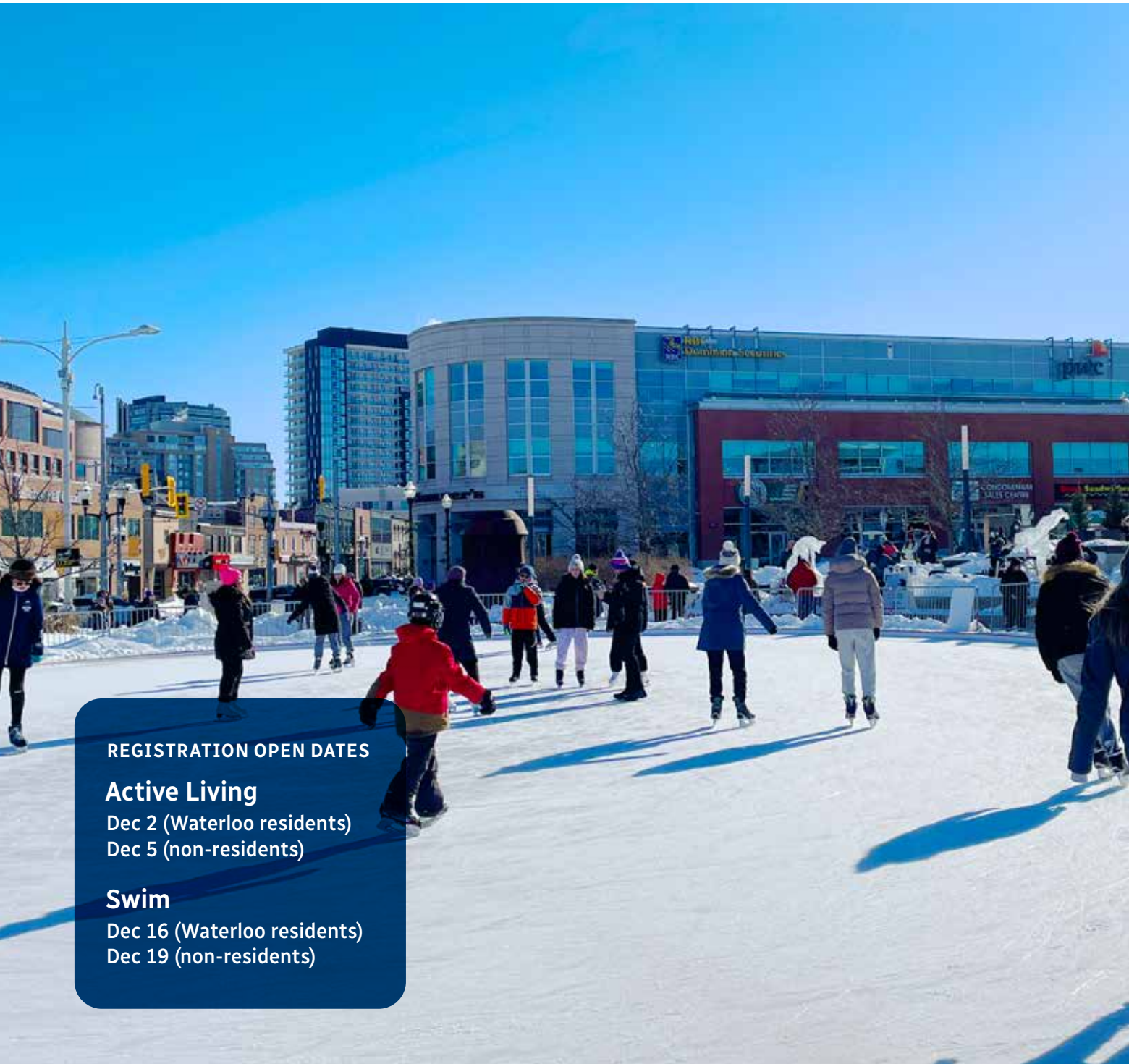


WINTER 2026 GUIDE

ActiveWaterloo



REGISTRATION OPEN DATES

Active Living

Dec 2 (Waterloo residents)

Dec 5 (non-residents)

Swim

Dec 16 (Waterloo residents)

Dec 19 (non-residents)

waterloo.ca/activewaterloo

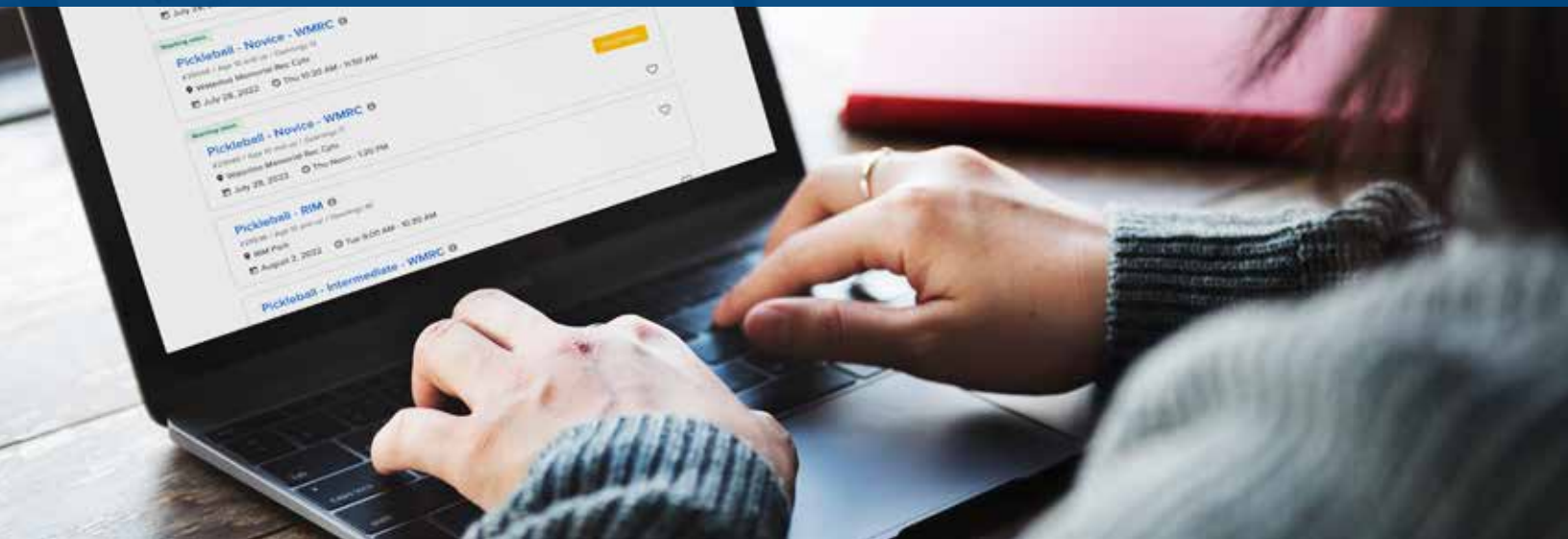
Inside the guide



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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Leadership	45
Swim	50

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 (Fall/Winter) from 4 to 9 p.m.:

**Albert McCormick
Community Centre (AMCC)**

REGISTRATION AND INCLUSION

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

REGISTRATION AND INCLUSION

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

REGISTRATION AND INCLUSION

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

Winter Inclusion registration code

Request support two weeks in advance by registering for the Inclusion Support program in ActiveWaterloo, **Barcode 87486**.

