

SUMMER 2026 GUIDE

ActiveWaterloo



REGISTRATION OPEN DATES

Active Living

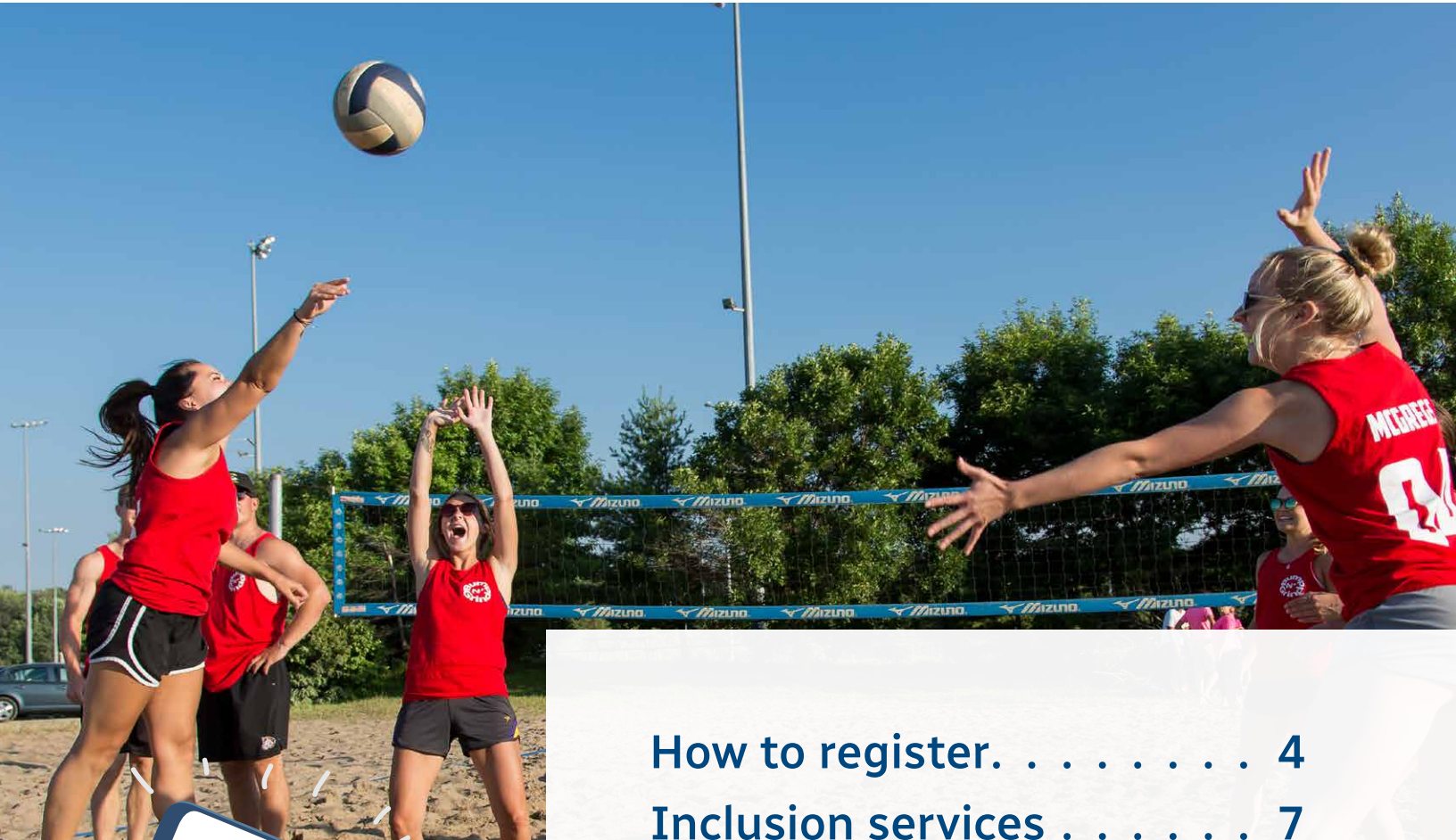
June 2 (Waterloo residents)
June 5 (non-residents)

Swim

June 16 (Waterloo residents)
June 19 (non-residents)

waterloo.ca/activewaterloo

Inside the guide



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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WATERLOO
votes

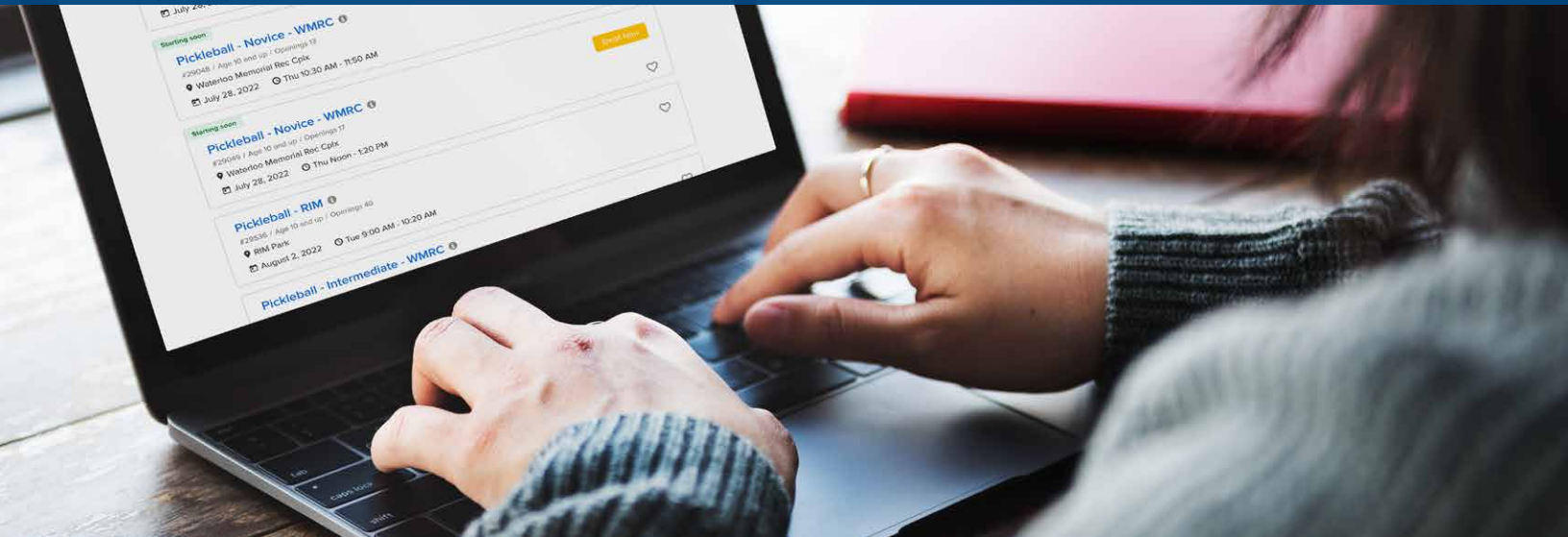
Check, add or update your voter information.

The municipal and School Board
election is on October 26, 2026.



Visit waterloo.ca/register-to-vote
so you can vote in the upcoming election.

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)

Visit us daily from 10 a.m. to 9 p.m., program dependent:

Albert McCormick Community Centre (AMCC)

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.

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.



Did you know you
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emailed directly
to your inbox!
waterloo.ca/subscribe

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.

Questions?

Call **519-886-1177 x27249** or email inclusion@waterloo.ca.

Sensory Backpacks

The City of Waterloo 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

INCLUSION SERVICES

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.

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/feassistance. For information, call 519-747-8512.

REMINDER: Summer Day Camp Inclusion Support

Inclusion support workers can be arranged through City of Waterloo Inclusion Services if your camper requires support to participate in summer camp.

View more details on camp support and the NEW! Adapted Discovery Camp for ages 10 to 14 on **page 13**.

Summer Inclusion registration code

Request inclusion support for a City of Waterloo program by registering for the Inclusion Support Program – Summer 2026 in ActiveWaterloo, **barcode 101207**.

Preschool Programs



ART AND SCIENCE

Kid Artists – Patterns and Textures (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. This program is designed for children to socialize together and create a variety of art projects. Smooth, soft, rough and bumpy - children will use a variety of materials with different patterns and textures to learn how this makes their creation look more realistic, or just fun! Maximum of two children

REMINDER

A parent/guardian is asked to stay in the building for the duration of their child's program.

per adult, each child must register.

WMRC 7/\$70.00

98850 Tue Jul 7-Aug 18 5:30pm-6:15pm

Little Artists – Patterns and Texture (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 children to socialize together and create a variety of art projects. Smooth, soft, rough and bumpy - children will use a variety of materials with different patterns and textures to learn how this makes their creation look more realistic, or just fun! Maximum of two children per adult, each child must register.

WMRC 7/\$70.00

98849 Tue Jul 7-Aug 18 4:30pm-5:15pm

Little Sampler (2.5 to 4 years with caregiver)

This sampler program is perfect for the child that enjoys trying new things or for the caregiver that is trying to determine a child’s interests. Each week, a program leader will guide children through a new craft, experiment or game based on the theme of the week. Themes include art, science, swim, chefs, athletes and more! 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. Caregivers actively participate in this program with the child. Each child must register.

WMRC 7/\$70.00

98848 Wed Jul 8-Aug 19 5:00pm-5:45pm

Stemotics – LEGO® BricQ Motion Essential: Train to Win (4 to 6 years)

LEGO BricQ Motion Essential: Train to Win is an exciting, hands-on STEM program where children explore the principles of motion, mechanics and physics using the LEGO BricQ Motion Essential set. Children design, build and test LEGO-powered creations to complete fun challenges and “race” to success. Through building, experimenting and problem-solving, children develop critical thinking, engineering skill, and an understanding of cause-and-effect — all while having a blast in a playful, collaborative environment. This program combines creativity, hands-on learning, and STEM fundamentals, inspiring young minds to think like engineers and train to win. This program is offered in cooperation with Stemotics.

WMRC 7/\$123.20

98827 Wed Jul 8-Aug 19 6:00pm-6:50pm

CAMPS

2026 Summer camps – FULL

View summer day camp information for ages 4 to 12 on [page 13](#).

FITNESS AND WELLNESS

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.

WMRC 7/\$49.00

98969 Fri Jul 10-Aug 28 4:45pm-5:15pm

WMRC 8/\$56.00

98968 Wed Jul 8-Aug 26 4:30pm-5:00pm

Kid Yoga (4 to 6 years with caregiver)

This program will focus on beginner yoga poses - incorporated in games, songs, and activities - with a focus on breath, movement, mindfulness and fun. Children will be the focus, and we require a caregiver to be present throughout the entirety of the class. You may move alongside your child, support them in any way necessary, or grab a seat on the bench seating in the fitness studio. This

is a family friendly space which means there will be other caregivers in the room who may have additional children with them, and the focus will be on the children participants in this program. We are excited to hold a flexible space for families to support their children as they participate in some lighthearted yoga inspired movement. Please register the child.

WMRC 4/\$28.00

98963 Thu Aug 6-Aug 27 6:15pm-6:45pm

**Littles Yoga
(2 to 4 years with caregiver)**

This program will focus on beginner yoga poses - incorporated in games, songs, and activities - with a focus on breath, movement, mindfulness and fun. Children will be the focus but we require a caregiver to be present throughout the entirety of the class. You may move alongside your child, support them in any way necessary, or grab a seat on the bench seating in the fitness studio. This is family friendly space which means that there will be other caregivers in the room who may have additional children with them, and the focus will be on the children participants in this program. We are excited to hold a flexible space for families to support their children as they participate in some lighthearted yoga inspired movement. Due to age prerequisites, you must register your child for this program.

WMRC 4/\$28.00

99088 Thu Aug 6-Aug 27 5:30pm-6:00pm

SPECIAL INTEREST

Budding Musicians – First Steps in Music (4 to 6 years)

If your little one loves to sing, bang on a drum or make up tunes, they'll love this beginner music program! Each week, participants will explore different elements of music, try out different beginner instruments and make music together. Over the course of the program, participants will learn to express themselves through music, move and groove to songs and work together to create music of their very own! All instruments and materials will be provided during each class. This program is offered in cooperation with Bandology.

WMRC 5/\$57.50

98851 Sat Aug 8-Sep 5 10:30am-11:30am

More Littles programs

View drop-in Littles programs on **page 37**.

Children's Programs



REMINDER

A parent/guardian is asked to stay in the building for the duration of their child's program.

ART AND SCIENCE

Ice Cream Paint Party Workshop (8 to 12 years)

It's an ice cream sandwich and paint party! Spend a fun, relaxed hour painting your own ice cream themed sign while enjoying a delicious ice cream sandwich. No experience needed—all supplies are included. NOTE: Food allergens may be/are present including dairy, eggs, soy, gluten, nuts, food colouring etc.

WMRC 1/\$20.00

99358 Wed Jul 15

6:00pm-7:00pm

STEMOTICS – LEGO® BricQ Motion Essential: Winning with Science (7 to 9 years)

LEGO BricQ Motion Essential: Winning with Science is a hands-on STEM program where children explore the fundamentals of motion, force and physics using the LEGO BricQ Motion Essential set. Children build and experiment with LEGO-powered models, testing how different designs move, react, and perform in fun challenges. Through hands-on projects, children develop critical thinking, problem-solving and engineering skills while discovering scientific concepts in action. This program inspires curiosity, creativity, and a love of STEM as young learners “win with science” by designing, testing, and improving their creations. Offered in cooperation with Stemotics.

WMRC 7/\$123.20

98847 Wed Jul 8-Aug 19

7:00pm-7:50pm

CAMPS

SUMMER CAMP WEEKS ARE NOW FULL!

We look forward to creating wonderful memories with our campers this summer.

Please see the weeks with remaining spaces below.

School break camp information is listed at www.waterloo.ca/camp

Summer Camp Inclusion Support

Inclusion support workers can be arranged through City of Waterloo Inclusion Services if your child requires support to participate in summer camp. You can register for up to two weeks of summer camp inclusion support, based on availability. An inclusion membership is required before you register for the inclusion support program. **You must also register for the week(s) of summer camp your child is attending.** For more information, visit www.waterloo.ca/inclusion or call 519-886-1177 x27249.

Week 1	Jun 29-Jul 3	93160
Week 2	Jul 6-Jul 10	93161
Week 3	Jul 13-Jul 17	93162
Week 4	Jul 20-Jul 24	93163
Week 5	Jul 27-Jul 31	93164
Week 6	Aug 4-Aug 7	93165
Week 7	Aug 10-Aug 14	93166
Week 8	Aug 17-Aug 21	93167
Week 9	Aug 24-Aug 28	93168

NEW! Adapted Discovery Camp (10 to 14 years)

Adapted Discovery Camp is a summer camp program that has been specifically developed for campers aged 10-14 with diverse needs and/or a disability who do not require one to one support. Discovery camp offers a low staff to camper ratio (1 staff to 3 campers), allowing for a supportive camp environment. Trained inclusion support workers are present to help meet the needs of all campers. Youth who thrive in an environment that includes variety and free choice will enjoy this camp experience. Campers choose activities based on their interests, which may include swimming, special guests, community outings, arts, sports, games, and outdoor activities. An inclusion membership is required to register in this program.

