

FALL 2025 GUIDE

ActiveWaterloo

REGISTRATION OPEN DATES

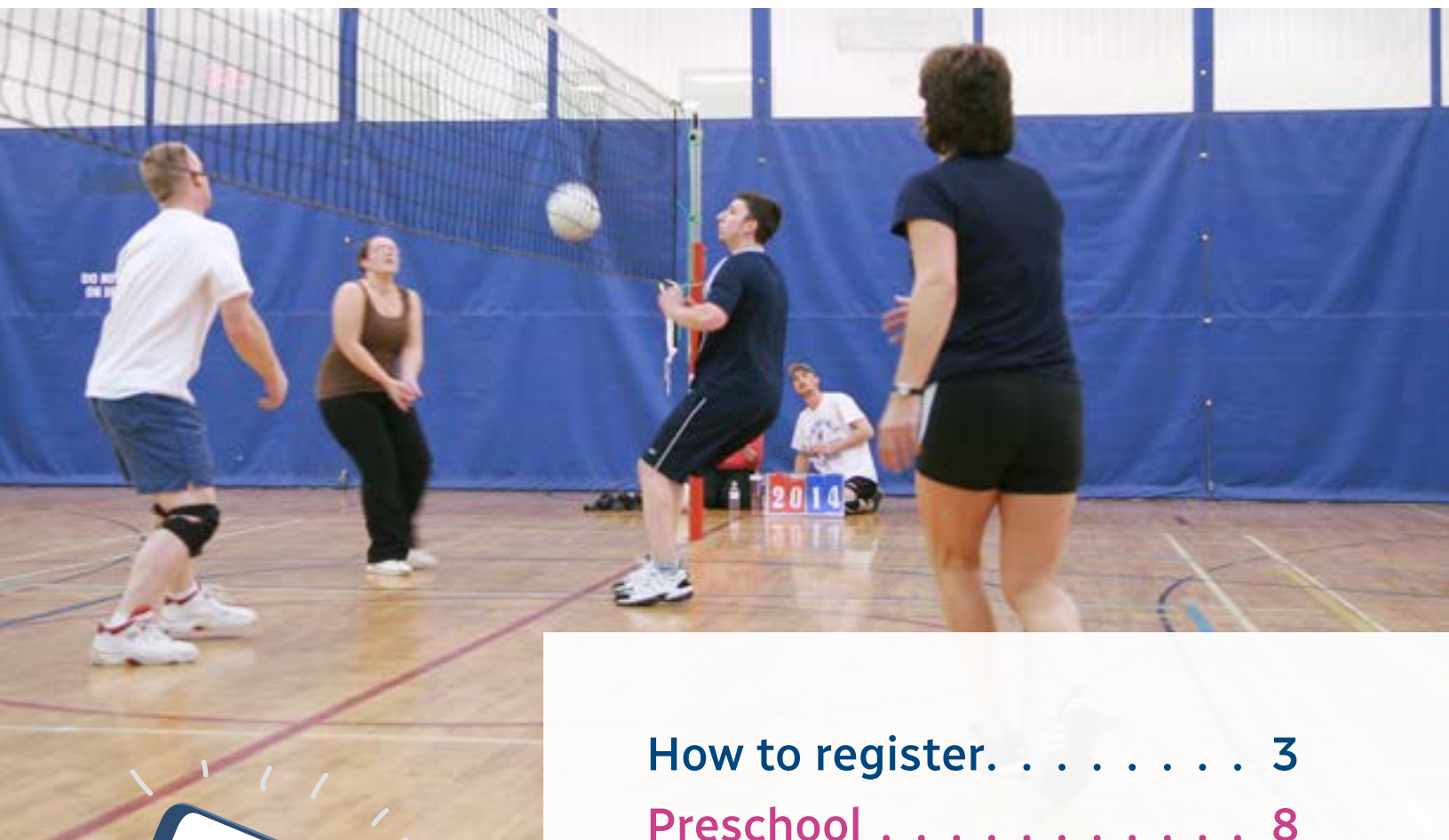
Active Living

Aug 19 (Waterloo residents)
Aug 22 (non-residents)

Swim

Sept 9 (Waterloo residents)
Sept 12 (non-residents)

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waterloo.ca/subscribe
Sign up for our Active Waterloo
newsletter — a quick and easy
way to stay connected with the
city's programs and events.

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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.

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.

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.

IMPORTANT REGISTRATION INFORMATION

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



Inclusion Services in the City of Waterloo

Inclusion Services is Growing!

With the goal of providing excellent and expanded inclusion services to City of Kitchener and City of Waterloo residents, **the City of Waterloo now has its own Inclusion Team!**

Requesting Inclusion Support

If you'd like to request inclusion services (1:1 support staff, program adaptation, specialized programs and adaptive equipment), you must complete an inclusion membership application.

The inclusion membership form is available at:

www.waterloo.ca/inclusion

Staff will review your information and follow up within two weeks of receiving the application.





Sensory Backpacks

The City of Waterloo now has twelve free of charge sensory backpacks available for individuals to use while visiting six City of Waterloo facilities.

Sensory backpacks are available for all ages, and can be signed out by any individual aged 13 years or older. The backpacks must remain in the facility at all times.

The backpacks include: sunglasses, noise-canceling headphones, fidget tools, a chair band, Picture Exchange Communication System (PECS), a timer, and a drawing pad.

Sign out a backpack at customer service desks at:

- Albert McCormick Community Centre
- RIM Park Manulife Sportsplex & Healthy Living Centre
- Waterloo Memorial Recreation Complex and Community Pavilion
- City of Waterloo Museum
- Waterloo City Centre

Personal Assistant for Leisure (PAL)

A PAL card is available to participants (four years and up) with a disability who require additional assistance to attend programs.

With a PAL card, participants can bring a helper, often a friend or family member, to support their participation in City-run programs. There is no additional cost for the PAL to attend program, as their role is support the participant.

To use your PAL card, present the card when paying your program fee.

You can use the card at City-run programs and with our many PAL card partners. These may include:

- Public swims
- Public skates
- Recreation programs
- Golf courses

PAL card applications are available at any city facility.

Preschool Programs



ART AND SCIENCE

Kid Artists – Lines and Shapes (4 to 6 years)

Children will enjoy getting messy as they discover the fun of crafts, painting and play while also learning about the elements and principles of art. With zig-zagging, wavy lines and tons of interesting shapes – the fun never ends! Children will enjoy learning about different types of lines and shapes to create their works of art.

RIM 8/\$80.00

81225 Thu Oct 2-Nov 20 6:30pm-7:15pm

Kid Outdoor Explorers – Forest Friends (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. Forest Friends participants will learn about trees and animals and build shelters in nature. 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 5/\$71.25

81229 Tue Sep 30-Oct 28 5:00pm-6:00pm

Kids and Kids-at-Heart: Fall Friends (4 to 10 years with caregiver)

Help us celebrate National Children's Day by creating a fun, fall themed craft! Children and their intergenerational adult participate together in this workshop. Maximum of two children per adult. Each child must register.

RIM 1/\$0.00

81231 Thu Nov 20 4:15pm-5:00pm

Little Artists – Lines and Shapes (2.5 to 4 years)

Children will enjoy getting messy as they discover the fun of crafts, painting and play while also learning about the elements and principles of art. This program is designed for caregivers and children to socialize together, creating a variety of art projects. With zig-zagging, wavy lines and tons of interesting shapes – the fun never ends! Children will enjoy learning about different types of lines and shapes to create their works of art. Maximum two children per adult, each child must register.

RIM 8/\$80.00

81224	Thu	Oct 2-Nov 20	5:30pm-6:15pm
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Little Outdoor Explorers – Forest Friends (2.5 to 4 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. Forest Friends participants will learn about trees, animals and build shelters in nature. 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 5/\$71.25

81228	Tue	Sep 30-Oct 28	4:00pm-5:00pm
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Stemotics – Little Coders: Adventures in Algorithms with CodeCombat! (4 to 6 years)

Ready, set, code! In this interactive class, children will help their hero (or pet!) collect gems while learning the basics of coding. They'll explore coding through a game environment where they

create sequences, solve puzzles and build simple algorithms to complete challenges. It's the perfect hands-on adventure to build early coding, thinking and problem-solving skills—while having a blast! This program is offered in cooperation with Stemotics.

AMCC 6/\$105.60

81160	Sat	Oct 4-Nov 22	9:00am-9:50am
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RIM 8/\$140.80

81159	Thu	Oct 2-Nov 20	5:30pm-6:20pm
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WMRC 8/\$140.80

81158	Tue	Sep 30-Nov 18	5:30pm-6:20pm
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DANCE

Kid Dancers – Bollywood (4 to 6 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 10/\$90.00

81613	Mon	Sep 29-Dec 8	5:00pm-5:45pm
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Kid Dancers – Hip Hop (4 to 6 years)

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

AMCC 9/\$81.00

83089	Tue	Sep 30-Dec 16	5:00pm-5:45pm
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WMRC 10/\$90.00

80458	Thu	Oct 2-Dec 11	5:00pm-5:45pm
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WMRC 10/\$90.00

80459	Sat	Oct 4-Dec 13	9:30am-10:15am
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Kid Dancers – Jazz (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. Get ready to jump, kick and gallop along to upbeat pop music! Jazz dance is high energy and dynamic. Dancers will learn rhythm and style through combinations and across the room movements. Comfortable clothing and running shoes or bare feet are required.

AMCC 7/\$70.00

81221	Sat	Oct 4-Nov 22	11:00am-11:45am
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WMRC 8/\$80.00

81219	Wed	Oct 1-Nov 19	6:30pm-7:15pm
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Little Dancers – Imagination (2.5 to 4 years)

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.

AMCC 7/\$70.00

81217	Sat	Oct 4-Nov 22	9:00am-9:45am
81218	Sat	Oct 4-Nov 22	10:00am-10:45am

WMRC 8/\$80.00

81216	Wed	Oct 1-Nov 19	5:30pm-6:15pm
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FITNESS AND WELLNESS**Kid Athletes (4 to 6 years with caregiver)**

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 8/\$80.00

81222	Thu	Oct 2-Nov 20	4:30pm-5:15pm
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Kid Karate (4 to 6 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.

AMCC 10/\$70.00

80488	Mon	Sep 29-Dec 15	4:30pm-5:00pm
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WMRC 10/\$70.00

80489	Wed	Oct 1-Dec 10	4:30pm-5:00pm
81239	Fri	Oct 3-Dec 19	4:15pm-4:45pm
81240	Fri	Oct 3-Dec 19	4:45pm-5:15pm

Parent and Baby Waterfit (3 months to 3 years)

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 11/\$91.74

81799	Tue	Sep 30-Dec 9	10:30am-11:15am
81800	Thu	Oct 2-Dec 11	9:30am-10:15am

SPECIAL INTEREST

Little Chefs – Kitchen Skills (2.5 to 6 years)

Is your little one eager to help in the kitchen? Little Chefs is a kitchen skills program where children and their caregivers learn about healthy eating and a healthy lifestyle, basic kitchen 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

81226	Wed	Oct 1-Nov 19	6:00pm-7:00pm
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Montessori Fun Sensory Play (2 to 6 years)

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.

WMRC 8/\$92.00

81230	Wed	Oct 1-Nov 19	10:00am-11:00am
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Ukulele for Little Kids (3 to 5 years)

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 7/\$140.00

81210	Thu	Oct 2-Nov 20	5:00pm-5:50pm
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More Littles programs

View drop-in Littles programs **on page 39.**

Children's Programs



ART AND SCIENCE

Kids and Kids-at-Heart: Fall Friends (4 to 10 years with caregiver)

Help us celebrate National Children's Day by creating a fun, fall themed craft! Children and their intergenerational adult participate together in this workshop. Maximum of two children per adult. Each child must register.

RIM 1/\$0.00

81231 Thu Nov 20 4:15pm-5:00pm

Pallet of Possibilities (8 to 12 years)

Explore and play through art! Every week kids will get the chance to try a different kind of art! Let's get creative! Supplies are included in this program.

WMRC 10/\$100.00

81276 Wed Sep 17-Nov 19 5:00pm-6:00pm

Stemotics – Climate Innovators: Build, Code and Take Action! (10 to 12 years)

Join the mission to create a better world! With the Climate Action Kit, children will explore climate challenges and engineer real-world solutions through engaging, hands-on STEM activities. No coding background? No problem! This user-friendly program empowers children to learn robotics and coding by guided tutorials and intuitive tools. From building wind turbines and smart irrigation systems to designing eco-friendly innovations, children will code and construct impactful projects while developing critical thinking and problem-solving skills. Aligned with Canadian Provincial Standards, this program is perfect for curious minds ready to take climate action into their own hands. Let's code a cleaner, greener future—one project at a time! This program is offered in cooperation with Stemotics.

AMCC 6/\$105.60

81207 Sat Oct 4-Nov 22 11:00am-11:50am

RIM 8/\$140.80

81206	Thu	Oct 2-Nov 20	7:30pm-8:20pm
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WMRC 8/\$140.80

81205	Tue	Sep 30-Nov 18	7:30pm-8:20pm
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Stemotics – Micro:bit: Introduction to Coding (7 to 9 years)

Spark children's interest in technology with the Micro:bit: Introduction to Coding course! Using the pocket-sized BBC micro:bit computer, children will dive into the basics of coding by creating simple and interactive projects. They'll learn how to light up LEDs, use sensors and build small games, all while developing critical thinking and creativity. This hands-on experience makes coding accessible and fun, opening the door to endless technological adventures. This program is offered in cooperation with Stemotics.