Preschool Programs



ART AND SCIENCE

Kid Artists – Dribble, Drop, Splash (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. Prepare to get messy with paint and other materials as they dribble, drop, and splat to make fun art pieces. This program is designed for children to continue exploring the different possibilities they can create through art. A parent/guardian is asked to stay in the building for the duration of the program.

WMRC 8/\$70.00

87629 Tue Jan 20-Mar 10 5:30pm-6:15pm

Kids and Kids-at-Heart: Making February Sweet Workshop (4 to 10 years with caregiver)

Come and create a card and sweet treat for someone special. There will be instructional time as well as creative free time. Children and their intergenerational adult participate together in this workshop. There is a maximum of two children per adult. Each child must register. Note: Food allergens that may be/are present including dairy, eggs, soy, gluten, nuts, food coloring etc.

WMRC 1/\$10.00

87631 Mon Feb 16 1:00pm-2:00pm

Kid Scientists – Machines and Structures (4 to 6 years)

Children explore the wonder of science while having fun. Participants think, predict and test - learning outcomes of their own scientific experiments. From pulleys, levers and gears, to the stable structures all around us, this program is a great introduction to science for the world's future engineers. This program is designed for children to discover new ways that the world works while growing their fascination with science. A parent/guardian is asked to stay in the building for the duration of the program.

RIM 8/\$80.00

87623 Thu Jan 22-Mar 12 6:30pm-7:15pm

Little Artists – Dribble, Drop, Splash (2.5 to 4 years with caregiver)

Children and caregivers enjoy getting messy as they discover the fun of crafts, painting, and play while also learning about the elements and principles of art. This program is designed for caregivers and children to socialize together, creating a variety of art projects. Prepare to get messy with paint and other materials as they dribble, drop, and splat to make fun art pieces. Maximum of two children per adult, each child must register.

WMRC 7/\$70.00

87628 Tue Jan 20-Mar 10 4:30pm-5:15pm

Little Scientists – Machines and Structures (2.5 to 4 years with caregiver)

Children and caregivers explore the wonder of science while having fun. Participants think, predict and test - learning outcomes of their own scientific experiments. This program is designed for caregivers and children to socialize together. From pulleys, levers and gears, to the stable structures all

around us, this program is a great introduction to science for all future little engineers. Maximum two children per adult, each child must register.

RIM 8/\$80.00

87622 Thu Jan 22-Mar 12 5:30pm-6:15pm

Stemotics – LEGO Spike™ Essentials – Amusement Park (4 to 6 years)

Let children become a young engineer with the LEGO® SPIKE™ Essential: Amazing Amusement Park course! In this exciting program, children will design and build their own amusement park rides using LEGO bricks and simple motors. They'll learn how to solve problems, think creatively, and work together with friends. It's a fun way to develop important skills such as planning, building, and improving their creations, all while playing with LEGO! A parent/guardian is asked to stay in the building for the duration of the program. This program is offered in cooperation with Stemotics.

AMCC 8/\$140.80

87508 Sat Jan 24-Mar 14 9:00am-9:50am

RIM 8/\$140.80

87507 Thu Jan 22-Mar 12 5:30pm-6:20pm

WMRC 8/\$140.80

87506 Tue Jan 20-Mar 10 5:30pm-6:20pm



CAMPS**Marvelous March Break Camp
(4 to 10 years)**

Join us this March Break for a fun and interactive week of programming. Leaders from our 2025 summer camps will lead age-appropriate activities that encourage physical activity, social connections, creativity, and most importantly – fun!

Inclusion registration code: 87487

RIM 5/\$231.20

87632 M-F Mar 16-Mar 20 8:00am-5:00pm

DANCE**Kid Dancers – Bollywood
(4 to 6 years)**

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

WMRC 9/\$81.00

86378 Mon Jan 12-Mar 23 5:00pm-5:45pm

Kid Dancers – Hip Hop (4 to 6 years)

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

AMCC 10/\$90.00

86380 Tue Jan 13-Mar 24 5:00pm-5:45pm

WMRC 10/\$90.00

86381 Fri Jan 16-Mar 27 5:00pm-5:45pm

**Kid Dancers – Musical Theatre
(4 to 6 years)**

Does your child have a playful imagination? Do they sing along with their favourite songs? This style of dance includes elements of theatre and is perfect for young performers. They'll love lip syncing to songs and acting out lyrics with props. Comfortable clothing and running shoes or bare feet are required. A parent/guardian is asked to stay in the building for the duration of the program.

AMCC 7/\$70.00

87618 Sat Jan 31-Mar 14 11:00am-11:45am

WMRC 7/\$70.00

87617 Wed Jan 21-Mar 11 6:30pm-7:15pm

**Little Dancers – Musical Movers
(2.5 to 4 years with caregiver)**

Get ready to boogie, groove, and shake! This class is all about exploring dance, movement and music. Alongside their adult, children get to play and express themselves through action songs, free movement, and centres. They'll practice rhythm and steps using fun props and instruments. Comfortable clothing and running shoes or bare feet are required. Maximum of two children per adult, each child must register.

AMCC 8/\$80.00

87615 Sat Jan 24-Mar 14 9:00am-9:45am

87616 Sat Jan 24-Mar 14 10:00am-10:45am

WMRC 7/\$70.00

87614 Wed Jan 21-Mar 11 5:30pm-6:15pm

FITNESS AND WELLNESS

Kid Athletes (4 to 6 years)

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

RIM 8/\$80.00

87620 Thu Jan 22-Mar 12 4:30pm-5:15pm

Kid Fitness (4 to 6 years with caregiver)

This program will focus on beginner fitness movements - incorporated in games, songs, and activities - with a focus on movement 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 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.

WMRC 10/\$90.00

86370 Tue Jan 13-Mar 24 6:15pm-7:00pm

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 10/\$70.00

86386 Wed Jan 14-Mar 25 4:30pm-5:00pm

86387 Fri Jan 16-Mar 27 4:15pm-4:45pm

86388 Fri Jan 16-Mar 27 4:45pm-5:15pm

Parent and Baby Waterfit (3 months to 3 years)

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

WMRC Swimplex 9/\$75.06

86749 Tue Jan 13-Mar 10 10:30am-11:15am

86750 Thu Jan 15-Mar 12 9:30am-10:15am

SPECIAL INTEREST**Little Chefs – Around the World
(2.5 to 6 years)**

In this new edition of Little Chefs, little ones will learn how to make simple dishes from around the world. This program is a kitchen skills program where children and their caregivers learn about healthy eating and a healthy lifestyle, basic kitchen skills and hands-on cooking fun. At the end of each class participants sample their delicious and healthy creations. Food made in this program cannot be taken home due to food safety and handling guidelines. Recipes are sent home at the end of the program for the whole family to enjoy. Note: chef hats and aprons are included in the price. There is a maximum of two children per adult. Each child must register. All tools and supplies needed for use in this workshop are provided. NOTE: Food Allergens that may be/are present include, but not limited to: dairy, eggs, soy, gluten, nuts, food coloring etc.

