; the class environment allows for learning and development.
- **Intermediate:** for individuals with some experience that have developed an understanding of what is expected while participating. The content of the program will be designed to challenge and improve participant skills.
- **Advanced:** for individuals who have consistently participated in previous sessions/classes and have a clear understanding of the goals they want to achieve.



Adults and Weights – Intermediate (55+)

Progressive strength and endurance resistance training with a focus on core strength and functional fitness. This dynamic class allows you to improve your level of fitness each week through the use of dumbbells, resistance bands, body weight, walls and mats. Alternative exercises are offered so that you can progress at your own pace and feel good about getting strong and fit. The ability to lie down and stand up is required for this program.

Instructor: Leslie

WMRC 10/\$67.50

73119 Mon Apr 7-Jun 23 9:15am-10:15am

WMRC 11/\$74.25

73122 Fri Apr 11-Jun 27 9:15am-10:15am

WMRC 12/\$81.00

73120 Tue Apr 8-Jun 24 6:15pm-7:15pm

73121 Thu Apr 10-Jun 26 6:15pm-7:15pm

Aqua Cycle

This registered waterfit class uses Hydro Rider bikes to get the heart pumping! Experience a superior lower body, arms and core workout with tons of cardio! Participants can adjust the resistance of the bikes to suit individual fitness levels. It is mandatory to wear water shoes and longer

shorts to increase the level of comfort on the bike. Get ready for the water workout of your life!

WMRC Swimplex 11/\$126.72

73870 Wed Apr 2-Jun 11 10:00am-10:45am

73871 Thu Apr 3-Jun 12 3:00pm-3:45pm

73872 Sat Apr 5-Jun 14 1:30pm-2:15pm

73873 Sun Apr 6-Jun 15 9:15pm-10:00pm

Balance Workshop – All Levels

Balance is the ability to distribute our body weight to stay standing upright and/or recover from slip and trips. Maintaining balance requires coordination from the eyes (vision), inner ears (hearing), muscles, spatial awareness and orientation and joints in the body. Disease(s), aging physiology, injuries and impaired movement patterns can lead to compromised balance and increased risk of falling. Join a registered kinesiologist to learn and practice movements to help maintain and or improve balance. This session will include education and exercise; please wear appropriate indoor footwear and be prepared for standing exercises. This session focuses on falls prevention and does not discuss specific balance training for sports.

Instructor: Jessica

WMRC 1/\$22.00 55+/\$16.50

73123 Sat Apr 26 9:00am-11:00am



ADULT PROGRAMS

Barre

Barre class combines elements of ballet, yoga, and Pilates, focusing on low-impact, high-intensity movements for a full body workout.

Instructor: Julie

WMRC 10/\$110.00 55+/\$82.50

73124 Sat Apr 12-Jun 28 9:15am-10:15am

Bollywood – All Levels

Bollywood dancing is a colourful, dynamic and highly theatrical dance style seen in Indian films. It combines classical forms of dance including traditional Indian, folk, salsa, and belly dance while incorporating more contemporary western forms such as hip hop, jazz and funk. No experience required; emphasis is on learning and having fun.

Instructor: Preeti

WMRC 12/\$132.00 55+/\$99.00

73125 Wed Apr 9-Jun 25 7:15pm-8:15pm

CAN-BIKE Level 1 – Adult (15+)

This course will cover the information and fundamental skills needed to get on a bicycle and ride comfortably. On and off bike instruction, no on-road component.

Instructor: TBA

WMRC 1/\$55.00

72953 Wed May 7 6:00pm-8:00pm

72954 Tue May 27 6:00pm-8:00pm

CAN-BIKE Level 2 – Adult (15+)

This course will be in the form of a Bike

Rodeo - an interactive and fun course to learn the fundamentals of cycling. On and off bike instruction. No on road instruction for kids. Adults may have calm on-road component, dependent on ability.

Instructor: TBA

WMRC 1/\$65.00

72959 Sun Jun 8 9:00am-12:30pm

CAN-BIKE Level 2+ – Commuter Cycling Skills (15+)

This course reviews equipment and safety needs, with a practical focus on riding safely and effectively throughout local infrastructure. Students should be comfortable on a bicycle, and have the desire to further develop their skills and understanding of road safety. Prerequisites: Successful completion of Level 2 or demonstration of ability/skills on the first day of class. An online e-learning component must be completed and presented to the instructor before the end of the course.

Instructor: TBA

WMRC 1/\$75.00

72960 Tue Jun 17 5:00pm-8:30pm

CAN-BIKE Level 3 – Senior (55+)

Learn traffic handling skills and the rules of the road. After completion, students should feel comfortable cycling on residential and some urban streets. Online and on-bike components. Prerequisite: 55 years or older,



ADULT PROGRAMS

able to demonstrate ability/skill on first day or graduate of CAN-BIKE Level 2.

Instructor: TBA

WMRC 2/\$100.00

72962 Wed Jul 9-Jul 16 9:00am-12:30pm

CAN-BIKE Level 3 – Women (15+)

This course is designed for women aged 15+ who want to learn traffic handling skills and the rules of the road. After completion, students should feel comfortable riding on residential and some urban streets. Online and on-bike components. Prerequisite: 15 years or older, able to demonstrate ability/skill on first day or graduate of CAN-BIKE Level 2.

Instructor: TBA

WMRC 1/\$100.00

72961 Sun Jun 22 9:00am-4:00pm

Cardio Dance – All Levels

This fun dance fitness class is a full body aerobic workout designed for beginners. No dance experience required!

Instructor: Brigitte

WMRC 11/\$99.00 55+/\$74.25

73126 Fri Apr 11-Jun 27 9:30am-10:30am

Cardio Dance to the Oldies – All Levels (55+)

This class is for those who are looking to have fun and work up a sweat with songs from the 50's & 60's. This fun dance

fitness class is a full body aerobic workout that is less intense; no dance experienced required. Beginners always welcome.

Instructor: Brigitte

WMRC 12/\$108.00 55+/\$81.00

73127 Tue Apr 8-Jun 24 9:30am-10:30am

Cardio Pump – All Levels

Have fun and get your sweat on with this low (or choose high) impact cardio focused class. Upbeat music and dynamic new playlists are offered each week. This class will support you in getting your heart rate up through aerobic movements designed to work on cardiovascular conditioning.

Instructor: Leslie

WMRC 11/\$74.25 55+/\$55.69

73128 Fri Apr 11-Jun 27 12:15pm-1:00pm





ADULT PROGRAMS

Circuit – All Levels

Move through circuits designed to build strength and cardio endurance using weights, bands and body weight exercises. This class involves resistance exercises that work multiple muscle groups, helps build overall strength and improves muscular endurance. By performing a variety of exercises with minimal rest, this class can help to challenge your muscles and promote growth. All fitness levels are welcome, there will be something for everyone in the class!

Instructor: Ana

WMRC 10/\$110.00 55+/\$82.50

73129 Sat Apr 12-Jun 28 11:30am-12:30pm

Dance Fit – All Levels – Women Only

Full body exercises interspersed with easy, sassy, performance inspired dance moves to popular music.

Instructor: TBA

WMRC 11/\$121.00 55+/\$90.75

74271 Tue Apr 8-Jun 24 7:30pm-8:30pm

Dance Mixx – All Levels

Energetic dance inspired choreography that will get you moving to top 40 songs. No dance experience required.

Instructor: Taylor

WMRC 11/\$121.00 55+/\$90.75

74272 Fri Apr 11-Jun 27 6:15pm-7:15pm

Fit Pac – All Levels (55+)

A fun, moderate intensity, low impact all-around fitness class for active older adults. This upbeat class will motivate you to move with exercises to improve your aerobic, balance and functional muscle strength. We use a variety of equipment including dumbbells, resistance bands, body weight, walls, chairs and mats. Clients are encouraged to work at their own level of fitness. Alternative strength exercise options are offered.

Instructor: Leslie

WMRC 10/\$67.50

73130 Mon Apr 7-Jun 23 10:30am-11:30am

WMRC 11/\$74.25

73132 Fri Apr 11-Jun 27 10:30am-11:30am

WMRC 12/\$81.00

73131 Tue Apr 8-Jun 24 9:15am-10:15am

Fitness Kickboxing – All Levels

Fitness kickboxing is a non-contact conditioning class that emphasizes the development of fundamental kickboxing skills. This class includes a strength training circuit, a teaching segment to learn proper kickboxing techniques, and cardio circuits using punching pads to maintain an elevated heart rate throughout the workout. This engaging workout will keep you on your toes while you improve your fitness level.

Instructor: Kurtis

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ADULT PROGRAMS

10/\$110.00/\$ 55+/\$82.50

73133 Mon Apr 7-Jun 23 7:30pm-8:30pm

Functional Fitness – All Levels (55+)

For those 55 and over, this class uses resistance bands, dumbbells and bodyweight exercises to help you build muscle, increase strength and improve flexibility, balance and coordination. With personalized modifications and structured progression, each session is designed to challenge you safely and effectively, ensuring your fitness level continues to improve throughout the program.

Instructor: Kurtis

WMRC 10/\$82.50

73134 Mon Apr 7-Jun 23 9:15am-10:15am

WMRC 12/\$99.00

73135 Wed Apr 9-Jun 25 1:00pm-2:00pm

Gentle Core and Balance – All Levels (55+)

A gentle exercise class designed to help you improve posture, balance and core strength. This class includes a variety of static and dynamic balance exercises and a combination of standing and seated exercises with a focus on using the breath to help you engage your core muscles, strengthen the posture muscles and increase functional muscle strength.

Instructor: Leslie

WMRC 12/\$81.00

73136 Tue Apr 8-Jun 24 10:30am-11:30am

73139 Thu Apr 10-Jun 26 1:30pm-2:30pm

Gentle Core and Balance – All Levels (55+) – Online

A gentle exercise class designed to help you improve posture, balance and core strength. This class includes a variety of static and dynamic balance exercises and a combination of standing and seated exercises with a focus on using the breath to help you engage your core muscles, strengthen the posture muscles and increase functional muscle strength. Just bring yourself and a sturdy chair to this virtual Zoom class.

Instructor: Leslie

Zoom 12/\$74.25

73140 Thu Apr 10-Jun 26 1:30pm-2:30pm

Interval – All Levels

Move through circuits designed to build strength and cardio endurance using weights, bands and body weight exercises. This class involves resistance exercises that work multiple muscle groups, helps build overall strength and improves muscular endurance. By performing a variety of exercises with minimal rest, this class can help to challenge your muscles and promote growth. All fitness levels are



ADULT PROGRAMS

welcome, there will be something for everyone in the class!

Instructor: Talia

WMRC 12/\$132.00 55+/\$99.00

73141 Tue Apr 8-Jun 24 7:00pm-8:00pm

Kathak – Beginner

This beginner's course introduces you to the beautiful art of Kathak. Learn the fundamentals, including Tatkar (footwork), Hastak (hand motions), and Chakkar (spins). This curriculum emphasizes rhythm, posture, and expression, giving students a firm foundation in Kathak. Ideal for beginners, this session provides a secure and friendly atmosphere in which to learn the beauty of this ancient dance style.

Instructor: Preeti

WMRC 10/\$110.00 55+/\$82.50

73143 Sat Apr 12-Jun 28 11:15am-12:15pm

Modern Line Dance – Beginner Level 1

This class is an introduction to line dancing with little to no experience required.

Instructor: Maggie

WMRC 12/\$108.00 55+/\$81.00

73152 Thu Apr 10-Jun 26 9:30am-10:30am

Modern Line Dance – Beginner Level 2

For the dancer who has completed Beginner Level 1 or has some previous experience and is ready to learn more

advanced steps and patterns.

Instructor: Maggie

WMRC 10/\$90.00 55+/\$67.50

73155 Mon Apr 7-Jun 23 9:30am-10:30am

WMRC 12/\$108.00 55+/\$81.00

73153 Thu Apr 10-Jun 26 10:45am-11:45am

Modern Line Dance – Beginner Level 3

For the dancer that has completed Beginner Level 2 or has a good knowledge of steps and patterns and wants to progress to a higher level of dance.

Instructor: Maggie

WMRC 10/\$90.00 55+/\$67.50

73156 Mon Apr 7-Jun 23 10:45am-11:45am

WMRC 12/\$108.00 55+/\$81.00

73154 Thu Apr 10-Jun 26 12:00pm-1:00pm

Modern Line Dance – Extravaganza – All Levels

A great way to experience the joy of line dancing with other dance enthusiasts. This one-day event will include dances for beginners to improvers. Music selection will include Latin, ballroom, country and more. Please note that this is not a lesson. Awareness of some steps is beneficial.

Instructor: Maggie

RIM 1/\$11.25 55+/\$8.44

68261 Sat Mar 22 1:00pm-3:30pm

73158 Sat May 10 1:00pm-3:30pm

73159 Sat Jun 14 1:00pm-3:30pm



ADULT PROGRAMS

Modern Line Dance – Intermediate

For the dancer that has completed Beginner Level 3 and is ready to move on to more challenging and elevated dance combinations.

Instructor: Maggie

WMRC 10/\$90.00 55+/\$67.50

73157 Mon Apr 7-Jun 23 12:00pm-1:00pm

Mommy and Me Fitness – All Levels

Enjoy some gentle movement with your infant! In this class we use body weight movements and provide the opportunity to add resistance with weights in a circuit style structure. Find movement without judgement as you explore what's possible with the addition of your little one. You are encouraged to include your baby in whatever way feels most comfortable for you (stroller, baby wearing etc.). If there are weeks where bringing your baby doesn't feel like what you need, we encourage you to come solo and enjoy some time to yourself.

Instructor: Colleen

RIM 7/\$57.75 55+/\$43.31

73160 Sun May 11-Jun 29 9:00am-9:45am

Instructor: Talia

WMRC 12/\$99.00 55+/\$74.25

73161 Tue Apr 8-Jun 24 6:00pm-6:45pm

Instructor: Kurtis

WMRC 12/\$99.00 55+/\$74.25

73162 Wed Apr 9-Jun 25 2:15pm-3:00pm

Parent and Baby Waterfit (3 months to 3 years with caregiver)

This registered waterfit program is designed for the busy mother/caregiver who finds it difficult to exercise while watching children. Swimmers are positioned in the water with their baby/preschooler to experience the best possible workout using water resistance. Each participant must provide a floatation seat for their child to sit in during the class. Due to age prerequisites you must register your child for this 45 minute shallow waterfit program.

WMRC Swimplex 11/\$91.74

73287 Tue Apr 1-Jun 10 10:30am-11:15am

73288 Thu Apr 3-Jun 12 9:30am-10:15am

Pilates – All Levels

Classes will focus on balancing the body, strengthening and lengthening. This class will work on developing body awareness to support you in the class and daily life. We will incorporate Pilates techniques, breath work, postural exercises, strengthening, stretching and whole body integration. Movements are executed with control and precision, aiming for movement quality over quantity. Classes are done in a variety

ADULT PROGRAMS



of positions using various props. All levels welcome.

Instructor: Allyson

WMRC 10/\$110.00 55+/\$82.50

73171 Mon Apr 7-Jun 23 6:00pm-7:00pm

Pilates – All Levels (55+)

Classes will focus on balancing the body, strengthening and lengthening. This class will work on developing body awareness to support you in the class and daily life. We will incorporate Pilates techniques, breath work, postural exercises, strengthening, stretching and whole body integration. Movements are executed with control and precision, aiming for movement quality over quantity. Classes are done in a variety of positions using various props. All levels welcome.

Instructor: Colleen

WMRC 6/\$49.50

73170 Fri May 9-Jun 20 9:00am-10:00am

Pilates – Beginner

This class is an introduction to the fundamentals of Pilates. We will focus on building core strength and improving posture through repetitive exercises performed on a yoga mat with the assistance of props. This class will promote strength, stability and flexibility.

Instructor: Colleen

ALBERT MCCORMICK C.C.