AMCC 6/\$105.60

81163	Sat	Oct 4-Nov 22	10:00am-10:50am
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RIM 8/\$140.80

81162	Thu	Oct 2-Nov 20	6:30pm-7:20pm
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WMRC 8/\$140.80

81161	Tue	Sep 30-Nov 18	6:30pm-7:20pm
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CAMPS

Winter Break Wonderland Camp (4 to 10 years)

Kids will have a blast with us this Winter Break. Leaders from our 2025 summer camps will lead winter wonderland themed activities such as crafts, songs and games. Dress for the weather as we'll head outside too! Visit waterloo.ca/camp for details. Winter Break camp runs December 29 and 30, 2025

and January 2, 2026. Please register separately for each day.

Dec. 29 inclusion registration code: 81235

Dec. 30 inclusion registration code: 81236

Jan. 2 inclusion registration code: 81237

RIM 1/\$51.37

81232	Mon	Dec 29	8:00am-5:00pm
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81233	Tue	Dec 30	8:00am-5:00pm
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81234	Fri	Jan 2	8:00am-5:00pm
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DANCE

Kid Dancers – Bollywood (6 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 10/\$90.00

81614	Mon	Sep 29-Dec 8	6:00pm-6:45pm
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Kid Dancers – Hip Hop (6 to 8 years)

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

AMCC 9/\$81.00

83091	Tue	Sep 30-Dec 16	6:00pm-6:45pm
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WMRC 10/\$90.00

80460	Thu	Oct 2-Dec 11	6:00pm-6:45pm
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83093	Fri	Oct 3-Dec 12	6:00pm-6:45pm
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80461	Sat	Oct 4-Dec 13	10:30am-11:15am
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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 10/\$90.00

80462	Thu	Oct 2-Dec 11	7:00pm-7:45pm
83099	Fri	Oct 3-Dec 12	7:00pm-7:45pm

Kid Dancers – Jazz (8 to 12 years)

Jazz dance is high energy and dynamic. Dancers will learn rhythm and style through combinations and across the room movements. Comfortable clothing and running shoes or bare feet are required.

WMRC 10/\$90.00

80464	Tue	Sep 30-Dec 9	6:15pm-7:00pm
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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 11/\$55.00

81352	Sat	Aug 30	9:00am-11:00am
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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 8/\$80.00

81223	Thu	Oct 2-Nov 20	5:30pm-6:15pm
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Kid Fitness Games (8 to 12 years)

Bringing fun and fitness together! This class combines exciting games and activities that integrate fitness challenges like coordination drills, balance exercises, competitions, ball games and more! Suitable for all skill levels, join us for a fun experience and discover a new way to get active!

WMRC 10/\$90.00

80465	Wed	Oct 1-Dec 10	6:45pm-7:30pm
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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.

AMCC 10/\$90.00

81241	Mon	Sep 29-Dec 15	5:00pm-5:45pm
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WMRC 10/\$90.00

81242	Wed	Oct 1-Dec 10	5:00pm-5:45pm
81243	Fri	Oct 3-Dec 19	5:15pm-6:00pm

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 10/\$90.00

81244	Wed	Oct 1-Dec 10	5:45pm-6:30pm
81245	Fri	Oct 3-Dec 19	6:00pm-6:45pm

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!

AMCC 10/\$90.00

81246	Mon	Sep 29-Dec 15	5:45pm-6:30pm
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Kid Sampler (6 to 8 years)

This program is perfect for the child that enjoys trying new things or if you are trying to determine a child's interests. Each week, our instructor will teach a different program such as Karate, Kid Kickboxing and Kid Fitness Games. Programs are based on current City of Waterloo course offerings and are a great opportunity to try a new program without attending a full session.

AMCC 3/\$27.00

81247	Mon	Sep 8-Sep 22	5:00pm-5:45pm
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Kid Sampler (8 to 12 years)

This program is perfect for the child that enjoys trying new things or if you are trying to determine a child's interests. Each week, our instructor will teach a different program such as Karate, Kid Kickboxing and Kid Fitness Games. Programs are based on current City of Waterloo course offerings and are a great opportunity to try a new program without attending a full session.

AMCC 3/\$27.00

81248	Mon	Sep 8-Sep 22	5:45pm-6:30pm
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SPECIAL INTEREST

Kid Gamers (7 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.

AMCC 6/\$60.00

81227	Sat	Oct 4-Nov 22	12:30pm-1:15pm
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Sensitive Santa (0 to 14 years)

Meet Santa with friends and family in a sensory-friendly environment! There will be lowered lights in a quieter space, with no music. Each meeting can be tailored to suit the needs of the child. Registration is required with staggered timeslots to ensure there is not a lineup and children have lots of time to meet Santa. One participant is required for registration but additional family members and friends are welcome to join!

WMRC 1/\$0.00

82566	Sat	Nov 22	1:00pm-1:20pm
82567	Sat	Nov 22	1:20pm-1:40pm

82568	Sat	Nov 22	1:40pm-2:00pm
82569	Sat	Nov 22	2:00pm-2:20pm
82570	Sat	Nov 22	2:20pm-2:40pm
82571	Sat	Nov 22	2:40pm-3:00pm
82572	Sun	Nov 23	1:00pm-1:20pm
82573	Sun	Nov 23	1:20pm-1:40pm
82574	Sun	Nov 23	1:40pm-2:00pm
82575	Sun	Nov 23	2:00pm-2:20pm
82576	Sun	Nov 23	2:20pm-2:40pm
82577	Sun	Nov 23	2:40pm-3:00pm
82578	Sat	Nov 29	1:00pm-1:20pm
82579	Sat	Nov 29	1:20pm-1:40pm
82580	Sat	Nov 29	1:40pm-2:00pm
82581	Sat	Nov 29	2:00pm-2:20pm
82582	Sat	Nov 29	2:20pm-2:40pm
82583	Sat	Nov 29	2:40pm-3:00pm
82584	Sun	Nov 30	1:00pm-1:20pm
82585	Sun	Nov 30	1:20pm-1:40pm
82586	Sun	Nov 30	1:40pm-2:00pm
82587	Sun	Nov 30	2:00pm-2:20pm
82588	Sun	Nov 30	2:20pm-2:40pm
82589	Sun	Nov 30	2:40pm-3:00pm

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

76638	Sat Aug 23	1:00pm-2:15pm	Back to School
81154	Sat Oct 25	1:00pm-2:15pm	Spooky Halloween
81155	Sat Nov 15	1:00pm-2:15pm	Around the Holiday Tree
81156	Sat Dec 6	1:00pm-2:15pm	Holiday Houses

Sugar Cookie Decorating (7 to 99 years)

The whole family will enjoy this fall themed sugar cookie decorating workshop! Learn the concept of outlining and flooding with one icing consistency and how to create dimension and layering. All supplies including take home boxes are provided. Decorating tools will be available for use in class. Each participant must register.

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

WMRC 1/\$45.00 Under 17 and 55+/\$33.75

81157	Sat Sep 20	1:00pm-2:15pm	Fall Pumpkins and Leaves
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Ukulele for Kids (6 to 9 years)

Learn how to play ukulele - a perfectly sized instrument for little hands! With favorite songs such as Over The Rainbow and Spiderman, students will learn the basics of ukulele and improve their singing voice. 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.

WMRC 7/\$140.00

81211	Thu	Oct 2-Nov 20	6:00pm-6:50pm
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Youth Programs



ART AND SCIENCE

Introduction to Drawing – Youth (13 to 17 years)

This course will teach you the methods and techniques involved in drawing - honing observation skills, perspectives and proportions, values and line work, plus many more tips and tricks! Supplies are included in this program.

WMRC 10/\$131.30

81144 Tue Sep 16-Nov 18 4:15pm-6:15pm

Multi Media – Youth (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 10/\$131.30

81147 Fri Sep 19-Nov 21 3:45pm-5:45pm

Watercolours – Beginner (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 10/\$131.30

81142 Mon Sep 15-Nov 24 4:15pm-6:15pm

Youth Art Fusion (13 to 17 years)

Come get creative and meet other teens who like to make art! Every week try a different kind of art: collage, printmaking, drawing, and watercolour. Supplies are included in this program.

WMRC 10/\$131.30

81277 Wed Sep 17-Nov 19 6:00pm-7:00pm

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 10/\$100.00

81612 Thu Oct 2-Dec 4 6:00pm-7:00pm



Adult Programs



ART AND SCIENCE

3D Daisies Welcome Sign Workshop

A great evening of crafting! Together we will paint, stain and assemble this gorgeous sign to display in our homes. The sign is 16 inch, round. No experience required, all supplies are included.

WMRC 1/\$60.00 55+/\$45.00

76675 Wed Aug 20 6:00pm-8:00pm

3D Fall Sign Painting Workshop

Join Crafty Crystal for a fun evening of painting a round 12-inch fall themed sign. Supplies are included in this workshop. At registration, please select your choice of fall themed sign.

WMRC 1/\$50.00 55+/\$37.50

80687 Wed Oct 8 6:00pm-8:00pm

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 skills. No previous experience is required. You will learn basic stitches first and work on your own project or chose to try one of the projects suggested by the instructor. Join us for great relaxation, creativity and fun! You will finish with one or more lovely handmade items to keep or give away as a gift.

WMRC 10/\$175.00 55+/\$131.30

80681 Mon Sep 15-Nov 24 1:00pm-3:00pm

Crochet – Projects

If you are comfortable with basic crocheting, it is time to further your skill set! Join us to work on the project of your choice and grow your crocheting

skills. Please bring your own project supplies. Many ideas and printed patterns using various stitches will be provided. You will finish with one or more lovely handmade items to keep or give away as gifts.

WMRC 9/\$157.50 55+/\$118.17

80682 Tue Sep 16-Nov 11 10:00am-12:00pm

Fall Landscapes in Acrylic

In this class you'll learn how to paint fall landscapes using acrylics, working from a reference photo. We'll explore key concepts such as composition, colour theory and colour mixing, with a focus on creating light and shadow using vibrant complementary colours. Supplies are included in this program.

WMRC 4/\$70.00 55+/\$52.52

80677 Thu Oct 9-Oct 30 6:00pm-8:00pm

Fall Landscapes in Watercolours

In this class you'll learn essential watercolour techniques while painting from reference photos of fall scenes. We'll cover the basics of composition, explore colour and value theory and focus on how to create depth through light and shadow. Supplies are included in this program.

WMRC 4/\$70.00 55+/\$52.52

80676 Thu Sep 11-Oct 2 6:00pm-8:00pm

Fall Leaf Tote Bag Painting Workshop

Join Crafty Crystal for a fun evening of creative crafting. Together we will paint fall leaves (from outside!) and "stamp" them onto our tote bags to create our fall designed tote bags. To complete your bag, you'll heat press the bag to seal the paint. No experience required, all supplies are included.

WMRC 1/\$40.00 55+/\$30.00

80685 Wed Sep 24 6:00pm-8:00pm

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 & tricks! Supplies are included in the course fee.

WMRC 10/\$175.00 55+/\$131.30

81143 Tue Sep 16-Nov 18 2:00pm-4:00pm

JOY Multi-layer Scene Art Painting Workshop

With Crafty Crystal as your guide, you will paint multiple layers to create your 'JOY' scene art. Signs are 10 inches in length with laser cut pieces from ¼ inch maple wood. No experience required, all supplies are included.

WMRC 1/\$60.00 55+/\$45.00

80688 Wed Nov 19 6:00pm-8:00pm

Multimedia Sampler

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 10/\$175.00 55+/\$131.30

81146 Fri Sep 19-Nov 21 1:30pm-3:30pm

Stencil Greeting Card Workshop

Unleash your creativity and craft personalized greeting cards using a variety of fun stencils! Join this hands-on workshop and learn simple techniques to design unique cards for every occasion. All supplies are included in this workshop.

WMRC 1/\$35.00 55+/\$26.25

80683 Thu Sep 25 10:00am-12:00pm

Still Life in Watercolours Workshop

In this workshop we will learn to paint a still life scene from everyday life using watercolours. Work with different techniques such as wet on wet washes, negative painting or how to create light and shadow using a limited palette of colours. Supplies are included in this workshop.

WMRC 1/\$35.00 55+/\$26.25

76671	Thu	Aug 14	6:00pm-8:00pm
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Upcycled Holiday Cards Workshop

A fun workshop to create beautiful holiday greeting cards while upcycling old cards. Supplies are included in this workshop.

WMRC 1/\$35.00 55+/\$26.25

80684	Thu	Nov 20	10:00am-12:00pm
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Watercolour and Ink Sketching

In this class participants will learn how to create illustrations and sketches using pens and watercolours. Drawing inspiration from everyday scenes, we'll explore various mark-making techniques, wash methods and the fundamentals of colour theory. Supplies are included in this program.

WMRC 3/\$52.50 55+/\$39.39

80678	Thu	Nov 20-Dec 4	6:00pm-8:00pm
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Watercolour Holiday Card Workshop

In this workshop you'll use watercolours and calligraphy pens to create beautiful greeting cards to take home and share. All supplies are included in this workshop.

WMRC 1/\$35.00 55+/\$26.25

80679	Thu	Dec 11	6:00pm-8:00pm
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80680	Mon	Dec 15	6:00pm-8:00pm
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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 experience required, all supplies are included.

WMRC 10/\$175.00 55+/\$131.30

80691	Mon	Sep 15-Nov 24	2:00pm-4:00pm
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81275	Wed	Sep 17-Nov 19	4:15pm-6:15pm
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Watercolours – Intermediate

This class is a great option for watercolour enthusiasts with a beginner level of knowledge looking to explore colour theory, composition and a deeper exploration of techniques. Classes will focus on developing existing skills with fun and challenging, multi-week projects. Supplies are included in this program.