RIM 8/\$146.00

87624 Wed Jan 21-Mar 11 6:00pm-7:00pm

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

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

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

WMRC 8/\$92.00

87630 Wed Jan 21-Mar 11 10:00am-11:00am

Ukulele for Little Kids (3 to 5 years)

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

WMRC 7/\$140.00

87517 Thu Jan 22-Mar 12 5:00pm-5:50pm

More Littles programs

View drop-in Littles programs on **page 40**.

Children's Programs



ART AND SCIENCE

Kids and Kids-at-Heart: Making February Sweet Workshop (4 to 10 years with caregiver)

Come and create a card and sweet treat for someone special. There will be instructional time as well as creative free time. Children and their intergenerational adult participate together in this workshop. There is a maximum of two children per adult. Each child must register. Note: Food allergens that may be/are present including dairy, eggs, soy, gluten, nuts, food coloring etc.

WMRC 1/\$10.00

87631 Mon Feb 16 1:00pm-2:00pm

Pallet of Possibilities (8 to 12 years)

Explore and play through art! Every week kids will get the chance to try a different kind of art! Come get

creative and make new friends! Supplies are included in this program. A parent/guardian is asked to stay in the building for the duration of the program.

WMRC 9/\$74.25

87362 Wed Jan 14-Mar 11 5:00pm-6:00pm

CAMPS

Marvelous March Break Camp (4 to 10 years)

Join us this March Break for a fun and interactive week of programming. Leaders from our 2025 summer camps will lead age-appropriate activities that encourage physical activity, social connections, creativity, and most importantly – fun!

Inclusion registration code: 87487

RIM 5/\$231.20

87632 M-F Mar 16-Mar 20 8:00am-5:00pm

DANCE**Kid Dancers – Bollywood (6 to 8 years)**

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

WMRC 9/\$81.00

86379 Mon Jan 12-Mar 23 6:00pm-6:45pm

Kid Dancers – Hip Hop (6 to 8 years)

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

AMCC 10/\$90.00

86382 Tue Jan 13-Mar 24 6:00pm-6:45pm

WMRC 10/\$90.00

86383 Fri Jan 16-Mar 27 6:00pm-6:45pm

Kid Dancers – Hip Hop (8 to 12 years)

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

WMRC 10/\$90.00

86384 Fri Jan 16-Mar 27 7:00pm-7:45pm

Kid Dancers – Musical Theatre (6 to 8 years)

Does your child have a playful imagination? Do they sing along with their favourite songs? This style of dance includes elements of theatre and is perfect

for young performers. They'll love lip syncing to songs and acting out lyrics with props. Comfortable clothing and running shoes or bare feet are required. A parent/guardian is asked to stay in the building for the duration of the program.

WMRC 7/\$70.00

87619 Wed Jan 21-Mar 11 7:30pm-8:15pm

FITNESS AND WELLNESS**Kid Athletes (6 to 8 years)**

From traditional soccer to newer sports like pickleball, this program allows children to learn the fundamentals of different sports in a fun, stress-free and non-competitive setting. This program keeps children moving and engaged while learning a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports base that supports their independence and leaves room for specialization later, look no further! Comfortable clothing and running shoes are required.

RIM 8/\$80.00

87621 Thu Jan 22-Mar 12 5:30pm-6:15pm

Kid Fitness Games (8 to 12 years)

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

WMRC 10/\$90.00

86385 Wed Jan 14-Mar 18 6:45pm-7:30pm

Kid Karate (6 to 8 years)

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

WMRC 10/\$90.00

86389	Wed	Jan 14-Mar 25	5:00pm-5:45pm
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86390	Fri	Jan 16-Mar 27	5:15pm-6:00pm
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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 10/\$90.00

86391	Wed	Jan 14-Mar 25	5:45pm-6:30pm
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86392	Fri	Jan 16-Mar 27	6:00pm-6:45pm
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Kid Kickboxing (6 to 8 years)

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

AMCC 10/\$90.00

86369	Mon	Jan 12-Mar 23	4:45pm-5:30pm
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Kid Kickboxing (8 to 12 years)

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

AMCC 10/\$90.00

86393	Mon	Jan 12-Mar 23	5:30pm-6:15pm
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Pick Your Play (8 to 12 years)

Pick Your Play is a program offering fun recreational activities for children ages 8 to 12 years old. Activities are located in the activity court including basketball, pickleball, soccer etc. Equipment is provided for all activities.

WMRC 8/\$10.00

87497	Tue	Feb 3-Mar 31	4:00pm-5:30pm
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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. A parent/guardian is asked to stay in the building for the duration of the program.

WMRC 9/\$90.00

87493	Fri	Jan 16-Mar 13	5:30pm-7:00pm
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Kid Chefs (7 to 10 years)

Kid Chefs is a fun and engaging workshop for children ready to take their kitchen skills to the next level! Young chefs will learn to follow a recipe, use appropriate kitchen tools and explore new ingredients to build more confidence and independence in the kitchen. The recipe will be sent home at the end of the workshop. All tools and supplies needed for use in this workshop are provided. NOTE: Food Allergens that may be/are present include, but is not limited dairy, eggs, soy, gluten, nuts, food coloring, etc. A parent/guardian is asked to stay in the building for the duration of the program.

WMRC 1/\$18.25

87625	Mon	Feb 2	6:00pm-7:00pm
87626	Mon	Mar 2	6:00pm-7:00pm

Kid Gamers (7 to 10 years)

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

AMCC 8/\$80.00

87627	Sat	Jan 24-Mar 14	12:30pm-1:15pm
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**Stemotics – Learn AI with VEX AIM:
Robotics and Coding for the Future
(10 to 12 years)**

Dive into the exciting world of robotics and artificial intelligence with the VEX AIM Coding Robot! This hands-on course introduces children to the fundamentals of computer science through engaging activities that bring coding to life. Children will learn to program the VEX AIM robot using both block-based and Python coding in VEXcode, developing skills in sequencing, logic, and problem-solving. With its AI Vision Sensor, the robot can detect objects and AprilTags, allowing for interactive challenges like navigating obstacle courses, sorting barrels, and playing robotic soccer. A parent/guardian is asked to stay in the building for the duration of the program. This program is offered in cooperation with Stemotics.