6/\$66.00 55+/\$\$49.50

73165 Fri May 9-Jun 20 11:00am-12:00pm

RIM 6/\$66.00 55+/\$\$49.50

73166 Fri May 9-Jun 20 1:00pm-2:00pm

RIM 7/\$77.00 55+/\$\$57.75

73163 Mon May 5-Jun 23 7:15pm-8:15pm

WMRC 8/\$88.00 55+/\$66.00

73164 Wed May 7-Jun 25 5:00pm-6:00pm

Pilates – Functional Movement – All Levels

Classes will focus on balancing the body, strengthening and lengthening. This class will work on developing body awareness to support you in the class and daily life. We will incorporate Pilates techniques, breath work, postural exercises, strengthening, stretching and whole body integration. Movements are executed with control and precision, aiming for movement quality over quantity. Classes are done in a variety of positions using various props. All levels welcome.

Instructor: Jessica

RIM 7/\$77.00 55+/\$ 57.75

73168 Tue May 6-Jun 24 5:45pm-6:45pm

WMRC 10/\$110.00 55+/\$82.50

73167 Mon Apr 7-Jun 23 5:15pm-6:15pm



Pilates – Gentle – All Levels

Recharge and restore - move the body at a slower pace with a focus on movement quality. Strength, stretching, balance and breath work will be included. This class is suitable for those with aches and/or pains. Movements will be on the floor using props to support movements.

Instructor: Jessica

WMRC 10/\$110.00 55+/\$82.50

73169 Mon Apr 7-Jun 23 6:30pm-7:30pm

Pilates – Intermediate

This class is for anyone with some experience in Pilates movement. Classes will focus on balancing the body, strengthening and lengthening. This class will work on developing body awareness to support you in the class and daily life. We will incorporate Pilate's techniques, breath work, postural exercises, strengthening, stretching and whole body integration. Movements are executed with control and precision, aiming for movement quality over quantity. Classes are done in a variety of positions using various props.

Instructor: Colleen

WMRC 7/\$77.00 55+/\$57.75

73172 Sat May 10-Jun 28 11:45am-12:45pm

NEW! Powerskating Clinic: Adult

This program is 10 sessions over 2 weeks. Full equipment and sticks are required, no pucks will be allowed on the ice. This

program is designed to help with the development of prior skating experience through balance, control, speed and power. This is not a learn to skate program.

RIM 10/\$228.12

73049 Aug 18-Aug 29 8:30pm-9:20pm

Pre/Postnatal Waterfit (16+)

The water is a perfect environment for women to prepare for a birth and to recuperate following nine months of weight gain and body shape changes. The water counteracts the effect of gravity by unloading the joints and greatly reducing impact. The water provides multi-directional resistance for balanced muscle work and allows individuals to change the workout intensity to suit their needs. An overall refreshing workout!

WMRC Swimplex 11/\$138.05

73865 Sun Apr 6-Jun 15 7:15pm-8:00pm

Qigong – Gentle – All Levels

Simple, flowing movements including breath practice and mental concentration to boost vitality. Qigong improves balance and endurance and clears the mind. Standing and seated options available.

Instructor: Eileen

WMRC 6/\$54.00 55+/\$40.50

73173 Mon Apr 28-Jun 9 11:00am-12:00pm

WMRC 7/\$63.00 55+/\$47.25

73174 Thu May 1-Jun 12 9:15am-10:15am



ADULT PROGRAMS

Qigong – Gentle – All Levels – Online

Simple, flowing movements including breath practice and mental concentration to boost vitality. Qigong improves balance and endurance and clears the mind. Standing and seated options available. Bring yourself and a chair to this virtual class offered over Zoom.

Instructor: Eileen

Zoom 7/\$63.00 55+/\$47.25

73175 Thu May 1-Jun 12 9:15am-10:15am

Senior Water Fitness (55+)

An awesome low impact class in shallow water. The last 20 minutes will focus on stretching, posture and core exercises in the swirlpool.

WMRC Swimplex 11/\$91.74

73868 Tue Apr 1-Jun 10 8:45am-9:45am

73869 Thu Apr 3-Jun 12 8:45am-9:45am

Shallow with Equipment Waterfit (16+)

This class provides a variety of moves for a total body workout. You will use a variety of equipment to enhance your workout, such as noodles, paddles, steps, bands, gloves or flutter boards (max 2 pieces of equipment per class). This class is typically held in our moveable floor area at a 4 foot depth.

WMRC Swimplex 8/\$66.72

68402 Mon Jan 13-Mar 17 11:15am-12:15pm

Shape Up – Weightlifting – All Levels

This class uses resistance bands, dumbbells and bodyweight exercises to help you build muscle, increase strength and improve flexibility and body function. The class includes personalized modifications and structured progression, allowing you to continually advance at your own pace. The ability to lie down and stand up is required for this program.

Instructor: Kurtis

ALBERT MCCORMICK C.C.

10/\$82.50 55+/\$61.88

73177 Mon Apr 7-Jun 23 6:45pm-7:30pm

WMRC 10/\$110.00 55+/\$82.50

73176 Mon Apr 7-Jun 23 8:00am-9:00am

WMRC 12/\$99.00 55+/\$74.25

73178 Wed Apr 9-Jun 25 12:00pm-12:45pm

WMRC 12/\$132.00 55+/\$99.00

73179 Wed Apr 9-Jun 25 7:30pm-8:30pm

73180 Thu Apr 10-Jun 26 8:00am-9:00am

Tabata – Beginner

Tabata is a training program with timed intervals and short recovery times. The exercises are low impact, require no jumping and use your own resistance. Light weights and resistance bands are gradually introduced. The workouts are designed to give you a total body workout, with a warm up and cool down stretch. Each exercise is performed for 30 seconds with



ADULT PROGRAMS

a 20 second rest in between. You can do anything for just 30 seconds!

Instructor: Debbie

RIM 10/\$110.00 55+/\$82.50

73182 Sat Apr 12-Jun 28 9:30am-10:30am

WMRC 11/\$121.00 55+/\$90.75

73181 Wed Apr 9-Jun 18 5:30pm-6:30pm

Tai Chi – Gentle – All Levels

A wonderful wellness routine for self-rehabilitation, healthy aging, and a boost to the immune system. Five movements comfortable to learn sitting, standing, or walking. Easy to learn, easy to remember!

Instructor: Eileen

WMRC 6/\$54.00 55+/\$40.50

73183 Mon Apr 28-Jun 9 9:45am-10:45am

Wu Style Tai Chi – Advanced

Experience inner tranquility and achieve balance, harmony and relaxation through movement and breath. Learn to incorporate these movements into your daily life automatically in the advanced level.

Instructor: Stephen

WMRC 11/\$99.00 55+/\$74.25

73184 Mon Apr 7-Jun 23 1:30pm-2:30pm

Wu Style Tai Chi – Beginner

Experience inner tranquility and achieve balance, harmony and relaxation through movement and breath. Learn basic gentle movements and breath technique in the

beginner level.

Instructor: Stephen

WMRC 11/\$99.00 55+/\$74.25

73185 Mon Apr 7-Jun 23 2:45pm-3:45pm

WMRC 12/\$108.00 55+/\$81.00

73186 Tue Apr 8-Jun 24 6:15pm-7:15pm

Wu Style Tai Chi – Intermediate

Experience inner tranquility and achieve balance, harmony and relaxation through movement and breath. This class is for folks who have learned the basic gentle movements and breath technique in the beginner level and are looking to build on those foundations.

Instructor: Stephen

WMRC 11/\$99.00 55+/\$74.25

73187 Mon Apr 7-Jun 23 4:00pm-5:00pm

WMRC 12/\$108.00 55+/\$81.00

73188 Tue Apr 8-Jun 24 7:30pm-8:30pm

Yoga – Chair

This class will focus on gentle yoga poses performed with the support of a chair. Together we will cultivate awareness and deep relaxation through breath work and gentle stretches, all without needing to get up and down off the floor.

Instructor: Joanne

WMRC 11/\$121.00 55+/\$90.75

73189 Mon Apr 7-Jun 23 11:45am-12:45pm

WMRC 12/\$132.00 55+/\$99.00

73190 Thu Apr 10-Jun 26 9:15am-10:15am



Yoga – Chair – Slow and Mindful – All Levels

This class focuses on yoga practiced with the support of a chair. Together we will balance awareness and relaxation through slow and mindful breath work and gentle yoga poses. This class is ideal for those who may be recovering from injury or illness, those who would like to improve mobility and stability, or a relief for those experiencing chronic pain and an avenue for improved mental health.

Instructor: Liz

WMRC 12/\$132.00 55+/\$99.00

73191 Tue Apr 8-Jun 24 10:00am-11:00am

Yoga – Flow – All Levels

This class welcomes all levels through it's instructional approach and is well suited for those who are in the learning stages; incorporating gentle postures and movements for a seamless flow.

Instructor: Allyson

WMRC 10/\$110.00 55+/\$82.50

73213 Mon Apr 7-Jun 23 7:15pm-8:15pm

Instructor: Ana

WMRC 11/\$121.00 55+/\$90.75

73193 Fri Apr 11-Jun 27 10:30am-11:30am

Instructor: Nimira

WMRC 12/\$132.00 55+/\$99.00

73192 Thu Apr 10-Jun 26 9:15am-10:15am

Yoga – For Stiff Bodies – All Levels

This age friendly class is designed with stiff bodies in mind and will work on increasing flexibility, balance and stability while building strength. Each class will focus on a specific area of the body, with subtle movements and stretches that invite participants to explore a new way of moving.

Instructor: Joanne

WMRC 10/\$110.00 55+/\$82.50

73196 Sat Apr 12-Jun 28 9:00am-10:00am

WMRC 11/\$121.00 55+/\$90.75

73194 Mon Apr 7-Jun 23 5:45pm-6:45pm

WMRC 12/\$132.00 55+/\$99.00

73195 Wed Apr 9-Jun 25 9:15am-10:15am

Yoga – Hatha – All Levels

This class will focus on alignment, strength and promote flexibility in the body; incorporating breathing techniques throughout the class. There will be an emphasis on simplicity and repetition.

Instructor: Joanne

WMRC 10/\$110.00 55+/\$82.50

73198 Sat Apr 12-Jun 28 10:15am-11:15am

WMRC 11/\$121.00 55+/\$90.75

73197 Mon Apr 7-Jun 23 7:00pm-8:00pm



Yoga – Inside Flow – Intermediate

Inside Flow is a mix of yoga, dance and tai chi-like movements. Gently move from one posture to another, carried by the music, where movement and breath unite. In this practice the focus is on the movement between the postures, not the posture itself. This class is comprised of different postures and sequences with slow, fast, uplifting and upbeat songs from contemporary genres. You are singing a song with your body! Don't worry if you aren't a dancer - sequences are taught in blocks, repeated, then added to. Come flow.... and let the music move you.

Instructor: Joanne

WMRC 12/\$132.00 55+/\$99.00

73200 Thu Apr 10-Jun 26 7:00pm-8:00pm

Yoga – Mindful Mobility – All Levels

This gentle class focuses on mobility (the joints ability to move through its full range of motion). Each class will target specific areas of the body that typically holds the most tension (hips, low back, neck and shoulders and more). The intention is to build strength, stability & awareness through mindful movement. This class is great for beginners or anyone looking for a slower-paced movement.

Instructor: Joanne

WMRC 12/\$132.00 55+/\$99.00

73201 Wed Apr 9-Jun 25 10:30am-11:30am

73202 Thu Apr 10-Jun 26 10:30am-11:30am

Yoga – Restorative – All Levels

This restorative yoga class is designed with floor based sequences that will make use of a variety of props to support participants in fully relaxing into each posture. The foundation of this class will be a series of long, passive holds, with the intention to hold space for people to slow down both physically and mentally.

Instructor: Nimira

WMRC 10/\$110.00 55+/\$82.50

73203 Mon Apr 7-Jun 23 12:00pm-1:00pm

Yoga – Sculpt – All Levels

Fitness based yoga with an emphasis on cardio, strength and flexibility. This class will combine hand weights, strength building and cardio, making this class less like a typical yoga class and more of a full body workout.

Instructor: Joanne

WMRC 12/\$132.00 55+/\$99.00

73204 Thu Apr 10-Jun 26 5:45pm-6:45pm

Yoga – Slow and Mindful – All Levels

The heart of this class is to be accessible for everyone, regardless of previous experience. Participants build awareness, learn to self-regulate the nervous system and deepen self understanding of their



ADULT PROGRAMS

body through slow, simple yoga postures and breath work. Overall benefits may include increased mobility, better sleep, stress management, pain reduction and improved mental health.

Instructor: Liz

RIM 7/\$77.00 55+/\$57.75

73206 Wed May 7-Jun 25 10:00am-11:00am

73207 Wed May 7-Jun 25 6:45pm-7:45pm

WMRC 12/\$132.00 55+/\$99.00

73205 Tue Apr 8-Jun 24 11:15am-12:15pm

Instructor: Nimira

RIM 11/\$121.00 55+/\$90.75

73209 Tue Apr 8-Jun 24 12:00pm-1:00pm

WMRC 11/\$121.00 55+/\$90.75

73208 Mon Apr 7-Jun 23 10:30am-11:30am

WMRC 12/\$132.00 55+/\$99.00

73210 Wed Apr 9-Jun 25 6:45pm-7:45pm

73211 Thu Apr 10-Jun 26 10:30am-11:30am

Yoga – Slow and Mindful – All Levels – Online

The heart of this online class is to be accessible for everyone, regardless of previous experience. Participants build awareness, learn to self-regulate the nervous system and deepen self understanding of their body through slow, simple yoga postures and breath work. Overall benefits may include increased mobility, better sleep, stress management, pain reduction and improved mental health.

Instructor: Nimira

Zoom 12/\$132.00 55+/\$99.00

73212 Thu Apr 10-Jun 26 10:30am-11:30am

Yoga – Yang Yin – All Levels

This class starts off with a smooth flow and eases into longer passive holds. The perfect harmony of movement (yang) and stillness (yin) to leave you feeling refreshed, balanced & grounded. During the class we turn down the lights and participate by the soft glow of artificial candles. All levels are welcome, this is a great class for anyone new to yoga.

Instructor: Allyson

WMRC 11/\$121.00 55+/\$90.75

73199 Thu Apr 10-Jun 26 7:00pm-8:00pm

Zumba – All Levels

Zumba is for everybody and every body! Zumba takes the "work" out of workout by combining all elements of fitness - cardio, muscle conditioning, balance and flexibility with amazing music. Zumba fitness classes are often called exercise in disguise.

Instructor: Brigitte

WMRC 11/\$99.00 55+/\$74.25

73216 Thu Apr 10-Jun 19 6:00pm-7:00pm

WMRC 12/\$108.00 55+/\$81.00

73215 Tue Apr 8-Jun 24 6:00pm-7:00pm

Instructor: Preeti

WMRC 10/\$90.00 55+/\$67.50

73214 Sat Apr 12-Jun 28 9:00am-10:00am



Zumba Gold – All Levels

Zumba-style salsa, merengue and bachata are a fun-filled variety of dance movements to work your muscles and your heart. This class is geared to the 55+ active older adult who wants the option of lower intensity Zumba®.

Instructor: Brigitte

WMRC 12/\$108.00 55+/\$81.00

73217 Tue Apr 8-Jun 24 10:45am-11:45am

73218 Thu Apr 10-Jun 26 10:30am-11:30am

★ Aqua Zumba

Aqua Zumba also available for Sunday drop-in at the Swimplex. View schedule at www.waterloo.ca/activewaterloo



SPECIAL INTEREST

FREE! Age Friendly Tech – Beginner (55Y+)

Participants will learn the physical parts of the iPad, an introduction to the internet, email and Zoom video conferencing. Participants will also learn how to stay safe online, the importance of safe passwords and how to recognize and avoid common scams. iPads are provided.

WMRC 6/\$0.00

72681 Fri Apr 11-May 23 10:00am-11:30am

Summer Solstice Hand-Tied Bouquet Workshop

Learn the techniques of creating a hand-tied flower bouquet from your choice of locally grown blooms at our flower bar.

WMRC 1/\$55.00 55+/\$41.25

72682 Fri Jun 20 6:30pm-8:00pm

Sugar Cookie Decorating

See how easy it is to decorate your own cookies to show off to family and friends. All supplies including take home boxes are provided. Decorating tools will be available for use in class.

NOTE: Food allergens may be/are present including dairy, eggs, soy, gluten, nuts, food colouring etc.