WMRC 5/\$244.75

93151 M-F Jul 20-Jul 24 8:45am-4:15pm

CLINICS

Powerskating Clinic: Power 1 (U7-U9 House league)

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

RIM 10/\$200.69

92270 Aug 24-Sep 4 6:00pm-6:50pm

Powerskating Clinic: Power 1 (U7-U9 Select/Rep)

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

RIM 10/\$200.69

92271 Aug 24-Sep 4 5:30pm-6:20pm

Powerskating Clinic: Power 2 (U8-U11 House league/Select) – FULL

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

RIM 10/\$200.69

92272 Aug 24-Sep 4 7:00pm-7:50pm

Powerskating Clinic: Power 2 (U8-U11 REP B/BB, A/AA, AAA) – FULL

A two-week program designed to target a more defined skill set for hockey and ringette. Skaters must be proficient with forward and backward crossovers, edgework, agility and balance. This level is for participants that have played rep hockey or ringette and skills/drills will be done at a faster pace.

RIM 10/\$200.69

92273 Aug 24-Sep 4 6:30pm-7:20pm

Powerskating Clinic: Power 3 & 4 (U11-U14 House league/Select)- FULL

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

RIM 10/\$234.96

92274 Aug 24-Sep 4 8:00pm-8:50pm

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

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

RIM 10/\$234.96

92275 Aug 24-Sep 4 7:30pm-8:20pm

Powerskating Clinic: Adult (18 years and up) – FULL

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

RIM 10/\$234.96

92269 Aug 24-Sep 4 8:30pm-9:20pm

FITNESS AND WELLNESS

CAN-BIKE – Level 1 (9 to 14 years)

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

WMRC 1/\$55.00

93154	Sat	May 30	10:00am-12:00pm
93155	Wed	Jun 17	6:00pm-8:00pm
100778	Wed	Jul 8	6:00pm-8:00pm

CAN-BIKE – Level 2 (9 to 14 years)

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

WMRC 1/\$65.00

93156	Tue	Jun 23	5:00pm-8:00pm
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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 8/\$72.00

98964	Wed	Jul 8-Aug 26	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.

WMRC 7/\$63.00

98971	Fri	Jul 10-Aug 28	5:15pm-6:00pm
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WMRC 8/\$72.00

98970	Wed	Jul 8-Aug 26	5:00pm-5:45pm
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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 7/\$63.00

98973	Fri	Jul 10-Aug 28	6:00pm-6:45pm
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WMRC 8/\$72.00

98972	Wed	Jul 8-Aug 26	5:45pm-6:30pm
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SPECIAL INTEREST

**Dungeons and Dragons
(10 to 12 years)**

Learn creative problem solving, teamwork, and storytelling while playing a guided game of Dungeons and Dragons. No prior experience required. This program is offered in cooperation with Sleeping Dragon.

WMRC 8/\$80.00

99534 Thu Jul 9-Aug 27 5:30pm-7:00pm

**Sugar Cookie Decorating
(7 to 13 years)**

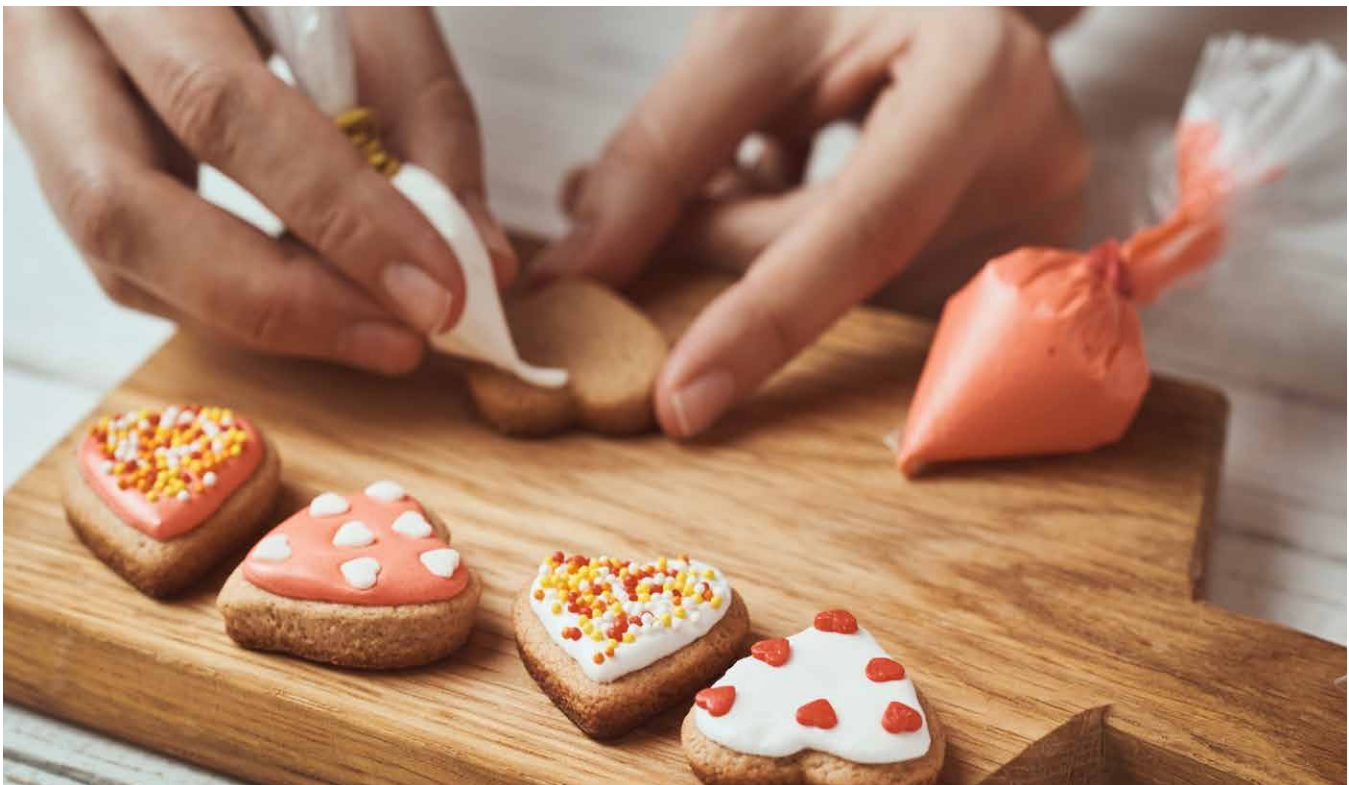
See how easy it is to decorate your own cookies to show off to family and friends. All supplies including take home boxes are provided. Decorating tools will be available for use in class. View class descriptions on ActiveWaterloo.

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

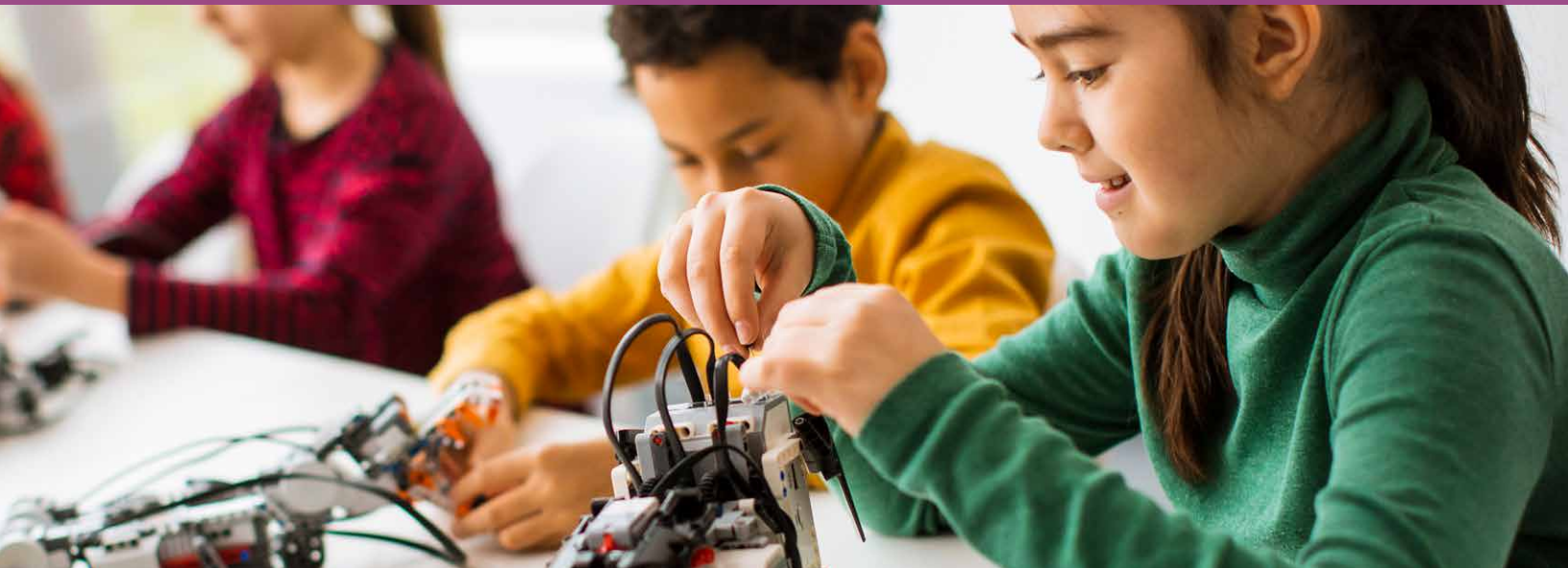
WMRC 1/\$35.00

98824 Sat Jul 25 1:00pm-2:15pm

98825 Sat Aug 15 1:00pm-2:15pm



Youth Programs



ART AND SCIENCE

Acrylic Landscapes (13 to 17 years)

Develop your landscape drawing and painting skills in this hands-on acrylic art course. Participants will learn how to sketch natural scenes and use acrylic paint to explore colour, texture, and composition while creating expressive landscape artworks. No experience required, all supplies are included.

WMRC 6/\$105.00

99542 Sat Jul 18-Aug 22 1:00pm-3:00pm

Drawing Fundamentals (13 to 17 years)

Participants will learn the essential skills of drawing using pencil, charcoal, ink and pastel while learning proportion, composition and mark-marking. Teens will develop observational drawing skills through

still life, figure studies and creative projects using a variety of materials such as pencil, charcoal, and ink. No experience required, all supplies are included.

WMRC 8/\$140.00

99362 Tue Jul 7-Aug 25 5:15pm-6:45pm

Explorations in Multimedia (13 to 17 years)

This hands-on class invites participants to experiment with a range of artistic mediums and techniques. Each week we will explore something new, including drawing, watercolour and acrylic painting tips and tricks, collage and other creative approaches. No experience required, all supplies are included.

WMRC 8/\$140.00

99364 Tue Jul 7-Aug 25 7:15pm-8:45pm

Sewing – Beginner (13 to 17 years)

This one week sewing program provides structured, hands-on instruction for teens. Participants will learn sewing machine basics, fabric handling, pattern layout, cutting and project assembly. Each participant will complete a finished tote bag project. Whether new to sewing or building on prior experience, participants will grow their skills in a focused, encouraging setting. All supplies are included.

WMRC 5/\$180.00

99365 M-F Aug 17-Aug 21 10:00am-1:00pm

Watercolours – Brushes and Legends through Comics (13 to 17 years)

This course combines watercolour painting with comic storytelling, guiding students through techniques in colour, texture and expressive line work as they develop their own original characters and scenes. You will create dynamic, visually engaging comic panels that blend strong artistic technique with compelling narrative storytelling. All supplies are included in this program, no experience required.

WMRC 6/\$105.00

99541 Sat Jul 18-Aug 22 10:00am-12:00pm

FITNESS AND WELLNESS

CAN-BIKE – Level 1 (9 to 14 years)

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

WMRC 1/\$55.00

93155 Wed Jun 17 6:00pm-8:00pm

100778 Wed Jul 8 6:00pm-8:00pm

CAN-BIKE – Level 1 (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.

WMRC 1/\$55.00

93153 Tue May 26 6:00pm-8:00pm

100782 Thu Jul 23 6:00pm-8:00pm



CAN-BIKE – Level 2 (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.

WMRC 1/\$65.00

100797 Tue Sep 15 5:00pm-8:00pm

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

This course reviews equipment and safety needs, with a practical focus on riding safely and effectively throughout local infrastructure.

Students should be comfortable on a bicycle, and have the desire to further develop their skills and understanding of road safety. Prerequisites: Successful completion of Level 2 or demonstration of ability/skills on the first day of class. An online e-learning component must be completed and presented to the instructor before the end of the course.

WMRC 1/\$75.00

100789 Sat Sep 12 9:00am-12:30pm

CAN-BIKE – Level 3: Women’s Core Cycling Skills (15+)

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

WMRC 1/\$100.00

100771 Sun Jul 5 9:00am-4:00pm

SPECIAL INTEREST

Dungeons and Dragons (13 to 17 years)

Learn creative problem solving, teamwork, and storytelling while playing a guided game of Dungeons and Dragons. No prior experience required.

WMRC 8/\$80.00

99535 Thu Jul 9-Aug 27 7:15pm-8:45pm

Adult Programs



ART AND SCIENCE

Acrylic Landscapes

Explore the beauty of landscape painting in bold, vibrant colour! In this course, participants will learn how to build strong compositions while developing an understanding of values, colour theory, and effective colour mixing. Each session features a new landscape inspired by reference photos, helping students expand their skills and creative confidence. No experience required, all supplies are included.

WMRC 7/\$70.00 55+/\$52.52

99352 Thu Aug 6-Aug 27 6:30pm-8:30pm

Classical Animation – Heroes in Action

This engaging introduction to animation puts drawing skills into action. Students will explore core animation principles, character design and

visual storytelling through fun, hands-on projects and guided traceable worksheets. All supplies are included in this program, no experience required.

WMRC 5/\$87.50 55+/\$65.65

99539 Fri Jul 17-Aug 21 10:00am-12:00pm

Collage Greeting Card Workshop

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

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

99355 Tue Jul 14 1:00pm-3:00pm

Crochet – Beginner

This course is perfect for those new to crochet or looking to strengthen their foundational skills. You will begin by learning and practicing basic stitches, then move on to reading both crochet charts and written patterns. Finally, you will put your new skills into action by creating your own handcrafted project. Hooks and yarn are provided - just bring your creativity!

WMRC 7/\$122.50 55+/\$91.91

99353 Mon Jul 6-Aug 24 1:00pm-3:00pm

Crochet – Projects

Ready to take your crochet skills to the next level? If you have mastered the basics, this class is your opportunity to dive into the projects you've been dreaming of. Bring your own supplies and choose a project that inspires you. With personalized guidance and access to a collection of fresh ideas and printed patterns featuring distinctive, eye-catching stitches, you will continue building your skills while creating beautiful, one-of-a-kind pieces.

WMRC 7/\$122.50 55+/\$91.91

99354 Tue Jul 7-Aug 25 10:00am-12:00pm

Drawing Fundamentals

Explore essential drawing techniques using pencil, charcoal, ink, and pastel while building skills in proportion, composition, and mark-making. Through still life, figure studies, and creative projects, you will strengthen your observational abilities and gain confidence working with a variety of materials. No experience required, all supplies are included.