AMCC 8/\$140.80

87514	Sat	Jan 24-Mar 14	11:00am-11:50am
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RIM 8/\$140.80

87513	Thu	Jan 22-Mar 12	7:30pm-8:20pm
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WMRC 8/\$140.80

87512	Tue	Jan 20-Mar 10	7:30pm-8:20pm
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**Stemotics – LEGO Spike™ Essentials
– Quirky Creations (7 to 9 years)**

Unleash children's imagination with the LEGO® SPIKE™ Essential: Quirky Creations program! This program encourages children to invent and build unique gadgets and gizmos using LEGO bricks and simple technology. They'll tackle fun challenges

that boost their problem-solving abilities and creativity. Working in teams, children will enhance their communication skills and learn the joy of bringing their quirky ideas to life! A parent/guardian is asked to stay in the building for the duration of the program. This program is offered in cooperation with Stemetics.

AMCC 8/\$140.80

87511	Sat	Jan 24-Mar 14	10:00am-10:50am
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RIM 8/\$140.80

87510	Thu	Jan 22-Mar 12	6:30pm-7:20pm
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WMRC 8/\$140.80

87509	Tue	Jan 20-Mar 10	6:30pm-7:20pm
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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.

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

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

WMRC 1/\$33.50

87503	Sat Jan 31	1:00pm-2:15pm	Love Bugs
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87504	Sat Feb 28	1:00pm-2:15pm	Minecraft
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87505	Sat Mar 28	1:00pm-2:15pm	Spring Rabbit Puzzle
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Ukulele for Kids (6 to 9 years)

Learn how to play ukulele - a perfectly sized instrument for little hands! With favorite songs such as Over The Rainbow and Spiderman, students will learn the basics of ukulele and improve their singing voice. Each participant will receive a song book to keep. Children need their own ukulele to participate. Ukuleles are available for purchase or weekly rental or bring your own from home. Offered in cooperation with Ukulele Kids.

WMRC 7/\$140.00

87518	Thu	Jan 22-Mar 12	6:00pm-6:50pm
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Youth Programs



ART AND SCIENCE

Artshine Art Program (13 to 17 years)

This program offers a fun and supportive space for teens to explore their creativity. No matter your experience level, you'll have the chance to try different techniques, experiment with new mediums and express your ideas through art. Artshine's Teen Art Studio is all about creativity, community and self-expression. It's a safe and inclusive space where every young artist is encouraged to experiment, share ideas and grow their skills. Offered in cooperation with Artshine.

RIM 8/\$105.04

87496 Mon Jan 12-Mar 9 4:00pm-5:30pm

Introduction to Drawing – Youth (13 to 17 years)

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

WMRC 9/\$118.17

87346 Tue Jan 13-Mar 10 4:15pm-6:15pm

Multimedia Sampler (13 to 17 years)

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

WMRC 8/\$105.04

87359 Fri Jan 16-Mar 6 3:45pm-5:45pm

Watercolours – Beginner (13 to 17 years)

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

WMRC 8/\$105.04

87343 Mon Jan 12-Mar 9 4:15pm-6:15pm

Youth Art Fusion (13 to 17 years)

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

WMRC 9/\$74.25

87388 Wed Jan 14-Mar 11 6:00pm-7:00pm

FITNESS AND WELLNESS

Dance Mixx – All Levels (13 to 17 years)

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

WMRC 10/\$100.00

86363 Thu Jan 15-Mar 26 6:00pm-7:00pm

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 9/\$90.00

87494 Fri Jan 16-Mar 13 7:15pm-8:45pm



Adult Programs



ART AND SCIENCE

3D Love in Layers Sign Workshop

Join Crafty Crystal for a 'Valentine's Day' inspired sign painting workshop where you'll paint and assemble a personalized beautiful, layered laser cut sign. No experience needed, just bring your creativity and we'll guide you step by step. Leave with a stunning piece of layered art, perfect for your home or as a heartfelt gift!

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

87328 Wed Feb 11 6:00pm-8:00pm

3D Winter Sign Workshop

Join Crafty Crystal for a cozy winter sign workshop. Paint your own layered laser cut wooden sign with a winter inspired design. Bring your creativity and leave with a stunning handmade décor piece to

brighten your home this winter! At registration, please select your choice of winter sign.

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

87324 Wed Jan 7 6:00pm-8:00pm

Artshine Creative Painting

Discover the joy of painting in a relaxed and welcoming environment. This class is a chance to unwind, meet others and enjoy a creative outlet while discovering the artist within. Our instructor will guide you step by step, making it easy to follow along and enjoy the process. Participants will explore both watercolor and acrylic painting while creating artwork that reflects their own style. No experience required, all supplies are included. Offered in cooperation with Artshine.

RIM 8/\$140.00 55+/\$105.04

87495 Mon Jan 12-Mar 9 2:00pm-3:30pm

Bunny Workshop

It's an evening of creativity! Together we will paint, sand, stencil and decorate charming wooden bunnies—perfect for displaying indoors or on your front porch. No experience necessary. Bunny is approximately 2.25 – 2.5 feet tall.

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

87332 Wed Apr 1 6:00pm-8:00pm

Crochet – Beginner

Crochet is a relaxing, uplifting and creative activity that requires few supplies and can be enjoyed by people of all ages. Crochet for beginners is a course for anyone who wishes to start learning or is aiming to improve their skills. No previous experience is required. You will learn basic stitches first and work on your own project or chose to try one of the projects suggested by the instructor. Join us for great relaxation, creativity and fun! You will finish with one or more lovely handmade items to keep or give away as a gift.

WMRC 8/\$140.00 55+/\$105.04

87230 Mon Jan 12-Mar 9 1:00pm-3:00pm

Crochet – Projects

If you are comfortable with basic crocheting, it is time to further your skill set! Join us to work on the project of your choice and grow your crocheting skills. Please bring your own project supplies. Many ideas and printed patterns using various stitches will be provided. You will finish with one or more lovely handmade items to keep or give away as gifts.

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

87231 Tue Jan 13-Mar 10 10:00am-12:00pm

Doormat Painting Workshop – large mat

Add personality to your porch with a custom doormat you'll love to show off! Choose from more than 30 playful, stylish stencil designs to create a one-of-a-kind welcome mat. Upon registration, please select your choice of stencil (view choices in course description on ActiveWaterloo). The large coir doormat measures 3 ft. x 2 ft.

WMRC 1/\$85.00 \$55+/\$63.75

87330 Wed Mar 11 6:00pm-8:00pm

Doormat Painting Workshop – small mat

Add personality to your porch with a custom doormat you'll love to show off! Choose from more than 30 playful, stylish stencil designs to create a one-of-a-kind welcome mat. Upon registration, please select your choice of stencil (view choices in course description on ActiveWaterloo). The small coir doormat measures 2 ft. x 16 in.

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

87329 Wed Mar 11 6:00pm-8:00pm

Family Name Sign Workshop

Join Crafty Crystal for a hands-on 3D family name sign workshop where you'll create a personal piece for your home. We'll guide you step by step as you paint, stain, stencil, assemble and glue your custom sign. No experience needed - just come ready to craft, create, and take home a one-of-a-kind keepsake!