WMRC 10/\$175.00 55+/\$131.30

81145	Wed	Sep 17-Nov 19	2:00pm-4:00pm
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Wooden Rustic Tabletop Pumpkins Workshop

You'll craft a charming set of three rustic wooden pumpkins—perfect for seasonal décor. Crafty Crystal will guide you through painting, sanding and adding personalized. No experience required, all supplies are included.

WMRC 1/\$50.00 55+/\$37.50

80686	Wed	Oct 15	6:00pm-8:00pm
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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

81287	Wed	Sep 10	12:00pm-12:50pm
81288	Wed	Oct 15	12:00pm-12:50pm
81289	Wed	Oct 29	12:00pm-12:50pm
81290	Wed	Nov 12	12:00pm-12:50pm
81291	Wed	Nov 19	12:00pm-12:50pm
81292	Wed	Dec 10	12:00pm-12:50pm

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

81279	Tue	Sep 9	12:00pm-12:50pm
81280	Thu	Sep 25	4:45pm-5:35pm
81281	Tue	Oct 7	12:00pm-12:50pm
81282	Thu	Oct 23	4:45pm-5:35pm
81283	Tue	Nov 4	12:00pm-12:50pm
81284	Thu	Nov 20	4:45pm-5:35pm
81285	Thu	Dec 4	4:45pm-5:35pm
81286	Tue	Dec 16	12:00pm-12:50pm



FITNESS AND WELLNESS

Fitness Levels

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 14/\$105.00

80424	Mon	Sep 8-Dec 15	9:15am-10:15am
80425	Tue	Sep 9-Dec 16	6:15pm-7:15pm
80426	Thu	Sep 11-Dec 18	6:15pm-7:15pm
80427	Fri	Sep 12-Dec 12	9:15am-10:15am

Aqua Cycle (16+)

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

82313	Wed	Oct 1-Dec 10	10:00am-10:45am
82314	Sat	Sep 27-Dec 13	1:30pm-2:15pm
82315	Sun	Sep 28-Dec 14	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/\$23.00 55+/\$17.25

81349	Sat	Nov 8	9:00am-11:00am
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Barre – All Levels

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

low-impact, high-intensity movements for a full body workout.

Instructor: Julie

WMRC 13/\$149.50 55+/\$112.13

80428	Sat	Sep 13-Dec 13	9:30am-10:30am
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Bollywood – All Levels

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.

Instructor: Delisha

WMRC 10/\$115.00 55+/\$86.25

81611	Mon	Sep 29-Dec 8	7:00pm-8:00pm
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Boot Camp

This program focuses on all components of exercise including total body strength, muscle endurance and cardio segments. Classes are dynamic and intense group workouts that combine elements of military-style training, high intensity interval training and functional exercises. Each class varies to keep the workout fresh and to help avoid plateauing. Boot Camp is a total body workout designed to challenge.

Instructor: Kurtis

WMRC 13/\$112.19 55+/\$84.14

80429	Thu	Sep 11-Dec 18	7:00am-7:45am
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Boxfit – All Levels

A dynamic workout that combines elements of boxing with fitness training to improve overall well-being and confidence. All skill levels are welcome, come ready to challenge yourself and have fun.

Instructor: Melanie

WMRC 14/\$161.00 55+/\$120.75

80431	Tue	Sep 9-Dec 9	5:00pm-6:00pm
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Boxfit – Women Only

A dynamic workout that combines elements of boxing with fitness training to improve overall well-being and confidence. All skill levels are welcome, come ready to challenge yourself and have fun.

Instructor: Melanie

WMRC 14/\$161.00 55+/\$120.75

80430 Mon Sep 8-Dec 15 2:30pm-3:30pm

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/\$65.00

81351 Sat Aug 23 9:00am-11:00am

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

81353 Sat Sep 20 9:00am-12:00pm

CAN-BIKE Level 4 – Advanced Cycling Skills (15+)

For those who know how to ride a bicycle and want to develop their on-road skills in complex traffic situations. This course is taken by recreational and commuter cyclists and those who cycle for work. Online, in-class and on-bike components are included. Prerequisite: Some road cycling experience and successful completion of CAN-BIKE

Level 3 or demonstration of ability/skills to handle and maneuver your bike on the first day of class.

Instructor: TBA

WMRC 2/\$150.00

81354 Sat Sep 6-Sep 13 9:00am-3:00pm

Cardio – Low Impact – All Levels

Get your heart rate elevated without putting excessive stress on your joints. Come out and enjoy this fun class; no experience required.

Instructor: Gail

WMRC 14/\$140.00 55+/\$105.00

80432 Mon Sep 8-Dec 15 9:30am-10:30am

Cardio and Balance – All Levels (55+)

A fun mix of cardio and balance for the active older adult. In the first half of the class move and groove to some great tunes with low impact cardio exercises followed by a variety of progressively challenging balance exercises for the second half of the class. Chairs are available for support, but clients should be able to stand without assistance. Sturdy running shoes recommended.

Instructor: Leslie

WMRC 14/\$105.00

80433 Wed Sep 10-Dec 10 9:15am-10:15am

80434 Wed Sep 10-Dec 10 10:30am-11:30am

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 14/\$140.00 55+/\$105.00

80435 Fri Sep 12-Dec 12 9:30am-10:30am

Cardio Dance to the Oldies– All Levels

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 14/\$140.00 55+/\$105.00

80436 Tue Sep 9-Dec 9 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 14/\$105.00 55+/\$78.75

80438 Fri Sep 12-Dec 12 12:15pm-1:00pm

Dance Fit – All Levels – Women Only

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

Instructor: Taylor

WMRC 14/\$161.00 55+/\$120.75

80439 Tue Sep 9-Dec 9 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 14/\$161.00 55+/\$120.75

80440 Thu Sep 11-Dec 18 7:30pm-8:30pm

Deep Waterfit with Equipment (16+)

Similar to Deep waterfit, you will wear a water belt, with extra challenge provided by aquatic equipment throughout. Additional equipment may include paddles, bands, flutter boards or ankle weights. Expect an excellent cardio and strength workout, with low impact on your joints.

WMRC Swimplex 11/\$91.74

82311 Tue Sep 30-Dec 9 10:00am-11:00am

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 14/\$105.00

80447 Mon Sep 8-Dec 15 10:30am-11:30am

80448 Tue Sep 9-Dec 16 9:15am-10:15am

80449 Fri Sep 12-Dec 12 10:30am-11:30am

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

AMCC 13/\$149.50 55+/\$112.19

80450 Mon Sep 8-Dec 15 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 13/\$112.19

80451	Mon	Sep 8-Dec 15	9:15am-10:15am
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WMRC 14/\$120.75

80452	Wed	Sep 10-Dec 17	1:00pm-2:00pm
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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 14/\$105.00

80453	Tue	Sep 9-Dec 16	10:30am-11:30am
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80454	Thu	Sep 11-Dec 11	1:30pm-2:30pm
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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 14/\$105.00

80455	Thu	Sep 11-Dec 11	1:30pm-2:30pm
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Indoor Artificial Turf Box Cricket

This weekly indoor artificial turf program is meant for intermediate to lightly experienced community cricket players for off season recreational game play. With knowledgeable on-site staff, we will support a box cricket format suitable for a 1/3 field playing surface. This 8 v 8 format (maximum of 16 registered players) will provide batting and bowling opportunities to maintain your winter skill set and game performance. Game structure and activity outlines are available by emailing carl@waterloo.ca.

RIM Park 10/\$109.95 55+/\$66.00

81296	Sat	Nov 1-Jan 10	8:30pm-10:20pm
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81297	Sat	Nov 1-Jan 10	8:30pm-10:20pm
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81298	Sat	Nov 1-Jan 10	8:30pm-10:20pm
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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 welcome, there will be something for everyone in the class!

Instructor: Talia

WMRC 14/\$161.00 55+/\$120.75

80457	Tue	Sep 9-Dec 16	7:15pm-8:15pm
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Instructor: Ana

WMRC 14/\$161.00 55+/\$120.75

80456	Wed	Sep 10-Dec 10	7:30pm-8:30pm
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Latin Dance – All Levels

Get ready to ignite your passion for dance in our Latin dance class! Learn the fundamentals of Merengue, Salsa, Bachata. No experience or partner required. Just bring your energy and enthusiasm - we'll cover basic steps, turns and styling in a fun atmosphere.

Instructor: Brigitte

WMRC 14/\$140.00 55+/\$105.00

81610	Tue	Sep 9-Dec 9	7:15pm-8:15pm
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Modern Line Dance – Beginner – Level 1

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

Instructor: Maggie

WMRC 13/\$130.00 55+/\$97.50

81252	Thu	Sep 11-Dec 18	9:30am-10:30am
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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 13/\$130.00 55+/\$97.50

81253	Thu	Sep 11-Dec 18	10:45am-11:45am
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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 13/\$130.00 55+/\$97.50

81255	Thu	Sep 11-Dec 18	12:00pm-1:00pm
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WMRC 14/\$140.00 55+/\$105.00

81254	Mon	Sep 8-Dec 15	9:30am-10:30am
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Modern Line Dance – Dance Class Review

For dancers that wish to practice the routines learned in Modern Line Dance Level 2 or 3. No new teaching will take place; this is a review class based on content taught in our weekly classes.

Instructor: Maggie

WMRC 1/\$10.00 55+/\$7.50

81249	Tue	Sep 30-Sep 30	1:30pm-3:30pm
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81250	Tue	Oct 28-Oct 28	1:30pm-3:30pm
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81251	Tue	Nov 25-Nov 25	1:30pm-3:30pm
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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/\$12.50 55+/\$9.38

81257	Sat	Sep 20	1:00pm-3:30pm
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81258	Sat	Oct 11	1:00pm-3:30pm
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81259	Sat	Nov 8	1:00pm-3:30pm
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81260	Sat	Dec 13	1:00pm-3:30pm
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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 14/\$140.00 55+/\$105.00

81256	Mon	Sep 8-Dec 15	10:45am-11:45am
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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: Talia

WMRC 14/\$120.82 55+/\$90.62

81262 Tue Sep 9-Dec 16 5:15pm-6:00pm

Instructor: Kurtis

WMRC 14/\$120.82 55+/\$90.62

81261 Wed Sep 10-Dec 17 2:15pm-3:00pm

Parent and Baby Waterfit (3 months to 3 years)

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 11/\$91.74

81799 Tue Sep 30-Dec 9 10:30am-11:15am

81800 Thu Oct 2-Dec 11 9:30am-10:15am

Pickleball – Beginner/Novice

This program is designed to give beginner/novice players a regular timeslot for longer play and comradery with others. Players should have knowledge of how to play, rules and pickleball etiquette. Program does not provide instruction.

RIM 11/\$79.09 55+/\$59.29

81299 Mon Oct 6-Dec 22 12:00pm-1:50pm

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 of positions using various props. All levels welcome.

Instructor: Allyson

WMRC 14/\$161.00 55+/\$120.75

81268 Mon Sep 8-Dec 15 6:15pm-7:15pm

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 11/\$94.88

81266 Fri Sep 12-Dec 12 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

AMCC 11/\$126.50 55+/\$94.88

81270 Fri Sep 12-Dec 12 10:45am-11:45am

Instructor: Colleen

RIM 13/\$149.50 55+/\$112.13

81267 Mon Sep 8-Dec 15 7:00pm-8:00pm

Instructor: Jessica

WMRC 13/\$149.50 55+/\$112.13

81263 Mon Sep 15-Dec 15 6:30pm-7:30pm

Instructor: Colleen

WMRC 14/\$161.00 55+/\$120.75

81269 Wed Sep 10-Dec 17 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 13/\$149.50 55+/\$112.13

81265 Tue Sep 16-Dec 16 6:00pm-7:00pm



WMRC 13/\$149.50 55+/\$112.13

81264 Mon Sep 15-Dec 15 5:15pm-6:15pm

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 14/\$161.00 55+/\$120.75

81271 Wed Sep 10-Dec 17 6:15pm-7:15pm

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

82259 Sun Sep 28-Dec 14 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 13/\$130.00 55+/\$97.50

81272 Mon Sep 15-Dec 15 11:00am-12:00pm

WMRC 14/\$140.00 55+/\$105.00

81273 Thu Sep 18-Dec 18 9:15am-10:15am

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 14/\$140.00 55+/\$105.00

81274 Thu Sep 18-Dec 18 9:15am-10:15am

Resistance and Aging – All Levels

This class combines resistance band exercises with the mindfulness of yoga and purposeful movement to enhance range of motion, mobility, and strength. By incorporating resistance into flexibility work, we support joint health, improve posture, relieve pain and boost our ability to perform everyday activities. Maintaining flexibility is essential for overall health

- especially as we age - helping to protect muscles and joints from injury. No prior experience with weight training or yoga is required.

Instructor: Joanne

WMRC 14/\$161.00 55+/\$120.75

81300 Fri Sep 12-Dec 12 10:15am-11:15am

Shallow Waterfit with Equipment (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 (maximum 2 pieces of equipment per class). This class is typically held in our moveable floor area at a 4 foot depth.

WMRC Swimplex 11/\$91.74

82264 Mon Sep 29-Dec 15 11:15am-12:15pm

Shape Up – Upper Body – Weightlifting – All Levels

This class includes the use of resistance bands, dumbbells and body weight exercises to help you build muscle, increase your strength and flexibility and improve body function! The instructor will modify exercises in the class to match your current fitness level, ensuring a personalized challenge that aligns with your capabilities.