WMRC 5/\$87.50 \$55+/\$65.65

99537 Wed Jul 15-Aug 19 10:00am-12:00pm

Explorations in Multimedia

This hands-on class invites participants to experiment with a range of artistic mediums and techniques. Each week we will explore something new, including drawing, watercolour and acrylic painting tips and tricks, collage and other creative approaches. No experience required, all supplies are included.

WMRC 7/\$122.50 55+/\$91.91

99363 Mon Jul 6-Aug 24 3:30pm-5:30pm

Hello Sign Workshop

A fun, hands-on sign painting workshop where you'll design and create a beautiful, layered 3D laser-cut sign. You will be guided step by step through painting, staining, assembling, and gluing your piece - no experience necessary! Come ready to craft, create, and leave with a one-of-a-kind keepsake you will be proud to display. Signs are 16 inches round and are laser cut from ¼ inch maple wood. All supplies are included in this workshop.

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

99357 Wed Jun 10 6:00pm-8:00pm

Home Bordered Sign Workshop

Join Crafty Crystal for a hands-on sign painting workshop where you'll design and create a beautiful "HOME" bordered sign. Step-by-step instruction will guide you through painting, staining, assembling, and gluing your piece from start to finish - no experience required! Come ready to craft and create! All supplies are included in this workshop.

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

99359 Wed Jul 29 6:00pm-8:00pm

Illustrations and Visual Storytelling

Bring your ideas to life through drawing and storytelling in this creative illustration course. Participants will learn how to design characters, develop visual narratives and create dynamic scenes while exploring techniques used in comics, picture books and graphic novels. No experience required, all supplies are included.

WMRC 5/\$87.50 55+/\$65.65

99538 Thu Jul 16-Aug 20 1:00pm-3:00pm

Sewing – Bento Bag Workshop

In this hands-on workshop you'll learn to sew a stylish and functional bento bag using simple folding and stitching techniques. Perfect for beginners and intermediate sewists alike, you'll leave with a finished bag and the skills to make more at home! Sewing machine, pattern and tools provided, supplies extra. A supplies list will be emailed upon registration.

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

93367 Sat Jun 6 10:00am-12:00pm

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

99366 Mon Jul 13 10:00am-1:00pm

Sewing- Everyday Tote Bag Workshop

Learn to create a sturdy, practical tote bag perfect for groceries or everyday use. In this hands-on workshop, participants will work from a pattern, learn accurate fabric cutting and marking, construct seams, shape boxed corners, and create and attach durable handles for a polished, finished bag. This workshop is suitable for beginner to intermediate skill levels. Sewing machines are provided,

supplies extra. A supplies list will be emailed upon registration.

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

99533 Mon Jul 20 10:00am-1:00pm

Sewing – Mending Skills Workshop

Bring garments or textiles you want to repair and learn hands-on techniques to extend their life. This workshop teaches essential mending skills for everyday wearables, focusing on simple, durable repairs. Participants will learn how to sew on different types of buttons, hand and machine hemming for pants and skirts, techniques to repair holes and worn areas in sweaters. Sewing machines are provided. Materials are not provided; participants will bring the items they would like to mend (i.e. pants to hem, sweaters with holes) and matching thread.

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

99531 Thu Aug 13 10:00am-1:00pm

99532 Fri Aug 14 10:00am-1:00pm

Sewing – Practical Apron Workshop

Learn how to make a durable, comfortable apron for cooking or gardening. In this hands-on workshop, you will learn how to read and follow a sewing pattern, cut fabric accurately and apply professional finishing techniques. Participants will practice pattern interpretation and layout, precise fabric cutting and marking and constructing the apron body including pockets and straps. This workshop is suitable for beginner to intermediate skill levels. Sewing machines are provided, supplies extra. A supplies list will be emailed upon registration.

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

99530 Mon Aug 10 10:00am-1:00pm

Sewing – Upcycling T-Shirt Workshop

In this two-hour upcycling class you will turn old t-shirts into a drawstring bag, tank top or pillowcase. This workshop is ideal for those with prior sewing experience looking to explore creative clothing repurposing. Sewing machine, patterns and tools provided, supplies extra. A supplies list will be emailed upon registration.

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

93365	Sat	May 30	10:00am-12:00pm
93366	Sat	Jun 20	10:00am-12:00pm

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

99527	Thu	Jul 16	10:00am-1:00pm
99528	Fri	Jul 17	12:00pm-3:00pm

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

93263	Thu	Jun 11	10:00am-12:00pm
99356	Tue	Aug 11	1:00pm-3:00pm

Watercolour Landscapes

Discover the fundamentals of watercolour painting as you create beautiful landscapes from reference photos. This class introduces essential techniques along with the basics of composition, colour and value theory. You will also learn how to build depth and atmosphere using light and shadow. No experience required, all supplies are included.

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

99351	Thu	Jul 9-Jul 30	6:30pm-8:30pm
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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 previous experience is necessary. All supplies are included in this workshop.

WMRC 7/\$122.50 55+/\$91.91

99360	Mon	Jul 6-Aug 24	9:30am-11:30am
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Watercolours – Brushes and Legends through Comics

This course combines watercolour painting with comic storytelling, guiding students through techniques in colour, texture and expressive line work as they develop their own original characters and scenes. You will create dynamic, visually engaging comic panels that blend strong artistic technique with compelling narrative storytelling. All supplies are included in this program, no experience required.

WMRC 5/\$87.50 55+/\$65.65

99540	Fri	Jul 17-Aug 21	1:00pm-3:00pm
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Watercolours – Summer Scenes

Participants will begin with basic watercolour techniques and explore the colours and scenes of summer. Sunny coasts, gardens in full bloom and vacation vibes will provide inspiration. Participants will practice blending colours and creating atmosphere to capture the warmth and energy of the season. No experience required, all supplies are included.

WMRC 7/\$122.50 55+/\$91.91

99361	Mon	Jul 6-Aug 24	1:00pm-3:00pm
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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, one of the fastest growing and popular sports. 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

91673	Wed	Jun 3	12:00pm-12:50pm
91674	Mon	Jun 15	12:00pm-12:50pm
91675	Mon	Jul 20	12:00pm-12:50pm
91676	Mon	Aug 24	12:00pm-12:50pm

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

91678	Wed	May 27	4:45pm-5:35pm
91679	Wed	Jun 10	12:00pm-12:50pm
91680	Wed	Jun 24	4:45pm-5:35pm
91681	Wed	Jul 15	12:00pm-12:50pm
91682	Wed	Aug 19	12:00pm-12:50pm



FITNESS AND WELLNESS

Fitness Levels

ALL LEVELS

Individuals of all skill levels 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 5/\$37.50

98934	Mon	Jul 6-Aug 10	9:15am-10:15am
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WMRC 6/\$45.00

98935	Tue	Jul 7-Aug 11	6:15pm-7:15pm
98936	Thu	Jul 9-Aug 13	6:15pm-7:15pm
98937	Fri	Jul 10-Aug 14	9:15am-10:15am

Aqua Cycle Waterfit (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!

Swimplex - Weekly 8/\$92.16

100563	Tue	Jun 30-Aug 18	8:30pm-9:15pm
100564	Thu	Jul 2-Aug 20	8:30pm-9:15pm

Barre – All Levels

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

Instructor: Julie

WMRC 8/\$92.00 55+/\$69.00

98938	Tue	Jul 7-Aug 25	6:15pm-7:15pm
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Boot Camp – All Levels

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 6/\$51.78 55+/\$38.84

98939	Mon	Jul 6-Aug 24	7:00am-7:45am
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WMRC 8/\$69.04 55+/\$51.78

98940	Thu	Jul 9-Aug 27	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 7/\$80.50 55+/\$60.38

98941	Tue	Jul 7-Aug 18	5:00pm-6:00pm
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CAN-BIKE – Level 1 (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: TBD

WMRC 1/\$55.00

93153	Tue	May 26	6:00pm-8:00pm
100782	Thu	Jul 23	6:00pm-8:00pm

CAN-BIKE – Level 2 (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: TBD

WMRC 1/\$65.00

100797	Tue	Sep 15	5:00pm-8:00pm
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CAN-BIKE – Level 2+: Commuter Cycling Skills (15+)

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

Instructor: TBD
WMRC 1/\$75.00

100789 Sat	Sep 12	9:00am-12:30pm
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CAN-BIKE – Level 3: Women’s Core Cycling Skills (15+)

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

Instructor: TBD
WMRC 1/\$100.00

100771 Sun	Jul 5	9:00am-4:00pm
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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 6/\$45.00

98945 Wed	Jul 8-Aug 12	9:15am-10:15am
98946 Wed	Jul 8-Aug 12	10:30am-11:30am

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 8/\$80.00 55+/\$60.00

98947 Tue	Jul 7-Aug 25	9:30am-10:30am
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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 6/\$45.00 55+/\$ 33.75

98948 Fri	Jul 10-Aug 14	12:15pm-1:00pm
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Core Strength – All Levels

A strong core aids in balance and stability for total body use and everyday activities. This class will help strengthen your muscles focusing on core and lower body. All fitness levels welcomed.

Instructor: Fran
WMRC 8/\$92.00 55+/\$69.00

98949 Tue	Jul 7-Aug 25	2:15pm-3:15pm
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Dance Fit – Women Only – All Levels

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

Instructor: Taylor

WMRC 8/\$92.00 55+/\$69.00

98950 Tue Jul 7-Aug 25 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 8/\$92.00 55+/\$69.00

98951 Wed Jul 8-Aug 26 7:30pm-8:30pm

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 5/\$37.50

98952 Mon Jul 6-Aug 10 10:30am-11:30am

WMRC 6/\$45.00

98953 Tue Jul 7-Aug 11 9:15am-10:15am

98954 Fri Jul 10-Aug 14 10:30am-11:30am

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 6/\$51.75

98955 Mon Jul 6-Aug 24 9:15am-10:15am

98956 Mon Jul 6-Aug 24 1:00pm-2:00pm

WMRC 8/\$69.00

98957 Wed Jul 8-Aug 26 1:00pm-2:00pm

Gentle Core and Balance – All Levels (55+)

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

Instructor: Leslie

WMRC 6/\$45.00

98958 Tue Jul 7-Aug 11 10:30am-11:30am

98959 Thu Jul 9-Aug 13 1:30pm-2:30pm

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

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

Instructor: Leslie

Zoom 6/\$45.00

98960 Thu Jul 9-Aug 13 1:30pm-2:30pm

Interval – All Levels

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

Instructor: Talia

WMRC 8/\$92.00 55+/\$69.00

98961 Tue Jul 7-Aug 25 7:30pm-8:30pm

Latin Dance – Beginner (Partners)

Ignite your love for dance in our Latin dance class! Learn the fundamentals of Salsa and Bachata. No experience or partner required, you can come on your own or bring a partner. Bring your energy and enthusiasm - we'll cover basic steps, turns and styling in a fun atmosphere.

Instructor: Natalie

WMRC 8/\$92.00 55+/\$69.00

98962 Thu Jul 9-Aug 27 6:00pm-7:00pm

Latin Dance – Intermediate

Ignite your passion for dance in our Latin dance class! Focusing on Merengue, Salsa and Bachata this class is designed for dancers with foundational experience looking to refine technique, learn complex combinations, and improve musicality. No partner required, just bring your energy and enthusiasm!

Instructor: Natalie

WMRC 8/\$92.00 55+/\$69.00

99085 Thu Jul 9-Aug 27 7:15pm-8:15pm

Latin Fusion Line Dancing – All Levels

Latin fusion is a spin on your traditional line dancing class. While this class maintains consistent counts and wall changes, participants will learn and incorporate Latin footwork and styling into their routines to a diverse range of music.

Instructor: Natalie

WMRC 7/\$80.50 55+/\$60.38

99086 Mon Jul 6-Aug 24 7:15pm-8:15pm

Learn to Lift – Beginner

Learn to Lift is a technique - and education - focused strength class. The emphasis is on proper form, understanding basic program design and learning how to train independently in a gym environment. This class prioritizes coaching and instruction and teaches you how to effectively perform bodyweight, dumbbell and resistance band exercises.

Instructor: Kurtis

WMRC 6/\$51.78 55+/\$38.84

99087 Mon Jul 6-Aug 24 2:15pm-3:00pm

Modern Line Dance – Beginner – Level 1

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

Instructor: Maggie

WMRC 8/\$80.00 55+/\$60.00

99090 Thu Jul 9-Aug 27 9:45am-10:45am

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 8/\$80.00 55+/\$60.00

99091 Thu Jul 9-Aug 27 11:00am-12:00pm

Modern Line Dance – Beginner – Level 3/Improver

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 8/\$80.00 55+/\$60.00

99089 Thu Jul 9-Aug 27 12:15pm-1:15pm

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: Colleen

RIM 7/\$80.50 55+/\$60.38

99103 Mon Jul 6-Aug 24 6:30pm-7:30pm

Instructor: Jessica

RIM 8/\$92.00 55+/\$69.00

99693 Tue Jul 7-Aug 25 6:00pm-7:00pm

Pilates – All Levels (55+)

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

Instructor: Colleen

WMRC 6/\$51.75

99094 Fri Jul 10-Aug 21 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

WMRC 8/\$92.00 55+/\$69.00

99127 Wed Jul 8-Aug 26 5:00pm-6:00pm

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 8/\$92.00 55+/\$69.00

99128 Wed Jul 8-Aug 26 6:15pm-7:15pm

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: Fran

WMRC 8/\$92.00 55+/\$69.00

99130 Tue Jul 7-Aug 25 1:00pm-2:00pm

Resistance to 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 8/\$92.00 55+/\$69.00

99155	Tue	Jul 7-Aug 25	3:00pm-4:00pm
99156	Fri	Jul 10-Aug 28	10:15am-11:15am
99157	Thu	Jul 9-Aug 27	5:45pm-6:45pm

Salsa Sweat – All Levels

Salsa sweat is an all level, moderate intensity class where we keep the body moving to Latin beats. The class is structured like Zumba with an emphasis on Latin styling.

Instructor: Natalie

WMRC 7/\$80.50 55+/\$60.38

99158 Mon Jul 6-Aug 24 6:00pm-7:00pm

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

WMRC 6/\$69.00 55+/\$51.75

99159 Mon Jul 6-Aug 24 8:00am-9:00am

WMRC 6/\$51.78 55+/\$38.84

99163 Mon Jul 6-Aug 24 12:00pm-12:45pm

WMRC 8/\$69.04 55+/\$51.78

99160 Wed Jul 8-Aug 26 12:00pm-12:45pm

WMRC 8/\$92.00 55+/\$69.00

99161 Wed Jul 8-Aug 26 7:30pm-8:30pm

99162 Thu Jul 9-Aug 27 8:00am-9:00am

Strength and Balance – All Levels

A fun, energizing class that combines strength and balance exercises to train both your muscles and your brain. Build confidence, stability, and total-body strength through controlled movements designed to improve coordination, posture, and core stability. Suitable for all fitness levels.

Instructor: Fran

WMRC 8/\$92.00 55+/\$69.00

99169 Thu Jul 9-Aug 27 2:00pm-3:00pm

Strength and Stretching – All Levels

A full body resistance training workout using dumbbells and resistance bands, followed by a full body stretching routine. This will help you gain strength, build muscle and improve flexibility.