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

87331 Wed Feb 25 6:00pm-8:00pm

Introduction to Drawing

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

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

87344 Tue Jan 13-Mar 17 2:00pm-4:00pm

Multimedia Sampler

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

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

87357 Fri Jan 16-Mar 20 1:30pm-3:30pm

Spring Flowers in Watercolour

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

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

87220 Thu Mar 5-Apr 2 6:30pm-8:30pm

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 10/\$175.00 55+/\$131.30

87341 Mon Jan 12-Mar 23 2:00pm-4:00pm

Watercolours – Intermediate

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

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

87351 Wed Jan 14-Mar 18 2:00pm-4:00pm

87353 Wed Jan 14-Mar 18 4:15pm-6:15pm

Winter Scenes in Watercolour

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

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

87202 Thu Feb 5-Feb 26 6:30pm-8:30pm



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

86339	Wed	Jan 7	12:00pm-12:50pm
86407	Mon	Jan 19	12:00pm-12:50pm
86340	Wed	Feb 4	12:00pm-12:50pm
86408	Wed	Feb 25	12:00pm-12:50pm
86341	Mon	Mar 2	12:00pm-12:50pm
86342	Wed	Mar 25	12:00pm-12:50pm
86344	Wed	Apr 1	12:00pm-12:50pm
86345	Wed	Apr 15	12:00pm-12:50pm

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

86331	Tue	Jan 13	12:00pm-12:50pm
86332	Thu	Jan 29	4:45pm-5:35pm
86333	Tue	Feb 10	12:00pm-12:50pm
86334	Thu	Feb 26	4:45pm-5:35pm
86335	Tue	Mar 10	12:00pm-12:50pm
86336	Thu	Mar 26	4:45pm-5:35pm
86337	Tue	Apr 7	12:00pm-12:50pm
86338	Thu	Apr 30	4:45pm-5:35pm

FITNESS AND WELLNESS

Fitness Levels

ALL LEVELS

Individuals of all abilities are welcome to join; participants can adjust how they move in a class based on their experience.

BEGINNER

For individuals who are less experienced or brand new; the class environment allows for learning and development.

INTERMEDIATE

For individuals with some experience that have developed an understanding of what is expected while participating. The content of the program will be designed to challenge and improve participant skills.

ADVANCED

For individuals who have consistently participated in previous sessions/classes and have a clear understanding of the goals they want to achieve.

55+ Slo Pitch – Competitive

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

RIM 15/\$80.40

86521	Tue	Jan 6-Apr 21	12:00pm-1:50pm
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55+ Slo Pitch – Recreational

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

RIM 12/\$64.32

86520	Mon	Jan 5-Apr 20	10:00am-11:50am
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RIM 15/\$80.40

86522	Wed	Jan 7-Apr 22	10:00am-11:50am
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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 11/\$82.50

86343	Mon	Jan 5-Mar 23	9:15am-10:15am
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WMRC 12/\$90.00

86346	Tue	Jan 6-Mar 24	6:15pm-7:15pm
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86347	Thu	Jan 8-Mar 26	6:15pm-7:15pm
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86348	Fri	Jan 9-Mar 27	9:15am-10:15am
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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!

WMRC Swimplex 8/\$92.16

87377	Sat	Jan 10-Mar 7	1:30pm-2:15pm
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WMRC Swimplex 9/\$103.68

87376	Wed	Jan 14-Mar 11	10:00am-10:45am
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87378	Sun	Jan 11-Mar 8	9:15pm-10:00pm
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Balance Workshop – All Levels

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

Instructor: Jessica

WMRC 1/\$23.00 55+/\$17.25

86349	Sat	Jan 24	9:00am-11:00am
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Barre – All Levels

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

Instructor: Julie

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

86350	Sat	Jan 10-Mar 28	9:15am-10:15am
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Bollywood – All Levels

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

Instructor: Delisha

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

86351 Mon Jan 5-Mar 23 7:00pm-8:00pm

Boot Camp

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

Instructor: Kurtis

WMRC 11/\$94.93 55+/\$71.20

86353 Mon Jan 5-Mar 23 7:00am-7:45am

WMRC 12/\$103.56 55+/\$77.67

86352 Thu Jan 8-Mar 26 7:00am-7:45am

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 11/\$126.50 55+/\$94.88

86355 Tue Jan 6-Mar 24 5:00pm-6:00pm

Boxfit – Women Only

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

Instructor: Melanie

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

86354 Mon Jan 5-Mar 23 2:30pm-3:30pm

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 11/\$82.50

86357 Wed Jan 7-Mar 25 9:15am-10:15am

86358 Wed Jan 7-Mar 25 10:30am-11:30am

Cardio Dance – All Levels

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

Instructor: Brigitte

WMRC 11/\$110.00 55+/\$82.50

86359 Fri Jan 9-Mar 27 9:30am-10:30am

Cardio Dance to the Oldies – All Levels

This class is for those who are looking to have fun and work up a sweat with songs from the 50's & 60's. This fun dance fitness class is a full body aerobic workout that is less intense; no dance experienced required. Beginners always welcome.

Instructor: Brigitte

WMRC 11/\$110.00 55+/\$82.50

86360	Tue	Jan 6-Mar 24	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 12/\$90.00 55+/\$67.50

86361	Fri	Jan 9-Mar 27	12:15pm-1:00pm
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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 12/\$138.00 55+/\$103.50

86362	Tue	Jan 6-Mar 24	7:30pm-8:30pm
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Dance Mixx – All Levels

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

Instructor: Taylor

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

86364	Thu	Jan 8-Mar 26	7:30pm-8:30pm
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Deep Waterfit with Equipment (16+)

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

WMRC Swimplex 9/\$75.06

87374	Tue	Jan 13-Mar 10	10:00am-11:00am
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87375	Thu	Jan 15-Mar 12	10:00am-11:00am
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Everybody Dance Now – Women Only – All Levels

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

Instructor: Julie

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

86368	Sat	Jan 10-Mar 28	10:30am-11:30am
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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 11/\$82.50

86365	Mon	Jan 5-Mar 23	10:30am-11:30am
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WMRC 12/\$90.00

86366	Tue	Jan 6-Mar 24	9:15am-10:15am
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86367	Fri	Jan 9-Mar 27	10:30am-11:30am
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Fitness Kickboxing

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

Instructor: Kurtis

AMCC 11/\$94.93 55+/\$71.20

86394	Mon	Jan 5-Mar 23	6:15pm-7:00pm
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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

AMCC 11/\$94.88

86372	Mon	Jan 5-Mar 23	1:00pm-2:00pm
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WMRC 10/\$86.25

86371	Mon	Jan 5-Mar 23	9:15am-10:15am
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WMRC 12/\$103.50

86373	Wed	Jan 7-Mar 25	1:00pm-2:00pm
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Gentle Core and Balance – All Levels (55+)

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

Instructor: Leslie

WMRC 11/\$82.50

86375	Thu	Jan 8-Mar 26	1:30pm-2:30pm
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WMRC 12/\$90.00

86374	Tue	Jan 6-Mar 24	10:30am-11:30am
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Gentle Core and Balance – All Levels (55+) – Online

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

Instructor: Leslie

Zoom 11/\$82.50

86376	Thu	Jan 8-Mar 26	1:30pm-2:30pm
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Indoor Artificial Turf Box Cricket

This indoor artificial turf program is designed for intermediate to lightly experienced community cricket players looking for fun, off-season recreational play. With knowledgeable on-site staff, games follow a box cricket format with up to 48 players divided into six groups of eight, rotating weekly across three fields. Participants will enjoy batting, bowling and fielding opportunities to keep their skills sharp through the winter season. Wickets, bats, and indoor weighted tennis balls are provided. For details on game structure and activity outlines, email carl@waterloo.ca.