ADULT PROGRAMS



WMRC 1/\$45.00 55+/\$33.75

67364	Wed Feb 26	7:00-9:00pm	Beach Vacation
67365	Wed Mar 12	7:00-9:00pm	St. Patrick's Day
67366	Wed Mar 26	7:00-9:00pm	Bunnies and Daisies
72760	Wed Apr 9	7:00pm-9:00pm	Easter Eggs
72761	Wed Apr 30	7:00pm-9:00pm	Comic Book Style
72762	Wed May 7	7:00pm-9:00pm	Vase of Flowers
72763	Wed May 28	7:00pm-9:00pm	Party Time!
72764	Wed Jun 11	7:00pm-9:00pm	BBQ Time
72765	Wed Jun 25	7:00pm-9:00pm	All About Lemons

Ukulele for Adults – Level 1

Keep your fingers coordinated and your brain active by learning to play the ukulele. The small size of the instrument and its soft strings make playing an enjoyable activity with friends and family. No music reading or previous experience necessary. We play favourite tunes from the 1940's – 1990's. There's a lot of music in a ukulele! Ukuleles are available for purchase or weekly rental or bring your own from home. Each participant will receive a song book to keep.

WMRC 8/\$160.00 55+/\$120.00

72780 Sat Apr 12-May 31 11:00am-11:50am



Adult leagues – CARL



CARL    
community adult recreation leagues

Community Adult Recreation Leagues

Whether you have a team or you are currently a “free agent” (solo person looking to compete and have fun), CARL is perfect for you. Multiple divisions allow you to easily find your level.

Spring/summer league play begins in April and May. Register now!

Spring leagues now registering:

- ice hockey
- slo-pitch
- indoor/outdoor soccer
- indoor/beach volleyball
- basketball
- pickleball

View individual sport details and dates at www.waterloo.ca/carl

Fall adult league registration opens June 6.



Drop-in Programs



ALL AGES WEEKLY ACTIVITIES

- Drop-in activities are offered at RIM Park and the Waterloo Memorial Recreation Complex.
- Register for drop-in activities at www.waterloo.ca/activewaterloo, up to 72 hours in advance. View the weekly schedule by clicking on the 'Drop in' Tab.

NOTE: for special event days, registration timelines may differ (5 or 7 days in advance)

- Any participant under the age of 14 must be accompanied by an adult.



Badminton

The badminton program is played with 2 or 4 people per court, with participants rotating between courts. There are open and family game options. Registrants receive 1 hour and 20 minutes of play; all skill level and experience welcome. Please bring your own racquet. For available times and pre-registration to secure your spot, visit waterloo.ca/activewaterloo.

WMRC Adult \$5.90 Youth/55+ \$4.40

Basketball (13 to 17 years)

All skill levels are welcome. Players are asked to bring their own ball and proper athletic footwear. Program runs October to April.

WMRC Youth/\$4.40

Wed 3:30-4:50m Ends Apr 30



DROP-IN PROGRAMS

Fitness

Busy schedule? Need more flexibility? Drop-in to our weekly fitness programs for a feel good boost. Sign up 72 hours in advance to secure a spot in over 50 classes. Low, medium and high intensity options and times to suit your schedule. Fitpasses are available. View the daily schedule at www.waterloo.ca/activewaterloo.

Adult \$14.30 Youth/55+ \$10.70

Learn, Create, Play (0 to 5 years)

With a caregiver, children enjoy 20 minutes of craft time, 20 minutes of games, and 20 minutes of story time. Offered in cooperation with Waterloo Public Library. No charge. For schedule and information visit calendar.wpl.ca/events.

ALBERT MCCORMICK C.C.

Thu 10:30-11:30am

Littles at Play (0 to 6 years)

Parents and caregivers are invited to an activity space that allows for tons of creative play and active games. This program is designed for children to have fun through collaborative play with their adults and peers. There will be a staff member onsite, but caregivers must remain with the children at all times.

WMRC Family (1 adult, up to 5 kids)/\$6.25

Fri 9:00-10:20am

Pickleball

The City of Waterloo offers a dynamic pickleball program for all ages and abilities. All players must register in advance. Play at RIM Park or Waterloo Memorial Recreation Complex. View the schedule for various levels of play from beginner to advanced at waterloo.ca/pickleball.

Adult \$5.90 Youth/55+ \$4.40

PickupHub

PickupHub helps you enjoy sports on a game-by-game basis without the commitment of a league.



Reserve your spot on a team, then just show up and play.

Basketball, adult and women's only shinny, stick and puck, volleyball and soccer will be available in game format this season.

Visit pickuphub.net/city-waterloo for more game information.

Skating

The City of Waterloo offers all ages year-round recreational skating at various rinks, including adult, public and parent and child skates. For available times and pre-registration to secure your spot, visit waterloo.ca/skate.

Child/Youth/55+ \$4.95

Adult \$6.60

Family (up to four people) \$14.90



DROP-IN PROGRAMS

Swimming

We offer recreational swimming at the Swimplex all year. Moses Springer outdoor pool is open June to September (weather permitting).

Waterfit, lane swim, public swim, and kidsplash — a great way to enjoy physical activity.

For available swim times and pre-registration to secure your spot, visit waterloo.ca/activewaterloo

WMRC **Adult \$6.60**
Child/Youth/55+ \$4.95
Family \$14.90
Kidsplash/Parent and Tot \$6.60

Table Tennis

Six tables for each session of play. Adult and family games available. Book your timeslot at waterloo.ca/activewaterloo.

WMRC **Adult \$5.90** **Youth/55+ \$4.40**

Walking for Health

Keep active by joining a walking program or walking outdoors on our beautiful trails.

CONESTOGA MALL

Daily business hours. New walkers please register by emailing leisureprogramming@waterloo.ca.

OUTDOOR TRAIL SYSTEM

Waterloo has over 150 km of off-road and multi-use trails. Visit waterloo.ca/trails for features and maps.

RIM PARK MANULIFE SPORTSPLEX

Walk indoors on the RIM Park walking loop, no charge. Visit waterloo.ca/track for more information.

WATERLOO MEMORIAL RECREATION COMPLEX

Running and walking tracks available. Visit waterloo.ca/track for schedule and rules of use information.





DROP-IN PROGRAMS

ADULT LEISURE

- Programs are age-friendly and designed with the needs of older adults in mind, while welcoming adult participants of all ages.
- Drop-in takes place at the Waterloo Memorial Recreation Complex – Community Pavilion unless noted below.
- View the schedule and register at waterloo.ca/activewaterloo
- Adult Leisure fees are \$2.25/visit unless otherwise noted.
- Save with a FitPass! Purchase an Adult Leisure 10-visit pass for \$20.24; 25-visit pass for \$47.22.

Appliqué the Afternoon Away

Join us to work on your own appliqué or slow stitching project. This is a self-led, drop-in program, all skill levels are welcome. Program runs year round.

WMRC Pavilion \$2.25

3rd Wed 1:00-4:00pm
of month

Billiards and Snooker

Visit our games room and enjoy recreational billiards or snooker with your friends or sit in the lounge area to enjoy some quiet conversation.

WMRC Pavilion \$2.25

Mon-Sat 9:30am-12:30pm

Mon-Fri 4:30-7:30pm

Mon-Sat 12:30-3:30pm

Bridge – Duplicate

Enjoy playing bridge in a friendly, relaxed atmosphere. Some experience recommended. Bring a partner or email leisureprogramming@waterloo.ca if you require a partner.

WMRC Pavilion \$2.25

Sat 1:00-4:00pm

Bridge – Recreational

Recreational style of play, friendly and relaxed atmosphere. Participants are welcome to bring a partner. This is a self-led program, no formal instruction provided.

WMRC Pavilion \$2.25

Tue 1:00-4:00pm

Creative Crafters

This group provides knitted and crocheted items where needed in the community. Share in conversation and laughter – all levels welcome. No charge to participate. Donations of new yarn gratefully accepted. This is a self-led program, no formal instruction provided.

WMRC Pavilion No charge

Wed 9:00-11:30am



DROP-IN PROGRAMS

Creator Space

Bring your art supplies and work on your projects in a bright space and in the company of others. This is a self-led program, no formal instruction provided.

WMRC Pavilion \$2.25

Thu 1:00-4:00pm

Crokinole

Drop-in to see this game in action and enjoy some social time. Not sure what Crokinole is? Crokinole is a disk-flicking dexterity board game similar to the games of pitchnut, carrom, and pichenotte, with elements of shuffleboard and curling reduced to table-top size. This is a self-led program, no formal instruction provided. Program runs September to May.

WMRC Pavilion \$2.25

Thu 6:30-9:30pm Biweekly

Empowered Learners

Calling all curious minds! Join us for an informative presentation and lecture series on a wide range of themes and topics, including health resources and general interest. This bi-weekly program includes a question/answer period to finish off each session. Program runs September to June. Email leisureprogramming@waterloo.ca or call 519-886-1177 for show listings.

WMRC Pavilion No charge

Fri 1:30-3:00pm Biweekly

Euchre/Solo

Join in to play euchre or solo in a social atmosphere. This is a self-led program, no formal instruction provided.

WMRC Pavilion \$2.25

Wed 1:00-4:00pm

Fibre Arts

Join us for a social morning of fibre arts (hand quilting, sewing, knitting, crocheting, felting etc.). This is a self-led program; bring your own project to work on. All skill levels are welcome.

WMRC Pavilion \$2.25

Tue 9:00am-12:00pm

Friday Flicks Travel Show

Join us as presenters share their travel stories from various parts of the world. Program runs September to June. Email leisureprogramming@waterloo.ca or call 519-886-1177 for show listings.

WMRC Pavilion \$2.25

Fri 1:30-3:00pm Biweekly

Game On!

A fun-filled evening drop-in with a variety of game options. Participants can choose from board games, card games, puzzles and more! This program is self led and a fun way to spend some time and meet other members of your community.

WMRC Pavilion \$2.25

Mon 6:00-9:00pm



DROP-IN PROGRAMS

Public Computer Access

Check your email or search the Internet. No charge for use. Book your timeslot at waterloo.ca/activewaterloo or call 519-886-1177.

WMRC Pavilion No charge

Mon/Tue 9:00am-12:00pm
Wed/Fri

Social Drop-in

Drop in and join us for a coffee/tea and conversation. A great opportunity to meet new people in a relaxed environment. This program is age-friendly and designed with the needs of older adults in mind while welcoming adult participants of all ages.

WMRC Pavilion \$2.25

Thu 1:00-4:00pm

Wellness Wednesdays – Health Clinics (55+)

Access health services at the Community Pavilion. See individual descriptions of services for fee and appointment information.

Health Clinic – Earwax Removal (55Y+)

When too much wax builds up in the ear it may make hearing difficult. Earwax removal, also known as cerumen management, is the removal of earwax that can build up over time. Register for your free 30 minute appointment with an audiologist for assessment and treatment of

earwax blockages. This clinic is offered in cooperation with HearCANADA.

WMRC Pavilion No charge

Wed Apr 23 9:00am-12:00pm
Wed May 28 9:00am-12:00pm
Wed Jun 25 9:00am-12:00pm

Health Clinic – Foot Care (55+)

Register for your 30 minute appointment and receive care options including nail cutting, filing, reduction of corns and calluses, health teaching and diabetic foot care. \$2.25 reserves your appointment time and the remaining cost is paid at the time of your appointment; please pay the nurse directly with cash or e-transfer.

WMRC Pavilion \$2.25

Wed Mar 19 9:00am-12:00pm
Wed Apr 16 9:00am-12:00pm
Wed May 21 9:00am-12:00pm
Wed Jun 18 9:00am-12:00pm

Health Clinic – Hearing Screening and Hearing Aid Care (55Y+)

Register for your 20 minute appointment and receive care options including consultations, hearing screening tests and hearing device cleaning and checks. No charge. This clinic is offered in cooperation with HearCANADA.

WMRC Pavilion No charge

Wed Mar 12 9:00am-12:00pm
Wed Apr 9 9:00am-12:00pm
Wed May 14 9:00am-12:00pm
Wed Jun 11 9:00am-12:00pm



DROP-IN PROGRAMS

WOW Waterloo

Using the telephone, WOW Waterloo brings social, recreational and educational programs to seniors. Enjoy guest speakers, learn new things, and engage in friendly conversation with others. Build connection with others all from the comfort of your home. Program runs on Wednesdays. There is no charge for participation. View sign up information at www.waterloo.ca/seniors.



COMMUNITY LED PROGRAMS

Kitchener-Waterloo Aquarium Society

Learn about this fascinating hobby through guest speaker presentations and mini-auctions. Annual fee of \$25.00/adult or \$30.00/family. Discounts available for multiple years. Follow on Facebook, email kwsexecutive@gmail.com or visit www.kwasclub.ca for more information. Program runs September to June.

WMRC Pavilion

1st Tue 7:30pm
of month

Kitchener-Waterloo Philatelic Society

Stamp collecting, also known as philately, is a timeless hobby that transcends age, culture and economic background. Collectors come from all walks of life, and the shared passion for stamps creates a common ground. Whether you are a seasoned collector or a novice, the stamp-collecting community is welcoming and inclusive, always eager to share knowledge and enthusiasm. For more information email kwpskw@gmail.com.

ALBERT MCCORMICK C.C.

2nd 7:00-9:00pm
Thu of
month



DROP-IN PROGRAMS

Minds in Motion

Minds in Motion is a two-hour program designed for individuals living with dementia and their care partner to attend together. The first hour is a gentle exercise class followed by an engaging social recreation hour. There is no fee to participate, however registration is required. Please contact the Alzheimer Society of Waterloo Wellington at 519-742-1422 to register.

WMRC

Thu 9:30-11:30am

Old Salts Seniors Canoe Club

Join other paddling enthusiasts, aged 55+ who enjoy the outdoors and social activities. Members use club-owned canoes on lakes and rivers throughout Southwestern Ontario. Training sessions are provided and trips are planned with the skill levels of members in mind. Most trips are within an hour of Kitchener-Waterloo, however some trips may be farther away

to offer members new experiences and challenges. Visit oldsaltsclub.com or email info@oldsaltsclub.com for membership information.

Various locations

Tue	Weekly	Spring-Fall
Thu	Two days per month	Spring-Fall

Owl's Nest Woodcarvers

All skill levels are welcome to join in on the woodcarving fun! If you are new to the craft, materials and supplies are available for short term use. While this is a self-led program with no formal instruction provided, there are skilled members who are happy to share their knowledge and experience with others. A \$20.00 membership fee allows access to both timeslots. For more information, please email billdubrick@icloud.com.

WMRC Pavilion

Tue	6:30-9:30pm
Thu	8:30am-12:00pm



Leadership Programs



FIRST AID

LSS Standard First Aid and CPR C (13+)

LSS Standard First Aid and CPR C provide comprehensive training and cover in-depth understanding of legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burn and medical emergencies. Candidates will be taken through the paces of additional training, maintenance, data management and reporting protocols when the AED unit is used for defibrillation purposes. This course is approved by the Workplace Safety and Insurance Board. Book: First Aid Student Manual.

Course fee: \$126.91/Extra fees: \$58.05

WMRC

67109	Tue/Thu	Mar 11/13	11:00am-7:30pm
67110	Sat/Sun	Mar 22/23	9:00am-5:30pm

72948	Sat/Sun	Apr 26/27	8:30am-5:00pm
72949	Sat/Sun	May 24/25	11:30am-8:00pm
72950	Sat/Sun	Jun 21/22	9:00am-5:30pm

SWIM LEADERSHIP

Bronze Star/Basic First Aid and CPR A (11+)

Develop swimming proficiency, lifesaving skills and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. This program is suitable for swimmers who have completed Waterloo Splash 11/Teen 4 or have taken a break from traditional swim lessons.

Course fee: \$104.45/Extra fees: \$25.00

LEADERSHIP PROGRAMS

WMRC

72944 Fri Apr 4-Jun 13 5:30pm-7:00pm

72945 Sun Apr 6-Jun 15 6:15pm-7:45pm

72943 Mon Apr 7-Jun 16 4:00pm-5:30pm

Bronze Medallion, Emergency First Aid and CPR B (13+)

This leadership level challenges the candidate both mentally and physically. Judgement, knowledge, skill and fitness are the four components of water rescue that form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Prerequisite: Must be 13 years of age by the first day of the course or have successfully completed the Bronze Star certification. Books: Canadian Lifesaving Manual and Bronze Medallion workbook.