Instructor: Kurtis

WMRC 8/\$69.04 55+/\$51.78

99174 Wed Jul 8-Aug 26 2:15pm-3:00pm

Strong and Steady – Weightlifting – All Levels

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: Melanie

AMCC 6/\$69.00 55+/\$51.75

99249 Mon Jul 6-Aug 17 6:00pm-7:00pm

Strong and Steady – Weightlifting (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: Melanie

WMRC 6/\$51.75

99248 Mon Jul 6-Aug 17 2:30pm-3:30pm

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

WMRC 6/\$69.00 55+/\$51.75

99251 Wed Jul 15-Aug 19 9:00am-10:00am

99250 Wed Jul 15-Aug 19 5:30pm-6:30pm

Yoga – Chair

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

Instructor: Joanne

WMRC 7/\$80.50 55+/\$60.38

99254 Mon Jul 6-Aug 24 11:45am-12:45pm

WMRC 8/\$92.00 55+/\$69.00

99255 Thu Jul 9-Aug 27 9:15am-10:15am

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: Ana

WMRC 8/\$92.00 55+/\$69.00

99256 Wed Jul 8-Aug 26 7:30pm-8:30pm

Instructor: Nimira

WMRC 4/\$46.00 55+/\$34.50

99257 Thu Aug 6-Aug 27 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 7/\$80.50 55+/\$60.38

99258 Mon Jul 6-Aug 24 5:45pm-6:45pm

WMRC 8/\$92.00 55+/\$69.00

99259 Wed Jul 8-Aug 26 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 7/\$80.50 55+/\$60.38

99260 Mon Jul 6-Aug 24 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 8/\$92.00 55+/\$69.00

99261 Thu Jul 9-Aug 27 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 8/\$92.00 55+/\$69.00

99262 Wed Jul 8-Aug 26 10:30am-11:30am

99263 Thu Jul 9-Aug 27 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 3/\$34.50 55+/\$25.88

99265 Mon Aug 10-Aug 24 12:00pm-1:00pm

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: Nimira

WMRC 3/\$34.50 55+/\$25.88

99264 Mon Aug 10-Aug 24 10:30am-11:30am

WMRC 4/\$46.00 55+/\$34.50

99266 Tue Aug 4-Aug 25 12:00pm-1:00pm

99267 Thu Aug 6-Aug 27 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 4/\$46.00 55+/\$34.50

99268 Thu Aug 6-Aug 27 10:30am-11:30am

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. Super effective and super fun.

Instructor: Brigitte

WMRC 8/\$80.00 55+/\$60.00

99269 Tue Jul 7-Aug 25 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 8/\$80.00 55+/\$60.00

99270 Thu Jul 9-Aug 27 10:30am-11:30am

SPECIAL INTEREST

Age Friendly Tech – Staying Safe Online (55+)

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

93270	Fri	May 22-Jun 26	10:45am-12:15pm
99536	Fri	Jul 3-Aug 14	10:00am-11:30am

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. View class descriptions on ActiveWaterloo.

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

WMRC 1/\$46.50 55+/\$34.87

93034	Wed	May 27	7:00pm-9:00pm
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WMRC 1/\$48.00 55+/\$36.00

93035	Wed	Jun 10	7:00pm-9:00pm
93036	Wed	Jun 24	7:00pm-9:00pm
98820	Sat	Jul 11	2:00pm-4:00pm
98821	Wed	Jul 15	7:00pm-9:00pm
98823	Wed	Aug 19	7:00pm-9:00pm



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 registration opens **June 5**.
League play begins in September –
sign up by September 1!

Fall leagues offered:

- basketball
- ultimate frisbee
- pickleball
- indoor soccer
- ball and ice hockey
- volleyball

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

Winter registration opens October 9.

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.

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 this fall
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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 70 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 this fall
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Littles at Play (0 to 6 years)

Preschoolers and their caregivers are invited to a fun, open activity space designed to spark creativity, imagination and movement. Held in a large gym filled with a variety of toys and equipment, this unstructured program lets children explore, move and play at their own pace. Caregivers are asked to remain with their children at all times.

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

Fri	9:00-10:20am	Ends Jun 26
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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, 55+, 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.

WMRC Adult \$6.10
Youth/55+ \$4.55
Family (up to four people) \$15.35

Youth Summer Shinny (8 to 15 years)

Youth Shinny is back for the summer! Join us in July and August, three days a week. Sign up at pickuphub.net/city-waterloo.

WMRC Youth \$11.60

Mon, Wed, Fri	1:00-1:50 pm	Age 8-10
Mon, Wed, Fri	2:00-2:50 pm	Age 10-12
Mon, Wed, Fri	3:00-3:50 pm	Age 13-15

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 1:00-4:00pm
of month

Billiards and Snooker

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

WMRC Pavilion \$2.25

Mon-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

Bridge – Recreational

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

WMRC Pavilion \$2.25

Tue 1:00-4:00pm

Creative Crafters

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

WMRC Pavilion No charge

Wed 9:00-11:30am

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 this fall
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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
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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
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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 – Hearing Care (55+)

Register for your 20-minute appointment to receive expert hearing care at no cost. Services include hearing consultations and screening tests, hearing aid cleaning and checks, as well as earwax removal.

Services are performed by an audiologist. This clinic is offered in cooperation with HearCANADA.

WMRC Pavilion No charge

Wed	Jun 10	8:40am-12:40pm
Wed	Jul 8	8:40am-12:40pm
Wed	Aug 12	8:40am-12:40pm
Wed	Sep 9	8:40am-12:40pm
Wed	Oct 14	8:40am-12:40pm
Wed	Nov 4	8:40am-12:40pm
Wed	Dec 9	8:40am-12:40pm

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	Jun 17	9:00am-12:00pm
Wed	Jul 15	9:00am-12:00pm
Wed	Aug 19	9:00am-12:00pm
Wed	Sep 16	9:00am-12:00pm
Wed	Oct 21	9:00am-12:00pm
Wed	Nov 18	9:00am-12:00pm
Wed	Dec 16	9:00am-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 kwsexecutive@gmail.com or visit www.kwasclub.ca for more information. Program runs September to June.

WMRC Pavilion

1st Tue 7:30pm
of month

Kitchener-Waterloo Philatelic Society

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

AMCC

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
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Old Salts Seniors Canoe Club

Join other canoe paddling enthusiasts, aged 50+, who enjoy the outdoors and social activities. We provide comprehensive training on and off the water to ensure that 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 such as our annual canoeing trip at a lodge near Algonquin. In addition to weekly paddling events, we also offer social activities such as hiking, mini-golf, bowling, a car rally and a year-end Christmas party. This is a great club to meet new friends and stay active!

For membership information, visit oldsaltsclub.com or email info@oldsaltsclub.com.

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



NEW! Verification of Identity Policy

The Lifesaving Society of Ontario has implemented a Verification of Identity Policy for all vocational courses, including both original certifications and recertifications. As an Affiliate of Lifesaving Society Ontario, the City of Waterloo will require all candidates registering in leadership and vocational courses (Bronze Star and above and including recertifications) to verify their identity through the registration process and present valid, government-issued identification to the course instructor, examiner or trainer on the first day.

The candidate's legal name must appear on all certifications issued by the Lifesaving Society Ontario. Candidates may request that a preferred name be displayed on their certification, however, this does not replace the requirement for their legal name to appear on official records.

Participants unable to show valid identification on the first day will not be permitted to take part in the program.

Questions?

Email **Gus Siountres, Manager of Aquatics** at gus.siountres@waterloo.ca.

The **identification must:**

- Be up to date and valid
- Include legal name, date of birth and a photo (where applicable)
- Be an original document issued by a federal, provincial, territorial or state government authority, or the equivalent abroad

Acceptable **identification** includes:

- Driver's License
- Health Card (with photo)
- Passport
- Permanent Resident (PR) card
- Canadian Citizenship Card
- Certificate of Indian Status
- Ontario Photo Card

Leadership Programs



FIRST AID

Intermediate First Aid/CPR C (12+) [formerly LSS Standard First Aid and CPR C]

Intermediate First Aid/CPR C offers comprehensive training that covers a thorough understanding of legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Candidates will undergo presentations to gain a solid foundation of the material, and then they will practice first aid procedures on each other, allowing hands-on experience with the techniques taught. Additionally, candidates will receive training in AED unit usage, including defibrillation procedures, maintenance, data management, and reporting protocols. This course is approved by the Workplace Safety and Insurance Board. Book: First Aid Student Manual.

Course fee: \$130.40/Extra fees: \$62.50

WMRC

98875	Sat/Sun	Jul 18/19	9:30am-6:00pm
98876	Sat/Sun	Aug 8/9	9:00am-5:30pm
98877	Sat/Sun	Aug 29/30	10:00am-6:30pm
98878	Sat/Sun	Sep 19/20	9:00am-5:30pm

SWIM LEADERSHIP

Bronze Star (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: \$107.32/Extra fees: \$34.00
WMRC

92693	M-F	Jun 16-Jun 26	3:50pm-6:00pm
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Bronze Star (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: \$107.32/Extra fees: \$27.00
Moses

98869	Mon- Fri	Jul 6-Jul 17	9:00am-10:15am
98870	Mon- Fri	Jul 20-Jul 31	9:00am-10:15am

WMRC

98884	Mon- Fri	Jul 27-Aug 7	11:00am-12:15pm
98885	Mon- Fri	Aug 10-Aug 21	11:00am-12:15pm
98886	Sun's	Jul 5-Aug 23	5:00pm-6:30pm

Bronze Medallion (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: \$184.63/Extra fees: \$91.82
Moses

98852	Mon- Sat	Jun 29-Jul 4	8:00am-1:00pm
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Exam date: Jul 4 at 11:30am

98853	Mon- Fri	Jul 6-Jul 16	8:00am-10:30am
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Exam date: Jul 17 at 8:00am

98854	Mon- Fri	Jul 20-Jul 30	8:00am-10:30am
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Exam date: Jul 31 at 8:00am

98855	Mon- Fri	Aug 17-Aug 27	8:00am-10:30am
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Exam date: Aug 28 at 8:00am

98856	Mon- Fri	Aug 31-Sep 4	8:00am-1:00pm
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Exam date: Sep 5 at 8:00am

Course fee: \$184.63/Extra fees: \$91.82
WMRC

98871	Tue/ Thu's	Jun 30-Jul 21	4:30pm-8:00pm
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Exam date: Jul 23 at 4:00pm

98872	Mon/ Wed's	Jul 27-Aug 17	4:30pm-8:00pm
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Exam date: Aug 19 at 4:00pm

Bronze Cross (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. Prerequisites: Bronze Medallion and Lifesaving Society Emergency First Aid/CPR B or Intermediate First Aid as of June 22, 2026. Books: Canadian Lifesaving Manual and Bronze Cross workbook.

Course fee: \$161.56/Extra fees: \$46.00

MOSES

98857	Mon- Sat	Jun 29-Jul 4	8:00am-1:00pm
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Exam date: Jul 4 at 11:30am

98858	Mon- Fri	Jul 20-Jul 30	8:00am-10:30am
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Exam date: Jul 31 at 8:00am

98859	Mon- Fri	Aug 3-Aug 13	8:00am-10:30am
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Exam date: Aug 14 at 8:00am

98860	Mon- Fri	Aug 17-Aug 27	8:00am-10:30am
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Exam date: Aug 28 at 8:00am

98861	Mon- Fri	Aug 31-Sep 4	8:00am-1:00pm
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Exam date: Sep 5 at 8:00am

WMRC

98873	Mon/ Wed's	Jul 6-Jul 27	4:30pm-8:00pm
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Exam date: Jul 29 at 4:00pm

98874	Tue/ Thu's	Jul 28-Aug 18	4:30pm-8:00pm
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Exam date: Aug 20 at 4:00pm

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: \$148.86/Extra fees: \$23.75

WMRC

98942	M-F	Jul 27-Jul 31	8:00am-1:30pm
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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: \$235.41/Extra fees: \$229.50

MOSES

98862	Thu- Sun	Jul 9/10/16/17 Jul 11/12/18/19	6:00pm-10:00pm 9:00am-6:00pm
98863	Tue- Sat	Aug 11-15 and Aug 18-22	6:00pm-10:00pm 9:00am-6:00pm
98864	Thu- Sun	Sep 3/4/10/11 Sep 5/6/12/13	6:00pm-10:00pm 9:00am-6:00pm

WMRC

92822	Thu- Sun	Jun 11/12/13/14 Jun 18/19/20/21	6:00pm-10:00pm 9:00am-6:00pm
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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 or Intermediate First Aid/CPR C. Must be 15 years old by the first day of the course. (Please note Emergency First Aid/CPR B taught in Bronze Medallion up to June 22, 2026 is not an equivalent

to Standard First Aid and CPR C or Intermediate First Aid certifications). Book: Alert Manual.

Course fee: \$193.87/Extra fees: \$101.00

Moses

98865	Sun- Fri	Jul 5-Jul 10	8:30am-6:00pm
98866	Sun- Fri	Jul 26-Jul 31	8:30am-6:00pm
98867	Sun- Fri	Aug 16-Aug 21	8:30am-6:00pm

WMRC

92825	Sun	May 24-Jun 21	12:00pm-9:00pm
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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: \$65.03/Extra fees: \$72.25

WMRC

98879	Sat	Aug 8	9:00am-3:00pm
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RECERTIFICATIONS

Intermediate First Aid/CPR C RECERT (12+) [formerly LSS Standard First Aid & CPR C RECERT]

Intermediate 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 certifications or from the new Intermediate First aid may certify their certificate from other agencies with this certification from the LSS. They may recertify only with the original certifying agency. Those customers interested in taking this recertification must not be expired. If you are past the 3 years of when you originally took your LSS SFA/CPR C or Intermediate First Aid/CPR C then you would need to sign up in a full 2-day course since you are considered expired. In addition, when signing up for this recertification it means you took your original course with the Lifesaving Society.

Course fee: \$78.47/Extra fees: \$41.50

WMRC

92697	Thu	Jun 25	9:00am-5:00pm
98882	Sun	Sep 20	9:00am-5:00pm

LSS Instructors RECERT (15+)

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: \$29.50

WMRC

92698	Tue	Jun 23	4:00pm-8:30pm
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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: \$57.70/Extra fees: \$48.00

MOSES

98868	Sun	Jul 26	8:00am-1:00pm
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WMRC

92694	Mon	Jun 22	4:00pm-9:00pm
92695	Wed	Jun 24	4:00pm-9:00pm
98880	Sun	Aug 23	4:00pm-9:00pm
98881	Tue	Sep 22	4:00pm-9:00pm

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.safetymtreecanada.com.