RIM 7/\$76.93

86526 Fri Feb 13-Mar 27 7:30pm-8:50pm

RIM 10/\$109.90

86523 Sat Jan 24-Mar 28 9:00pm-10:20pm

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 11/\$126.50 55+/\$94.88

86377 Tue Jan 6-Mar 24 7:15pm-8:15pm

Modern Line Dance – Beginner – Level 1

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

Instructor: Maggie

WMRC 12/\$120.00 55+/\$90.00

86399 Thu Jan 8-Mar 26 9:30am-10:30am

Modern Line Dance – Beginner – Level 2

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

Instructor: Maggie

WMRC 12/\$120.00 55+/\$90.00

86400 Thu Jan 8-Mar 26 10:45am-11:45am

Modern Line Dance – Beginner – Level 3

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

Instructor: Maggie

WMRC 11/\$110.00 55+/\$82.50

86401 Mon Jan 5-Mar 23 9:30am-10:30am

WMRC 12/\$120.00 55+/\$90.00

86402 Thu Jan 8-Mar 26 12:00pm-1:00pm

Modern Line Dance – Dance Class Review

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

Instructor: Maggie

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

86396 Tue Jan 27 1:30pm-3:30pm

86397 Tue Feb 24 1:30pm-3:30pm

86398 Tue Mar 24 1:30pm-3:30pm

Modern Line Dance – Intermediate

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

Instructor: Maggie

WMRC 11/\$110.00 55+/\$82.50

86403	Mon	Jan 5-Mar 23	10:45am-11:45am
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Mommy and Me Fitness – All Levels

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

Instructor: Talia

WMRC 11/\$94.93 55+/\$71.20

86518	Tue	Jan 6-Mar 24	5:15pm-6:00pm
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Instructor: Kurtis

WMRC 12/\$103.56 55+/\$77.67

86517	Wed	Jan 7-Mar 25	2:15pm-3:00pm
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Parent and Baby Waterfit (3 months to 3 years)

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

your child for this 45 minute shallow water fit program.

WMRC Swimplex 9/\$75.06

86749	Tue	Jan 13-Mar 10	10:30am-11:15am
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86750	Thu	Jan 15-Mar 12	9:30am-10:15am
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Pickleball – Beginner/Novice

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

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

86519	Mon	Jan 5-Mar 30	12:00pm-1:50pm
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Pilates – All Levels

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

Instructor: Allyson

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

86563	Mon	Jan 5-Mar 23	6:15pm-7:15pm
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Instructor: Colleen

RIM 9/\$103.50 55+/\$77.63

86561	Mon	Jan 5-Mar 23	7:00pm-8:00pm
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Instructor: Jessica

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

86562	Tue	Jan 6-Mar 24	6:00pm-7:00pm
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WMRC 11/\$126.50 55+/\$94.88

86558 Mon Jan 5-Mar 23 5:15pm-6:15pm

Pilates – All Levels (55+)

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

Instructor: Colleen**WMRC 9/\$77.63**

86560 Fri Jan 9-Mar 27 9:00am-10:00am

Pilates – Beginner

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

Instructor: Colleen**AMCC 9/\$103.50 55+/\$77.63**

86565 Fri Jan 9-Mar 27 10:45am-11:45am

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

86564 Wed Jan 7-Mar 25 5:00pm-6:00pm

Instructor: Jessica**WMRC 11/\$126.50 55+/\$94.88**

86559 Mon Jan 5-Mar 23 6:30pm-7:30pm

Pilates – Intermediate

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

Instructor: Colleen**WMRC 11/\$126.50 55+/\$94.88**

86566 Wed Jan 7-Mar 25 6:15pm-7:15pm

Pre/Postnatal Waterfit (16+)

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

WMRC Swimplex 9/\$112.95

87368 Sun Jan 11-Mar 8 7:15pm-8:00pm

Qigong – Gentle – All Levels

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

Instructor: Eileen**WMRC 10/\$100.00 55+/\$75.00**

86567 Mon Jan 5-Mar 23 11:00am-12:00pm

WMRC 11/\$110.00 55+/\$82.50

86568 Thu Jan 8-Mar 26 9:15am-10:15am

Qigong – Gentle – All Levels – Online

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

Instructor: Eileen**Zoom 11/\$110.00 55+/\$82.50**

86569 Thu Jan 8-Mar 26 9:15am-10:15am

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

86649 Thu Jan 8-Mar 26 5:45pm-6:45pm

86570 Fri Jan 9-Mar 27 10:15am-11:15am

Senior Water Fitness (55+)

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

WMRC Swimplex 9/\$75.06

87371 Tue Jan 13-Mar 10 8:45am-9:45am

87372 Thu Jan 15-Mar 12 8:45am-9:45am

Shallow Waterfit with Equipment (16+)

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

WMRC Swimplex 8/\$66.72

87366 Mon Jan 12-Mar 9 11:15am-12:15pm

WMRC Swimplex 9/\$75.06

87367 Wed Jan 14-Mar 11 8:50am-9:50am

Shape Up – Weightlifting – All Levels

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

Instructor: Kurtis**AMCC 11/\$94.93 55+/\$71.20**

86575 Mon Jan 5-Mar 23 12:00pm-12:45pm

Instructor: Kurtis**WMRC 11/\$126.50 55+/\$94.88**

86571 Mon Jan 5-Mar 23 8:00am-9:00am

WMRC 12/\$103.56 55+/\$77.67

86572 Wed Jan 7-Mar 25 12:00pm-12:45pm

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

86573 Wed Jan 7-Mar 25 7:30pm-8:30pm

86574 Thu Jan 8-Mar 26 8:00am-9:00am

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 11/\$126.50 55+/\$94.88

86576 Fri Jan 9-Mar 27 10:45am-11:45am

Tabata – Beginner

Tabata is a training program with timed intervals and short recovery times. The exercises are low impact, require no jumping and use your own resistance. Light weights and resistance bands are gradually introduced. The workouts are designed to give you a total body workout, with a warm up and cool down stretch. Each exercise is performed for 30 seconds with a 20 second rest in between. You can do anything for just 30 seconds!