Instructor: Kurtis

WMRC 13/\$112.19 55+/\$84.14

81301 Mon Sep 8-Dec 15 7:00am-7:45am

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

AMCC 13/\$112.19 55+/\$84.14

81306 Mon Sep 8-Dec 15 6:45pm-7:30pm

WMRC 13/\$149.50 55+/\$112.19

81302 Mon Sep 8-Dec 15 8:00am-9:00am

81305 Thu Sep 11-Dec 18 8:00am-9:00am

WMRC 14/\$120.82 55+/\$90.62

81303 Wed Sep 10-Dec 17 12:00pm-12:45pm

WMRC 14/\$161.00 55+/\$120.75

81304 Wed Sep 10-Dec 17 7:30pm-8:30pm

Slo Pitch - Competitive (55+)

A more competitive level of play intended for experienced players. This program runs once a week. All game play is at the indoor field house, RIM Park.

RIM Park 12/\$64.32

81294 Tue Sep 30-Dec 16 12:00pm-1:50pm

Slo Pitch - Recreational (55+)

Recreational play; suitable for all levels of experience. This program runs once a week. All game play is at the indoor field house, RIM Park.

RIM Park 11/\$58.96

81293 Mon Sep 29-Dec 15 10:00am-11:50am

RIM Park 12/\$64.32

81295 Wed Oct 1-Dec 17 10:00am-11:50am

Strength Training Myth Busting: Fact vs. Fiction

Learn about common myths and misconceptions surrounding weightlifting, resistance training and building strength and muscle. Discover the benefits of lifting weights - and why strength training should be a regular part of your weekly fitness routine.

Instructor: Kurtis

WMRC 1/\$11.50 55+/\$8.63

81307 Thu Oct 23 6:00pm-7:00pm

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

Instructor: Debbie

RIM 13/\$149.50 55+/\$112.19

81309 Sat Sep 13-Dec 13 9:30am-10:30am

WMRC 14/\$161.00 55+/\$120.75

81308 Wed Sep 10-Dec 10 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 13/\$130.00 55+/\$97.50

81310 Mon Sep 15-Dec 15 9:45am-10:45am

Tai Chi – Wu Style – 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 14/\$140.00 55+/\$105.00

81311	Mon	Sep 8-Dec 15	1:30pm-2:30pm
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Tai Chi – Wu Style – 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 14/\$140.00 55+/\$105.00

81312	Mon	Sep 8-Dec 15	2:45pm-3:45pm
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81313	Tue	Sep 9-Dec 9	6:15pm-7:15pm
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Tai Chi – Wu Style – 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 14/\$140.00 55+/\$105.00

81314	Mon	Sep 8-Dec 15	4:00pm-5:00pm
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81315	Tue	Sep 9-Dec 9	7:30pm-8:30pm
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NEW! Tap Dance – All Levels

Bring your tap shoes and be prepared to learn basic steps that will form a fun routine. No partner or experience required. If you want to learn tap and have fun, this is the class for you.

Instructor: Jett

AMCC 12/\$138.00 55+/\$103.50

83092	Tue	Sep 9-Dec 16	7:00pm-8:00pm
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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 14/\$161.00 55+/\$120.75

81316	Mon	Sep 8-Dec 15	11:45am-12:45pm
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81317	Thu	Sep 11-Dec 11	9:15am-10:15am
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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 14/\$161.00 55+/\$120.75

81318	Tue	Sep 9-Dec 9	10:00am-11:00am
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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 14/\$161.00 55+/\$120.75

81320	Mon	Sep 8-Dec 15	7:30pm-8:30pm
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Instructor: Nimira**WMRC 14/\$161.00 55+/\$120.75****81319 Thu Sep 11-Dec 18 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 13/\$149.50 55+/\$112.19****81323 Sat Sep 13-Dec 13 9:00am-10:00am****WMRC 14/\$161.00 55+/\$120.75****81321 Mon Sep 8-Dec 15 5:45pm-6:45pm****81322 Wed Sep 10-Dec 10 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 14/\$161.00 55+/\$120.75****81324 Mon Sep 8-Dec 15 7:00pm-8:00pm**

Yoga – Introduction – Beginner

Are you interested in exploring yoga, but you are worried that you're 'not flexible'? Set your worries aside as we learn the ABC's of yoga and understand how your body can 'gain or regain' mobility through regular practice. Modifications and props are offered for each body type and ability - we pair movement with breath while learning how to move with more ease.

Instructor: Joanne**WMRC 14/\$161.00 55+/\$120.75****81325 Thu Sep 11-Dec 11 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 14/\$161.00 55+/\$120.75****81326 Wed Sep 10-Dec 10 10:30am-11:30am****81327 Thu Sep 11-Dec 11 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 14/\$161.00 55+/\$120.75****81328 Mon Sep 8-Dec 15 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 14/\$161.00 55+/\$120.75

81329 Thu Sep 11-Dec 11 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 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 14/\$161.00 55+/\$120.75

81332 Wed Sep 10-Dec 17 10:00am-11:00am

83171 Wed Sep 10-Dec 17 6:15pm-7:15pm

WMRC 14/\$161.00 55+/\$120.75

81331 Tue Sep 9-Dec 9 11:15am-12:15pm

Instructor: Nimira

RIM 14/\$161.00 55+/\$120.75

81333 Tue Sep 9-Dec 9 12:00pm-1:00pm

WMRC 14/\$161.00 55+/\$120.75

81330 Mon Sep 8-Dec 15 10:30am-11:30am

81334 Thu Sep 11-Dec 11 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 14/\$161.00 55+/\$120.75

81335 Thu Sep 11-Dec 11 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 13/\$149.50 55+/\$112.19

81336 Thu Sep 18-Dec 18 7:15pm-8:15pm

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 13/\$130.00 55+/\$97.50

81339 Thu Sep 11-Dec 18 6:00pm-7:00pm

WMRC 14/\$140.00 55+/\$105.00

81338 Tue Sep 9-Dec 9 6:00pm-7:00pm

Instructor: Gail**WMRC 14/\$140.00 55+/\$105.00**

81337 Fri Sep 12-Dec 12 6:00pm-7:00pm

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 14/\$140.00 55+/\$105.00**

81340 Tue Sep 9-Dec 9 10:45am-11:45am

81341 Thu Sep 11-Dec 18 10:30am-11:30am

Aqua Zumba

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

SPECIAL INTEREST**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

80689 Fri Sep 12-Oct 17 10:00am-11:30am

Age Friendly Tech – Staying Safe Online (55Y+)

Participants will learn how to stay safe online, the importance of safe passwords and how to recognize and avoid common scams. Participants will also review current scams. iPads are provided.

WMRC 6/\$0.00

80690 Fri Oct 24-Nov 28 10:00am-11:30am

Sewing – Beginner

This class will cover both hand and machine sewing. Learn the basics of hand and machine-sewing from threading a needle to loading a bobbin. Participants will make a hand-sewn potholder using a variety of stitches and a machine-sewn tote bag. No experience or supplies needed.

WMRC 10/\$175.00 55+/\$131.30

81278 Thu Sep 11-Nov 20 1:00pm-3:00pm

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.

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

76635 Wed Aug 20 7:00pm-9:00pm Back to School

76636 Wed Sep 10 7:00pm-9:00pm Get Ready for Fall

81148 Wed Sep 24 7:00pm-9:00pm Pumpkin Farm

81149 Wed Oct 8 7:00pm-9:00pm Fall Pumpkin Platter

81150	Wed Oct 29	7:00pm-9:00pm	Halloween!
81151	Wed Nov 12	7:00pm-9:00pm	Winter Wonderland
81152	Wed Nov 26	7:00pm-9:00pm	Winter Holidays
81153	Wed Dec 10	7:00pm-9:00pm	Holiday Character Mugs

Sugar Cookie Decorating (7 to 99 years)

The whole family will enjoy this fall themed sugar cookie decorating workshop! Learn the concept of outlining and flooding with one icing consistency and how to create dimension and layering. All supplies including take home boxes are provided. Decorating tools will be available for use in class. Each participant must register.

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

**WMRC 1/\$45.00 Under 17 and
55+/\$33.75**

81157 Sat Sep 20 1:00pm-2:15pm Fall Pumpkins
and Leaves



Ukulele for Adults

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 favorite 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

81208 Tue Sep 30-Nov 18 6:00pm-6:50pm

Ukulele for Adults – Level 2

Continue along your ukulele skill-building journey! Experienced ukulele players can continue learning new songs and more challenging chords. Students should have a basic understanding of playing (minimum) 2-3 chords on the ukulele. We play favourite tunes from the 1940's – 1990's. 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

81209 Tue Sep 30-Nov 18 7:00pm-7:50pm

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.

Fall league play begins in September –
sign up by September 1.

Fall leagues now registering:

- basketball
- ultimate frisbee
- ice hockey - NEW TIMES!
- indoor soccer
- ball hockey
- volleyball

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

**Note: Winter registration opens
October 10.**

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 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.

WMRC Adult \$6.10 Youth/55+ \$4.55

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/\$4.55

Wed	3:30-4:50m	Returns Oct 1
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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.

Adult \$14.70 Youth/55+ \$11.00

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. For schedule and information visit calendar.wpl.ca/events.

AMCC No charge

Thu	10:30-11:30am	Returns Sep 25
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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 \$6.25
(1 adult, up to 5 kids)**

Fri	9:00-10:20am	Returns Sep 12
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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 \$6.10 Youth/55+ \$4.55

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+ \$5.10
Adult \$6.80
Family (up to four people) \$15.35**

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 \$6.80
Child/Youth/55+ \$5.10
Family \$15.35
Kidsplash \$6.80
Extra child Kidsplash \$2.55
Parent and Tot \$6.80**

Table Tennis

This program is played with 2 or 4 participants per table to a maximum of 20 players. We host six tables for recreational play. It is expected that players can rotate into active play regardless of skill/ability. Adult and family games available. Participants under 14 years of age must be accompanied by an adult. Book your timeslot at waterloo.ca/activewaterloo.

Adult \$6.10

Youth/55+ \$4.55

Family (up to four people) \$15.35

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.



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 of 1:00-4:00pm
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-Sun 9:30am-12:30pm

Mon-Sun 12:30-3:30pm

Mon-Fri 4:30-7:30pm

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
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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
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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
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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 Returns Sep 11
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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 Returns Sep 19
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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
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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
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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 Returns Sep 12
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Game On!

A fun-filled evening drop-in; this program is self-led. Participants can choose from a variety of board games or bring their own to play with a group. Participants typically play a game as a larger group, then break out into smaller groups as the night goes on. This is a fun way to spend time and meet other members of your community.

WMRC Pavilion \$2.25

Mon	6:00-9:00pm
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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-Fri	9:00am-12:00pm
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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
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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	Aug 27	9:00am-12:00pm
Wed	Sep 24	9:30am-12:00pm
Wed	Oct 22	9:30am-12:00pm
Wed	Nov 26	9:30am-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 of \$50.00 is due at the time of your visit; please pay the nurse directly with cash or e-transfer.

WMRC Pavilion \$2.25

Wed	Aug 20	9:00am-12:00pm
Wed	Sep 17	9:00am-12:00pm
Wed	Oct 15	9:00am-12:00pm
Wed	Nov 19	9:00am-12:00pm
Wed	Dec 17	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	Aug 13	9:00am-12:00pm
Wed	Sep 10	9:40am-12:00pm
Wed	Oct 8	9:40am-12:00pm
Wed	Nov 12	9:40am-12:00pm
Wed	Dec 10	9:40am-12:00pm

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 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 kwasexecutive@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

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 canoe paddling enthusiasts, aged 55+ who enjoy the outdoors and social activities. We provide comprehensive training on and off the water to ensure everyone has a safe and comfortable paddling experience. Members use club-owned canoes on lakes and rivers throughout Southwestern Ontario.

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. In addition to weekly paddling events, we also offer social activities such as hiking, mini-golf, bowling, and year-end regatta. This is a great club to meet new friends and stay active! 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. An annual \$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: \$130.40/Extra fees: \$58.05
WMRC

76858	Sat/Sun	Aug 23/24	9:30am-6:00pm
76859	Sat/Sun	Sep 20/21	9:00am-5:30pm
81342	Sat/Sun	Oct 4/5	9:30am-6:00pm
81343	Sat/Sun	Nov 1/2	11:30am-8:00pm
81344	Sat/Sun	Dec 20/21	11:00am-7:30pm
81345	Sat/Sun	Jan 3/4	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
MOSES SPRINGER C.C.

76799	M-F	Aug 25-Aug 29	9:00am-11:30am
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WMRC

76801	M-F	Aug 19-Aug 29	11:00am-12:15pm
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Course fee: \$107.32/Extra fees: \$25.00
WMRC

82304	Sun	Sep 28-Dec 14	6:15pm-7:45pm
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82302	Wed	Oct 1-Dec 10	4:00pm-5:30pm
82303	Fri	Oct 3-Dec 12	5:30pm-7:00pm

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
MOSES SPRINGER C.C.

76784	M-F	Aug 25-Aug 29	8:00am-1:30pm
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Exam date: Aug 30 at 8:00am

Course fee: \$184.63/Extra fees: \$132.25
WMRC

82290	Tue	Oct 7-Dec 2	4:00pm-6:45pm
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Exam date: Dec 9 at 4:00pm

82291	Sat	Oct 18-Dec 13	3:30pm-6:15pm
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Exam date: Dec 20 at 4:30pm

82292	Fri/ Sat/ Mon/ Tue	Dec 29-Jan 3	10:00am-6:00pm
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Exam date: Jan 4 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: \$60.30
MOSES SPRINGER C.C.