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

RIM

93083	Fri	May 29	9:00am-4:00pm
93089	Sat	Jun 13	9:00am-4:00pm

**Red Cross Babysitting Course
(11 to 14 years)**

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

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

RIM

93114	Fri	May 29	9:00am-4:00pm
93115	Sat	Jun 13	9:00am-4:00pm



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 group swim lessons, contact the Inclusion Services Coordinator to complete an inclusion membership. Call 519-886-1177 x27249 or email inclusion@waterloo.ca. Support is subject to staff 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.
- No spectators are permitted on the pool deck. Visitors may view lessons from the upper pool gallery. For swimmers under 11 years of age, a parent/guardian is asked to stay in the gallery for the duration of their child's program.
- Note the Feedback Day listed with the lesson session dates - Lesson 6 for summer weekly sessions; Swimplex daily lessons will not have a feedback day due to the shorter timeframe. 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 A Waterloo Splash 1
Divers	C	Preschool 3	Preschool B Waterloo Splash 1
Surfers	Supertots/C	Preschool 4	Preschool C Waterloo Splash 2
Dippers	Supertots/D	Preschool 5	Preschool D Waterloo Splash 2
Otter		Swimmer 1	Waterloo Splash 1
Seal	E	Incomplete Swimmer 2	Waterloo Splash 1
Seal	F	Completed Swimmer 2	Waterloo Splash 2
Dolphin	G	Incomplete Swimmer 3	Waterloo Splash 3

<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 4
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.
- Registering your child in the appropriate level helps set them up for success. Please do not advance your child to the next level unless recommended.
- 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 **July 1**.

PRESCHOOL

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.

Swimplex - Daily 9/\$84.69

98702	M-F	Jun 29-Jul 10	8:30am-9:00am
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Swimplex - Daily 10/\$94.10

98703	M-F	Jul 13-Jul 24	11:00am-11:30am
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98704	M-F	Jul 27-Aug 7	8:30am-9:00am
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98705	M-F	Aug 10-Aug 21	11:00am-11:30am
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Swimplex - Weekly 7/\$65.87

100132	Wed	Jul 8-Aug 19	4:00pm-4:30pm
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100133	Wed	Jul 8-Aug 19	5:30pm-6:00pm
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Swimplex - Weekly 8/\$75.28

100128	Mon	Jun 29-Aug 17	5:00pm-5:30pm
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100129	Mon	Jun 29-Aug 17	6:00pm-6:30pm
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100130	Tue	Jun 30-Aug 18	5:00pm-5:30pm
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100131	Tue	Jun 30-Aug 18	6:00pm-6:30pm
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100134	Thu	Jul 2-Aug 20	5:00pm-5:30pm
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100135	Fri	Jul 3-Aug 21	4:15pm-4:45pm
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100136	Sat	Jul 4-Aug 22	9:00am-9:30am
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100137	Sat	Jul 4-Aug 22	10:30am-11:00am
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100138	Sun	Jul 5-Aug 23	4:30pm-5:00pm
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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.

Swimplex - Daily 9/\$84.69

98706	M-F	Jun 29-Jul 10	11:00am-11:30am
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Swimplex - Daily 10/\$94.10

98707	M-F	Jul 13-Jul 24	9:00am-9:30am
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98708	M-F	Jul 27-Aug 7	11:00am-11:30am
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98709	M-F	Aug 10-Aug 21	9:00am-9:30am
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Swimplex - Weekly 7/\$65.87

100142	Wed	Jul 8-Aug 19	4:30pm-5:00pm
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100143	Wed	Jul 8-Aug 19	6:30pm-7:00pm
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Swimplex - Weekly 8/\$75.28

100139	Mon	Jun 29-Aug 17	4:30pm-5:00pm
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100140	Mon	Jun 29-Aug 17	6:30pm-7:00pm
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100141	Tue	Jun 30-Aug 18	5:30pm-6:00pm
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100144	Thu	Jul 2-Aug 20	6:00pm-6:30pm
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100145	Fri	Jul 3-Aug 21	5:15pm-5:45pm
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100146	Sat	Jul 4-Aug 22	10:00am-10:30am
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100147	Sat	Jul 4-Aug 22	11:00am-11:30am
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100148	Sun	Jul 5-Aug 23	5:00pm-5:30pm
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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.

Moses - Daily 10/\$94.10

98271	M-F	Jul 6-Jul 17	12:00pm-12:30pm
98272	M-F	Aug 3-Aug 14	12:00pm-12:30pm

Swimplex - Daily 9/\$84.69

98710	M-F	Jun 29-Jul 10	10:30am-11:00am
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Swimplex - Daily 10/\$94.10

98711	M-F	Jul 13-Jul 24	10:30am-11:00am
98712	M-F	Jul 27-Aug 7	10:30am-11:00am
98713	M-F	Aug 10-Aug 21	10:30am-11:00am

Swimplex - Weekly 7/\$65.87

100152	Wed	Jul 8-Aug 19	6:00pm-6:30pm
100153	Wed	Jul 8-Aug 19	7:30pm-8:00pm

Swimplex - Weekly 8/\$75.28

100149	Mon	Jun 29-Aug 17	5:30pm-6:00pm
100150	Mon	Jun 29-Aug 17	7:00pm-7:30pm
100151	Tue	Jun 30-Aug 18	7:00pm-7:30pm
100154	Thu	Jul 2-Aug 20	5:30pm-6:00pm
100155	Thu	Jul 2-Aug 20	7:00pm-7:30pm
100156	Fri	Jul 3-Aug 21	6:15pm-6:45pm
100157	Sat	Jul 4-Aug 22	9:30am-10:00am
100158	Sat	Jul 4-Aug 22	11:30am-12:00pm
100159	Sun	Jul 5-Aug 23	4:00pm-4:30pm
100160	Sun	Jul 5-Aug 23	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. This class is taught in the swirlpool.

Swimplex - June Daily - swirlpool 9/\$84.69

93277	Jun 16-Jun 26	4:30pm-5:00pm
93278	Jun 16-Jun 26	5:30pm-6:00pm

Moses - Daily 10/\$94.10

98273	M-F	Jul 20-Jul 31	12:00pm-12:30pm
98274	M-F	Aug 17-Aug 28	12:00pm-12:30pm

Swimplex - Daily - swirlpool 9/\$84.69

98714	M-F	Jun 29-Jul 10	9:00am-9:30am
98715	M-F	Jun 29-Jul 10	11:00am-11:30am
98716	M-F	Jun 29-Jul 10	11:30am-12:00pm

Swimplex - Daily - swirlpool 10/\$94.10

98717	M-F	Jul 13-Jul 24	8:30am-9:00am
98718	M-F	Jul 13-Jul 24	11:00am-11:30am
98719	M-F	Jul 13-Jul 24	11:30am-12:00pm
98720	M-F	Jul 27-Aug 7	9:00am-9:30am
98721	M-F	Jul 27-Aug 7	11:00am-11:30am
98722	M-F	Jul 27-Aug 7	11:30am-12:00pm
98723	M-F	Aug 10-Aug 21	8:30am-9:00am

98724	M-F	Aug 10-Aug 21	11:00am-11:30am
98725	M-F	Aug 10-Aug 21	11:30am-12:00pm

Swimplex - Weekly - swirlpool 7/\$65.87

100164	Wed	Jul 8-Aug 19	5:00pm-5:30pm
100165	Wed	Jul 8-Aug 19	7:30pm-8:00pm

Swimplex - Weekly - swirlpool 8/\$75.28

100161	Mon	Jun 29-Aug 17	4:30pm-5:00pm
100162	Mon	Jun 29-Aug 17	5:30pm-6:00pm
100163	Tue	Jun 30-Aug 18	6:30pm-7:00pm
100166	Thu	Jul 2-Aug 20	6:30pm-7:00pm
100167	Fri	Jul 3-Aug 21	4:45pm-5:15pm
100168	Fri	Jul 3-Aug 21	5:45pm-6:15pm
100169	Sat	Jul 4-Aug 22	9:00am-9:30am
100170	Sat	Jul 4-Aug 22	10:00am-10:30am
100171	Sat	Jul 4-Aug 22	11:30am-12:00pm
100172	Sun	Jul 5-Aug 23	4:00pm-4:30pm
100173	Sun	Jul 5-Aug 23	5:30pm-6:00pm
100174	Sun	Jul 5-Aug 23	6:30pm-7:00pm

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.

Swimplex - June Daily - swirlpool 9/\$84.69

93274		Jun 16-Jun 26	4:00pm-4:30pm
93275		Jun 16-Jun 26	5:00pm-5:30pm
93276		Jun 16-Jun 26	6:00pm-6:30pm

Swimplex - Daily - swirlpool 9/\$84.69

98728	M-F	Jun 29-Jul 10	10:30am-11:00am
98729	M-F	Jun 29-Jul 10	11:30am-12:00pm

Swimplex - Daily - swirlpool 10/\$94.10

98733	M-F	Jul 13-Jul 24	10:30am-11:00am
98734	M-F	Jul 13-Jul 24	11:30am-12:00pm
98738	M-F	Jul 27-Aug 7	10:30am-11:00am
98739	M-F	Jul 27-Aug 7	11:30am-12:00pm
98743	M-F	Aug 10-Aug 21	10:30am-11:00am
98744	M-F	Aug 10-Aug 21	11:30am-12:00pm

Swimplex - Daily - tot area 9/\$84.69

98726	M-F	Jun 29-Jul 10	9:30am-10:00am
98727	M-F	Jun 29-Jul 10	10:00am-10:30am
98730	M-F	Jun 29-Jul 10	12:00pm-12:30pm

Swimplex - Daily - tot area 10/\$94.10

98731	M-F	Jul 13-Jul 24	9:30am-10:00am
98732	M-F	Jul 13-Jul 24	10:00am-10:30am
98735	M-F	Jul 13-Jul 24	12:00pm-12:30pm
98736	M-F	Jul 27-Aug 7	9:30am-10:00am
98737	M-F	Jul 27-Aug 7	10:00am-10:30am
98740	M-F	Jul 27-Aug 7	12:00pm-12:30pm
98741	M-F	Aug 10-Aug 21	9:30am-10:00am
98742	M-F	Aug 10-Aug 21	10:00am-10:30am
98745	M-F	Aug 10-Aug 21	12:00pm-12:30pm

Swimplex - Weekly - swirlpool 7/\$65.87

100186	Wed	Jul 8-Aug 19	4:00pm-4:30pm
100187	Wed	Jul 8-Aug 19	4:30pm-5:00pm
100188	Wed	Jul 8-Aug 19	5:00pm-5:30pm
100189	Wed	Jul 8-Aug 19	5:30pm-6:00pm
100190	Wed	Jul 8-Aug 19	6:30pm-7:00pm
100191	Wed	Jul 8-Aug 19	7:00pm-7:30pm

Swimlex - Weekly - swirlpool 8/\$75.28

100176	Mon	Jun 29-Aug 17	5:00pm-5:30pm
100177	Mon	Jun 29-Aug 17	6:30pm-7:00pm
100178	Mon	Jun 29-Aug 17	7:00pm-7:30pm
100179	Mon	Jun 29-Aug 17	7:30pm-8:00pm
100180	Tue	Jun 30-Aug 18	5:00pm-5:30pm
100181	Tue	Jun 30-Aug 18	5:30pm-6:00pm
100182	Tue	Jun 30-Aug 18	6:00pm-6:30pm
100183	Tue	Jun 30-Aug 18	6:30pm-7:00pm
100184	Tue	Jun 30-Aug 18	7:00pm-7:30pm
100185	Tue	Jun 30-Aug 18	7:30pm-8:00pm
100193	Thu	Jul 2-Aug 20	5:00pm-5:30pm
100194	Thu	Jul 2-Aug 20	5:30pm-6:00pm
100195	Thu	Jul 2-Aug 20	6:00pm-6:30pm
100196	Thu	Jul 2-Aug 20	6:30pm-7:00pm
100197	Thu	Jul 2-Aug 20	7:00pm-7:30pm
100198	Thu	Jul 2-Aug 20	7:30pm-8:00pm
100199	Fri	Jul 3-Aug 21	4:15pm-4:45pm
100200	Fri	Jul 3-Aug 21	4:45pm-5:15pm
100201	Fri	Jul 3-Aug 21	5:15pm-5:45pm
100202	Fri	Jul 3-Aug 21	5:45pm-6:15pm
100203	Fri	Jul 3-Aug 21	6:15pm-6:45pm
100205	Sat	Jul 4-Aug 22	9:30am-10:00am
100206	Sat	Jul 4-Aug 22	10:30am-11:00am
100207	Sat	Jul 4-Aug 22	11:00am-11:30am
100208	Sun	Jul 5-Aug 23	4:30pm-5:00pm
100209	Sun	Jul 5-Aug 23	5:00pm-5:30pm
100210	Sun	Jul 5-Aug 23	5:30pm-6:00pm
100211	Sun	Jul 5-Aug 23	6:30pm-7:00pm

Swimlex - Weekly - tot area 7/\$65.87

100192	Wed	Jul 8-Aug 19	8:00pm-8:30pm
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Swimlex - Weekly - tot area 8/\$75.28

100175	Mon	Jun 29-Aug 17	4:00pm-4:30pm
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100204	Sat	Jul 4-Aug 22	9:00am-9:30am
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Preschool A/B (3 to 5 years)

These Moses Springer lessons are for levels Preschool A & B. Participants are placed into appropriate groups for multi-level instructing.

Moses - Daily 10/\$94.10

98279	M-F	Jul 6-Jul 17	9:30am-10:00am
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98280	M-F	Jul 6-Jul 17	10:00am-10:30am
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98281	M-F	Jul 6-Jul 17	11:30am-12:00pm
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98282	M-F	Jul 20-Jul 31	9:30am-10:00am
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98283	M-F	Jul 20-Jul 31	10:00am-10:30am
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98284	M-F	Jul 20-Jul 31	11:30am-12:00pm
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98285	M-F	Aug 3-Aug 14	9:30am-10:00am
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98286	M-F	Aug 3-Aug 14	10:00am-10:30am
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98287	M-F	Aug 3-Aug 14	11:30am-12:00pm
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98288	M-F	Aug 17-Aug 28	9:30am-10:00am
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98289	M-F	Aug 17-Aug 28	10:00am-10:30am
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98290	M-F	Aug 17-Aug 28	11:30am-12:00pm
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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.