Course fee: \$179.69/Extra fees:\$132.25

WMRC

72864 Sat Apr 5-May 31 3:30pm-6:30pm

Exam date: Jun 7 at 4:30pm

72863 Wed Apr 9-May 28 4:00pm-7:00pm

Exam date: Jun 4 at 4:00pm

72862 Tue Apr 15-Jun 3 4:00pm-7:00pm

Exam date: Jun 10 at 4:00pm

Bronze Cross and CPR C (13+)

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is one of the prerequisites for advanced training in the National Lifeguard certification program. Prerequisite: Bronze Medallion and Lifesaving Society Emergency First Aid/CPR B. Books: Canadian Lifesaving Manual and Bronze Cross workbook.

Course fee: \$157.23/Extra fees: \$58.30

WMRC

72935 Sat Apr 5-May 31 3:30pm-6:30pm

Exam date: Jun 7 at 4:30pm

72934 Thu Apr 10-May 29 4:00pm-7:00pm

Exam date: Jun 5 at 4:00pm

72936 Sun Apr 13-Jun 8 6:00pm-9:00pm

Exam date: Jun 15 at 6:15pm

LSS Assistant Instructors Course (14+)

Through classroom learning, in-water practice and volunteer scheduled hours, the Lifesaving Society's assistant instructor course prepares candidates to help

LEADERSHIP PROGRAMS

certified instructors with swimming and lifesaving classes. This course provides an introduction to swimming instruction and some of the key competencies required for successful teaching. Candidates are introduced to key principles of learning and teaching as they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized. The trainer will make arrangements on the first day of the course to set up volunteer hours. Prerequisites: Must be 14 years of age as of the first day of the course and have a current Bronze Cross certification or higher.

Course fee: \$144.88/Extra fees: \$20.75

WMRC

72937 Mon Apr 21-Jun 16 6:00pm-9:00pm

LSS Instructors and Swim Instructors Course (15+)

The last step in becoming a fully certified swimming instructor with the ability to be employed by the City of Waterloo! Learn to instruct the LSS program from parent and tot up to the leadership program including Bronze Medallion and Cross.

Entry requirements: Current Bronze Cross or NL award within 2 years. Assistant Instructors Course would be considered an asset. Must be 15 years of age by the first day of the course.

Course fee: \$229.11/Extra fees:\$201.00

WMRC

67190 Mon- Mar 10-Mar 14 9:00am-7:00pm
Fri

72938 Thu- May 1/2/8/9 6:00pm-10:00pm
Sun May 3/4/10/11 9:00am-6:00pm

72939 Thu- Jun 5-Jun 15 6:00pm-10:00pm
Sun 9:00am-6:00pm

National Lifeguard (15+)

National Lifeguard (NL) is the highest lifeguard training award in the country and is the basic certification required to lifeguard as recognized by the Ontario Health Act. The course emphasizes teamwork, leadership, emergency procedures and accident prevention. Candidates must bring their own pocket mask and whistle by day two of the course. Pocket masks are available at the admission desk for purchase. Entry requirements: Bronze Cross and current Standard First Aid and CPR C and must be 15 years old by the first day of the course. (Please note Emergency First Aid/CPR B taught in Bronze Medallion is not an equivalent to Standard First Aid and CPR C certification). Book: Alert Manual.

Course fee: \$188.68/Extra fees: \$94.00

WMRC

67193 Sun Feb 23-Mar 30 12:00pm-9:00pm

67191 Mon- Mar 10-Mar 14 11:00am-8:00pm
Fri

72940 Sun Apr 6-May 11 12:00pm-9:00pm

72941 Sun May 25-Jun 22 12:00pm-9:00pm

LEADERSHIP PROGRAMS

LSS Examiners Standard Course (17+)

This course delivers the necessary must sees of the Bronze Medallion and Bronze Cross Programs. Entry Requirements: A current LSS Instructor certification and 2 years of teaching experience. Candidates must bring a laptop for this course.

Course fee: \$61.59/Extra fees: \$96.75
WMRC

72942 Sat May 10 9:00am-3:00pm

★ NOW RECRUITING instructor/lifeguards for Fall 2025!

Fully certified? Apply online by Sep 10 at www.waterloo.ca/careers

RECERTIFICATIONS

LSS Standard First Aid and CPR C RECERT (13+)

LSS Standard First Aid and CPR C provide comprehensive training and cover in-depth understanding of legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burn and medical emergencies. This course is approved by the Workplace Safety and Insurance Board. Book: First Aid Student Manual (please bring with you). Please NOTE: Standard First Aid holders may recertify Lifesaving Society

SFA certification just once in a Lifesaving Society SFA recertification course. To renew SFA certifications subsequently, award holders must repeat the full SFA course. Thereafter, individuals may renew by alternating recertification's and original course. Holders

of SFA certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

Course fee: \$76.37/Extra fees: \$41.05
WMRC

67275	Sun	Mar 23	10:00am-6:00pm
72951	Sun	Apr 27	8:30am-4:30pm
72952	Thu	Jun 26	9:00am-5:00pm

LSS Instructors RECERT (16+)

Instructors, coaches, examiners, and examiner mentors who want a quick and economical way to earn 4 points will benefit from this in-person LSS recertification. In this course you will earn 4 points in four hours. Following this you will need to complete the recertification process before your awards expire. Entry requirements: Bring your Swim Instructor qualification for verification (find a member or permanent card). Books: Bring your LSS/SWIM Instructors course binders.

Course fee: \$76.37/Extra fees: \$27.00
WMRC

72947 Tue Jun 24 4:00pm-8:30pm

LEADERSHIP PROGRAMS

National Lifeguard RECERT (16+)

This recert tests skills attained during the NL course. Read your NL notes and come prepared for this recert. Entry requirement: NL permanent card received within the last 5 years.

Course fee: \$56.15/Extra fees: \$44.00

WMRC

67167	Sat	Mar 15	8:00am-1:00pm
67168	Tue	Mar 25	4:00pm-9:00pm
72946	Mon	Jun 23	4:00pm-9:00pm

YOUTH LEADERSHIP

Home Alone Safety (9 to 12 years)

This one day program helps children gain the confidence and skills to stay at home alone successfully. Safety and awareness are the common themes in this program. All information is current so it reflects what today's children are facing when home alone. Content taught in Red Cross Babysitting course is not included.

This course is offered in cooperation with Safety Tree Canada. For more information visit www.safetytreecanada.com.

Course fee: \$81.44/Extra fees: \$12.00

RIM

67434	Sat	Mar 1	9:00am-4:00pm
72798	Sat	May 10	9:00am-4:00pm
72799	Sat	Jun 14	9:00am-4:00pm

Red Cross Babysitting Course (11 to 14 years)

This course is designed to teach children how to create and manage a babysitting business, gain the skills to supervise younger siblings or other children in a safe and responsible manner, and learn basic first aid skills. Content taught in Home Alone Safety is not included. This course is offered in cooperation with Safety Tree Canada. For more information visit www.safetytreecanada.com.

Course fee: \$81.44/Extra fees: \$12.00

RIM

67431	Sat	Mar 1	9:00am-4:00pm
72800	Sat	May 10	9:00am-4:00pm
72801	Sat	Jun 14	9:00am-4:00pm

Youth Leadership Development - Year 1/Year 2 (13 to 16 years)

Does your child want to volunteer at camp this summer? The YLDP is a mandatory program for all camp volunteers. This program counts as high school community service hours if the participant is currently enrolled in high school. YLDP teaches participants leadership skills, with an emphasis on the skills required to be a future camp counsellor. Topics include communication, teamwork, program planning, leading activities, child development, resume writing and more. Past YLDP participants

LEADERSHIP PROGRAMS

expand on topics from the Year 1 program and increase their leadership skills during training.

Participants learn in a hands-on environment, which allows them to put their new skills in action during a mandatory two-week camp placement at one of the City of Waterloo summer camps. Each participant receives leadership training, 2-week camp placement, manual, t-shirt and appreciation party. The appreciation party will be held Wednesday, August 20 from 6 to 8 p.m.

Please fill out the online consent form immediately after you have registered. Volunteers may not receive their first or second choice and must be flexible.

100% attendance is required during training. For more information, visit www.waterloo.ca/camp.

Course fee: \$237.62

RIM mandatory training

Year 1 70601	Jun 21-Jun 22	9:00am-5:00pm
Year 2 70602	Jun 21-Jun 22	9:00am-5:00pm

Youth Leadership Development - Year 3 (15 to 16 years)

Did you enjoy volunteering at camp as a YLDP and are looking for your next challenge? Year 3 participants expand on their YLDP knowledge with increased leadership and responsibility. You will join summer camp leader training in June

and receive training in group behaviour management, conflict de-escalation, interview skills and learn how to take initiative at camp. After training you will participate in a three week placement at one of our City of Waterloo summer camps. Participants must have the ability to get to camp facilities (RIM Park, Waterloo Memorial Recreation Complex and Albert McCormick Community Centre) as placement and training locations will vary in June and July. An exact schedule will be provided in late May.

Toward the end of your volunteer placement you will have the opportunity to interview for a position as a summer camp leader for August 2025 (interviews will be held near the end of July). To be considered for a paid position in August, participants will also need to complete a WSIB-approved Standard First Aid and CPR C with AED course and HIGH FIVE Principles of Healthy Child Development certification (in person or online).

100% attendance is required during training dates. Prerequisite: You must have completed at least one year of the YLDP program and be 15 years of age prior to registering. For more information, email camp@waterloo.ca.

Course fee: \$237.62

RIM/WMRC mandatory leader training

70603	Jun 7, 8, 23	9:00am-5:00pm
	Jun 20, 23	4:00pm-8:00pm
	Jul 16	6:00pm-8:30pm

Swim Programs



LET'S GET STARTED!

The most important step is to make sure your child is placed in the right swim level. Staff reserve the right to move a child to a different level if a class is too challenging, so it's best to get it right before classes start.

If you're uncertain what level your child should be in, follow the recommendations from the child's last progress report card, and review the detailed standards of performance for each level. Ask for details at Customer Service.

Requests for specific instructors are considered, however we are unable to guarantee all requests. Registrations are accepted up to the start of the third lesson.

Making the most of your swim experience

- Lockers, showers and change rooms are available for use. Please leave valuables at home and bring a lock to secure your belongings. We are not responsible for lost or stolen items.
- Shower with soap and water before your swim lesson.
- Footwear is not permitted on the pool deck. Be prepared to go barefoot, or purchase reusable shoe covers at the customer service desk for 75¢.
- Children who are not fully toilet trained must wear watertight elastic pants or specially designed disposable swimming



SWIM PROGRAMS

diapers, available at the customer service desk for \$2.00.

- Do not send a child to lessons if they are not feeling well. Pool fouling affects all lessons. If a pool fouling happens, lessons are conducted on the pool deck instead of in the water. Refunds/credits are not given for pool foulings.
- If your child requires **one to one support** in our group lessons, please call the inclusion coordinator up to 3 weeks in advance to complete a membership registration, 519-904-5793. Volunteers are subject to availability.



What to expect

- Entrance into the facility will occur up to 8 minutes prior to the program start time. It is suggested that participants come prepared for lessons with their bathing suits on. Change rooms are open unless otherwise noted.
- Visitors may view lessons from the upper pool gallery. No spectators are permitted on the pool deck.
- Note the Feedback Day listed with the lesson session dates (lesson 6). One parent is asked to meet the instructor on deck during the last 10 minutes of the lesson to receive a verbal progress report. A written progress report is also provided in the last lesson and will identify the next recommended swim level. Badges may be purchased at the customer service desk for all Waterloo Splash and Preschool levels.
- Photography or videotaping is not permitted. The use of cell phones and PDAs is strictly prohibited in City of Waterloo recreation facility change rooms, washrooms, pool decks and gallery.
- In the event of bad weather, listen to local radio stations in case the program has been cancelled unexpectedly. We are unable to make up lessons cancelled due to emergency closures, but will credit the value of the missed class.



SWIM PROGRAMS

SWIM FOR LIFE AQUATIC REGISTRATION



Before you make your swim class selection, please review the conversion chart below.

<i>Previously in YMCA</i>	<i>Previously in Kitchener Learn to Swim (prior to 2025)</i>	<i>Previously in Lifesaving Society Swim for Life or current City of Kitchener program</i>	Register in City of Waterloo class:
Splashers	Waterbabies	Parent and Tot 1	Parent and Tot 1
Bubblers	Adult and Tot	Parent and Tot 2	Parent and Tot 2
Bubblers	Advanced Adult and Tot	Parent and Tot 3	Parent and Tot 3
			Tykes 1
			Squirts
			Tykes 2
Bobbers	Tots/B	Preschool 1	Preschool A Waterloo Splash 1
Floater/Gliders	Tots/B	Preschool 2	Preschool B Waterloo Splash 1
Divers	C	Preschool 3	Preschool C Waterloo Splash 1
Surfers	Supertots/C	Preschool 4	Preschool D Waterloo Splash 2
Dippers	Supertots/D	Preschool 5	Preschool E Waterloo Splash 3
Otter		Swimmer 1	Waterloo Splash 1
Seal	E	Incomplete Swimmer 2	Waterloo Splash 2
Seal	F	Completed Swimmer 2	Waterloo Splash 3



SWIM PROGRAMS

<i>Previously in YMCA</i>	<i>Previously in Kitchener Learn to Swim (prior to 2025)</i>	<i>Previously in Lifesaving Society Swim for Life or current City of Kitchener program</i>	Register in City of Waterloo class:
Dolphin Swimmer	G	Incomplete Swimmer 3	Waterloo Splash 4
Swimmer	H	Completed Swimmer 3	Waterloo Splash 5
Star 1	I	Swimmer 4	Waterloo Splash 6
Star 2	J	Swimmer 5	Waterloo Splash 7
Star 3	K	Swimmer 6	Waterloo Splash 8
Star 4	Rookie Patrol	Rookie Patrol	Waterloo Splash 9 (formerly Rookie Patrol)
Star 5	Ranger Patrol	Ranger Patrol	Waterloo Splash 10 (formerly Ranger Patrol)
Star 6/Star 7	Star Patrol	Star Patrol	Waterloo Splash 11 (formerly Star Patrol)
Bronze Star	Bronze Star	Bronze Star	Bronze Star

- For detailed standards of performance consult the admissions desk or the course descriptions inside this guide.
- Ensure you are registering your child in the correct level so there is no disappointment at the start of lessons.
- The conversion chart is a guideline only. If you are coming from a different swim lesson program, we encourage you to book a free swim lesson evaluation with an Aquatic Specialist by calling 519-886-1177 ext. 27282 or ext. 27375.



SWIM PROGRAMS

IMPORTANT INFORMATION

Reminder: swim lessons are cancelled April 18 and May 19.



Parent and Tot 1 (3 to 12 months)

Designed for the 3 to 12-month-old, this level is all about helping your child feel and explore the water - tickling, floating, splashing, reaching, paddling. You'll learn how to help your child play in and play with the water with comfort and confidence. One parent per child may attend.

WMRC Swimplex 10/\$90.70

72484	Mon	Apr 7-Jun 16	8:45am-9:15am
72485	Mon	Apr 7-Jun 16	4:00pm-4:30pm
72486	Mon	Apr 7-Jun 16	5:00pm-5:30pm
72497	Fri	Apr 4-Jun 13	9:15am-9:45am
72498	Fri	Apr 4-Jun 13	5:00pm-5:30pm

WMRC Swimplex 11/\$99.77

72487	Tue	Apr 1-Jun 10	10:15am-10:45am
72488	Tue	Apr 1-Jun 10	3:00pm-3:30pm
72489	Tue	Apr 1-Jun 10	5:00pm-5:30pm
72490	Tue	Apr 1-Jun 10	6:00pm-6:30pm
72491	Wed	Apr 2-Jun 11	8:00am-8:30am
72492	Wed	Apr 2-Jun 11	5:00pm-5:30pm
72493	Thu	Apr 3-Jun 12	8:45am-9:15am
72494	Thu	Apr 3-Jun 12	10:00am-10:30am
72495	Thu	Apr 3-Jun 12	3:00pm-3:30pm
72496	Thu	Apr 3-Jun 12	6:00pm-6:30pm
72499	Sat	Apr 5-Jun 14	8:00am-8:30am
72500	Sat	Apr 5-Jun 14	9:30am-10:00am
72501	Sat	Apr 5-Jun 14	12:00pm-12:30pm
72502	Sun	Apr 6-Jun 15	11:30am-12:00pm
72503	Sun	Apr 6-Jun 15	3:00pm-3:30pm
72504	Sun	Apr 6-Jun 15	4:30pm-5:00pm

Parent and Tot 2 (12 to 24 months)

Designed for the 12 to 24-month-old, this level teaches children to get their face wet and blow bubbles (the first step in breath control). With your guidance, your child recovers objects below the surface, performs front and back floats and learns how to travel at the surface by kicking. One parent per child may attend.