76787	M-F	Aug 11-Aug 21	8:00am-10:45am
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Exam date: Aug 22 at 8:00am

76788	M-F	Aug 25-Aug 29	8:00am-1:15pm
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Exam date: Aug 30 at 8:00am

Course fee: \$161.56/Extra fees: \$60.30
WMRC

82293	Thu	Oct 9-Dec 4	4:00pm-6:45pm
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Exam date: Dec 11 at 4:00pm

82294	Sat	Oct 18-Dec 13	3:30pm-6:15pm
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Exam date: Dec 20 at 4:30pm

82295	Sun	Oct 19-Dec 14	6:15pm-9:00pm
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Exam date: Dec 21 at 6:15pm

Bronze Medallion, Bronze Cross, First Aid/CPR C (18+)

Take the first step to becoming a certified swim instructor or lifeguard and potentially working on the pool deck during the day! Candidates develop stroke efficiency, endurance, lifesaver rescue techniques, and resuscitation skills to prepare for various aquatic situations. The candidate is exposed to the LSS program, aquatic scenarios and ongoing leadership development. Prerequisite: Recommended completion of Teen 4/Adult 4 or Waterloo Splash 11 (formerly Star Patrol).

Course fee: \$438.27/Extra fees: \$217.55
WMRC

82308 Thu Sep 18-Dec 18 9:30am-3:00pm

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 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
MOSES SPRINGER C.C.

76790 M-F Aug 18-Aug 22 8:00am-1:30pm

Course fee: \$148.86/Extra fees: \$20.75
WMRC

82296 Mon Oct 20-Dec 8 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
MOSES SPRINGER C.C.

76792 Th-Su Sep 4-Sep 14 6:00pm-10:00pm
9:00am-6:00pm

Course fee: \$235.41/Extra fees: \$201.00
WMRC

82297 Th-Su Oct 23-Nov 9 6:00pm-6:00pm

82298 Su-Su Dec 28-Jan 4 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
MOSES SPRINGER C.C.

76795 Su-F Aug 17-Aug 22 8:30am-6:00pm

Course fee: \$193.87/Extra fees: \$94.00
WMRC

82300	Sun	Sep 28-Nov 2	12:00pm-9:00pm
82301	Sun	Nov 9-Dec 14	12:00pm-9:00pm
82299	Su-Su	Dec 28-Jan 4	11:00am-8:00pm

LSS Examiners Standard Course (17+)

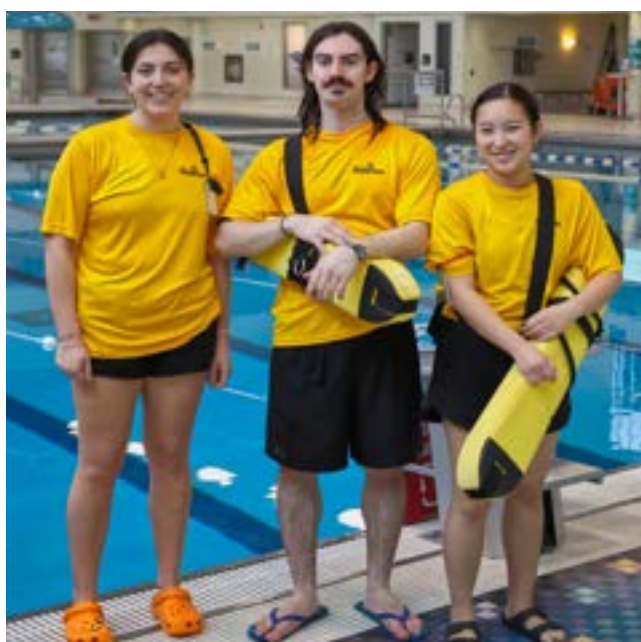
This course delivers the necessary must sees of the Bronze Medallion and Bronze Cross Programs. Entry Requirements: A current LSS Instructor certification and 2 years of teaching experience. Candidates must bring a laptop for this course.

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

76860	Sat	Aug 9	9:00am-3:00pm
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**NOW RECRUITING instructor/
lifeguards for Winter 2025!**

Fully certified? Apply online by November 17 at 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

76862	Sun	Aug 10	10:00am-6:00pm
76863	Sun	Sep 21	9:00am-5:00pm

Course fee: \$78.47/Extra fees: \$41.05
WMRC

81346	Sun	Nov 2	12:00pm-8:00pm
81347	Mon	Dec 22	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: \$78.47/Extra fees: \$27.00
WMRC

81348	Sat	Nov 1	8:30am-1:00pm
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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

76861	Tue	Sep 23	4:00pm-9:00pm
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Course fee: \$57.70/Extra fees: \$44.00
WMRC

82305	Fri	Oct 31	3:00pm-7:15pm
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82306	Wed	Dec 17	4:00pm-9:00pm
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82307	Sun	Jan 4	4:00pm-9:00pm
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YOUTH LEADERSHIP

Home Alone Safety for Kids (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
WMRC

81212	Sat	Oct 18	9:00am-4:00pm
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81213	Sat	Nov 22	9:00am-4:00pm
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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
WMRC

81214	Sat	Oct 18	9:00am-4:00pm
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81215	Sat	Nov 22	9:00am-4:00pm
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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, use the swim lesson comparison chart 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 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 swim lessons, please contact the Inclusion Services Coordinator up to 3 weeks in advance to complete an inclusion membership. Call 519-886-2310 x27249 or email inclusion@waterloo.ca. Support is subject to availability.

What to expect

- Entrance into the changerooms will occur up to 15 minutes prior to the lesson start time at the Swimplex and 8 minutes prior at Moses Springer outdoor pool.
- Customers may access the pool deck 2 minutes prior to the start of their program.
- 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 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
Floaters/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
Dolphin	G	Incomplete Swimmer 3	Waterloo Splash 4

<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
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.

Reminder

Swim lessons are cancelled **October 13, October 31, December 6 and December 7.**

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/\$94.10

81654	Fri	Oct 3-Dec 12	9:15am-9:45am
81655	Fri	Oct 3-Dec 12	5:00pm-5:30pm

WMRC Swimplex 11/\$103.51

81641	Mon	Sep 29-Dec 15	8:45am-9:15am
81642	Mon	Sep 29-Dec 15	4:00pm-4:30pm
81643	Mon	Sep 29-Dec 15	5:00pm-5:30pm
81644	Tue	Sep 30-Dec 9	10:15am-10:45am
81645	Tue	Sep 30-Dec 9	3:00pm-3:30pm
81646	Tue	Sep 30-Dec 9	5:00pm-5:30pm
81647	Tue	Sep 30-Dec 9	6:00pm-6:30pm
81648	Wed	Oct 1-Dec 10	8:00am-8:30am
81649	Wed	Oct 1-Dec 10	5:00pm-5:30pm
81650	Thu	Oct 2-Dec 11	8:45am-9:15am
81651	Thu	Oct 2-Dec 11	10:00am-10:30am
81652	Thu	Oct 2-Dec 11	3:00pm-3:30pm
81653	Thu	Oct 2-Dec 11	6:00pm-6:30pm
81656	Sat	Sep 27-Dec 13	7:00am-7:30am
81657	Sat	Sep 27-Dec 13	9:30am-10:00am
81658	Sat	Sep 27-Dec 13	12:00pm-12:30pm
81659	Sat	Sep 27-Dec 13	5:15pm-5:45pm
81660	Sun	Sep 28-Dec 14	11:30am-12:00pm

81661	Sun	Sep 28-Dec 14	3:00pm-3:30pm
81662	Sun	Sep 28-Dec 14	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/\$94.10

81674	Fri	Oct 3-Dec 12	8:45am-9:15am
81675	Fri	Oct 3-Dec 12	6:00pm-6:30pm

WMRC Swimplex 11/\$103.51

81663	Mon	Sep 29-Dec 15	2:30pm-3:00pm
81664	Mon	Sep 29-Dec 15	5:30pm-6:00pm
81665	Mon	Sep 29-Dec 15	6:30pm-7:00pm
81666	Tue	Sep 30-Dec 9	8:45am-9:15am
81667	Tue	Sep 30-Dec 9	5:30pm-6:00pm
81668	Tue	Sep 30-Dec 9	7:00pm-7:30pm
81669	Wed	Oct 1-Dec 10	4:00pm-4:30pm
81670	Wed	Oct 1-Dec 10	5:30pm-6:00pm
81671	Thu	Oct 2-Dec 11	11:30am-12:00pm
81672	Thu	Oct 2-Dec 11	5:00pm-5:30pm
81673	Thu	Oct 2-Dec 11	7:30pm-8:00pm
81676	Sat	Sep 27-Dec 13	8:00am-8:30am
81677	Sat	Sep 27-Dec 13	9:00am-9:30am
81678	Sat	Sep 27-Dec 13	10:30am-11:00am
81679	Sat	Sep 27-Dec 13	5:45pm-6:15pm
81680	Sun	Sep 28-Dec 14	12:00pm-12:30pm
81681	Sun	Sep 28-Dec 14	1:00pm-1:30pm
81682	Sun	Sep 28-Dec 14	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/\$94.10

81697	Fri	Oct 3-Dec 12	4:00pm-4:30pm
81698	Fri	Oct 3-Dec 12	5:30pm-6:00pm
81699	Fri	Oct 3-Dec 12	6:30pm-7:00pm

WMRC Swimplex 11/\$103.51

81683	Mon	Sep 29-Dec 15	11:45am-12:15pm
81684	Mon	Sep 29-Dec 15	4:30pm-5:00pm
81685	Mon	Sep 29-Dec 15	7:00pm-7:30pm
81686	Mon	Sep 29-Dec 15	7:30pm-8:00pm
81687	Tue	Sep 30-Dec 9	4:15pm-4:45pm
81688	Tue	Sep 30-Dec 9	6:30pm-7:00pm
81689	Tue	Sep 30-Dec 9	7:30pm-8:00pm
81690	Wed	Oct 1-Dec 10	8:45am-9:15am
81691	Wed	Oct 1-Dec 10	4:30pm-5:00pm
81692	Wed	Oct 1-Dec 10	6:30pm-7:00pm
81693	Wed	Oct 1-Dec 10	7:30pm-8:00pm
81694	Thu	Oct 2-Dec 11	4:30pm-5:00pm
81695	Thu	Oct 2-Dec 11	5:30pm-6:00pm
81696	Thu	Oct 2-Dec 11	7:00pm-7:30pm
81700	Sat	Sep 27-Dec 13	7:30am-8:00am
81701	Sat	Sep 27-Dec 13	8:30am-9:00am
81702	Sat	Sep 27-Dec 13	10:00am-10:30am
81703	Sat	Sep 27-Dec 13	11:00am-11:30am

81704	Sat	Sep 27-Dec 13	11:30am-12:00pm
81705	Sat	Sep 27-Dec 13	12:30pm-1:00pm
81706	Sat	Sep 27-Dec 13	4:45pm-5:15pm
81707	Sat	Sep 27-Dec 13	6:15pm-6:45pm
81708	Sun	Sep 28-Dec 14	12:30pm-1:00pm
81709	Sun	Sep 28-Dec 14	2:30pm-3:00pm
81710	Sun	Sep 28-Dec 14	4:00pm-4:30pm
81711	Sun	Sep 28-Dec 14	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 (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 10/\$94.10

81728	Fri	Oct 3-Dec 12	4:30pm-5:00pm
81729	Fri	Oct 3-Dec 12	5:30pm-6:00pm
81730	Fri	Oct 3-Dec 12	6:30pm-7:00pm

WMRC Swimplex – Swirlpool 11/\$103.51

81713	Mon	Sep 29-Dec 15	6:00pm-6:30pm
81715	Mon	Sep 29-Dec 15	8:00pm-8:30pm
81716	Tue	Sep 30-Dec 9	11:30am-12:00pm
81717	Tue	Sep 30-Dec 9	4:30pm-5:00pm
81719	Tue	Sep 30-Dec 9	7:30pm-8:00pm
81720	Wed	Oct 1-Dec 10	4:00pm-4:30pm
81721	Wed	Oct 1-Dec 10	5:00pm-5:30pm
81722	Wed	Oct 1-Dec 10	6:00pm-6:30pm
81723	Wed	Oct 1-Dec 10	7:00pm-7:30pm
81724	Thu	Oct 2-Dec 11	10:00am-10:30am

81726	Thu	Oct 2-Dec 11	6:30pm-7:00pm
81727	Thu	Oct 2-Dec 11	7:30pm-8:00pm
81731	Sat	Sep 27-Dec 13	7:00am-7:30am
81732	Sat	Sep 27-Dec 13	8:00am-8:30am
81734	Sat	Sep 27-Dec 13	12:00pm-12:30pm
81735	Sat	Sep 27-Dec 13	5:15pm-5:45pm
81736	Sat	Sep 27-Dec 13	6:15pm-6:45pm
81738	Sun	Sep 28-Dec 14	1:30pm-2:00pm
81739	Sun	Sep 28-Dec 14	3:30pm-4:00pm
81740	Sun	Sep 28-Dec 14	5:30pm-6:00pm

WMRC Swimplex – Tot area 11/\$103.51

81712	Mon	Sep 29-Dec 15	4:00pm-4:30pm
81714	Mon	Sep 29-Dec 15	7:00pm-7:30pm
81718	Tue	Sep 30-Dec 9	5:30pm-6:00pm
81725	Thu	Oct 2-Dec 11	5:30pm-6:00pm
81733	Sat	Sep 27-Dec 13	9:00am-9:30am
81737	Sun	Sep 28-Dec 14	12:00pm-12:30pm

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 10/\$94.10

81773	Fri	Oct 3-Dec 12	4:00pm-4:30pm
81774	Fri	Oct 3-Dec 12	4:30pm-5:00pm
81775	Fri	Oct 3-Dec 12	5:00pm-5:30pm
81778	Fri	Oct 3-Dec 12	6:00pm-6:30pm