Swimlex - June Daily - tot area 9/\$84.69

93281		Jun 16-Jun 26	4:00pm-4:30pm
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93282		Jun 16-Jun 26	5:30pm-6:00pm
93283		Jun 16-Jun 26	6:30pm-7:00pm

Swimplex - Daily - tot area 9/\$84.69

98746	M-F	Jun 29-Jul 10	8:30am-9:00am
98747	M-F	Jun 29-Jul 10	9:30am-10:00am
98748	M-F	Jun 29-Jul 10	10:00am-10:30am
98749	M-F	Jun 29-Jul 10	11:00am-11:30am
98750	M-F	Jun 29-Jul 10	12:00pm-12:30pm

Swimplex - Daily - tot area 10/\$94.10

98751	M-F	Jul 13-Jul 24	8:30am-9:00am
98752	M-F	Jul 13-Jul 24	9:30am-10:00am
98753	M-F	Jul 13-Jul 24	10:00am-10:30am
98754	M-F	Jul 13-Jul 24	11:00am-11:30am
98755	M-F	Jul 13-Jul 24	12:00pm-12:30pm
98756	M-F	Jul 27-Aug 7	8:30am-9:00am
98757	M-F	Jul 27-Aug 7	9:30am-10:00am
98758	M-F	Jul 27-Aug 7	10:00am-10:30am
98759	M-F	Jul 27-Aug 7	11:00am-11:30am
98760	M-F	Jul 27-Aug 7	12:00pm-12:30pm
98761	M-F	Aug 10-Aug 21	8:30am-9:00am
98762	M-F	Aug 10-Aug 21	9:30am-10:00am
98763	M-F	Aug 10-Aug 21	10:00am-10:30am
98764	M-F	Aug 10-Aug 21	11:00am-11:30am
98765	M-F	Aug 10-Aug 21	12:00pm-12:30pm

Swimplex - Weekly - tot area 7/\$65.87

100220	Wed	Jul 8-Aug 19	4:00pm-4:30pm
100221	Wed	Jul 8-Aug 19	5:00pm-5:30pm
100222	Wed	Jul 8-Aug 19	6:00pm-6:30pm
100223	Wed	Jul 8-Aug 19	7:00pm-7:30pm
100224	Wed	Jul 8-Aug 19	7:30pm-8:00pm

Swimplex - Weekly - tot area 8/\$75.28

100212	Mon	Jun 29-Aug 17	4:00pm-4:30pm
100213	Mon	Jun 29-Aug 17	5:30pm-6:00pm
100214	Mon	Jun 29-Aug 17	6:00pm-6:30pm
100215	Mon	Jun 29-Aug 17	7:00pm-7:30pm
100216	Tue	Jun 30-Aug 18	5:00pm-5:30pm
100217	Tue	Jun 30-Aug 18	6:30pm-7:00pm
100218	Tue	Jun 30-Aug 18	7:00pm-7:30pm
100219	Tue	Jun 30-Aug 18	7:30pm-8:00pm
100225	Thu	Jul 2-Aug 20	5:00pm-5:30pm
100226	Thu	Jul 2-Aug 20	6:30pm-7:00pm
100227	Thu	Jul 2-Aug 20	7:00pm-7:30pm
100228	Thu	Jul 2-Aug 20	7:30pm-8:00pm
100229	Fri	Jul 3-Aug 21	4:15pm-4:45pm
100230	Fri	Jul 3-Aug 21	4:45pm-5:15pm
100231	Fri	Jul 3-Aug 21	6:15pm-6:45pm
100232	Sat	Jul 4-Aug 22	9:30am-10:00am
100233	Sat	Jul 4-Aug 22	10:30am-11:00am
100234	Sat	Jul 4-Aug 22	11:45am-12:15pm
100235	Sun	Jul 5-Aug 23	4:00pm-4:30pm
100236	Sun	Jul 5-Aug 23	4:30pm-5:00pm
100237	Sun	Jul 5-Aug 23	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).

Swimplex - June Daily - shallow
9/\$84.69

93284 Jun 16-Jun 26 5:00pm-5:30pm

Swimplex - Daily - tot area 9/\$84.69

99772 M-F Jun 29-Jul 10 9:00am-9:30am

99773 M-F Jun 29-Jul 10 11:30am-12:00pm

Swimplex - Daily - tot area 10/\$94.10

99774 M-F Jul 13-Jul 24 9:00am-9:30am

99775 M-F Jul 13-Jul 24 12:30pm-1:00pm

99776 M-F Jul 27-Aug 7 9:00am-9:30am

99777 M-F Jul 27-Aug 7 11:30am-12:00pm

99778 M-F Aug 10-Aug 21 9:00am-9:30am

99779 M-F Aug 10-Aug 21 12:30pm-1:00pm

Swimplex - Weekly - shallow area
8/\$75.28

100239 Tue Jun 30-Aug 18 7:30pm-8:00pm

100242 Thu Jul 2-Aug 20 7:30pm-8:00pm

Swimplex - Weekly - tot area 7/\$65.87

100240 Wed Jul 8-Aug 19 4:30pm-5:00pm

100241 Wed Jul 8-Aug 19 5:30pm-6:00pm

Swimplex - Weekly - tot area 8/\$75.28

100238 Mon Jun 29-Aug 17 6:30pm-7:00pm

100243 Fri Jul 3-Aug 21 5:15pm-5:45pm

100244 Sat Jul 4-Aug 22 10:00am-10:30am

100245 Sun Jul 5-Aug 23 6:30pm-7:00pm

Preschool C/D (3 to 5 years)

These Moses Springer lessons are for levels Preschool C & D. Participants are placed into appropriate groups for multi-level instructing.

Moses - Daily 10/\$94.10

98291 M-F Jul 6-Jul 17 11:00am-11:30am

98292 M-F Jul 20-Jul 31 11:00am-11:30am

98293 M-F Aug 3-Aug 14 11:00am-11:30am

98294 M-F Aug 17-Aug 28 11:00am-11:30am

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.

Swimplex - June Daily 10/\$94.10

93285 Jun 16-Jun 26 5:00pm-5:30pm

Swimplex - Weekly 7/\$65.87

100248 Wed Jul 8-Aug 19 7:00pm-7:30pm

Swimplex - Weekly 8/\$75.28

100246 Mon Jun 29-Aug 17 7:30pm-8:00pm

100247 Tue Jun 30-Aug 18 6:00pm-6:30pm

100249 Fri Jul 3-Aug 21 5:45pm-6:15pm

100250 Sat Jul 4-Aug 22 10:30am-11:00am

100251 Sun Jul 5-Aug 23 5:30pm-6:00pm

Preschool D/E (3 to 5 years)

These lessons are for levels Preschool D & E. Participants are placed into appropriate groups for multi-level instructing.

Swimplex - Daily 9/\$84.69

99780 M-F Jun 29-Jul 10 10:00am-10:30am

Swimplex - Daily 10/\$94.10

99781 M-F Jul 13-Jul 24 10:00am-10:30am

99782 M-F Jul 27-Aug 7 10:00am-10:30am

99783 M-F Aug 10-Aug 21 10:00am-10:30am

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.

Swimplex - Weekly 8/\$75.28

100252 Thu	Jul 2-Aug 20	6:00pm-6:30pm
100253 Sat	Jul 4-Aug 22	10:30am-11:00am

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.

Swimplex - June Daily 10/\$94.10

93299	Jun 16-Jun 26	4:30pm-5:00pm
93300	Jun 16-Jun 26	6:30pm-7:00pm

Moses - Daily 10/\$94.10

98275 M-F	Jul 6-Jul 17	4:45pm-5:15pm
98276 M-F	Jul 20-Jul 31	4:45pm-5:15pm
98277 M-F	Aug 3-Aug 14	10:00am-10:30am
98278 M-F	Aug 17-Aug 28	10:00am-10:30am

Swimplex - Daily 9/\$84.69

99784 M-F	Jun 29-Jul 10	9:30am-10:00am
99785 M-F	Jun 29-Jul 10	11:30am-12:00pm

Swimplex - Daily 10/\$94.10

99786 M-F	Jul 13-Jul 24	9:30am-10:00am
99787 M-F	Jul 13-Jul 24	11:30am-12:00pm
99788 M-F	Jul 27-Aug 7	9:30am-10:00am
99789 M-F	Jul 27-Aug 7	11:30am-12:00pm
99790 M-F	Aug 10-Aug 21	9:30am-10:00am
99791 M-F	Aug 10-Aug 21	11:30am-12:00pm

Swimplex - Weekly 7/\$65.87

100259 Wed	Jul 8-Aug 19	4:30pm-5:00pm
100260 Wed	Jul 8-Aug 19	6:00pm-6:30pm
100261 Wed	Jul 8-Aug 19	7:00pm-7:30pm

Swimplex - Weekly 8/\$75.28

100254 Mon	Jun 29-Aug 17	5:00pm-5:30pm
100255 Mon	Jun 29-Aug 17	6:00pm-6:30pm
100256 Mon	Jun 29-Aug 17	7:30pm-8:00pm
100257 Tue	Jun 30-Aug 18	5:30pm-6:00pm
100258 Tue	Jun 30-Aug 18	7:00pm-7:30pm
100262 Thu	Jul 2-Aug 20	5:30pm-6:00pm
100263 Thu	Jul 2-Aug 20	7:00pm-7:30pm
100264 Fri	Jul 3-Aug 21	4:15pm-4:45pm
100265 Fri	Jul 3-Aug 21	6:15pm-6:45pm
100266 Sat	Jul 4-Aug 22	10:00am-10:30am
100267 Sat	Jul 4-Aug 22	11:30am-12:00pm
100268 Sun	Jul 5-Aug 23	4:00pm-4:30pm
100269 Sun	Jul 5-Aug 23	6:00pm-6:30pm

Swim to Survive (7 to 12 years)

The Canadian Swim to Survive program will focus on three essential skills that will assist participants in surviving an unexpected fall into deep water – roll into deep water, tread water for one minute and swim 50 meters. A certificate will be issued at the end of the program (no report card). This 5-day program is available to City of Waterloo residents only.

Moses - Daily 5/\$10.00

98419	M-F	Jul 6-Jul 10	4:30pm-5:15pm
98420	M-F	Jul 6-Jul 10	5:15pm-6:00pm
98421	M-F	Jul 27-Jul 31	4:30pm-5:15pm
98422	M-F	Jul 27-Jul 31	5:15pm-6:00pm
98423	M-F	Aug 17-Aug 21	4:30pm-5:15pm
98424	M-F	Aug 17-Aug 21	5:15pm-6:00pm

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.

Swimplex - June Daily 10/\$94.10

93293		Jun 16-Jun 26	4:00pm-4:30pm
93294		Jun 16-Jun 26	4:30pm-5:00pm
93295		Jun 16-Jun 26	5:30pm-6:00pm
93296		Jun 16-Jun 26	6:00pm-6:30pm

Swimplex - Daily 9/\$84.69

99792	M-F	Jun 29-Jul 10	9:00am-9:30am
99793	M-F	Jun 29-Jul 10	9:30am-10:00am
99794	M-F	Jun 29-Jul 10	10:00am-10:30am
99795	M-F	Jun 29-Jul 10	10:30am-11:00am
99796	M-F	Jun 29-Jul 10	11:00am-11:30am
99797	M-F	Jun 29-Jul 10	11:30am-12:00pm

Swimplex - Daily 10/\$94.10

99798	M-F	Jul 13-Jul 24	9:00am-9:30am
99799	M-F	Jul 13-Jul 24	9:30am-10:00am
99800	M-F	Jul 13-Jul 24	10:00am-10:30am
99801	M-F	Jul 13-Jul 24	10:30am-11:00am
99802	M-F	Jul 13-Jul 24	11:00am-11:30am

99803	M-F	Jul 13-Jul 24	11:30am-12:00pm
99804	M-F	Jul 27-Aug 7	9:00am-9:30am
99805	M-F	Jul 27-Aug 7	9:30am-10:00am
99806	M-F	Jul 27-Aug 7	10:00am-10:30am
99807	M-F	Jul 27-Aug 7	10:30am-11:00am
99808	M-F	Jul 27-Aug 7	11:00am-11:30am
99809	M-F	Jul 27-Aug 7	11:30am-12:00pm
99810	M-F	Aug 10-Aug 21	9:00am-9:30am
99811	M-F	Aug 10-Aug 21	9:30am-10:00am
99812	M-F	Aug 10-Aug 21	10:00am-10:30am
99813	M-F	Aug 10-Aug 21	10:30am-11:00am
99814	M-F	Aug 10-Aug 21	11:00am-11:30am
99815	M-F	Aug 10-Aug 21	11:30am-12:00pm

Swimplex - Weekly 7/\$65.87

100281	Wed	Jul 8-Aug 19	5:00pm-5:30pm
100282	Wed	Jul 8-Aug 19	5:30pm-6:00pm
100283	Wed	Jul 8-Aug 19	6:30pm-7:00pm
100284	Wed	Jul 8-Aug 19	7:00pm-7:30pm
100285	Wed	Jul 8-Aug 19	7:30pm-8:00pm

Swimplex - Weekly 8/\$75.28

100270	Mon	Jun 29-Aug 17	4:00pm-4:30pm
100271	Mon	Jun 29-Aug 17	5:00pm-5:30pm
100272	Mon	Jun 29-Aug 17	5:30pm-6:00pm
100273	Mon	Jun 29-Aug 17	6:00pm-6:30pm
100274	Mon	Jun 29-Aug 17	6:30pm-7:00pm
100275	Mon	Jun 29-Aug 17	7:00pm-7:30pm
100276	Tue	Jun 30-Aug 18	5:00pm-5:30pm
100277	Tue	Jun 30-Aug 18	5:30pm-6:00pm
100278	Tue	Jun 30-Aug 18	6:00pm-6:30pm
100279	Tue	Jun 30-Aug 18	6:30pm-7:00pm
100280	Tue	Jun 30-Aug 18	7:30pm-8:00pm

100286	Thu	Jul 2-Aug 20	5:00pm-5:30pm
100287	Thu	Jul 2-Aug 20	5:30pm-6:00pm
100288	Thu	Jul 2-Aug 20	6:00pm-6:30pm
100289	Thu	Jul 2-Aug 20	6:30pm-7:00pm
100290	Thu	Jul 2-Aug 20	7:30pm-8:00pm
100291	Fri	Jul 3-Aug 21	4:45pm-5:15pm
100292	Fri	Jul 3-Aug 21	5:15pm-5:45pm
100293	Fri	Jul 3-Aug 21	5:45pm-6:15pm
100294	Sat	Jul 4-Aug 22	9:15am-9:45am
100295	Sat	Jul 4-Aug 22	9:30am-10:00am
100296	Sat	Jul 4-Aug 22	10:00am-10:30am
100297	Sat	Jul 4-Aug 22	10:30am-11:00am
100298	Sat	Jul 4-Aug 22	11:00am-11:30am
100299	Sun	Jul 5-Aug 23	4:30pm-5:00pm
100300	Sun	Jul 5-Aug 23	5:00pm-5:30pm
100301	Sun	Jul 5-Aug 23	5:30pm-6:00pm
100302	Sun	Jul 5-Aug 23	6:30pm-7:00pm

Waterloo Splash 1/2 (5 to 12 years)

These Moses Springer lessons are for levels Waterloo Splash 1 & 2. Participants are placed into appropriate groups for multi-level instructing.

Moses - Daily 10/\$94.10

98295	M-F	Jul 6-Jul 17	9:30am-10:00am
98296	M-F	Jul 6-Jul 17	10:30am-11:00am
98297	M-F	Jul 6-Jul 17	12:00pm-12:30pm
98298	M-F	Jul 20-Jul 31	9:30am-10:00am
98299	M-F	Jul 20-Jul 31	11:00am-11:30am
98300	M-F	Jul 20-Jul 31	12:00pm-12:30pm
98301	M-F	Jul 20-Jul 31	4:45pm-5:15pm
98302	M-F	Aug 3-Aug 14	9:30am-10:00am
98303	M-F	Aug 3-Aug 14	10:30am-11:00am
98304	M-F	Aug 3-Aug 14	12:00pm-12:30pm

98305	M-F	Aug 3-Aug 14	4:45pm-5:15pm
98306	M-F	Aug 17-Aug 28	9:30am-10:00am
98307	M-F	Aug 17-Aug 28	11:00am-11:30am
98308	M-F	Aug 17-Aug 28	12:00pm-12:30pm
98309	M-F	Aug 17-Aug 28	4:45pm-5:15pm

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).