WMRC Swimplex 10/\$90.70

72505	Mon	Apr 7-Jun 16	2:30pm-3:00pm
72506	Mon	Apr 7-Jun 16	5:30pm-6:00pm
72507	Mon	Apr 7-Jun 16	6:30pm-7:00pm
72516	Fri	Apr 4-Jun 13	8:45am-9:15am



SWIM PROGRAMS

72517	Fri	Apr 4-Jun 13	6:00pm-6:30pm
WMRC Swimplex 11/\$99.77			
72508	Tue	Apr 1-Jun 10	8:45am-9:15am
72509	Tue	Apr 1-Jun 10	5:30pm-6:00pm
72510	Tue	Apr 1-Jun 10	7:00pm-7:30pm
72511	Wed	Apr 2-Jun 11	4:00pm-4:30pm
72512	Wed	Apr 2-Jun 11	5:30pm-6:00pm
72513	Thu	Apr 3-Jun 12	11:30am-12:00pm
72514	Thu	Apr 3-Jun 12	5:30pm-6:00pm
72515	Thu	Apr 3-Jun 12	7:30pm-8:00pm
72518	Sat	Apr 5-Jun 14	7:30am-8:00am
72519	Sat	Apr 5-Jun 14	9:00am-9:30am
72520	Sat	Apr 5-Jun 14	10:30am-11:00am
72521	Sat	Apr 5-Jun 14	5:15pm-5:45pm
72522	Sun	Apr 6-Jun 15	12:00pm-12:30pm
72523	Sun	Apr 6-Jun 15	1:00pm-1:30pm
72524	Sun	Apr 6-Jun 15	5:00pm-5:30pm

Parent and Tot 3 (2 to 5 years)

This is the third parent and tot level for 2-5 year-olds. They'll have fun jumping into the water and getting out without assistance. They learn to hold their breath and open their eyes underwater to recover an object from the bottom. Mastering front and back floats in "starfish" and "pencil" positions and kicking on front and back provide the building blocks for swimming stroke development in the Preschool program. One parent per child may attend.

WMRC Swimplex 10/\$90.70

72525	Mon	Apr 7-Jun 16	11:45am-12:15pm
72526	Mon	Apr 7-Jun 16	4:30pm-5:00pm

72527	Mon	Apr 7-Jun 16	7:30pm-8:00pm
72537	Fri	Apr 4-Jun 13	4:00pm-4:30pm
72538	Fri	Apr 4-Jun 13	5:30pm-6:00pm
72539	Fri	Apr 4-Jun 13	6:30pm-7:00pm
WMRC Swimplex 11/\$99.77			
72528	Tue	Apr 1-Jun 10	4:15pm-4:45pm
72529	Tue	Apr 1-Jun 10	6:30pm-7:00pm
72530	Tue	Apr 1-Jun 10	7:30pm-8:00pm
72531	Wed	Apr 2-Jun 11	8:45am-9:15am
72532	Wed	Apr 2-Jun 11	4:30pm-5:00pm
72533	Wed	Apr 2-Jun 11	6:30pm-7:00pm
72534	Wed	Apr 2-Jun 11	7:30pm-8:00pm
72535	Thu	Apr 3-Jun 12	4:30pm-5:00pm
72536	Thu	Apr 3-Jun 12	7:00pm-7:30pm
72540	Sat	Apr 5-Jun 14	8:30am-9:00am
72541	Sat	Apr 5-Jun 14	10:00am-10:30am
72542	Sat	Apr 5-Jun 14	11:00am-11:30am
72543	Sat	Apr 5-Jun 14	11:30am-12:00pm
72544	Sat	Apr 5-Jun 14	12:30pm-1:00pm
72545	Sat	Apr 5-Jun 14	4:45pm-5:15pm
72546	Sat	Apr 5-Jun 14	5:45pm-6:15pm
72547	Sun	Apr 6-Jun 15	12:30pm-1:00pm
72548	Sun	Apr 6-Jun 15	2:30pm-3:00pm
72549	Sun	Apr 6-Jun 15	4:00pm-4:30pm
72550	Sun	Apr 6-Jun 15	6:00pm-6:30pm

Tykes (3 to 5 years)

Is your child 3 to 5 years of age and not quite ready to attend lessons on their own? In this transitional program, the parent accompanies the child in the water for the first 5 lessons for advanced parent and tot instruction. For the last 4-6 lessons



SWIM PROGRAMS

(depending on the session length), the child attends the lesson without a parent. A great transitional program for a child that needs support prior to attending lessons on their own. One parent per child may attend.

WMRC Swimplex Swirlpool area 10/\$90.70

72552	Mon	Apr 7-Jun 16	6:00pm-6:30pm
72554	Mon	Apr 7-Jun 16	8:00pm-8:30pm
72565	Fri	Apr 4-Jun 13	4:30pm-5:00pm
72566	Fri	Apr 4-Jun 13	5:30pm-6:00pm
72567	Fri	Apr 4-Jun 13	6:30pm-7:00pm

WMRC Swimplex Tot area 10/\$90.70

72551	Mon	Apr 7-Jun 16	4:00pm-4:30pm
72553	Mon	Apr 7-Jun 16	7:00pm-7:30pm

WMRC Swimplex Swirlpool area 11/\$99.77

72555	Tue	Apr 1-Jun 10	11:30am-12:00pm
72559	Wed	Apr 2-Jun 11	5:00pm-5:30pm
72560	Wed	Apr 2-Jun 11	6:00pm-6:30pm
72561	Wed	Apr 2-Jun 11	7:00pm-7:30pm
72562	Thu	Apr 3-Jun 12	10:00am-10:30am
72564	Thu	Apr 3-Jun 12	6:30pm-7:00pm
72568	Sat	Apr 5-Jun 14	7:00am-7:30am
72569	Sat	Apr 5-Jun 14	8:00am-8:30am
72571	Sat	Apr 5-Jun 14	12:00pm-12:30pm
72572	Sat	Apr 5-Jun 14	6:15pm-6:45pm
72574	Sun	Apr 6-Jun 15	1:30pm-2:00pm
72575	Sun	Apr 6-Jun 15	3:30pm-4:00pm
72576	Sun	Apr 6-Jun 15	5:30pm-6:00pm

WMRC Swimplex Tot area 11/\$99.77

72556	Tue	Apr 1-Jun 10	5:30pm-6:00pm
72557	Tue	Apr 1-Jun 10	7:30pm-8:00pm

72558	Wed	Apr 2-Jun 11	4:00pm-4:30pm
72563	Thu	Apr 3-Jun 12	5:30pm-6:00pm
72570	Sat	Apr 5-Jun 14	9:00am-9:30am
72573	Sun	Apr 6-Jun 15	12:00pm-12:30pm

WMRC Swimplex Tot area 9/\$81.63

73968	Tue	Apr 29-Jun 24	4:00pm-4:30pm
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June Daily WMRC Swimplex Swirlpool area 9/\$81.63

74224		Jun 17-Jun 27	4:30pm-5:00pm
74225		Jun 17-Jun 27	6:45pm-7:15pm

Preschool A (3 to 5 years)

In this level, preschoolers develop a foundation of water skills while having fun in the pool! They'll learn to put on a lifejacket, blow bubbles and float on their own. This is a great starting point for a preschooler who can be in the water without a parent or guardian, but is not yet doing skills (e.g. floats) on their own. Prerequisite: Have successfully completed Tykes or equivalent and comfortable being in the pool without a parent.

WMRC Swimplex Swirlpool area 10/\$90.70

73228	Mon	Apr 7-Jun 16	1:15pm-1:45pm
73229	Mon	Apr 7-Jun 16	4:00pm-4:30pm
73231	Mon	Apr 7-Jun 16	5:00pm-5:30pm
73232	Mon	Apr 7-Jun 16	5:30pm-6:00pm
73233	Mon	Apr 7-Jun 16	6:00pm-6:30pm
73234	Mon	Apr 7-Jun 16	6:30pm-7:00pm
73235	Mon	Apr 7-Jun 16	7:00pm-7:30pm
73261	Fri	Apr 4-Jun 13	4:00pm-4:30pm



SWIM PROGRAMS

73262	Fri	Apr 4-Jun 13	4:30pm-5:00pm
73263	Fri	Apr 4-Jun 13	5:00pm-5:30pm
73265	Fri	Apr 4-Jun 13	6:00pm-6:30pm

WMRC Swimplex Tot area 10/\$90.70

73230	Mon	Apr 7-Jun 16	4:30pm-5:00pm
73236	Mon	Apr 7-Jun 16	7:30pm-8:00pm
73260	Fri	Apr 4-Jun 13	9:15am-9:45am
73264	Fri	Apr 4-Jun 13	5:30pm-6:00pm
73266	Fri	Apr 4-Jun 13	6:30pm-7:00pm

WMRC Swimplex Swirlpool area 11/\$99.77

73239	Tue	Apr 1-Jun 10	5:00pm-5:30pm
73240	Tue	Apr 1-Jun 10	5:30pm-6:00pm
73241	Tue	Apr 1-Jun 10	6:00pm-6:30pm
73242	Tue	Apr 1-Jun 10	7:00pm-7:30pm
73244	Wed	Apr 2-Jun 11	9:15am-9:45am
73246	Wed	Apr 2-Jun 11	4:00pm-4:30pm
73247	Thu	Apr 3-Jun 12	4:30pm-5:00pm
73250	Wed	Apr 2-Jun 11	6:30pm-7:00pm
73251	Wed	Apr 2-Jun 11	7:00pm-7:30pm
73252	Wed	Apr 2-Jun 11	7:30pm-8:00pm
73254	Thu	Apr 3-Jun 12	5:00pm-5:30pm
73255	Thu	Apr 3-Jun 12	5:15pm-5:45pm
73256	Thu	Apr 3-Jun 12	5:30pm-6:00pm
73257	Thu	Apr 3-Jun 12	6:30pm-7:00pm
73258	Thu	Apr 3-Jun 12	7:00pm-7:30pm
73259	Thu	Apr 3-Jun 12	7:30pm-8:00pm
73267	Sat	Apr 5-Jun 14	7:00am-7:30am
73269	Sat	Apr 5-Jun 14	9:30am-10:00am
73271	Sat	Apr 5-Jun 14	11:00am-11:30am
73273	Sat	Apr 5-Jun 14	12:30pm-1:00pm
73274	Sat	Apr 5-Jun 14	4:45pm-5:15pm
73275	Sat	Apr 5-Jun 14	5:15pm-5:45pm
73276	Sat	Apr 5-Jun 14	6:15pm-6:45pm

73277	Sun	Apr 6-Jun 15	11:30am-12:00pm
73279	Sun	Apr 6-Jun 15	1:00pm-1:30pm
73280	Sun	Apr 6-Jun 15	2:00pm-2:30pm
73282	Sun	Apr 6-Jun 15	3:30pm-4:00pm
73283	Sun	Apr 6-Jun 15	4:00pm-4:30pm
73284	Sun	Apr 6-Jun 15	4:30pm-5:00pm
73285	Sun	Apr 6-Jun 15	5:00pm-5:30pm
73286	Sun	Apr 6-Jun 15	5:30pm-6:00pm

WMRC Swimplex Tot area 11/\$99.77

73237	Tue	Apr 1-Jun 10	10:15am-10:45am
73238	Tue	Apr 1-Jun 10	4:30pm-5:00pm
73243	Tue	Apr 1-Jun 10	7:30pm-8:00pm
73245	Wed	Apr 2-Jun 11	3:00pm-3:30pm
73248	Wed	Apr 2-Jun 11	4:30pm-5:00pm
73249	Wed	Apr 2-Jun 11	5:30pm-6:00pm
73253	Thu	Apr 3-Jun 12	3:45pm-4:15pm
73268	Sat	Apr 5-Jun 14	8:30am-9:00am
73270	Sat	Apr 5-Jun 14	10:30am-11:00am
73272	Sat	Apr 5-Jun 14	12:00pm-12:30pm
73278	Sun	Apr 6-Jun 15	12:30pm-1:00pm
73281	Sun	Apr 6-Jun 15	2:30pm-3:00pm

WMRC Swimplex Swirlpool area 9/\$81.63

73970	Thu	May 1-Jun 26	6:00pm-6:30pm
73971	Sun	Apr 27-Jun 22	3:00pm-3:30pm

WMRC Swimplex Tot area 9/\$81.63

73969	Tue	Apr 29-Jun 24	5:30pm-6:00pm
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June Daily WMRC Swimplex Swirlpool area 9/\$81.63

73974		Jun 17-Jun 27	4:00pm-4:30pm
73975		Jun 17-Jun 27	5:00pm-5:30pm
73976		Jun 17-Jun 27	5:30pm-6:00pm
73977		Jun 17-Jun 27	6:00pm-6:30pm



SWIM PROGRAMS

Preschool B (3 to 5 years)

Sign up for this level when your preschooler knows how to float on their front and back without the assistance of an adult or a flutter board, water wings or lifejacket. Now, it's time to learn how to glide! Learning the basics of flutter kick will have them zipping around the shallow end in no time. Prerequisite: Have successfully completed Preschool A or equivalent. The child must be able to float on their front and back for 3 seconds unassisted (no instructor or floatation device). This class is taught in the tot area.