WMRC Swimplex – Swirlpool 11/\$103.51

81741	Mon	Sep 29-Dec 15	1:15pm-1:45pm
81742	Mon	Sep 29-Dec 15	4:00pm-4:30pm
81744	Mon	Sep 29-Dec 15	5:00pm-5:30pm
81745	Mon	Sep 29-Dec 15	5:30pm-6:00pm
81746	Mon	Sep 29-Dec 15	6:00pm-6:30pm
81747	Mon	Sep 29-Dec 15	6:30pm-7:00pm
81748	Mon	Sep 29-Dec 15	7:00pm-7:30pm
81751	Tue	Sep 30-Dec 9	4:30pm-5:00pm
81752	Tue	Sep 30-Dec 9	5:00pm-5:30pm
81753	Tue	Sep 30-Dec 9	5:30pm-6:00pm
81754	Tue	Sep 30-Dec 9	6:00pm-6:30pm
81755	Tue	Sep 30-Dec 9	7:00pm-7:30pm
81757	Wed	Oct 1-Dec 10	9:15am-9:45am
81761	Wed	Oct 1-Dec 10	6:30pm-7:00pm
81762	Wed	Oct 1-Dec 10	7:00pm-7:30pm
81763	Wed	Oct 1-Dec 10	7:30pm-8:00pm
81765	Thu	Oct 2-Dec 11	4:30pm-5:00pm
81766	Thu	Oct 2-Dec 11	5:00pm-5:30pm
81767	Thu	Oct 2-Dec 11	5:15pm-5:45pm
81768	Thu	Oct 2-Dec 11	5:45pm-6:15pm
81769	Thu	Oct 2-Dec 11	6:30pm-7:00pm
81770	Thu	Oct 2-Dec 11	7:00pm-7:30pm
81779	Sat	Sep 27-Dec 13	7:30am-8:00am
81781	Sat	Sep 27-Dec 13	9:30am-10:00am
81783	Sat	Sep 27-Dec 13	11:00am-11:30am
81785	Sat	Sep 27-Dec 13	12:30pm-1:00pm
81786	Sat	Sep 27-Dec 13	4:45pm-5:15pm
81787	Sat	Sep 27-Dec 13	5:45pm-6:15pm
81789	Sun	Sep 28-Dec 14	11:30am-12:00pm
81792	Sun	Sep 28-Dec 14	1:00pm-1:30pm
81793	Sun	Sep 28-Dec 14	2:00pm-2:30pm
81794	Sun	Sep 28-Dec 14	3:30pm-4:00pm
81795	Sun	Sep 28-Dec 14	4:00pm-4:30pm

81796	Sun	Sep 28-Dec 14	4:30pm-5:00pm
81797	Sun	Sep 28-Dec 14	5:00pm-5:30pm
81798	Sun	Sep 28-Dec 14	5:30pm-6:00pm

WMRC Swimplex – Tot area 10/\$94.10

81772	Fri	Oct 3-Dec 12	9:15am-9:45am
81776	Fri	Oct 3-Dec 12	5:30pm-6:00pm
81777	Fri	Oct 3-Dec 12	6:30pm-7:00pm

WMRC Swimplex – Tot area 11/\$103.51

81743	Mon	Sep 29-Dec 15	4:30pm-5:00pm
81749	Mon	Sep 29-Dec 15	7:30pm-8:00pm
81750	Tue	Sep 30-Dec 9	10:15am-10:45am
81756	Tue	Sep 30-Dec 9	7:30pm-8:00pm
81758	Wed	Oct 1-Dec 10	3:00pm-3:30pm
81759	Wed	Oct 1-Dec 10	4:30pm-5:00pm
81760	Wed	Oct 1-Dec 10	5:30pm-6:00pm
81764	Thu	Oct 2-Dec 11	3:45pm-4:15pm
81771	Thu	Oct 2-Dec 11	7:30pm-8:00pm
81780	Sat	Sep 27-Dec 13	8:30am-9:00am
81782	Sat	Sep 27-Dec 13	10:30am-11:00am
81784	Sat	Sep 27-Dec 13	12:00pm-12:30pm
81788	Sat	Sep 27-Dec 13	6:15pm-6:45pm
81790	Sun	Sep 28-Dec 14	12:30pm-1:00pm
81791	Sun	Sep 28-Dec 14	2:30pm-3:00pm

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/\$94.10

81830	Fri	Oct 3-Dec 12	8:15am-8:45am
81831	Fri	Oct 3-Dec 12	3:00pm-3:30pm
81832	Fri	Oct 3-Dec 12	3:45pm-4:15pm
81833	Fri	Oct 3-Dec 12	4:30pm-5:00pm
81834	Fri	Oct 3-Dec 12	5:00pm-5:30pm
81835	Fri	Oct 3-Dec 12	6:00pm-6:30pm

WMRC Swimplex - Tot area 11/\$103.51

81801	Mon	Sep 29-Dec 15	10:00am-10:30am
81802	Mon	Sep 29-Dec 15	1:45pm-2:15pm
81803	Mon	Sep 29-Dec 15	3:30pm-4:00pm
81804	Mon	Sep 29-Dec 15	4:30pm-5:00pm
81805	Mon	Sep 29-Dec 15	5:30pm-6:00pm
81806	Mon	Sep 29-Dec 15	6:00pm-6:30pm
81807	Mon	Sep 29-Dec 15	6:30pm-7:00pm
81808	Mon	Sep 29-Dec 15	8:00pm-8:30pm
81809	Tue	Sep 30-Dec 9	11:30am-12:00pm
81810	Tue	Sep 30-Dec 9	4:00pm-4:30pm
81811	Tue	Sep 30-Dec 9	4:30pm-5:00pm
81812	Tue	Sep 30-Dec 9	6:00pm-6:30pm
81813	Tue	Sep 30-Dec 9	5:30pm-6:00pm
81814	Tue	Sep 30-Dec 9	6:30pm-7:00pm
81815	Tue	Sep 30-Dec 9	7:00pm-7:30pm
81816	Wed	Oct 1-Dec 10	3:30pm-4:00pm
81817	Wed	Oct 1-Dec 10	5:00pm-5:30pm
81818	Wed	Oct 1-Dec 10	6:00pm-6:30pm
81819	Wed	Oct 1-Dec 10	6:30pm-7:00pm
81820	Wed	Oct 1-Dec 10	7:30pm-8:00pm
81821	Thu	Oct 2-Dec 11	10:00am-10:30am
81822	Thu	Oct 2-Dec 11	2:30pm-3:00pm
81823	Thu	Oct 2-Dec 11	4:00pm-4:30pm
81824	Thu	Oct 2-Dec 11	4:15pm-4:45pm
81825	Thu	Oct 2-Dec 11	4:30pm-5:00pm

81826	Thu	Oct 2-Dec 11	5:00pm-5:30pm
81827	Thu	Oct 2-Dec 11	6:00pm-6:30pm
81828	Thu	Oct 2-Dec 11	6:30pm-7:00pm
81829	Thu	Oct 2-Dec 11	7:00pm-7:30pm
81836	Sat	Sep 27-Dec 13	7:00am-7:30am
81837	Sat	Sep 27-Dec 13	8:00am-8:30am
81838	Sat	Sep 27-Dec 13	8:30am-9:00am
81839	Sat	Sep 27-Dec 13	9:30am-10:00am
81840	Sat	Sep 27-Dec 13	10:30am-11:00am
81841	Sat	Sep 27-Dec 13	11:00am-11:30am
81842	Sat	Sep 27-Dec 13	12:00pm-12:30pm
81843	Sat	Sep 27-Dec 13	5:15pm-5:45pm
81844	Sat	Sep 27-Dec 13	6:15pm-6:45pm
81845	Sun	Sep 28-Dec 14	12:30pm-1:00pm
81846	Sun	Sep 28-Dec 14	1:00pm-1:30pm
81847	Sun	Sep 28-Dec 14	2:00pm-2:30pm
81848	Sun	Sep 28-Dec 14	3:00pm-3:30pm
81849	Sun	Sep 28-Dec 14	3:30pm-4:00pm
81850	Sun	Sep 28-Dec 14	4:00pm-4:30pm
81851	Sun	Sep 28-Dec 14	4:30pm-5:00pm
81852	Sun	Sep 28-Dec 14	5:00pm-5:30pm
81853	Sun	Sep 28-Dec 14	6:00pm-6:30pm

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 11/\$103.51

81854	Mon	Sep 29-Dec 15	4:30pm-5:00pm
81855	Mon	Sep 29-Dec 15	7:00pm-7:30pm
81856	Tue	Sep 30-Dec 9	5:00pm-5:30pm
81857	Tue	Sep 30-Dec 9	7:30pm-8:00pm
81858	Wed	Oct 1-Dec 10	7:00pm-7:30pm
81860	Thu	Oct 2-Dec 11	4:30pm-5:00pm
81861	Thu	Oct 2-Dec 11	6:30pm-7:00pm
81866	Sat	Sep 27-Dec 13	10:00am-10:30am
81867	Sat	Sep 27-Dec 13	5:45pm-6:15pm

WMRC Swimplex – Tot area 10/\$94.10

81862	Fri	Oct 3-Dec 12	4:00pm-4:30pm
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WMRC Swimplex – Tot area 11/\$103.51

81859	Thu	Oct 2-Dec 11	2:00pm-2:30pm
81863	Sat	Sep 27-Dec 13	7:30am-8:00am
81864	Sat	Sep 27-Dec 13	11:30am-12:00pm
81865	Sat	Sep 27-Dec 13	12:30pm-1:00pm
81868	Sun	Sep 28-Dec 14	11:30am-12:00pm
81869	Sun	Sep 28-Dec 14	1:30pm-2:00pm
81870	Sun	Sep 28-Dec 14	3:45pm-4:15pm

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/\$94.10

81874	Fri	Oct 3-Dec 12	5:45pm-6:15pm
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WMRC Swimplex 11/\$103.51

81871	Tue	Sep 30-Dec 9	4:30pm-5:00pm
81872	Wed	Oct 1-Dec 10	6:00pm-6:30pm

81873	Thu	Oct 2-Dec 11	5:00pm-5:30pm
81875	Sat	Sep 27-Dec 13	9:00am-9:30am
81876	Sat	Sep 27-Dec 13	11:30am-12:00pm
81877	Sun	Sep 28-Dec 14	11:30am-12:00pm
81878	Sun	Sep 28-Dec 14	3:00pm-3:30pm

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/\$103.51

81879	Tue	Sep 30-Dec 9	6:30pm-7:00pm
81880	Thu	Oct 2-Dec 11	5:30pm-6:00pm
81881	Sat	Sep 27-Dec 13	11:30am-12:00pm

CHILD

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/\$94.10

81895	Fri	Oct 3-Dec 12	3:30pm-4:00pm
81896	Fri	Oct 3-Dec 12	4:30pm-5:00pm
81897	Fri	Oct 3-Dec 12	6:30pm-7:00pm

WMRC Swimplex 11/\$103.51

81882	Mon	Sep 29-Dec 15	6:00pm-6:30pm
81883	Mon	Sep 29-Dec 15	7:00pm-7:30pm

81884	Mon	Sep 29-Dec 15	7:30pm-8:00pm
81885	Tue	Sep 30-Dec 9	4:00pm-4:30pm
81886	Tue	Sep 30-Dec 9	5:30pm-6:00pm
81887	Tue	Sep 30-Dec 9	6:30pm-7:00pm
81888	Wed	Oct 1-Dec 10	4:30pm-5:00pm
81889	Wed	Oct 1-Dec 10	6:00pm-6:30pm
81890	Wed	Oct 1-Dec 10	7:30pm-8:00pm
81891	Thu	Oct 2-Dec 11	4:00pm-4:30pm
81892	Thu	Oct 2-Dec 11	6:00pm-6:30pm
81893	Thu	Oct 2-Dec 11	5:30pm-6:00pm
81894	Thu	Oct 2-Dec 11	7:30pm-8:00pm
81898	Sat	Sep 27-Dec 13	10:30am-11:00am
81899	Sat	Sep 27-Dec 13	11:30am-12:00pm
81900	Sat	Sep 27-Dec 13	12:30pm-1:00pm
81901	Sat	Sep 27-Dec 13	4:45pm-5:15pm
81902	Sun	Sep 28-Dec 14	12:00pm-12:30pm
81903	Sun	Sep 28-Dec 14	1:00pm-1:30pm
81904	Sun	Sep 28-Dec 14	2:30pm-3:00pm

Waterloo Splash 1 (5 to 12 years)

These beginners jump into chest deep 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/\$94.10

81940	Fri	Oct 3-Dec 12	4:00pm-4:30pm
81941	Fri	Oct 3-Dec 12	4:30pm-5:00pm
81942	Fri	Oct 3-Dec 12	5:00pm-5:30pm
81943	Fri	Oct 3-Dec 12	5:30pm-6:00pm
81944	Fri	Oct 3-Dec 12	6:00pm-6:30pm
81945	Fri	Oct 3-Dec 12	6:30pm-7:00pm