Swimplex - June Daily 10/\$94.10

93307		Jun 16-Jun 26	4:00pm-4:30pm
93308		Jun 16-Jun 26	5:00pm-5:30pm
93309		Jun 16-Jun 26	6:00pm-6:30pm

Swimplex - Daily 9/\$84.69

99816	M-F	Jun 29-Jul 10	9:00am-9:30am
99817	M-F	Jun 29-Jul 10	10:00am-10:30am
99818	M-F	Jun 29-Jul 10	10:30am-11:00am
99819	M-F	Jun 29-Jul 10	11:00am-11:30am
99820	M-F	Jun 29-Jul 10	11:30am-12:00pm

Swimplex - Daily 10/\$94.10

99821	M-F	Jul 13-Jul 24	9:00am-9:30am
99822	M-F	Jul 13-Jul 24	10:00am-10:30am
99823	M-F	Jul 13-Jul 24	10:30am-11:00am
99824	M-F	Jul 13-Jul 24	11:00am-11:30am
99825	M-F	Jul 13-Jul 24	11:30am-12:00pm
99826	M-F	Jul 27-Aug 7	9:00am-9:30am
99827	M-F	Jul 27-Aug 7	10:00am-10:30am
99828	M-F	Jul 27-Aug 7	10:30am-11:00am

99829	M-F	Jul 27-Aug 7	11:00am-11:30am
99830	M-F	Jul 27-Aug 7	11:30am-12:00pm
99831	M-F	Aug 10-Aug 21	9:00am-9:30am
99832	M-F	Aug 10-Aug 21	10:00am-10:30am
99833	M-F	Aug 10-Aug 21	10:30am-11:00am
99834	M-F	Aug 10-Aug 21	11:00am-11:30am
99835	M-F	Aug 10-Aug 21	11:30am-12:00pm

Swimplex - Weekly 7/\$65.87

100311	Wed	Jul 8-Aug 19	4:00pm-4:30pm
100312	Wed	Jul 8-Aug 19	5:00pm-5:30pm
100313	Wed	Jul 8-Aug 19	6:00pm-6:30pm
100314	Wed	Jul 8-Aug 19	6:30pm-7:00pm
100315	Wed	Jul 8-Aug 19	7:30pm-8:00pm

Swimplex - Weekly 8/\$75.28

100303	Mon	Jun 29-Aug 17	4:30pm-5:00pm
100304	Mon	Jun 29-Aug 17	5:00pm-5:30pm
100305	Mon	Jun 29-Aug 17	6:00pm-6:30pm
100306	Mon	Jun 29-Aug 17	7:00pm-7:30pm
100307	Mon	Jun 29-Aug 17	7:30pm-8:00pm
100308	Tue	Jun 30-Aug 18	5:00pm-5:30pm
100309	Tue	Jun 30-Aug 18	6:00pm-6:30pm
100310	Tue	Jun 30-Aug 18	7:00pm-7:30pm
100316	Thu	Jul 2-Aug 20	5:00pm-5:30pm
100317	Thu	Jul 2-Aug 20	6:00pm-6:30pm
100318	Thu	Jul 2-Aug 20	7:00pm-7:30pm
100319	Thu	Jul 2-Aug 20	7:30pm-8:00pm
100320	Fri	Jul 3-Aug 21	4:15pm-4:45pm
100321	Fri	Jul 3-Aug 21	4:45pm-5:15pm
100322	Fri	Jul 3-Aug 21	5:15pm-5:45pm
100323	Fri	Jul 3-Aug 21	6:15pm-6:45pm
100324	Sat	Jul 4-Aug 22	9:45am-10:15am
100325	Sat	Jul 4-Aug 22	10:00am-10:30am

100326	Sat	Jul 4-Aug 22	10:30am-11:00am
100327	Sat	Jul 4-Aug 22	11:00am-11:30am
100328	Sat	Jul 4-Aug 22	11:30am-12:00pm
100329	Sun	Jul 5-Aug 23	4:30pm-5:00pm
100330	Sun	Jul 5-Aug 23	5:00pm-5:30pm
100331	Sun	Jul 5-Aug 23	6:00pm-6:30pm

Waterloo Splash 3 (5 to 12 years)

Swimmers develop swimming skills by learning whip kick as well as front and back crawl. They tread water for 30-45 sec. and interval training repetitions are increased (4x9m).

Swimplex - June Daily 10/\$94.10

93317		Jun 16-Jun 26	4:30pm-5:00pm
93318		Jun 16-Jun 26	5:45pm-6:15pm
93319		Jun 16-Jun 26	6:30pm-7:00pm

Moses - Daily 10/\$94.10

98310	M-F	Jul 6-Jul 17	10:00am-10:30am
98311	M-F	Jul 6-Jul 17	11:30am-12:00pm
98312	M-F	Jul 6-Jul 17	4:45pm-5:15pm
98313	M-F	Jul 20-Jul 31	10:00am-10:30am
98314	M-F	Jul 20-Jul 31	11:30am-12:00pm
98315	M-F	Aug 3-Aug 14	10:00am-10:30am
98316	M-F	Aug 3-Aug 14	11:30am-12:00pm
98317	M-F	Aug 3-Aug 14	4:45pm-5:15pm
98318	M-F	Aug 17-Aug 28	10:00am-10:30am
98319	M-F	Aug 17-Aug 28	11:30am-12:00pm
98320	M-F	Aug 17-Aug 28	4:45pm-5:15pm

Swimplex - Daily 9/\$84.69

99836	M-F	Jun 29-Jul 10	9:30am-10:00am
99837	M-F	Jun 29-Jul 10	10:00am-10:30am
99838	M-F	Jun 29-Jul 10	10:30am-11:00am

99839	M-F	Jun 29-Jul 10	11:00am-11:30am
99841	M-F	Jun 29-Jul 10	11:30am-12:00pm

Swimplex - Daily 10/\$94.10

99843	M-F	Jul 13-Jul 24	9:30am-10:00am
99845	M-F	Jul 13-Jul 24	10:00am-10:30am
99847	M-F	Jul 13-Jul 24	10:30am-11:00am
99849	M-F	Jul 13-Jul 24	11:00am-11:30am
99851	M-F	Jul 13-Jul 24	11:30am-12:00pm
99852	M-F	Jul 27-Aug 7	9:30am-10:00am
99854	M-F	Jul 27-Aug 7	10:00am-10:30am
99856	M-F	Jul 27-Aug 7	10:30am-11:00am
99858	M-F	Jul 27-Aug 7	11:00am-11:30am
99860	M-F	Jul 27-Aug 7	11:30am-12:00pm
99863	M-F	Aug 10-Aug 21	9:30am-10:00am
99865	M-F	Aug 10-Aug 21	10:00am-10:30am
99867	M-F	Aug 10-Aug 21	10:30am-11:00am
99868	M-F	Aug 10-Aug 21	11:00am-11:30am
99869	M-F	Aug 10-Aug 21	11:30am-12:00pm

Swimplex - Weekly 7/\$65.87

100340	Wed	Jul 8-Aug 19	4:00pm-4:30pm
100341	Wed	Jul 8-Aug 19	5:00pm-5:30pm
100342	Wed	Jul 8-Aug 19	7:00pm-7:30pm
100343	Wed	Jul 8-Aug 19	7:30pm-8:00pm

Swimplex - Weekly 8/\$75.28

100332	Mon	Jun 29-Aug 17	4:30pm-5:00pm
100333	Mon	Jun 29-Aug 17	5:30pm-6:00pm
100334	Mon	Jun 29-Aug 17	6:00pm-6:30pm
100335	Mon	Jun 29-Aug 17	6:30pm-7:00pm
100336	Mon	Jun 29-Aug 17	7:30pm-8:00pm
100337	Tue	Jun 30-Aug 18	5:30pm-6:00pm
100338	Tue	Jun 30-Aug 18	6:30pm-7:00pm

100339	Tue	Jun 30-Aug 18	7:30pm-8:00pm
100344	Thu	Jul 2-Aug 20	5:30pm-6:00pm
100345	Thu	Jul 2-Aug 20	6:30pm-7:00pm
100346	Thu	Jul 2-Aug 20	7:30pm-8:00pm
100347	Fri	Jul 3-Aug 21	4:15pm-4:45pm
100348	Fri	Jul 3-Aug 21	4:45pm-5:15pm
100349	Fri	Jul 3-Aug 21	5:15pm-5:45pm
100350	Fri	Jul 3-Aug 21	5:45pm-6:15pm
100351	Sat	Jul 4-Aug 22	9:00am-9:30am
100352	Sat	Jul 4-Aug 22	9:30am-10:00am
100353	Sat	Jul 4-Aug 22	10:00am-10:30am
100354	Sat	Jul 4-Aug 22	11:30am-12:00pm
100355	Sun	Jul 5-Aug 23	5:00pm-5:30pm
100356	Sun	Jul 5-Aug 23	6:00pm-6:30pm
100357	Sun	Jul 5-Aug 23	6:30pm-7:00pm

Waterloo Splash 4 (5 to 12 years)

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

Swimplex - June Daily 10/\$94.10

93323		Jun 16-Jun 26	4:30pm-5:15pm
93324		Jun 16-Jun 26	5:15pm-6:00pm

Moses - Daily 10/\$94.10

98321	M-F	Jul 6-Jul 17	10:15am-11:00am
98322	M-F	Jul 6-Jul 17	11:00am-11:45am
98334	M-F	Jul 20-Jul 31	10:15am-11:00am
98336	M-F	Jul 20-Jul 31	11:00am-11:45am
98339	M-F	Aug 3-Aug 14	10:15am-11:00am
98341	M-F	Aug 3-Aug 14	11:00am-11:45am

98342	M-F	Aug 17-Aug 28	10:15am-11:00am
98343	M-F	Aug 17-Aug 28	11:00am-11:45am

Swimplex - Daily 9/\$84.69

99870	M-F	Jun 29-Jul 10	8:45am-9:30am
99871	M-F	Jun 29-Jul 10	9:45am-10:30am
99872	M-F	Jun 29-Jul 10	10:30am-11:15am

Swimplex - Daily 10/\$94.10

99873	M-F	Jul 13-Jul 24	8:45am-9:30am
99874	M-F	Jul 13-Jul 24	9:45am-10:30am
99875	M-F	Jul 13-Jul 24	10:30am-11:15am
99876	M-F	Jul 27-Aug 7	8:45am-9:30am
99877	M-F	Jul 27-Aug 7	9:45am-10:30am
99878	M-F	Jul 27-Aug 7	10:30am-11:15am
99879	M-F	Aug 10-Aug 21	8:45am-9:30am
99880	M-F	Aug 10-Aug 21	9:45am-10:30am
99881	M-F	Aug 10-Aug 21	10:30am-11:15am

Swimplex - Weekly 7/\$65.87

100422	Wed	Jul 8-Aug 19	4:15pm-5:00pm
100423	Wed	Jul 8-Aug 19	5:30pm-6:15pm
100425	Wed	Jul 8-Aug 19	6:15pm-7:00pm

Swimplex - Weekly 8/\$75.28

100404	Mon	Jun 29-Aug 17	5:00pm-5:45pm
100418	Mon	Jun 29-Aug 17	6:30pm-7:15pm
100419	Mon	Jun 29-Aug 17	7:15pm-8:00pm
100420	Tue	Jun 30-Aug 18	5:00pm-5:45pm
100421	Tue	Jun 30-Aug 18	6:30pm-7:15pm
100427	Thu	Jul 2-Aug 20	5:00pm-5:45pm
100429	Thu	Jul 2-Aug 20	6:30pm-7:15pm
100431	Fri	Jul 3-Aug 21	5:00pm-5:45pm
100433	Fri	Jul 3-Aug 21	6:15pm-7:00pm
100435	Sat	Jul 4-Aug 22	9:15am-10:00am

100437	Sat	Jul 4-Aug 22	11:15am-12:00pm
100441	Sun	Jul 5-Aug 23	4:00pm-4:45pm
100443	Sun	Jul 5-Aug 23	5:30pm-6:15pm

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.

Swimplex - June Daily 10/\$94.10

93328		Jun 16-Jun 26	4:00pm-4:45pm
93329		Jun 16-Jun 26	6:00pm-6:45pm

Moses - Daily 10/\$94.10

98345	M-F	Jul 6-Jul 17	9:30am-10:15am
98346	M-F	Jul 20-Jul 31	9:30am-10:15am
98347	M-F	Aug 3-Aug 14	9:30am-10:15am
98349	M-F	Aug 17-Aug 28	9:30am-10:15am

Swimplex - Daily 9/\$84.69

99882	M-F	Jun 29-Jul 10	9:30am-10:15am
99883	M-F	Jun 29-Jul 10	11:15am-12:00pm
99884	M-F	Jun 29-Jul 10	11:30am-12:15pm

Swimplex - Daily 10/\$94.10

99885	M-F	Jul 13-Jul 24	9:30am-10:15am
99886	M-F	Jul 13-Jul 24	11:15am-12:00pm
99887	M-F	Jul 13-Jul 24	11:30am-12:15pm
99888	M-F	Jul 27-Aug 7	8:45am-9:30am
99889	M-F	Jul 27-Aug 7	9:30am-10:15am
99890	M-F	Jul 27-Aug 7	11:15am-12:00pm
99891	M-F	Aug 10-Aug 21	8:45am-9:30am
99892	M-F	Aug 10-Aug 21	9:30am-10:15am
99893	M-F	Aug 10-Aug 21	11:15am-12:00pm

Swimplex - Weekly 7/\$65.87

100453	Wed	Jul 8-Aug 19	4:15pm-5:00pm
100454	Wed	Jul 8-Aug 19	5:30pm-6:15pm
100455	Wed	Jul 8-Aug 19	6:15pm-7:00pm

Swimplex - Weekly 8/\$75.28

100445	Mon	Jun 29-Aug 17	4:15pm-5:00pm
100449	Mon	Jun 29-Aug 17	5:15pm-6:00pm
100450	Mon	Jun 29-Aug 17	7:15pm-8:00pm
100451	Tue	Jun 30-Aug 18	5:45pm-6:30pm
100452	Tue	Jun 30-Aug 18	7:00pm-7:45pm
100456	Thu	Jul 2-Aug 20	5:45pm-6:30pm
100457	Fri	Jul 3-Aug 21	5:45pm-6:30pm
100458	Fri	Jul 3-Aug 21	6:15pm-7:00pm
100459	Sat	Jul 4-Aug 22	9:15am-10:00am
100460	Sat	Jul 4-Aug 22	10:30am-11:15am
100461	Sun	Jul 5-Aug 23	4:45pm-5:30pm
100463	Sun	Jul 5-Aug 23	6:15pm-7:00pm

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.

Swimplex - June Daily 10/\$94.10

93333		Jun 16-Jun 26	4:00pm-4:45pm
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Moses - Daily 10/\$94.10

98352	M-F	Jul 6-Jul 17	9:30am-10:15am
98355	M-F	Jul 20-Jul 31	9:30am-10:15am
98357	M-F	Aug 3-Aug 14	9:30am-10:15am
98359	M-F	Aug 17-Aug 28	9:30am-10:15am

Swimplex - Daily 9/\$84.69

99894	M-F	Jun 29-Jul 10	8:45am-9:30am
99895	M-F	Jun 29-Jul 10	9:30am-10:15am
99896	M-F	Jun 29-Jul 10	11:30am-12:15pm

Swimplex - Daily 10/\$94.10

99897	M-F	Jul 13-Jul 24	8:45am-9:30am
99898	M-F	Jul 13-Jul 24	9:30am-10:15am
99899	M-F	Jul 13-Jul 24	11:30am-12:15pm
99900	M-F	Jul 27-Aug 7	11:30am-12:15pm
99901	M-F	Jul 27-Aug 7	9:30am-10:15am
99902	M-F	Aug 10-Aug 21	9:30am-10:15am
99903	M-F	Aug 10-Aug 21	11:30am-12:15pm

Swimplex - Weekly 7/\$65.87

100490	Wed	Jul 8-Aug 19	5:00pm-5:45pm
100492	Wed	Jul 8-Aug 19	7:15pm-8:00pm

Swimplex - Weekly 8/\$75.28

100478	Mon	Jun 29-Aug 17	4:30pm-5:15pm
100481	Mon	Jun 29-Aug 17	5:45pm-6:30pm
100482	Tue	Jun 30-Aug 18	5:00pm-5:45pm
100493	Thu	Jul 2-Aug 20	5:00pm-5:45pm
100494	Fri	Jul 3-Aug 21	5:45pm-6:30pm
100495	Sat	Jul 4-Aug 22	9:45am-10:30am
100496	Sun	Jul 5-Aug 23	5:30pm-6:15pm

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.