WMRC Swimplex Tot area 10/\$90.70

73465	Mon	Apr 7-Jun 16	10:00am-10:30am
73466	Mon	Apr 7-Jun 16	1:45pm-2:15pm
73467	Mon	Apr 7-Jun 16	3:30pm-4:00pm
73468	Mon	Apr 7-Jun 16	4:30pm-5:00pm
73469	Mon	Apr 7-Jun 16	5:30pm-6:00pm
73470	Mon	Apr 7-Jun 16	6:00pm-6:30pm
73471	Mon	Apr 7-Jun 16	6:30pm-7:00pm
73472	Mon	Apr 7-Jun 16	8:00pm-8:30pm
73494	Fri	Apr 4-Jun 13	8:15am-8:45am
73495	Fri	Apr 4-Jun 13	3:00pm-3:30pm
73496	Fri	Apr 4-Jun 13	3:45pm-4:15pm
73497	Fri	Apr 4-Jun 13	4:30pm-5:00pm
73498	Fri	Apr 4-Jun 13	5:00pm-5:30pm
73499	Fri	Apr 4-Jun 13	6:00pm-6:30pm

WMRC Swimplex Tot area 11/\$99.77

73473	Tue	Apr 1-Jun 10	11:30am-12:00pm
73474	Tue	Apr 1-Jun 10	4:00pm-4:30pm
73475	Tue	Apr 1-Jun 10	4:30pm-5:00pm
73476	Tue	Apr 1-Jun 10	6:00pm-6:30pm

73477	Tue	Apr 1-Jun 10	5:30pm-6:00pm
73478	Tue	Apr 1-Jun 10	6:30pm-7:00pm
73479	Tue	Apr 1-Jun 10	7:00pm-7:30pm
73480	Wed	Apr 2-Jun 11	3:30pm-4:00pm
73481	Wed	Apr 2-Jun 11	4:30pm-5:00pm
73482	Wed	Apr 2-Jun 11	5:00pm-5:30pm
73483	Wed	Apr 2-Jun 11	6:00pm-6:30pm
73484	Wed	Apr 2-Jun 11	6:30pm-7:00pm
73485	Wed	Apr 2-Jun 11	7:30pm-8:00pm
73486	Thu	Apr 3-Jun 12	10:00am-10:30am
73487	Thu	Apr 3-Jun 12	4:00pm-4:30pm
73488	Thu	Apr 3-Jun 12	4:15pm-4:45pm
73489	Thu	Apr 3-Jun 12	4:30pm-5:00pm
73490	Thu	Apr 3-Jun 12	5:00pm-5:30pm
73491	Thu	Apr 3-Jun 12	6:00pm-6:30pm
73492	Thu	Apr 3-Jun 12	6:30pm-7:00pm
73493	Thu	Apr 3-Jun 12	7:00pm-7:30pm
73500	Sat	Apr 5-Jun 14	8:00am-8:30am
73501	Sat	Apr 5-Jun 14	8:30am-9:00am
73502	Sat	Apr 5-Jun 14	9:30am-10:00am
73503	Sat	Apr 5-Jun 14	10:30am-11:00am
73504	Sat	Apr 5-Jun 14	11:00am-11:30am
73505	Sat	Apr 5-Jun 14	12:00pm-12:30pm
73506	Sat	Apr 5-Jun 14	5:15pm-5:45pm
73507	Sat	Apr 5-Jun 14	6:15pm-6:45pm
73508	Sun	Apr 6-Jun 15	12:30pm-1:00pm
73509	Sun	Apr 6-Jun 15	1:00pm-1:30pm
73510	Sun	Apr 6-Jun 15	2:00pm-2:30pm
73511	Sun	Apr 6-Jun 15	3:00pm-3:30pm
73512	Sun	Apr 6-Jun 15	3:30pm-4:00pm
73513	Sun	Apr 6-Jun 15	4:00pm-4:30pm
73514	Sun	Apr 6-Jun 15	4:30pm-5:00pm
73515	Sun	Apr 6-Jun 15	5:00pm-5:30pm
73516	Sun	Apr 6-Jun 15	6:00pm-6:30pm



SWIM PROGRAMS

WMRC Swimplex Tot area 9/\$81.63

73972	Thu	May 1-Jun 26	5:30pm-6:00pm
73973	Sun	Apr 27-Jun 22	1:00pm-1:30pm

June Daily WMRC Swimplex Tot area 9/\$81.63

73978		Jun 17-Jun 27	4:00pm-4:30pm
73979		Jun 17-Jun 27	5:30pm-6:00pm
73980		Jun 17-Jun 27	6:30pm-7:00pm

Preschool C (3 to 5 years)

Now that your preschooler has their floats and glides down, it's time to start working on some of the more advanced skills that Preschool levels have to offer. Swimmers will learn the basics of front crawl, practice side rolls into deep water and be introduced to a new Swim to Survive skill. Prerequisite: Have successfully completed Preschool B or equivalent. The child must be able to glide on their front and back while kicking for 3 metres unassisted (no instructor or floatation device).

WMRC Swimplex Shallow area 10/\$90.70

73517	Mon	Apr 7-Jun 16	4:30pm-5:00pm
73518	Mon	Apr 7-Jun 16	7:00pm-7:30pm

WMRC Swimplex Tot area 10/\$90.70

73524	Fri	Apr 4-Jun 13	4:00pm-4:30pm
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WMRC Swimplex Shallow area 11/\$99.77

73519	Tue	Apr 1-Jun 10	5:00pm-5:30pm
73520	Tue	Apr 1-Jun 10	7:30pm-8:00pm
73521	Wed	Apr 2-Jun 11	7:00pm-7:30pm

73522	Thu	Apr 3-Jun 12	4:30pm-5:00pm
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73523	Thu	Apr 3-Jun 12	6:30pm-7:00pm
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73526	Sat	Apr 5-Jun 14	10:00am-10:30am
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73529	Sat	Apr 5-Jun 14	5:45pm-6:15pm
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WMRC Swimplex Tot area 11/\$99.77

73525	Sat	Apr 5-Jun 14	7:30am-8:00am
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73527	Sat	Apr 5-Jun 14	11:30am-12:00pm
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73528	Sat	Apr 5-Jun 14	12:30pm-1:00pm
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73530	Sun	Apr 6-Jun 15	11:30am-12:00pm
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73531	Sun	Apr 6-Jun 15	1:30pm-2:00pm
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73532	Sun	Apr 6-Jun 15	3:45pm-4:15pm
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WMRC Swimplex Tot area 9/\$81.63

73981	Thu	May 1-Jun 26	3:45pm-4:15pm
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73982	Sun	Apr 27-Jun 22	1:00pm-1:30pm
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June Daily WMRC Swimplex Tot area 9/\$81.63

73983		Jun 17-Jun 27	5:00pm-5:30pm
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Preschool D (3 to 5 years)

Preschoolers learn independent jumps into deep water and to get out by themselves. They open their eyes under water and recover objects from chest-deep water. They build endurance by completing 5m swims while doing front crawl, front glide with kick and kicking on their side.

WMRC Swimplex 10/\$90.70

73536	Fri	Apr 4-Jun 13	5:45pm-6:15pm
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WMRC Swimplex 11/\$99.77

73533	Tue	Apr 1-Jun 10	4:30pm-5:00pm
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73534	Wed	Apr 2-Jun 11	6:00pm-6:30pm
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SWIM PROGRAMS

73535	Thu	Apr 3-Jun 12	5:00pm-5:30pm
73537	Sat	Apr 5-Jun 14	9:00am-9:30am
73538	Sat	Apr 5-Jun 14	11:30am-12:00pm
73539	Sun	Apr 6-Jun 15	11:30am-12:00pm
73540	Sun	Apr 6-Jun 15	3:00pm-3:30pm

June Daily WMRC Swimplex 9/\$81.63

73984		Jun 17-Jun 27	5:00pm-5:30pm
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Preschool E (3 to 5 years)

Advanced preschoolers build on deep water skills by demonstrating a forward roll entry while wearing a personal floatation device. They develop endurance by holding their breath under water for up to 10 seconds. Interval training and whip kick is introduced at this level.

WMRC Swimplex 11/\$99.77

73541	Tue	Apr 1-Jun 10	6:30pm-7:00pm
73542	Thu	Apr 3-Jun 12	5:30pm-6:00pm
73543	Sat	Apr 5-Jun 14	11:30am-12:00pm

7-12 Beginners (7 to 12 years)

This is an introductory class for children aged 7 to 12 with little or no experience in the water. Participants learn head and face submersion, front/back and side swims with an introduction to surface support. Participants repeat this level until the instructor feels they are ready for Waterloo Splash 3.

WMRC Swimplex 10/\$90.70

73544	Mon	Apr 7-Jun 16	6:00pm-6:30pm
73545	Mon	Apr 7-Jun 16	7:00pm-7:30pm

73546	Mon	Apr 7-Jun 16	7:30pm-8:00pm
73557	Fri	Apr 4-Jun 13	3:30pm-4:00pm
73558	Fri	Apr 4-Jun 13	4:30pm-5:00pm
73559	Fri	Apr 4-Jun 13	6:30pm-7:00pm

WMRC Swimplex 11/\$99.77

73547	Tue	Apr 1-Jun 10	4:00pm-4:30pm
73548	Tue	Apr 1-Jun 10	5:30pm-6:00pm
73549	Tue	Apr 1-Jun 10	6:30pm-7:00pm
73550	Wed	Apr 2-Jun 11	4:30pm-5:00pm
73551	Wed	Apr 2-Jun 11	6:00pm-6:30pm
73552	Wed	Apr 2-Jun 11	7:30pm-8:00pm
73553	Thu	Apr 3-Jun 12	4:00pm-4:30pm
73554	Thu	Apr 3-Jun 12	6:00pm-6:30pm
73555	Thu	Apr 3-Jun 12	5:30pm-6:00pm
73556	Thu	Apr 3-Jun 12	7:30pm-8:00pm
73560	Sat	Apr 5-Jun 14	10:30am-11:00am
73561	Sat	Apr 5-Jun 14	11:30am-12:00pm
73562	Sat	Apr 5-Jun 14	12:30pm-1:00pm
73563	Sat	Apr 5-Jun 14	4:45pm-5:15pm
73564	Sun	Apr 6-Jun 15	12:00pm-12:30pm
73565	Sun	Apr 6-Jun 15	1:00pm-1:30pm
73566	Sun	Apr 6-Jun 15	2:30pm-3:00pm

WMRC Swimplex 9/\$81.63

73997	Thu	May 1-Jun 26	7:00pm-7:30pm
73998	Sun	Apr 27-Jun 22	1:30pm-2:00pm

June Daily WMRC Swimplex 9/\$81.63

73999		Jun 17-Jun 27	4:30pm-5:00pm
74000		Jun 17-Jun 27	6:30pm-7:00pm

Waterloo Splash 1 (5 to 12 years)

These beginners jump into chest deep



SWIM PROGRAMS

water all by themselves. They learn to open their eyes, exhale and hold their breath underwater. They work on floats, glides and kicking through the water on their front and back.

WMRC Swimplex 10/\$90.70

73567	Mon	Apr 7-Jun 16	3:30pm-4:00pm
73568	Mon	Apr 7-Jun 16	4:15pm-4:45pm
73569	Mon	Apr 7-Jun 16	5:00pm-5:30pm
73570	Mon	Apr 7-Jun 16	5:15pm-5:45pm
73571	Mon	Apr 7-Jun 16	5:30pm-6:00pm
73572	Mon	Apr 7-Jun 16	6:00pm-6:30pm
73573	Mon	Apr 7-Jun 16	6:30pm-7:00pm
73574	Mon	Apr 7-Jun 16	6:30pm-7:00pm
73575	Mon	Apr 7-Jun 16	7:00pm-7:30pm
73576	Mon	Apr 7-Jun 16	7:30pm-8:00pm
73602	Fri	Apr 4-Jun 13	4:00pm-4:30pm
73603	Fri	Apr 4-Jun 13	4:30pm-5:00pm
73604	Fri	Apr 4-Jun 13	5:00pm-5:30pm
73605	Fri	Apr 4-Jun 13	5:30pm-6:00pm
73606	Fri	Apr 4-Jun 13	6:00pm-6:30pm
73607	Fri	Apr 4-Jun 13	6:30pm-7:00pm

WMRC Swimplex 11/\$99.77

73577	Tue	Apr 1-Jun 10	4:00pm-4:30pm
73578	Tue	Apr 1-Jun 10	4:15pm-4:45pm
73579	Tue	Apr 1-Jun 10	4:30pm-5:00pm
73580	Tue	Apr 1-Jun 10	5:00pm-5:30pm
73581	Tue	Apr 1-Jun 10	5:30pm-6:00pm
73582	Tue	Apr 1-Jun 10	6:00pm-6:30pm
73583	Tue	Apr 1-Jun 10	6:45pm-7:15pm
73584	Tue	Apr 1-Jun 10	7:00pm-7:30pm
73585	Tue	Apr 1-Jun 10	7:30pm-8:00pm
73586	Wed	Apr 2-Jun 11	4:15pm-4:45pm

73587	Wed	Apr 2-Jun 11	5:00pm-5:30pm
73588	Wed	Apr 2-Jun 11	5:15pm-5:45pm
73589	Wed	Apr 2-Jun 11	5:30pm-6:00pm
73590	Wed	Apr 2-Jun 11	6:00pm-6:30pm
73591	Wed	Apr 2-Jun 11	6:30pm-7:00pm
73592	Wed	Apr 2-Jun 11	7:00pm-7:30pm
73593	Wed	Apr 2-Jun 11	7:30pm-8:00pm
73594	Thu	Apr 3-Jun 12	4:00pm-4:30pm
73595	Thu	Apr 3-Jun 12	4:30pm-5:00pm
73596	Thu	Apr 3-Jun 12	5:00pm-5:30pm
73597	Thu	Apr 3-Jun 12	5:30pm-6:00pm
73598	Thu	Apr 3-Jun 12	6:00pm-6:30pm
73599	Thu	Apr 3-Jun 12	6:30pm-7:00pm
73600	Thu	Apr 3-Jun 12	7:00pm-7:30pm
73601	Thu	Apr 3-Jun 12	7:30pm-8:00pm
73608	Sat	Apr 5-Jun 14	9:00am-9:30am
73609	Sat	Apr 5-Jun 14	9:30am-10:00am
73610	Sat	Apr 5-Jun 14	10:00am-10:30am
73611	Sat	Apr 5-Jun 14	10:30am-11:00am
73612	Sat	Apr 5-Jun 14	11:00am-11:30am
73613	Sat	Apr 5-Jun 14	12:00pm-12:30pm
73614	Sat	Apr 5-Jun 14	12:30pm-1:00pm
73615	Sat	Apr 5-Jun 14	4:45pm-5:15pm
73616	Sat	Apr 5-Jun 14	5:45pm-6:15pm
73617	Sat	Apr 5-Jun 14	6:15pm-6:45pm
73618	Sun	Apr 6-Jun 15	11:30am-12:00pm
73619	Sun	Apr 6-Jun 15	12:00pm-12:30pm
73620	Sun	Apr 6-Jun 15	12:30pm-1:00pm
73621	Sun	Apr 6-Jun 15	1:30pm-2:00pm
73622	Sun	Apr 6-Jun 15	2:00pm-2:30pm
73623	Sun	Apr 6-Jun 15	2:30pm-3:00pm
73624	Sun	Apr 6-Jun 15	3:00pm-3:30pm
73625	Sun	Apr 6-Jun 15	3:30pm-4:00pm



SWIM PROGRAMS

WMRC Swimplex 9/\$81.63

73985	Tue	Apr 29-Jun 24	4:30pm-5:00pm
73986	Tue	Apr 29-Jun 24	5:00pm-5:30pm
73987	Tue	Apr 29-Jun 24	7:30pm-8:00pm
73988	Thu	May 1-Jun 26	4:30pm-5:00pm
73989	Thu	May 1-Jun 26	6:30pm-7:00pm
73990	Thu	May 1-Jun 26	7:30pm-8:00pm
73991	Sun	Apr 27-Jun 22	12:00pm-12:30pm
73992	Sun	Apr 27-Jun 22	2:30pm-3:00pm

June Daily WMRC Swimplex 9/\$81.63

73993		Jun 17-Jun 27	4:00pm-4:30pm
73994		Jun 17-Jun 27	4:30pm-5:00pm
73995		Jun 17-Jun 27	5:30pm-6:00pm
73996		Jun 17-Jun 27	6:00pm-6:30pm

Waterloo Splash 2 (5 to 12 years)

Advanced beginners jump into deeper water and become comfortable falling sideways into the water wearing a personal floatation device. Swimmers support themselves at the surface without an aid and recover an object in chest-deep water, swim 5-10m on front and back, and are introduced to flutter kick interval training (2x9-12m).