Instructor: Debbie

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

86578 Sat Jan 10-Mar 28 9:30am-10:30am

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

86577 Wed Jan 7-Mar 25 5:30pm-6:30pm

Tai Chi – Gentle – All Levels

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

Instructor: Eileen

WMRC 10/\$100.00 55+/\$75.00

86579 Mon Jan 5-Mar 23 9:45am-10:45am

Tap Dance – All Levels

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

Instructor: Jett

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

86580 Tue Jan 13-Mar 24 7:00pm-8:00pm

Wu Style Tai Chi – Advanced

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

Instructor: Stephen

WMRC 10/\$100.00 55+/\$75.00

86581 Mon Jan 5-Mar 23 1:30pm-2:30pm

Wu Style Tai Chi – Beginner

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

Instructor: Stephen

WMRC 10/\$100.00 55+/\$75.00

86582 Mon Jan 5-Mar 23 2:45pm-3:45pm

WMRC 11/\$110.00 55+/\$82.50

86583 Tue Jan 6-Mar 24 6:15pm-7:15pm

Wu Style Tai Chi – Intermediate

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

Instructor: Stephen**WMRC 10/\$100.00 55+/\$75.00**

86584 Mon Jan 5-Mar 23 4:00pm-5:00pm

WMRC 11/\$110.00 55+/\$82.50

86585 Tue Jan 6-Mar 24 7:30pm-8:30pm

Yoga – Chair

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

Instructor: Joanne**WMRC 10/\$115.00 55+/\$86.25**

86586 Mon Jan 5-Mar 23 11:45am-12:45pm

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

86587 Thu Jan 8-Mar 26 9:15am-10:15am

Yoga – Chair – Slow and Mindful – All Levels

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

Instructor: Liz**RIM 11/\$126.50 55+/\$94.88**

86589 Wed Jan 7-Mar 25 10:45am-11:45am

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

86588 Tue Jan 6-Mar 24 10:00am-11:00am

Yoga – Flow – All Levels

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

Instructor: Allyson**WMRC 10/\$115.00 55+/\$86.25**

86592 Mon Jan 5-Mar 23 7:30pm-8:30pm

Instructor: Ana**WMRC 11/\$126.50 55+/\$94.88**

86590 Wed Jan 7-Mar 25 7:30pm-8:30pm

Instructor: Nimira**WMRC 12/\$138.00 55+/\$103.50**

86591 Thu Jan 8-Mar 26 9:15am-10:15am

Yoga – For Stiff Bodies – All Levels

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

Instructor: Joanne**WMRC 10/\$115.00 55+/\$86.25**

86593 Mon Jan 5-Mar 23 5:45pm-6:45pm

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

86594 Wed Jan 7-Mar 25 9:15am-10:15am

Yoga – Gentle Start – Beginner

New to yoga or want to refresh the basics? In this 4-week series, you'll explore foundational postures, safe alignment, breathing techniques, and simple sequences in a supportive, judgment-free space. Learn how to adapt poses for your body, reduce stress, and build confidence on your mat. No

flexibility or experience required — come as you are! By the end, you'll feel ready for group classes or a home practice.

Instructor: Liz

WMRC 4/\$69.00 55+/\$51.75

86666 Sat Jan 17-Feb 7 10:00am-11:30am

Yoga – Hatha – All Levels

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

Instructor: Joanne

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

86595 Mon Jan 5-Mar 23 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 11/\$126.50 55+/\$94.88

86645 Thu Jan 8-Mar 26 7:00pm-8:00pm

Yoga – Mindful Mobility – All Levels

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

Instructor: Joanne

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

86647 Thu Jan 8-Mar 26 10:30am-11:30am

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

86646 Wed Jan 7-Mar 25 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 11/\$126.50 55+/\$94.88

86648 Mon Jan 5-Mar 23 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: Liz

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

86652 Wed Jan 7-Mar 25 9:30am-10:30am

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

86651 Tue Jan 6-Mar 24 11:15am-12:15pm

Instructor: Nimira

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

86653	Tue	Jan 6-Mar 24	12:00pm-1:00pm
WMRC 10/\$115.00 55+/\$86.25			
86650	Mon	Jan 5-Mar 23	10:30am-11:30am
WMRC 11/\$126.50 55+/\$94.88			
86654	Thu	Jan 8-Mar 26	10:30am-11:30am

Yoga – Slow and Mindful – All Levels – Online

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

Instructor: Nimira

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

86655	Thu	Jan 8-Mar 26	10:30am-11:30am
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Yoga – Yang Yin – All Levels

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

Instructor: Allyson

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

86656	Thu	Jan 8-Mar 26	7:15pm-8:15pm
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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 10/\$100.00 55+/\$75.00

86677	Tue	Jan 6-Mar 24	6:00pm-7:00pm
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WMRC 12/\$120.00 55+/\$90.00

86689	Thu	Jan 8-Mar 26	6:00pm-7:00pm
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Zumba – Senato

This class is a high-energy, low-impact workout that combines the infectious rhythms of Zumba dance with the strengthening benefits of resistance training (using a chair). This class focuses on toning and sculpting your core and upper/lower body while keeping your heart rate up with fun, dance-inspired moves. Meant for all fitness levels, Zumba Sentao offers a dynamic way to build strength, improve balance, and boost your endurance—all while having a blast!

Instructor: Gail

WMRC 11/\$110.00 55+/\$82.50

86713	Wed	Jan 7-Mar 25	9:30am-10:30am
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86721	Wed	Jan 7-Mar 25	7:00pm-8:00pm
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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 11/\$110.00 55+/\$82.50

86696	Tue	Jan 6-Mar 24	10:45am-11:45am
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WMRC 12/\$120.00 55+/\$90.00

86702	Thu	Jan 8-Mar 26	10:30am-11:30am
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SPECIAL INTEREST

Age Friendly Tech – Beginner (55+)

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

WMRC 6/\$0.00

87334	Fri	Jan 9-Feb 13	10:00am-11:30am
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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

87337	Fri	Feb 20-Mar 27	10:00am-11:30am
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Sewing – Apron Workshop

In this beginner friendly workshop, participants will learn to use a sewing pattern to create a modern apron with an adjustable neck strap, waist pocket and towel loop - perfect for those looking to sew something both functional and stylish! Supplies are not included; a supplies list will be emailed after registration.

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

87491	Sat	Jan 31	9:00am-12:00pm
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87492	Sat	Feb 28	9:00am-12:00pm
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Sewing – Beginner

This class will cover both hand and machine sewing. Learn the basics of hand and machine-sewing from threading a needle to loading a bobbin. Participants

will make a hand-sewn potholder using a variety of stitches and a machine-sewn tote bag. No experience or supplies needed.