Swimplex - June Daily 10/\$94.10

93334		Jun 16-Jun 26	6:15pm-7:00pm
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Swimplex - Daily 9/\$84.69

99904	M-F	Jun 29-Jul 10	10:15am-11:00am
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Swimplex - Daily 10/\$94.10

99905	M-F	Jul 13-Jul 24	10:15am-11:00am
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99906	M-F	Jul 27-Aug 7	10:15am-11:00am
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99907	M-F	Aug 10-Aug 21	10:15am-11:00am
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Swimplex - Weekly 7/\$65.87

100498	Wed	Jul 8-Aug 19	5:45pm-6:30pm
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Swimplex - Weekly 8/\$75.28

100497	Mon	Jun 29-Aug 17	6:30pm-7:15pm
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100499	Thu	Jul 2-Aug 20	7:15pm-8:00pm
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100500	Fri	Jul 3-Aug 21	4:15pm-5:00pm
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100501	Sat	Jul 4-Aug 22	9:00am-9:45am
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100502	Sun	Jul 5-Aug 23	6:15pm-7:00pm
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Waterloo Splash 7/8 (5 to 12 years)

These Moses Springer lessons are for levels Waterloo Splash 7 & 8. Participants are placed into appropriate groups for multi-level instructing.

Moses - Daily 10/\$94.10

98378	M-F	Jul 6-Jul 17	10:15am-11:00am
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98397	M-F	Jul 20-Jul 31	10:15am-11:00am
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98413	M-F	Aug 3-Aug 14	10:15am-11:00am
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98414	M-F	Aug 17-Aug 28	10:15am-11:00am
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Waterloo Splash 8 (5 to 13 years)

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

Swimplex - June Daily 10/\$94.10

93335		Jun 16-Jun 26	6:15pm-7:00pm
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Swimplex - Daily 9/\$84.69

99908	M-F	Jun 29-Jul 10	10:15am-11:00am
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Swimplex - Daily 10/\$94.10

99909	M-F	Jul 13-Jul 24	10:15am-11:00am
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99910	M-F	Jul 27-Aug 7	10:15am-11:00am
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99911	M-F	Aug 10-Aug 21	10:15am-11:00am
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Swimplex - Weekly 7/\$65.87

100505	Wed	Jul 8-Aug 19	6:30pm-7:15pm
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Swimplex - Weekly 8/\$75.28

100503	Mon	Jun 29-Aug 17	6:30pm-7:15pm
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100504	Tue	Jun 30-Aug 18	7:15pm-8:00pm
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100506	Sat	Jul 4-Aug 22	9:00am-9:45am
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100507	Sun	Jul 5-Aug 23	6:15pm-7:00pm
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Waterloo Splash 9 (8 to 15 years)

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

Swimplex - June Daily 10/\$94.10

93336		Jun 16-Jun 26	4:45pm-5:45pm
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Swimplex - Daily 9/\$84.69

99912	M-F	Jun 29-Jul 10	8:30am-9:30am
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Swimplex - Daily 10/\$94.10

99913	M-F	Jul 13-Jul 24	11:00am-12:00pm
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99914	M-F	Jul 27-Aug 7	8:30am-9:30am
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99915	M-F	Aug 10-Aug 21	11:00am-12:00pm
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Swimplex - Weekly 7/\$65.87

100511	Wed	Jul 8-Aug 19	6:00pm-7:00pm
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Swimplex - Weekly 8/\$75.28

100508	Mon	Jun 29-Aug 17	5:00pm-6:00pm
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100509	Tue	Jun 30-Aug 18	5:00pm-6:00pm
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100514	Sat	Jul 4-Aug 22	11:00am-12:00pm
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**Waterloo Splash 9/10/11
(8 to 15 years)**

These Moses Springer lessons are for levels Waterloo Splash 9, 10 and 11. Participants are placed into appropriate groups for multi-level instructing.

Moses - Daily 10/\$94.10

98415	M-F	Jul 6-Jul 17	11:00am-12:00pm
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98416	M-F	Jul 20-Jul 31	11:00am-12:00pm
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98417	M-F	Aug 3-Aug 14	11:00am-12:00pm
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98418	M-F	Aug 17-Aug 28	11:00am-12:00pm
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Waterloo Splash 10 (8 to 15 years)

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

Swimplex - June Daily 10/\$94.10

93337		Jun 16-Jun 26	4:45pm-5:45pm
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Swimplex - Daily 9/\$84.69

99916	M-F	Jun 29-Jul 10	11:00am-12:00pm
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Swimplex - Daily 10/\$94.10

99917	M-F	Jul 13-Jul 24	11:00am-12:00pm
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99918	M-F	Jul 27-Aug 7	11:00am-12:00pm
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99919	M-F	Aug 10-Aug 21	11:00am-12:00pm
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Swimplex - Weekly 7/\$65.87

100520	Wed	Jul 8-Aug 19	5:00pm-6:00pm
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Swimplex - Weekly 8/\$75.28

100517	Tue	Jun 30-Aug 18	6:00pm-7:00pm
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100522	Thu	Jul 2-Aug 20	6:00pm-7:00pm
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100525	Sat	Jul 4-Aug 22	11:00am-12:00pm
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Waterloo Splash 11 (8 to 15 years)

Swimmers are challenged with 600m workouts; 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.

Swimplex - Daily 9/\$84.69

99920	M-F	Jun 29-Jul 10	11:00am-12:00pm
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Swimplex - Daily 10/\$94.10

99921	M-F	Jul 13-Jul 24	8:30am-9:30am
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99922	M-F	Aug 10-Aug 21	8:30am-9:30am
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Swimplex - Weekly 7/\$65.87

100530	Wed	Jul 8-Aug 19	4:00pm-5:00pm
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Swimplex - Weekly 8/\$75.28

100528	Mon	Jun 29-Aug 17	7:00pm-8:00pm
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100533	Thu	Jul 2-Aug 20	5:00pm-6:00pm
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100536	Sun	Jul 5-Aug 23	4:00pm-5:00pm
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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.

Moses - Daily 10/\$94.10

98425	M-F	Jul 6-Jul 17	10:30am-11:15am
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98426	M-F	Aug 3-Aug 14	10:30am-11:15am
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Swimplex - Daily 9/\$84.69

100000	M-F	Jun 29-Jul 10	11:30am-12:15pm
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Swimplex - Daily 10/\$94.10

100003	M-F	Jul 27-Aug 7	11:30am-12:15pm
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Swimplex - Weekly 7/\$65.87

100550	Wed	Jul 8-Aug 19	7:45pm-8:30pm
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Swimplex - Weekly 8/\$75.28

100548	Mon	Jun 29-Aug 17	7:15pm-8:00pm
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100549	Tue	Jun 30-Aug 18	5:45pm-6:30pm
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100551	Thu	Jul 2-Aug 20	5:45pm-6:30pm
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100552	Sat	Jul 4-Aug 22	11:00am-11:45am
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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.

Moses - Daily 10/\$94.10

98427	M-F	Jul 20-Jul 31	10:30am-11:15am
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98428	M-F	Aug 17-Aug 28	10:30am-11:15am
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Swimplex - Daily 10/\$94.10

100007	M-F	Jul 13-Jul 24	11:30am-12:15pm
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100010	M-F	Aug 10-Aug 21	11:30am-12:15pm
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Swimplex - Weekly 7/\$65.87

100555	Wed	Jul 8-Aug 19	7:00pm-7:45pm
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Swimplex - Weekly 8/\$75.28

100553	Mon	Jun 29-Aug 17	4:00pm-4:45pm
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100554	Tue	Jun 30-Aug 18	5:00pm-5:45pm
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100556	Thu	Jul 2-Aug 20	5:00pm-5:45pm
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100557	Fri	Jul 3-Aug 21	6:15pm-7:00pm
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100558	Sat	Jul 4-Aug 22	11:15am-12:00pm
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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.

Swimplex - Weekly 8/\$75.28

100559	Sat	Jul 4-Aug 22	10:15am-11:00am
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Teen 3/4 (12 to 17 years)

These Moses Springer lessons are for levels Teen 3 & 4. Participants are placed into appropriate groups for multi-level instructing. Teen 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 2 min. Show off with cannonball entry into deep water and handstands in shallow water. Teen 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. Whew!

Moses - Daily 10/\$94.10

98429	M-F	Jul 6-Jul 17	11:15am-12:00pm
98430	M-F	Jul 20-Jul 31	11:15am-12:00pm
98431	M-F	Aug 3-Aug 14	11:15am-12:00pm
98432	M-F	Aug 17-Aug 28	11:15am-12:00pm

Swimplex - Weekly 7/\$65.87

100561	Wed	Jul 8-Aug 19	7:15pm-8:00pm
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Swimplex - Weekly 8/\$75.28

100562	Thu	Jul 2-Aug 20	5:45pm-6:30pm
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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!

Swimplex - Weekly 8/\$75.28

100560	Mon	Jun 29-Aug 17	4:45pm-5:30pm
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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.

Swimplex - Weekly 8/\$88.08

100544	Fri	Jul 3-Aug 21	4:15pm-4:45pm
100545	Fri	Jul 3-Aug 21	4:45pm-5:15pm
100546	Fri	Jul 3-Aug 21	5:15pm-5:45pm
100547	Fri	Jul 3-Aug 21	5:45pm-6:15pm

Adapted Aquatics for Teens/Adults (12 years and up)

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.

Swimplex - Weekly 7/\$93.87

100542	Wed	Jul 8-Aug 19	5:30pm-6:15pm
100543	Wed	Jul 8-Aug 19	6:15pm-7:00pm

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.

Swimplex - Weekly 8/\$75.28

100565	Sat	Jul 4-Aug 22	10:30am-11:15am
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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.

Swimplex - June Daily 10/\$94.10

93341		Jun 16-Jun 26	6:15pm-7:00pm
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Moses - Daily 10/\$94.10

98680	M-F	Jul 6-Jul 17	10:30am-11:15am
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98681	M-F	Jul 6-Jul 17	4:30pm-5:15pm
98682	M-F	Jul 20-Jul 31	10:30am-11:15am
98683	M-F	Jul 20-Jul 31	4:30pm-5:15pm
98684	M-F	Aug 3-Aug 14	9:15am-10:00am
98685	M-F	Aug 3-Aug 14	4:30pm-5:15pm
98686	M-F	Aug 17-Aug 28	9:15am-10:00am
98687	M-F	Aug 17-Aug 28	4:30pm-5:15pm

Swimplex - Daily 9/\$84.69

100037	M-F	Jun 29-Jul 10	10:45am-11:30am
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Swimplex - Daily 10/\$94.10

100039	M-F	Jul 13-Jul 24	10:45am-11:30am
100041	M-F	Jul 27-Aug 7	10:45am-11:30am
100044	M-F	Aug 10-Aug 21	10:45am-11:30am

Swimplex - Weekly 7/\$65.87

100569	Wed	Jul 8-Aug 19	5:00pm-5:45pm
100570	Wed	Jul 8-Aug 19	8:00pm-8:45pm

Swimplex - Weekly 8/\$75.28

100567	Mon	Jun 29-Aug 17	8:00pm-8:45pm
100568	Tue	Jun 30-Aug 18	9:15pm-10:00pm
100571	Thu	Jul 2-Aug 20	6:30pm-7:15pm
100572	Fri	Jul 3-Aug 21	5:00pm-5:45pm
100573	Sun	Jul 5-Aug 23	5:30pm-6:15pm

Adult 2

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.

Swimplex - June Daily 10/\$94.10

93343		Jun 16-Jun 26	5:30pm-6:15pm
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Moses - Daily 10/\$94.10

98688	M-F	Aug 3-Aug 14	10:30am-11:15am
98689	M-F	Aug 17-Aug 28	10:30am-11:15am

Swimplex - Daily 9/\$84.69

100053	M-F	Jun 29-Jul 10	10:00am-10:45am
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Swimplex - Daily 10/\$94.10

100054	M-F	Jul 13-Jul 24	10:00am-10:45am
100055	M-F	Aug 10-Aug 21	10:00am-10:45am

Swimplex - Weekly 7/\$65.87

100576	Wed	Jul 8-Aug 19	5:45pm-6:30pm
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Swimplex - Weekly 8/\$75.28

100574	Mon	Jun 29-Aug 17	6:15pm-7:00pm
100575	Tue	Jun 30-Aug 18	9:15pm-10:00pm
100577	Fri	Jul 3-Aug 21	4:15pm-5:00pm
100578	Sun	Jul 5-Aug 23	4:45pm-5:30pm

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.

Swimplex - Weekly 7/\$65.87

100580	Wed	Jul 8-Aug 19	6:30pm-7:15pm
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Swimplex - Weekly 8/\$75.28

100579	Tue	Jun 30-Aug 18	6:30pm-7:15pm
100581	Sun	Jul 5-Aug 23	4:00pm-4:45pm

Adult 3/4

These Swimplex lessons are for levels Adult 3 & 4. Participants are placed into appropriate groups for multi-level instructing.

Swimplex - Daily 10/\$94.10

100056 M-F	Jul 27-Aug 7	10:00am-10:45am
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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. Continue mastering your strokes such as front crawl, back crawl and breaststroke.

Swimplex - Weekly 7/\$65.87

100583 Wed	Jul 8-Aug 19	4:15pm-5:00pm
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Swimplex - Weekly 8/\$75.28

100582 Tue	Jun 30-Aug 18	7:15pm-8:00pm
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100584 Sun	Jul 5-Aug 23	4:00pm-4:45pm
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Adult Stroke Enhancement

Swimmers learn corrective drills and tips for all the swim strokes. Prerequisite: Successfully completed Adult 4, must be a competent deep end swimmer.

Swimplex - Weekly 8/\$75.28

100585 Tue	Jun 30-Aug 18	9:00pm-9:45pm
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100586 Thu	Jul 2-Aug 20	7:15pm-8:00pm
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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.

Swimplex - Weekly 8/\$108.00

100566 Thu	Jul 2-Aug 20	9:00pm-10:00pm
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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 7, 8, 9 or 10 for the summer session.

Private	7/\$269.64	8/\$308.16
	9/\$346.68	10/\$385.20
Semi-private	7/\$200.06	8/\$228.64
	9/\$257.22	10/\$285.80

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. Requests to reschedule or receive a credit within seven business days can only be accommodated once per session.

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.