WMRC Swimplex 11/\$103.51

81905	Mon	Sep 29-Dec 15	3:30pm-4:00pm
81906	Mon	Sep 29-Dec 15	4:15pm-4:45pm
81907	Mon	Sep 29-Dec 15	5:00pm-5:30pm
81908	Mon	Sep 29-Dec 15	5:15pm-5:45pm
81909	Mon	Sep 29-Dec 15	5:30pm-6:00pm
81910	Mon	Sep 29-Dec 15	6:00pm-6:30pm
81911	Mon	Sep 29-Dec 15	6:30pm-7:00pm
81912	Mon	Sep 29-Dec 15	6:30pm-7:00pm
81913	Mon	Sep 29-Dec 15	7:00pm-7:30pm
81914	Mon	Sep 29-Dec 15	7:30pm-8:00pm
81915	Tue	Sep 30-Dec 9	4:00pm-4:30pm
81916	Tue	Sep 30-Dec 9	4:15pm-4:45pm
81917	Tue	Sep 30-Dec 9	4:30pm-5:00pm
81918	Tue	Sep 30-Dec 9	5:00pm-5:30pm
81919	Tue	Sep 30-Dec 9	5:30pm-6:00pm
81920	Tue	Sep 30-Dec 9	6:00pm-6:30pm
81921	Tue	Sep 30-Dec 9	6:45pm-7:15pm
81922	Tue	Sep 30-Dec 9	7:00pm-7:30pm
81923	Tue	Sep 30-Dec 9	7:30pm-8:00pm
81924	Wed	Oct 1-Dec 10	4:15pm-4:45pm
81925	Wed	Oct 1-Dec 10	5:00pm-5:30pm
81926	Wed	Oct 1-Dec 10	5:15pm-5:45pm
81927	Wed	Oct 1-Dec 10	5:30pm-6:00pm
81928	Wed	Oct 1-Dec 10	6:00pm-6:30pm
81929	Wed	Oct 1-Dec 10	6:30pm-7:00pm
81930	Wed	Oct 1-Dec 10	7:00pm-7:30pm
81931	Wed	Oct 1-Dec 10	7:30pm-8:00pm
81932	Thu	Oct 2-Dec 11	4:00pm-4:30pm
81933	Thu	Oct 2-Dec 11	4:30pm-5:00pm
81934	Thu	Oct 2-Dec 11	5:00pm-5:30pm
81935	Thu	Oct 2-Dec 11	5:30pm-6:00pm
81936	Thu	Oct 2-Dec 11	6:00pm-6:30pm
81937	Thu	Oct 2-Dec 11	6:30pm-7:00pm

81938	Thu	Oct 2-Dec 11	7:00pm-7:30pm
81939	Thu	Oct 2-Dec 11	7:30pm-8:00pm
81946	Sat	Sep 27-Dec 13	9:00am-9:30am
81947	Sat	Sep 27-Dec 13	9:30am-10:00am
81948	Sat	Sep 27-Dec 13	10:00am-10:30am
81949	Sat	Sep 27-Dec 13	10:30am-11:00am
81950	Sat	Sep 27-Dec 13	11:00am-11:30am
81951	Sat	Sep 27-Dec 13	12:00pm-12:30pm
81952	Sat	Sep 27-Dec 13	12:30pm-1:00pm
81953	Sat	Sep 27-Dec 13	4:45pm-5:15pm
81954	Sat	Sep 27-Dec 13	5:45pm-6:15pm
81955	Sat	Sep 27-Dec 13	6:15pm-6:45pm
81956	Sun	Sep 28-Dec 14	11:30am-12:00pm
81957	Sun	Sep 28-Dec 14	12:00pm-12:30pm
81958	Sun	Sep 28-Dec 14	12:30pm-1:00pm
81959	Sun	Sep 28-Dec 14	1:30pm-2:00pm
81960	Sun	Sep 28-Dec 14	2:00pm-2:30pm
81961	Sun	Sep 28-Dec 14	2:30pm-3:00pm
81962	Sun	Sep 28-Dec 14	3:00pm-3:30pm
81963	Sun	Sep 28-Dec 14	3:30pm-4:00pm

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/\$94.10

81996	Fri	Oct 3-Dec 12	3:00pm-3:30pm
81997	Fri	Oct 3-Dec 12	4:00pm-4:30pm
81998	Fri	Oct 3-Dec 12	4:30pm-5:00pm
81999	Fri	Oct 3-Dec 12	5:15pm-5:45pm
82000	Fri	Oct 3-Dec 12	5:30pm-6:00pm

82001	Fri	Oct 3-Dec 12	5:45pm-6:15pm
82002	Fri	Oct 3-Dec 12	6:00pm-6:30pm

WMRC Swimplex 11/\$103.51

81964	Mon	Sep 29-Dec 15	3:45pm-4:15pm
81965	Mon	Sep 29-Dec 15	4:30pm-5:00pm
81966	Mon	Sep 29-Dec 15	4:45pm-5:15pm
81967	Mon	Sep 29-Dec 15	5:00pm-5:30pm
81968	Mon	Sep 29-Dec 15	5:30pm-6:00pm
81969	Mon	Sep 29-Dec 15	5:45pm-6:15pm
81970	Mon	Sep 29-Dec 15	6:00pm-6:30pm
81971	Mon	Sep 29-Dec 15	6:30pm-7:00pm
81972	Mon	Sep 29-Dec 15	7:00pm-7:30pm
81973	Mon	Sep 29-Dec 15	7:30pm-8:00pm
81974	Tue	Sep 30-Dec 9	4:00pm-4:30pm
81975	Tue	Sep 30-Dec 9	4:30pm-5:00pm
81976	Tue	Sep 30-Dec 9	5:00pm-5:30pm
81977	Tue	Sep 30-Dec 9	5:15pm-5:45pm
81978	Tue	Sep 30-Dec 9	5:30pm-6:00pm
81979	Tue	Sep 30-Dec 9	6:00pm-6:30pm
81980	Tue	Sep 30-Dec 9	6:30pm-7:00pm
81981	Tue	Sep 30-Dec 9	7:00pm-7:30pm
81982	Wed	Oct 1-Dec 10	4:30pm-5:00pm
81983	Wed	Oct 1-Dec 10	4:45pm-5:15pm
81984	Wed	Oct 1-Dec 10	5:30pm-6:00pm
81985	Wed	Oct 1-Dec 10	5:45pm-6:15pm
81986	Wed	Oct 1-Dec 10	6:30pm-7:00pm
81987	Wed	Oct 1-Dec 10	7:30pm-8:00pm
81988	Thu	Oct 2-Dec 11	4:00pm-4:30pm
81989	Thu	Oct 2-Dec 11	4:30pm-5:00pm
81990	Thu	Oct 2-Dec 11	4:30pm-5:00pm
81991	Thu	Oct 2-Dec 11	5:00pm-5:30pm
81992	Thu	Oct 2-Dec 11	5:00pm-5:30pm
81993	Thu	Oct 2-Dec 11	6:00pm-6:30pm

81994	Thu	Oct 2-Dec 11	6:30pm-7:00pm
81995	Thu	Oct 2-Dec 11	7:00pm-7:30pm
82003	Sat	Sep 27-Dec 13	9:30am-10:00am
82004	Sat	Sep 27-Dec 13	10:00am-10:30am
82005	Sat	Sep 27-Dec 13	10:30am-11:00am
82006	Sat	Sep 27-Dec 13	11:00am-11:30am
82007	Sat	Sep 27-Dec 13	11:30am-12:00pm
82008	Sat	Sep 27-Dec 13	12:30pm-1:00pm
82009	Sat	Sep 27-Dec 13	4:45pm-5:15pm
82010	Sat	Sep 27-Dec 13	5:15pm-5:45pm
82011	Sat	Sep 27-Dec 13	5:45pm-6:15pm
82012	Sun	Sep 28-Dec 14	11:30am-12:00pm
82013	Sun	Sep 28-Dec 14	12:00pm-12:30pm
82014	Sun	Sep 28-Dec 14	1:00pm-1:30pm
82015	Sun	Sep 28-Dec 14	1:30pm-2:00pm
82016	Sun	Sep 28-Dec 14	2:00pm-2:30pm
82017	Sun	Sep 28-Dec 14	2:30pm-3:00pm
82018	Sun	Sep 28-Dec 14	3:00pm-3:30pm
82019	Sun	Sep 28-Dec 14	3:30pm-4:00pm

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 seconds and interval training repetitions are increased (4x9m).

WMRC Swimplex 10/\$94.10

82049	Fri	Oct 3-Dec 12	3:30pm-4:00pm
82050	Fri	Oct 3-Dec 12	4:15pm-4:45pm
82051	Fri	Oct 3-Dec 12	5:30pm-6:00pm
82052	Fri	Oct 3-Dec 12	6:00pm-6:30pm
82053	Fri	Oct 3-Dec 12	6:15pm-6:45pm

WMRC Swimplex 11/\$103.51

82020	Mon	Sep 29-Dec 15	4:15pm-4:45pm
82021	Mon	Sep 29-Dec 15	4:30pm-5:00pm

82022	Mon	Sep 29-Dec 15	5:00pm-5:30pm
82023	Mon	Sep 29-Dec 15	5:30pm-6:00pm
82024	Mon	Sep 29-Dec 15	6:00pm-6:30pm
82025	Mon	Sep 29-Dec 15	6:30pm-7:00pm
82026	Mon	Sep 29-Dec 15	6:45pm-7:15pm
82027	Mon	Sep 29-Dec 15	7:30pm-8:00pm
82028	Tue	Sep 30-Dec 9	4:00pm-4:30pm
82029	Tue	Sep 30-Dec 9	4:30pm-5:00pm
82030	Tue	Sep 30-Dec 9	4:45pm-5:15pm
82031	Tue	Sep 30-Dec 9	5:00pm-5:30pm
82032	Tue	Sep 30-Dec 9	5:30pm-6:00pm
82033	Tue	Sep 30-Dec 9	6:00pm-6:30pm
82034	Tue	Sep 30-Dec 9	7:00pm-7:30pm
82035	Wed	Oct 1-Dec 10	4:15pm-4:45pm
82036	Wed	Oct 1-Dec 10	4:30pm-5:00pm
82037	Wed	Oct 1-Dec 10	5:00pm-5:30pm
82038	Wed	Oct 1-Dec 10	5:30pm-6:00pm
82039	Wed	Oct 1-Dec 10	6:00pm-6:30pm
82040	Wed	Oct 1-Dec 10	6:30pm-7:00pm
82041	Wed	Oct 1-Dec 10	7:30pm-8:00pm
82042	Thu	Oct 2-Dec 11	4:00pm-4:30pm
82043	Thu	Oct 2-Dec 11	4:00pm-4:30pm
82044	Thu	Oct 2-Dec 11	5:00pm-5:30pm
82045	Thu	Oct 2-Dec 11	5:30pm-6:00pm
82046	Thu	Oct 2-Dec 11	6:00pm-6:30pm
82047	Thu	Oct 2-Dec 11	6:30pm-7:00pm
82048	Thu	Oct 2-Dec 11	7:30pm-8:00pm
82054	Sat	Sep 27-Dec 13	9:00am-9:30am
82055	Sat	Sep 27-Dec 13	10:00am-10:30am
82056	Sat	Sep 27-Dec 13	11:00am-11:30am
82057	Sat	Sep 27-Dec 13	11:30am-12:00pm
82058	Sat	Sep 27-Dec 13	12:00pm-12:30pm
82059	Sat	Sep 27-Dec 13	4:45pm-5:15pm

82060	Sat	Sep 27-Dec 13	6:15pm-6:45pm
82061	Sun	Sep 28-Dec 14	11:30am-12:00pm
82062	Sun	Sep 28-Dec 14	12:30pm-1:00pm
82063	Sun	Sep 28-Dec 14	1:00pm-1:30pm
82064	Sun	Sep 28-Dec 14	2:00pm-2:30pm
82065	Sun	Sep 28-Dec 14	2:30pm-3:00pm
82066	Sun	Sep 28-Dec 14	3:00pm-3:30pm
82067	Sun	Sep 28-Dec 14	3:30pm-4:00pm

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/\$94.10

82083	Fri	Oct 3-Dec 12	4:00pm-4:45pm
82084	Fri	Oct 3-Dec 12	6:15pm-7:00pm

WMRC Swimplex 11/\$103.51

82068	Mon	Sep 29-Dec 15	3:15pm-4:00pm
82069	Mon	Sep 29-Dec 15	5:15pm-6:00pm
82070	Mon	Sep 29-Dec 15	6:00pm-6:45pm
82071	Mon	Sep 29-Dec 15	6:45pm-7:30pm
82072	Tue	Sep 30-Dec 9	5:00pm-5:45pm
82073	Tue	Sep 30-Dec 9	5:45pm-6:30pm
82074	Tue	Sep 30-Dec 9	6:15pm-7:00pm
82075	Wed	Oct 1-Dec 10	4:00pm-4:45pm
82076	Wed	Oct 1-Dec 10	5:15pm-6:00pm
82077	Wed	Oct 1-Dec 10	6:00pm-6:45pm
82078	Wed	Oct 1-Dec 10	6:45pm-7:30pm
82079	Thu	Oct 2-Dec 11	4:15pm-5:00pm
82080	Thu	Oct 2-Dec 11	4:45pm-5:30pm

82081	Thu	Oct 2-Dec 11	5:30pm-6:15pm
82082	Thu	Oct 2-Dec 11	7:00pm-7:45pm
82085	Sat	Sep 27-Dec 13	9:30am-10:15am
82086	Sat	Sep 27-Dec 13	10:00am-10:45am
82087	Sat	Sep 27-Dec 13	11:30am-12:15pm
82088	Sat	Sep 27-Dec 13	12:15pm-1:00pm
82089	Sat	Sep 27-Dec 13	5:15pm-6:00pm
82090	Sun	Sep 28-Dec 14	11:30am-12:15pm
82091	Sun	Sep 28-Dec 14	12:45pm-1:30pm
82092	Sun	Sep 28-Dec 14	1:30pm-2:15pm
82093	Sun	Sep 28-Dec 14	3:00pm-3:45pm