WMRC Swimplex 10/\$90.70

73626	Mon	Apr 7-Jun 16	3:45pm-4:15pm
73627	Mon	Apr 7-Jun 16	4:30pm-5:00pm
73628	Mon	Apr 7-Jun 16	4:45pm-5:15pm
73629	Mon	Apr 7-Jun 16	5:00pm-5:30pm
73630	Mon	Apr 7-Jun 16	5:30pm-6:00pm
73631	Mon	Apr 7-Jun 16	5:45pm-6:15pm

73632	Mon	Apr 7-Jun 16	6:00pm-6:30pm
73633	Mon	Apr 7-Jun 16	6:30pm-7:00pm
73634	Mon	Apr 7-Jun 16	7:00pm-7:30pm
73635	Mon	Apr 7-Jun 16	7:30pm-8:00pm
73658	Fri	Apr 4-Jun 13	3:00pm-3:30pm
73659	Fri	Apr 4-Jun 13	4:00pm-4:30pm
73660	Fri	Apr 4-Jun 13	4:30pm-5:00pm
73661	Fri	Apr 4-Jun 13	5:15pm-5:45pm
73662	Fri	Apr 4-Jun 13	5:30pm-6:00pm
73663	Fri	Apr 4-Jun 13	5:45pm-6:15pm
73664	Fri	Apr 4-Jun 13	6:00pm-6:30pm

WMRC Swimplex 11/\$99.77

73636	Tue	Apr 1-Jun 10	4:00pm-4:30pm
73637	Tue	Apr 1-Jun 10	4:30pm-5:00pm
73638	Tue	Apr 1-Jun 10	5:00pm-5:30pm
73639	Tue	Apr 1-Jun 10	5:15pm-5:45pm
73640	Tue	Apr 1-Jun 10	5:30pm-6:00pm
73641	Tue	Apr 1-Jun 10	6:00pm-6:30pm
73642	Tue	Apr 1-Jun 10	6:30pm-7:00pm
73643	Tue	Apr 1-Jun 10	7:00pm-7:30pm
73644	Wed	Apr 2-Jun 11	4:30pm-5:00pm
73645	Wed	Apr 2-Jun 11	4:45pm-5:15pm
73646	Wed	Apr 2-Jun 11	5:30pm-6:00pm
73647	Wed	Apr 2-Jun 11	5:45pm-6:15pm
73648	Wed	Apr 2-Jun 11	6:30pm-7:00pm
73649	Wed	Apr 2-Jun 11	7:30pm-8:00pm
73650	Thu	Apr 3-Jun 12	4:00pm-4:30pm
73651	Thu	Apr 3-Jun 12	4:30pm-5:00pm
73652	Thu	Apr 3-Jun 12	4:30pm-5:00pm
73653	Thu	Apr 3-Jun 12	5:00pm-5:30pm
73654	Thu	Apr 3-Jun 12	5:00pm-5:30pm
73655	Thu	Apr 3-Jun 12	6:00pm-6:30pm
73656	Thu	Apr 3-Jun 12	6:30pm-7:00pm
73657	Thu	Apr 3-Jun 12	7:00pm-7:30pm



SWIM PROGRAMS

73665	Sat	Apr 5-Jun 14	9:30am-10:00am
73666	Sat	Apr 5-Jun 14	10:00am-10:30am
73667	Sat	Apr 5-Jun 14	10:30am-11:00am
73668	Sat	Apr 5-Jun 14	11:00am-11:30am
73669	Sat	Apr 5-Jun 14	11:30am-12:00pm
73670	Sat	Apr 5-Jun 14	12:30pm-1:00pm
73671	Sat	Apr 5-Jun 14	4:45pm-5:15pm
73672	Sat	Apr 5-Jun 14	5:15pm-5:45pm
73673	Sat	Apr 5-Jun 14	5:45pm-6:15pm
73674	Sun	Apr 6-Jun 15	11:30am-12:00pm
73675	Sun	Apr 6-Jun 15	12:00pm-12:30pm
73676	Sun	Apr 6-Jun 15	1:00pm-1:30pm
73677	Sun	Apr 6-Jun 15	1:30pm-2:00pm
73678	Sun	Apr 6-Jun 15	2:00pm-2:30pm
73679	Sun	Apr 6-Jun 15	2:30pm-3:00pm
73680	Sun	Apr 6-Jun 15	3:00pm-3:30pm
73681	Sun	Apr 6-Jun 15	3:30pm-4:00pm

WMRC Swimplex 9/\$81.63

74001	Tue	Apr 29-Jun 24	5:30pm-6:00pm
74002	Tue	Apr 29-Jun 24	6:30pm-7:00pm
74003	Thu	May 1-Jun 26	5:00pm-5:30pm
74004	Thu	May 1-Jun 26	6:30pm-7:00pm
74005	Sun	Apr 27-Jun 22	12:00pm-12:30pm
74006	Sun	Apr 27-Jun 22	3:30pm-4:00pm

June Daily WMRC Swimplex 9/\$81.63

74007		Jun 17-Jun 27	4:00pm-4:30pm
74008		Jun 17-Jun 27	5:00pm-5:30pm
74009		Jun 17-Jun 27	6:00pm-6:30pm

Waterloo Splash 3 (5 to 12 years)

Swimmers develop swimming skills by learning whip kick as well as front and back

crawl. They tread water for 30-45 sec. and interval training repetitions are increased (4x9m).

WMRC Swimplex 10/\$90.70

73682	Mon	Apr 7-Jun 16	4:15pm-4:45pm
73683	Mon	Apr 7-Jun 16	4:30pm-5:00pm
73684	Mon	Apr 7-Jun 16	5:00pm-5:30pm
73685	Mon	Apr 7-Jun 16	5:30pm-6:00pm
73686	Mon	Apr 7-Jun 16	6:00pm-6:30pm
73687	Mon	Apr 7-Jun 16	6:30pm-7:00pm
73688	Mon	Apr 7-Jun 16	6:45pm-7:15pm
73689	Mon	Apr 7-Jun 16	7:30pm-8:00pm
73711	Fri	Apr 4-Jun 13	3:30pm-4:00pm
73712	Fri	Apr 4-Jun 13	4:15pm-4:45pm
73713	Fri	Apr 4-Jun 13	5:30pm-6:00pm
73714	Fri	Apr 4-Jun 13	6:00pm-6:30pm
73715	Fri	Apr 4-Jun 13	6:15pm-6:45pm

WMRC Swimplex 11/\$99.77

73690	Tue	Apr 1-Jun 10	4:00pm-4:30pm
73691	Tue	Apr 1-Jun 10	4:30pm-5:00pm
73692	Tue	Apr 1-Jun 10	4:45pm-5:15pm
73693	Tue	Apr 1-Jun 10	5:00pm-5:30pm
73694	Tue	Apr 1-Jun 10	5:30pm-6:00pm
73695	Tue	Apr 1-Jun 10	6:00pm-6:30pm
73696	Tue	Apr 1-Jun 10	7:00pm-7:30pm
73697	Wed	Apr 2-Jun 11	4:15pm-4:45pm
73698	Wed	Apr 2-Jun 11	4:30pm-5:00pm
73699	Wed	Apr 2-Jun 11	5:00pm-5:30pm
73700	Wed	Apr 2-Jun 11	5:30pm-6:00pm
73701	Wed	Apr 2-Jun 11	6:00pm-6:30pm
73702	Wed	Apr 2-Jun 11	6:30pm-7:00pm
73703	Wed	Apr 2-Jun 11	7:30pm-8:00pm
73704	Thu	Apr 3-Jun 12	4:00pm-4:30pm



SWIM PROGRAMS

73705	Thu	Apr 3-Jun 12	4:00pm-4:30pm
73706	Thu	Apr 3-Jun 12	5:00pm-5:30pm
73707	Thu	Apr 3-Jun 12	5:30pm-6:00pm
73708	Thu	Apr 3-Jun 12	6:00pm-6:30pm
73709	Thu	Apr 3-Jun 12	6:30pm-7:00pm
73710	Thu	Apr 3-Jun 12	7:30pm-8:00pm
73716	Sat	Apr 5-Jun 14	9:00am-9:30am
73717	Sat	Apr 5-Jun 14	10:00am-10:30am
73718	Sat	Apr 5-Jun 14	11:00am-11:30am
73719	Sat	Apr 5-Jun 14	11:30am-12:00pm
73720	Sat	Apr 5-Jun 14	12:00pm-12:30pm
73721	Sat	Apr 5-Jun 14	4:45pm-5:15pm
73722	Sat	Apr 5-Jun 14	6:15pm-6:45pm
73723	Sun	Apr 6-Jun 15	11:30am-12:00pm
73724	Sun	Apr 6-Jun 15	12:30pm-1:00pm
73725	Sun	Apr 6-Jun 15	1:00pm-1:30pm
73726	Sun	Apr 6-Jun 15	2:00pm-2:30pm
73727	Sun	Apr 6-Jun 15	2:30pm-3:00pm
73728	Sun	Apr 6-Jun 15	3:00pm-3:30pm
73729	Sun	Apr 6-Jun 15	3:30pm-4:00pm

WMRC Swimplex 9/\$81.63

74010	Tue	Apr 29-Jun 24	5:00pm-5:30pm
74011	Tue	Apr 29-Jun 24	7:00pm-7:30pm
74012	Thu	May 1-Jun 26	5:00pm-5:30pm
74013	Thu	May 1-Jun 26	7:30pm-8:00pm
74014	Sun	Apr 27-Jun 22	12:30pm-1:00pm
74015	Sun	Apr 27-Jun 22	2:00pm-2:30pm

June Daily WMRC Swimplex 9/\$81.63

74016		Jun 17-Jun 27	4:30pm-5:00pm
74017		Jun 17-Jun 27	5:45pm-6:15pm
74018		Jun 17-Jun 27	6:30pm-7:00pm

Waterloo Splash 4 (5 to 12 years)

Swimmers learn in-water handstands and work towards the Canadian Swim to Survive Standard®: roll into deep water, tread 45-60 seconds and swim 25-50m. They improve the front crawl, back crawl and whip kick and transitions from front to back flutter kick.

WMRC Swimplex 10/\$90.70

73730	Mon	Apr 7-Jun 16	3:15pm-4:00pm
73731	Mon	Apr 7-Jun 16	5:15pm-6:00pm
73732	Mon	Apr 7-Jun 16	6:00pm-6:45pm
73733	Mon	Apr 7-Jun 16	6:45pm-7:30pm
73745	Fri	Apr 4-Jun 13	4:00pm-4:45pm
73746	Fri	Apr 4-Jun 13	6:15pm-7:00pm

WMRC Swimplex 11/\$99.77

73734	Tue	Apr 1-Jun 10	5:00pm-5:45pm
73735	Tue	Apr 1-Jun 10	5:45pm-6:30pm
73736	Tue	Apr 1-Jun 10	6:15pm-7:00pm
73737	Wed	Apr 2-Jun 11	4:00pm-4:45pm
73738	Wed	Apr 2-Jun 11	5:15pm-6:00pm
73739	Wed	Apr 2-Jun 11	6:00pm-6:45pm
73740	Wed	Apr 2-Jun 11	6:45pm-7:30pm
73741	Thu	Apr 3-Jun 12	4:15pm-5:00pm
73742	Thu	Apr 3-Jun 12	4:45pm-5:30pm
73743	Thu	Apr 3-Jun 12	5:30pm-6:15pm
73744	Thu	Apr 3-Jun 12	7:00pm-7:45pm
73747	Sat	Apr 5-Jun 14	9:30am-10:15am
73748	Sat	Apr 5-Jun 14	10:00am-10:45am
73749	Sat	Apr 5-Jun 14	11:30am-12:15pm
73750	Sat	Apr 5-Jun 14	12:15pm-1:00pm
73751	Sat	Apr 5-Jun 14	5:15pm-6:00pm



SWIM PROGRAMS

73752	Sun	Apr 6-Jun 15	11:30am-12:15pm
73753	Sun	Apr 6-Jun 15	12:45pm-1:30pm
73754	Sun	Apr 6-Jun 15	1:30pm-2:15pm
73755	Sun	Apr 6-Jun 15	3:00pm-3:45pm

WMRC Swimplex 9/\$81.63

74019	Tue	Apr 29-Jun 24	4:00pm-4:45pm
74020	Thu	May 1-Jun 26	4:15pm-5:00pm
74021	Sun	Apr 27-Jun 22	3:00pm-3:45pm

June Daily WMRC Swimplex 9/\$81.63

74022		Jun 17-Jun 27	4:30pm-5:15pm
74023		Jun 17-Jun 27	5:15pm-6:00pm

Waterloo Splash 5 (5 to 12 years)

These junior swimmers dive into deep water and perform in-water front somersaults. They work on increasing their distance and efficiency in front crawl, back crawl and whip kick. Flutter kick interval training increases to 4 x 15m.

WMRC Swimplex 10/\$90.70

73756	Mon	Apr 7-Jun 16	3:15pm-4:00pm
73757	Mon	Apr 7-Jun 16	4:15pm-5:00pm
73758	Mon	Apr 7-Jun 16	6:00pm-6:45pm
73759	Mon	Apr 7-Jun 16	7:00pm-7:45pm
73769	Fri	Apr 4-Jun 13	4:45pm-5:30pm
73770	Fri	Apr 4-Jun 13	6:15pm-7:00pm

WMRC Swimplex 11/\$99.77

73760	Tue	Apr 1-Jun 10	4:00pm-4:45pm
73761	Tue	Apr 1-Jun 10	5:00pm-5:45pm
73762	Tue	Apr 1-Jun 10	6:15pm-7:00pm

73763	Tue	Apr 1-Jun 10	7:15pm-8:00pm
73764	Wed	Apr 2-Jun 11	4:15pm-5:00pm
73765	Wed	Apr 2-Jun 11	6:00pm-6:45pm
73766	Wed	Apr 2-Jun 11	6:45pm-7:30pm
73767	Thu	Apr 3-Jun 12	4:45pm-5:30pm
73768	Thu	Apr 3-Jun 12	5:45pm-6:30pm
73771	Sat	Apr 5-Jun 14	9:00am-9:45am
73772	Sat	Apr 5-Jun 14	11:30am-12:15pm
73773	Sat	Apr 5-Jun 14	12:15pm-1:00pm
73774	Sat	Apr 5-Jun 14	4:45pm-5:30pm
73775	Sat	Apr 5-Jun 14	6:00pm-6:45pm
73776	Sun	Apr 6-Jun 15	12:00pm-12:45pm
73777	Sun	Apr 6-Jun 15	2:15pm-3:00pm
73778	Sun	Apr 6-Jun 15	6:15pm-7:00pm

WMRC Swimplex 9/\$81.63

74024	Tue	Apr 29-Jun 24	7:15pm-8:00pm
74025	Sun	Apr 27-Jun 22	2:15pm-3:00pm

June Daily WMRC Swimplex 9/\$81.63

74026		Jun 17-Jun 27	4:00pm-4:45pm
74027		Jun 17-Jun 27	6:00pm-6:45pm

Waterloo Splash 6 (5 to 12 years)

These intermediate swimmers swim 5m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They achieve the Canadian Swim to Survive® Standard: roll into deep water, tread 1 min. and swim 50m.

WMRC Swimplex 10/\$90.70

73779	Mon	Apr 7-Jun 16	4:00pm-4:45pm
73780	Mon	Apr 7-Jun 16	4:15pm-5:00pm



SWIM PROGRAMS

73781	Mon	Apr 7-Jun 16	7:00pm-7:45pm
73782	Mon	Apr 7-Jun 16	7:00pm-7:45pm
73790	Fri	Apr 4-Jun 13	4:45pm-5:30pm

WMRC Swimplex 11/\$99.77

73783	Tue	Apr 1-Jun 10	5:00pm-5:45pm
73784	Tue	Apr 1-Jun 10	6:00pm-6:45pm
73785	Tue	Apr 1-Jun 10	7:45pm-8:30pm
73786	Wed	Apr 2-Jun 11	4:15pm-5:00pm
73787	Wed	Apr 2-Jun 11	7:00pm-7:45pm
73788	Thu	Apr 3-Jun 12	4:45pm-5:30pm
73789	Thu	Apr 3-Jun 12	5:30pm-6:15pm
73791	Sat	Apr 5-Jun 14	9:45am-10:30am
73792	Sat	Apr 5-Jun 14	10:30am-11:15am
73793	Sat	Apr 5-Jun 14	5:30pm-6:15pm
73794	Sun	Apr 6-Jun 15	11:30am-12:15pm
73795	Sun	Apr 6-Jun 15	12:00pm-12:45pm
73796	Sun	Apr 6-Jun 15	1:30pm-2:15pm
73797	Sun	Apr 6-Jun 15	6:15pm-7:00pm

WMRC Swimplex 9/\$81.63

74028	Tue	Apr 29-Jun 24	6:00pm-6:45pm
74029	Sun	Apr 27-Jun 22	1:30pm-2:15pm

June Daily WMRC Swimplex 9/\$81.63

74030		Jun 17-Jun 27	4:00pm-4:45pm
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Waterloo Splash 7 (5 to 12 years)

Swimmers master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They refine their front and back crawl over 50m swims of each, and breaststroke over 25m.

WMRC Swimplex 10/\$90.70

73798	Mon	Apr 7-Jun 16	5:00pm-5:45pm
73799	Mon	Apr 7-Jun 16	7:45pm-8:30pm
73806	Fri	Apr 4-Jun 13	5:30pm-6:15pm

WMRC Swimplex 11/\$99.77

73800	Tue	Apr 1-Jun 10	4:15pm-5:00pm
73801	Tue	Apr 1-Jun 10	7:30pm-8:15pm
73802	Wed	Apr 2-Jun 11	5:00pm-5:45pm
73803	Wed	Apr 2-Jun 11	7:45pm-8:30pm
73804	Thu	Apr 3-Jun 12	5:30pm-6:15pm
73805	Thu	Apr 3-Jun 12	6:15pm-7:00pm
73807	Sat	Apr 5-Jun 14	8:15am-9:00am
73808	Sat	Apr 5-Jun 14	12:00pm-12:45pm
73809	Sun	Apr 6-Jun 15	12:45pm-1:30pm
73810	Sun	Apr 6-Jun 15	3:15pm-4:00pm
73811	Sun	Apr 6-Jun 15	7:00pm-7:45pm

June Daily WMRC Swimplex 9/\$81.63

74031		Jun 17-Jun 27	6:15pm-7:00pm
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Waterloo Splash 8 (5 to 13 years)

Swimmers rise to the challenge of advanced aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They develop strength and power in head-up breaststroke sprints over 25m. They swim lengths of front crawl, back crawl and breaststroke, and they complete a 300m workout.