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/\$94.10

82107	Fri	Oct 3-Dec 12	4:45pm-5:30pm
82108	Fri	Oct 3-Dec 12	6:15pm-7:00pm

WMRC Swimplex 11/\$103.51

82094	Mon	Sep 29-Dec 15	3:15pm-4:00pm
82095	Mon	Sep 29-Dec 15	4:15pm-5:00pm
82096	Mon	Sep 29-Dec 15	6:00pm-6:45pm
82097	Mon	Sep 29-Dec 15	7:00pm-7:45pm
82098	Tue	Sep 30-Dec 9	4:00pm-4:45pm
82099	Tue	Sep 30-Dec 9	5:00pm-5:45pm
82100	Tue	Sep 30-Dec 9	6:15pm-7:00pm
82101	Tue	Sep 30-Dec 9	7:15pm-8:00pm
82102	Wed	Oct 1-Dec 10	4:15pm-5:00pm
82103	Wed	Oct 1-Dec 10	6:00pm-6:45pm
82104	Wed	Oct 1-Dec 10	6:45pm-7:30pm

82105	Thu	Oct 2-Dec 11	4:45pm-5:30pm
82106	Thu	Oct 2-Dec 11	5:45pm-6:30pm
82109	Sat	Sep 27-Dec 13	9:00am-9:45am
82110	Sat	Sep 27-Dec 13	11:30am-12:15pm
82111	Sat	Sep 27-Dec 13	12:15pm-1:00pm
82112	Sat	Sep 27-Dec 13	4:45pm-5:30pm
82113	Sat	Sep 27-Dec 13	6:00pm-6:45pm
82114	Sun	Sep 28-Dec 14	12:00pm-12:45pm
82115	Sun	Sep 28-Dec 14	2:15pm-3:00pm
82116	Sun	Sep 28-Dec 14	6:15pm-7:00pm
82117	Sun	Sep 28-Dec 14	7:00pm-7:45pm

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/\$94.10

82130	Fri	Oct 3-Dec 12	4:45pm-5:30pm
82131	Fri	Oct 3-Dec 12	6:00pm-6:45pm

WMRC Swimplex 11/\$103.51

82118	Mon	Sep 29-Dec 15	4:00pm-4:45pm
82119	Mon	Sep 29-Dec 15	4:15pm-5:00pm
82120	Mon	Sep 29-Dec 15	7:00pm-7:45pm
82121	Mon	Sep 29-Dec 15	7:00pm-7:45pm
82122	Tue	Sep 30-Dec 9	5:00pm-5:45pm
82123	Tue	Sep 30-Dec 9	6:00pm-6:45pm
82124	Tue	Sep 30-Dec 9	7:45pm-8:30pm
82125	Wed	Oct 1-Dec 10	4:15pm-5:00pm
82126	Wed	Oct 1-Dec 10	5:30pm-6:15pm
82127	Wed	Oct 1-Dec 10	7:00pm-7:45pm
82128	Thu	Oct 2-Dec 11	4:45pm-5:30pm
82129	Thu	Oct 2-Dec 11	5:30pm-6:15pm

82132	Sat	Sep 27-Dec 13	9:45am-10:30am
82133	Sat	Sep 27-Dec 13	10:30am-11:15am
82134	Sat	Sep 27-Dec 13	5:30pm-6:15pm
82135	Sun	Sep 28-Dec 14	11:30am-12:15pm
82136	Sun	Sep 28-Dec 14	12:00pm-12:45pm
82137	Sun	Sep 28-Dec 14	1:30pm-2:15pm
82138	Sun	Sep 28-Dec 14	6:15pm-7:00pm

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/\$94.10

82148	Fri	Oct 3-Dec 12	5:30pm-6:15pm
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WMRC Swimplex 11/\$103.51

82139	Mon	Sep 29-Dec 15	4:00pm-4:45pm
82140	Mon	Sep 29-Dec 15	5:00pm-5:45pm
82141	Mon	Sep 29-Dec 15	7:45pm-8:30pm
82142	Tue	Sep 30-Dec 9	4:15pm-5:00pm
82143	Tue	Sep 30-Dec 9	7:30pm-8:15pm
82144	Wed	Oct 1-Dec 10	5:00pm-5:45pm
82145	Wed	Oct 1-Dec 10	7:45pm-8:30pm
82146	Thu	Oct 2-Dec 11	5:30pm-6:15pm
82147	Thu	Oct 2-Dec 11	6:15pm-7:00pm
82149	Sat	Sep 27-Dec 13	8:15am-9:00am
82150	Sat	Sep 27-Dec 13	12:00pm-12:45pm
82151	Sun	Sep 28-Dec 14	12:45pm-1:30pm
82152	Sun	Sep 28-Dec 14	3:15pm-4:00pm
82153	Sun	Sep 28-Dec 14	7:00pm-7:45pm

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/\$94.10

82161	Fri	Oct 3-Dec 12	3:15pm-4:00pm
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WMRC Swimplex 11/\$103.51

82154	Mon	Sep 29-Dec 15	4:45pm-5:30pm
82155	Mon	Sep 29-Dec 15	5:15pm-6:00pm
82156	Mon	Sep 29-Dec 15	7:45pm-8:30pm
82157	Tue	Sep 30-Dec 9	5:45pm-6:30pm
82158	Wed	Oct 1-Dec 10	5:15pm-6:00pm
82159	Wed	Oct 1-Dec 10	7:45pm-8:30pm
82160	Thu	Oct 2-Dec 11	6:15pm-7:00pm
82162	Sat	Sep 27-Dec 13	8:15am-9:00am
82163	Sat	Sep 27-Dec 13	9:45am-10:30am
82164	Sun	Sep 28-Dec 14	3:15pm-4:00pm
82165	Sun	Sep 28-Dec 14	7:00pm-7:45pm

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/\$94.10

82170	Fri	Oct 3-Dec 12	6:00pm-7:00pm
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WMRC Swimplex 11/\$103.51

82166	Mon	Sep 29-Dec 15	6:15pm-7:15pm
82167	Tue	Sep 30-Dec 9	4:30pm-5:30pm
82168	Wed	Oct 1-Dec 10	6:15pm-7:15pm
82169	Thu	Oct 2-Dec 11	4:00pm-5:00pm
82171	Sat	Sep 27-Dec 13	10:30am-11:30am
82172	Sun	Sep 28-Dec 14	2:15pm-3:15pm

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 11/\$103.51

82173	Mon	Sep 29-Dec 15	7:30pm-8:30pm
82174	Tue	Sep 30-Dec 9	5:45pm-6:45pm
82175	Wed	Oct 1-Dec 10	5:00pm-6:00pm
82176	Thu	Oct 2-Dec 11	4:30pm-5:30pm
82177	Sat	Sep 27-Dec 13	10:30am-11:30am
82178	Sun	Sep 28-Dec 14	2:15pm-3:15pm

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

WMRC Swimplex 11/\$103.51

82179	Mon	Sep 29-Dec 15	7:30pm-8:30pm
82180	Wed	Oct 1-Dec 10	6:00pm-7:00pm
82181	Thu	Oct 2-Dec 11	5:30pm-6:30pm
82182	Sat	Sep 27-Dec 13	12:00pm-1:00pm
82183	Sun	Sep 28-Dec 14	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/\$121.11

82188	Sat	Sep 27-Dec 13	4:45pm-5:15pm
82189	Sat	Sep 27-Dec 13	5:15pm-5:45pm
82190	Sat	Sep 27-Dec 13	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/\$147.51

82191	Thu	Oct 2-Dec 11	4:00pm-4:45pm
82192	Thu	Oct 2-Dec 11	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/\$103.51

82185	Wed	Oct 1-Dec 10	6:30pm-7:00pm
82186	Sat	Sep 27-Dec 13	6:15pm-6:45pm
82187	Sun	Sep 28-Dec 14	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/\$94.10

82184	Fri	Oct 3-Dec 12	4:00pm-4:45pm
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**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/\$103.51

82193	Tue	Sep 30-Dec 9	6:15pm-7:00pm
82194	Thu	Oct 2-Dec 11	7:00pm-7:45pm
82195	Sat	Sep 27-Dec 13	12:15pm-1:00pm
82196	Sat	Sep 27-Dec 13	6:15pm-7:00pm
82197	Sun	Sep 28-Dec 14	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/\$103.51

82198	Tue	Sep 30-Dec 9	6:15pm-7:00pm
82199	Thu	Oct 2-Dec 11	7:45pm-8:30pm
82200	Sat	Sep 27-Dec 13	12:15pm-1:00pm
82201	Sun	Sep 28-Dec 14	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/\$103.51

82202	Tue	Sep 30-Dec 9	6:15pm-7:00pm
82203	Sat	Sep 27-Dec 13	9:00am-9:45am
82204	Sun	Sep 28-Dec 14	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. Whew!

WMRC Swimplex 11/\$103.51

82205	Tue	Sep 30-Dec 9	7:00pm-7:45pm
82206	Sat	Sep 27-Dec 13	9:00am-9:45am
82207	Sun	Sep 28-Dec 14	8:00pm-8:45pm

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/\$94.10

82328	Fri	Oct 3-Dec 12	9:00am-9:45am
82377	Fri	Oct 3-Dec 12	9:30pm-10:15pm
82329	Fri	Oct 3-Dec 12	10:00am-10:45am

WMRC Swimplex 11/\$103.51

82317	Mon	Sep 29-Dec 15	9:00am-9:45am
82318	Mon	Sep 29-Dec 15	1:30pm-2:15pm
82319	Mon	Sep 29-Dec 15	2:15pm-3:00pm
82320	Tue	Sep 30-Dec 9	1:00pm-1:45pm
82321	Wed	Oct 1-Dec 10	5:45pm-6:30pm
82322	Wed	Oct 1-Dec 10	8:15pm-9:00pm

82323	Wed	Oct 1-Dec 10	8:15pm-9:00pm
82324	Thu	Oct 2-Dec 11	1:00pm-1:45pm
82325	Thu	Oct 2-Dec 11	5:30pm-6:15pm
82326	Thu	Oct 2-Dec 11	6:30pm-7:15pm
82327	Thu	Oct 2-Dec 11	7:30pm-8:15pm
82330	Sat	Sep 27-Dec 13	7:15am-8:00am
82331	Sat	Sep 27-Dec 13	8:00am-8:45am
82332	Sat	Sep 27-Dec 13	5:00pm-5:45pm
82333	Sat	Sep 27-Dec 13	5:45pm-6:30pm
82334	Sun	Sep 28-Dec 14	1:45pm-2:30pm

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/\$94.10

82344	Fri	Oct 3-Dec 12	10:45am-11:30am
82378	Fri	Oct 3-Dec 12	9:30pm-10:15pm

WMRC Swimplex 11/\$103.51

82335	Mon	Sep 29-Dec 15	9:45am-10:30am
82336	Mon	Sep 29-Dec 15	2:15pm-3:00pm
82337	Mon	Sep 29-Dec 15	5:45pm-6:30pm
82338	Tue	Sep 30-Dec 9	1:00pm-1:45pm
82339	Tue	Sep 30-Dec 9	4:15pm-5:00pm
82340	Wed	Oct 1-Dec 10	8:15pm-9:00pm
82341	Thu	Oct 2-Dec 11	1:00pm-1:45pm
82342	Thu	Oct 2-Dec 11	6:15pm-7:00pm
82343	Thu	Oct 2-Dec 11	7:15pm-8:00pm
82345	Sat	Sep 27-Dec 13	5:00pm-5:45pm
82346	Sat	Sep 27-Dec 13	5:45pm-6:30pm
82347	Sun	Sep 28-Dec 14	3:00pm-3:45pm

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

WMRC Swimplex 10/\$94.10

82351	Fri	Oct 3-Dec 12	11:30am-12:15pm
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WMRC Swimplex 11/\$103.51

82348	Mon	Sep 29-Dec 15	3:00pm-3:45pm
82349	Tue	Sep 30-Dec 9	1:00pm-1:45pm
82350	Thu	Oct 2-Dec 11	5:30pm-6:15pm
82352	Sat	Sep 27-Dec 13	11:45am-12:30pm
82353	Sun	Sep 28-Dec 14	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/\$94.10

82357	Fri	Oct 3-Dec 12	11:30am-12:15pm
82376	Fri	Oct 3-Dec 12	8:45pm-9:30pm

WMRC Swimplex 11/\$103.51

82354	Mon	Sep 29-Dec 15	3:00pm-3:45pm
82355	Tue	Sep 30-Dec 9	1:00pm-1:45pm
82356	Thu	Oct 2-Dec 11	7:45pm-8:30pm
82358	Sat	Sep 27-Dec 13	11:00am-11:45am
82359	Sun	Sep 28-Dec 14	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/\$94.10

82361	Fri	Oct 3-Dec 12	3:00pm-3:45pm
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WMRC Swimplex 11/\$103.51

82360	Wed	Oct 1-Dec 10	9:15pm-10:00pm
82362	Sun	Sep 28-Dec 14	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/\$103.51

82260	Thu	Oct 2-Dec 11	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/\$103.51

82261	Thu	Oct 2-Dec 11	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.

WMRC Swimplex 11/\$91.74

82262	Tue	Sep 30-Dec 9	8:45am-9:45am
82263	Thu	Oct 2-Dec 11	8:45am-9:45am

Triathlon Swim Training (16+)

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

82312	Sun	Sep 28-Dec 14	9:00pm-10:00pm
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Waterfitness 101 (16+)

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 11/\$125.10

82316	Mon	Sep 29-Dec 15	12:30pm-2:00pm
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PRIVATE SWIM LESSONS

Private 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 are in blocks of 10 or 11 for the fall session.

Private	10/\$385.20	11/\$423.72
Semi-private	10/\$285.00	11/\$314.38

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.