WMRC Swimplex 10/\$90.70

73812	Mon	Apr 7-Jun 16	5:15pm-6:00pm
73814	Mon	Apr 7-Jun 16	7:45pm-8:30pm
73818	Fri	Apr 4-Jun 13	3:15pm-4:00pm



SWIM PROGRAMS

WMRC Swimplex 11/\$99.77

73813	Tue	Apr 1-Jun 10	5:45pm-6:30pm
73815	Wed	Apr 2-Jun 11	5:15pm-6:00pm
73816	Wed	Apr 2-Jun 11	7:45pm-8:30pm
73817	Thu	Apr 3-Jun 12	6:15pm-7:00pm
73819	Sat	Apr 5-Jun 14	8:15am-9:00am
73820	Sat	Apr 5-Jun 14	9:45am-10:30am
73821	Sun	Apr 6-Jun 15	3:15pm-4:00pm
73822	Sun	Apr 6-Jun 15	7:00pm-7:45pm

June Daily WMRC Swimplex 9/\$81.63

74032		Jun 17-Jun 27	6:15pm-7:00pm
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Waterloo Splash 9 (8 to 15 years)

Swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.

WMRC Swimplex 10/\$90.70

73823	Mon	Apr 7-Jun 16	6:15pm-7:15pm
73827	Fri	Apr 4-Jun 13	6:00pm-7:00pm

WMRC Swimplex 11/\$99.77

73824	Tue	Apr 1-Jun 10	4:30pm-5:30pm
73825	Wed	Apr 2-Jun 11	6:15pm-7:15pm
73826	Thu	Apr 3-Jun 12	4:00pm-5:00pm
73828	Sat	Apr 5-Jun 14	10:30am-11:30am
73829	Sun	Apr 6-Jun 15	2:15pm-3:15pm

June Daily WMRC Swimplex 9/\$81.63

74033		Jun 17-Jun 27	4:45pm-5:45pm
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Waterloo Splash 10 (8 to 15 years)

Swimmers develop better strokes over 75m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Swimming drills develop a strong lifesaving foundation.

WMRC Swimplex 10/\$90.70

73830	Mon	Apr 7-Jun 16	7:30pm-8:30pm
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WMRC Swimplex 11/\$99.77

73831	Tue	Apr 1-Jun 10	5:45pm-6:45pm
73832	Wed	Apr 2-Jun 11	5:00pm-6:00pm
73833	Thu	Apr 3-Jun 12	4:30pm-5:30pm
73834	Sat	Apr 5-Jun 14	10:30am-11:30am
73835	Sun	Apr 6-Jun 15	2:15pm-3:15pm

June Daily WMRC Swimplex 9/\$81.63

74034		Jun 17-Jun 27	4:45pm-5:45pm
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Waterloo Splash 11 (8 to 15 years)

Swimmers are challenged with 600m workouts; 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic



SWIM PROGRAMS

reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.

WMRC Swimplex 10/\$90.70

73836	Mon	Apr 7-Jun 16	7:30pm-8:30pm
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WMRC Swimplex 11/\$99.77

73837	Wed	Apr 2-Jun 11	6:00pm-7:00pm
73838	Thu	Apr 3-Jun 12	5:30pm-6:30pm
73839	Sat	Apr 5-Jun 14	12:00pm-1:00pm
73840	Sun	Apr 6-Jun 15	1:15pm-2:15pm

Adapted Aquatics For Kids (5 to 12 years)

This program is available for kids aged 5 to 12 years with special needs (physical, developmental, behavioral) who have little or no swimming experience and require specialized instruction. One instructor will assist up to 2 participants with additional volunteer support.

WMRC Swimplex 11/\$116.74

73845	Sat	Apr 5-Jun 14	4:45pm-5:15pm
73846	Sat	Apr 5-Jun 14	5:15pm-5:45pm
73847	Sat	Apr 5-Jun 14	5:45pm-6:15pm

Adapted Aquatics for Teens/Adults (12+)

This program is available for individuals 12 years or older with special needs (physical, developmental, behavioral) who have little or no swimming experience and require

specialized instruction. One instructor will assist up to 2 participants with additional volunteer support.

WMRC Swimplex 11/\$142.23

73848	Thu	Apr 3-Jun 12	4:00pm-4:45pm
73849	Thu	Apr 3-Jun 12	4:45pm-5:30pm

Leadership Stroke Enhancement (12+)

Swimmers learn corrective drills and tips for all the basic swim strokes to be successful in our leadership programs. Prerequisite: Ready for Bronze Medallion or higher.

WMRC Swimplex 11/\$99.77

73842	Wed	Apr 2-Jun 11	6:30pm-7:00pm
73843	Sat	Apr 5-Jun 14	6:15pm-6:45pm
73844	Sun	Apr 6-Jun 15	12:30pm-1:00pm

Triathlon Swim Training – Youth (8 to 15 years)

This 45 minute program focuses on the swimming component of the triathlon. The instructor works on increasing stroke efficiency, speed and swimming endurance through drills and other active stations. Focus is on achieving personal bests. No triathlon experience necessary. Prerequisite: Participants must have completed Waterloo Splash 8.

WMRC Swimplex 10/\$90.70

73841	Fri	Apr 4-Jun 13	4:00pm-4:45pm
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SWIM PROGRAMS

TEEN

Teen 1 (12 to 17 years)

Work on front and back floats and glides and front, back and side flutter kicks. Learn breath control and tread water wearing a personal flotation device. Improve fitness and kicks with 4 x 9-12m interval training.

WMRC Swimplex 11/\$99.77

73850	Tue	Apr 1-Jun 10	6:15pm-7:00pm
73851	Thu	Apr 3-Jun 12	7:00pm-7:45pm
73852	Sat	Apr 5-Jun 14	12:15pm-1:00pm
73853	Sat	Apr 5-Jun 14	6:15pm-7:00pm
73854	Sun	Apr 6-Jun 15	6:15pm-7:00pm

Teen 2 (12 to 17 years)

Jump into deep water and tread for 60 sec. Learn to recover an object from the bottom in chest-deep water. Improve the flutter kick over longer distances and work towards 15m front crawl and back crawl swims. Improve both fitness and flutter kick with 2 x 25m interval training.

WMRC Swimplex 11/\$99.77

73855	Tue	Apr 1-Jun 10	6:15pm-7:00pm
73856	Thu	Apr 3-Jun 12	7:45pm-8:30pm
73857	Sat	Apr 5-Jun 14	12:15pm-1:00pm
73858	Sun	Apr 6-Jun 15	7:00pm-7:45pm

Teen 3 (12 to 17 years)

Kick it up a notch! Work on front crawl and back crawl and kicking in 25m - 50m swims and 25m interval training workouts.

Learn how to swim under water and how to do breaststroke arms and breathing over 10-15m. Support yourself at the surface for up to 2 min. Show off with cannonball entry into deep water and handstands in shallow water.

WMRC Swimplex 11/\$99.77

73859	Tue	Apr 1-Jun 10	6:15pm-7:00pm
73860	Sat	Apr 5-Jun 14	9:00am-9:45am
73861	Sun	Apr 6-Jun 15	8:00pm-8:45pm

Teen 4 (12 to 17 years)

No sweat or at least none anyone can see. Learn eggbeater, stride entries and compact jumps. Swim a 300m workout and sprint 25-50m. Master the front crawl, back crawl and breaststroke.

WMRC Swimplex 11/\$99.77

73862	Tue	Apr 1-Jun 10	7:00pm-7:45pm
73863	Sat	Apr 5-Jun 14	9:00am-9:45am
73864	Sun	Apr 6-Jun 15	8:00pm-8:45pm





SWIM PROGRAMS

ADULT

Adult 1

Work on front and back floats, glides and flutter kick on front, side and back. Swimmers learn breath control and tread water wearing a personal flotation device. Improve fitness and kicks with 4 x 9-12m interval training.

WMRC Swimplex 10/\$90.70

73875	Mon	Apr 7-Jun 16	9:00am-9:45am
73876	Mon	Apr 7-Jun 16	1:30pm-2:15pm
73877	Mon	Apr 7-Jun 16	2:15pm-3:00pm
73885	Fri	Apr 4-Jun 13	9:00am-9:45am
73886	Fri	Apr 4-Jun 13	10:00am-10:45am

WMRC Swimplex 11/\$99.77

73878	Tue	Apr 1-Jun 10	1:00pm-1:45pm
73879	Wed	Apr 2-Jun 11	5:45pm-6:30pm
73880	Wed	Apr 2-Jun 11	8:15pm-9:00pm
73881	Wed	Apr 2-Jun 11	8:15pm-9:00pm
73882	Thu	Apr 3-Jun 12	5:30pm-6:15pm
73883	Thu	Apr 3-Jun 12	6:30pm-7:15pm
73884	Thu	Apr 3-Jun 12	7:30pm-8:15pm
73887	Sat	Apr 5-Jun 14	8:00am-8:45am
73888	Sat	Apr 5-Jun 14	5:00pm-5:45pm
73889	Sat	Apr 5-Jun 14	5:45pm-6:30pm
73890	Sun	Apr 6-Jun 15	1:45pm-2:30pm

WMRC Swimplex 9/\$81.63

74035	Thu	May 1-Jun 26	5:30pm-6:15pm
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June Daily WMRC Swimplex 9/\$81.63

74036		Jun 17-Jun 26	6:15pm-7:00pm
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Adult 2

Jump into deep water and tread for 60 seconds. Learn to recover an object from the bottom in chest-deep water. Improve the flutter kick over longer distances and work towards 15m front crawl and back crawl swims. Improve both fitness and flutter kick with 2 x 25m interval training.

WMRC Swimplex 10/\$90.70

73891	Mon	Apr 7-Jun 16	9:45am-10:30am
73892	Mon	Apr 7-Jun 16	2:15pm-3:00pm
73893	Mon	Apr 7-Jun 16	5:45pm-6:30pm
73900	Fri	Apr 4-Jun 13	10:45am-11:30am

WMRC Swimplex 11/\$99.77

73894	Tue	Apr 1-Jun 10	1:00pm-1:45pm
73895	Tue	Apr 1-Jun 10	4:15pm-5:00pm
73896	Wed	Apr 2-Jun 11	8:15pm-9:00pm
73897	Thu	Apr 3-Jun 12	1:00pm-1:45pm
73898	Thu	Apr 3-Jun 12	6:15pm-7:00pm
73899	Thu	Apr 3-Jun 12	7:15pm-8:00pm
73901	Sat	Apr 5-Jun 14	5:00pm-5:45pm
73902	Sat	Apr 5-Jun 14	5:45pm-6:30pm
73903	Sun	Apr 6-Jun 15	3:00pm-3:45pm

June Daily WMRC Swimplex 9/\$81.63

74037		Jun 17-Jun 27	5:30pm-6:15pm
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Adult 3

Kick it up a notch! Work on front crawl and back crawl and kicking in 25m - 50m swims and 25m interval training workouts. Learn how to swim under water and how to do breaststroke arms and breathing over 10-15m. Support yourself at the surface for



SWIM PROGRAMS

up to 2min. Show off with cannonball entry into deep water and handstands in shallow water.

WMRC Swimplex 10/\$90.70

73904	Mon	Apr 7-Jun 16	3:00pm-3:45pm
73907	Fri	Apr 4-Jun 13	11:30am-12:15pm

WMRC Swimplex 11/\$99.77

73905	Tue	Apr 1-Jun 10	1:00pm-1:45pm
73906	Thu	Apr 3-Jun 12	5:30pm-6:15pm
73908	Sat	Apr 5-Jun 14	11:45am-12:30pm
73909	Sun	Apr 6-Jun 15	1:00pm-1:45pm

Adult 4

No sweat or at least none anyone can see! Learn eggbeater, stride entries and compact jumps. Swim a 300m workout and sprint 25-50m. Master the front crawl, back crawl and breaststroke.

WMRC Swimplex 10/\$90.70

73910	Mon	Apr 7-Jun 16	3:00pm-3:45pm
73913	Fri	Apr 4-Jun 13	11:30am-12:15pm

WMRC Swimplex 11/\$99.77

73911	Tue	Apr 1-Jun 10	1:00pm-1:45pm
73912	Thu	Apr 3-Jun 12	7:45pm-8:30pm
73914	Sat	Apr 5-Jun 14	11:00am-11:45am
73915	Sun	Apr 6-Jun 15	1:00pm-1:45pm

Adult Stroke Enhancement

Swimmers learn corrective drills and tips for all the swim strokes. Prerequisite: successfully completed Adult 4.

WMRC Swimplex 10/\$90.70

73917	Fri	Apr 4-Jun 13	10:00am-10:45am
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WMRC Swimplex 11/\$99.77

73916	Wed	Apr 2-Jun 11	9:15pm-10:00pm
73918	Sun	Apr 6-Jun 15	11:30am-12:15pm

Senior Learn to Swim (55+)

This is an ideal beginner program for adults aged 55 years and older. Build confidence in shallow water with an emphasis on basic swimming skills, water safety, and an introduction to strokes.

WMRC Swimplex 11/\$99.77

73866	Thu	Apr 3-Jun 12	1:00pm-1:45pm
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Senior Strokes & Skills (55+)

This is a great way to take swimming skills to the next level. Learn all the basic swimming strokes and skills including treading water, diving and even stride jumps. Become comfortable swimming in the deep end. Prerequisite: Swimmer must have completed Senior Learn to Swim or Adult 2 and be 55 years of age or older.

WMRC Swimplex 11/\$99.77

73867	Thu	Apr 3-Jun 12	1:45pm-2:30pm
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Senior Water Fitness (55+)

An awesome low impact class in shallow water. The last 20 minutes will focus on stretching, posture and core exercises in the swirlpool.



SWIM PROGRAMS

WMRC Swimplex 11/\$91.74

73868 Tue Apr 1-Jun 10 8:45am-9:45am

73869 Thu Apr 3-Jun 12 8:45am-9:45am

Triathlon Swim Training

Participating in an upcoming triathlon? Register for this training session and work on skills, drills and secrets to improve the swim portion of the triathlon. Entry requirements: Must be able to swim 100m (4 lengths) of front crawl and back crawl. Must be a competent deep-end swimmer.

WMRC Swimplex 11/\$148.50

74106 Sun Apr 6-Jun 15 9:00pm-10:00pm

Waterfitness 101

Want to try a waterfit class but unsure about the core moves or which moves affect different muscle groups? This class takes swimmers through a typical shallow waterfit class with equipment. A variety of equipment is introduced each week to assist swimmers with becoming more comfortable in waterfit programs. Classes will include shallow-type waterfit programs such as Water Walking, Water Running and Gentle Joints.

WMRC Swimplex 10/\$125.10

73874 Mon Apr 7-Jun 16 12:30pm-2:00pm

PRIVATE SWIM LESSONS

Private Swim Lessons (6+)

Private lessons are a great idea if your child needs extra attention on a certain skill. The minimum age requirement is 6 years and all classes are 30 min. in length.

Lessons run in blocks of 9, 10 or 11 weeks for the Spring session.

Private

9/\$334.17 10/\$371.30 11/\$408.43

Semi-private

9/\$247.95 10/\$275.50 11/\$303.05

Register for private lessons online at waterloo.ca/activewaterloo.

When registering, you will be asked the class level your child needs to work on.

Bring your previous report card on the first day of your session for the new instructor.

Missed lessons will not be refunded or rescheduled without a doctor's note within 7 days of the scheduled lesson.

Semi-private lessons

Registration is available in person only.

To enrol in semi-private lessons, you must find the other participant and register at the same time. Semi-private lessons are best suited for participants who are in the same level or one level apart. The fee for semi-private lessons is per registrant.