WMRC 8/\$140.00 55+/\$105.04

87396	Mon	Jan 12-Mar 9	1:00pm-3:00pm
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WMRC 10/\$175.00 55+/\$131.30

87389	Thu	Jan 8-Mar 12	1:00pm-3:00pm
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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/\$25.00 55+/\$18.75

87488	Sat	Jan 17	10:00am-12:00pm
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87489	Sat	Mar 21	10:00am-12:00pm
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87490	Sat	Apr 11	10:00am-12:00pm
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Sewing – Intermediate

This intermediate sewing course builds on foundational skills and is ideal for those comfortable with a sewing machine and ready to take on more complex projects. Participants will learn techniques such as inserting zippers, adding linings and creating professional finishes. The class project is a boxy zippered bag—perfect for organizing toiletries or use as a stylish accessory. Zippers will be provided; please see receipt note for additional supplies to purchase for your project.

WMRC 8/\$140.00 55+/\$105.04

87417	Mon	Jan 12-Mar 9	3:30pm-5:30pm
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WMRC 10/\$175.00 55+/\$131.30

87404	Thu	Jan 8-Mar 12	3:30pm-5:30pm
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Sugar Cookie Decorating

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

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

WMRC 1/\$46.505 55+/\$34.87

87498	Wed Jan 21	7:00pm-9:00pm	Beary Love
87500	Wed Feb 18	7:00pm-9:00pm	Mmm... Desserts
87501	Wed Mar 4	7:00pm-9:00pm	Happy Groovy Days!
87502	Wed Mar 25	7:00pm-9:00pm	Spring Rabbit Puzzle

Ukulele for Adults

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

WMRC 7/\$140.00 55+/\$105.00

87515	Tue	Jan 20-Mar 10	6:00pm-6:50pm
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Ukulele for Adults – Level 2

Continue along your ukulele skill-building journey! Experienced ukulele players can continue learning new songs and more challenging chords. Students should have a basic understanding of playing (minimum) 2-3 chords on the ukulele. We play favorite tunes from the 1940's – 1990's. Ukuleles are available for purchase or weekly rental or bring your own from home. Each participant will receive a song book to keep.

WMRC 7/\$140.00 55+/\$105.00

87516	Tue	Jan 20-Mar 10	7:00pm-7:50pm
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CARL



CARL

community adult recreation leagues

Community Adult Recreation Leagues

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

Winter league play begins in January – sign up by **December 16**.

Winter leagues now registering:

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

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

Note: Spring/summer registration opens February 13, 2026.

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
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Fitness

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

Adult \$14.70 Youth/55+ \$11.00

Learn, Create, Play (0 to 5 years)

With a caregiver, children enjoy 20 minutes of craft time, 20 minutes of games, and 20 minutes of story time. Offered in cooperation with Waterloo Public Library. For schedule and information visit calendar.wpl.ca/events.

AMCC No charge

Thu 10:30-11:30am

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

Pickleball

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

Adult \$6.10 Youth/55+ \$4.55

PickupHub

PickupHub helps you enjoy sports on a game-by-game basis without the commitment of a league. Reserve your spot on a team, then just show up and play.

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

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

Skating

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

**Child/Youth/55+ \$5.10
Adult \$6.80
Family (up to four people) \$15.35**

Swimming

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

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

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

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

Table Tennis

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

Adult \$6.10

Youth/55+ \$4.55

Family (up to four people) \$15.35

Walking for Health

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

CONESTOGA MALL

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

OUTDOOR TRAIL SYSTEM

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

RIM PARK MANULIFE SPORTSPLEX

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

WATERLOO MEMORIAL RECREATION COMPLEX

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

ADULT LEISURE

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

Appliqué the Afternoon Away

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

WMRC Pavilion \$2.25

3rd Wed 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
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Bridge – Recreational

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

WMRC Pavilion \$2.25

Tue	1:00-4:00pm
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Creative Crafters

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

WMRC Pavilion No charge

Wed	9:00-11:30am
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Crokinole

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

WMRC Pavilion \$2.25

Thu	6:30-9:30pm	Biweekly
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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	Jan 14	8:40am-12:40pm
Wed	Feb 11	8:40am-12:40pm
Wed	Mar 11	8:40am-12:40pm
Wed	Apr 8	8:40am-12:40pm
Wed	May 13	8:40am-12:40pm
Wed	Jun 10	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	Dec 17	9:00am-12:00pm
Wed	Jan 21	9:00am-12:00pm
Wed	Feb 18	9:00am-12:00pm
Wed	Mar 18	9:00am-12:00pm
Wed	Apr 15	9:00am-12:00pm
Wed	May 20	9:00am-12:00pm
Wed	Jun 17	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 kwasexecutive@gmail.com or visit www.kwasclub.ca for more information. Program runs September to June.

WMRC Pavilion

1st Tue 7:30pm
of month

Kitchener-Waterloo Philatelic Society

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

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

Old Salts Seniors Canoe Club

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

Trips are planned with the skill levels of members in mind. Most trips are within an hour of Kitchener-Waterloo, however some trips may be farther away to offer members new experiences and challenges. In addition to weekly paddling events, we also offer social activities such as hiking, mini-golf, bowling, and year-end regatta. This is a great club to meet new friends and stay active! Visit oldsaltsclub.com or email info@oldsaltsclub.com for membership information.

Various locations

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

Owl's Nest Woodcarvers

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

WMRC Pavilion

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

Leadership Programs



NEW!

Verification of Identity Policy

Effective Jan. 1, 2026, the Lifesaving Society of Ontario will implement a Verification of Identity Policy. Affiliates, including the City of Waterloo, will require all candidates registering for leadership courses (Bronze Star and above) and recertifications to present valid, government-issued photo identification on the first day of the course as proof of identity.

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 current
- Include your name, date of birth and a photo
- Be an original document issued by a federal, provincial, territorial or state government authority, or the equivalent abroad

This **may include the following:**

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

FIRST AID

LSS Standard First Aid and CPR C (13+)

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

Course fee: \$130.40/Extra fees: \$58.05
WMRC

81344	Sat/Sun	Dec 20/21	11:00am-7:30pm
81345	Sat/Sun	Jan 3/4	9:00am-5:30pm
87646	Sat/Sun	Jan 31/Feb 1	8:30am-5:30pm
87647	Sat/Sun	Feb 28/Mar 1	11:00am-8:00pm
87648	Tue/Thu	Mar 17/19	11:00am-8:00pm
87649	Sat/Sun	Mar 28/29	9:00am-6:00pm



SWIM LEADERSHIP

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

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

Course fee: \$107.32/Extra fees: \$25.00
WMRC

87654	Sun	Jan 11-Mar 8	6:15pm-8:15pm
87652	Mon	Jan 12-Mar 9	3:45pm-6:00pm
87653	Fri	Jan 16-Mar 13	5:00pm-7:00pm

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

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

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

87635	Sat	Jan 10-Mar 7	3:30pm-6:30pm
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Exam date: Mar 14 at 4:30pm**87633 Tue Jan 13-Mar 3 4:00pm-7:00pm****Exam date: Mar 10 at 4:00pm****87634 Wed Jan 14-Mar 4 4:00pm-7:00pm****Exam date: Mar 11 at 4:00pm**

Bronze Cross & CPR C (13+)

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

Course fee: \$161.56/Extra fees: \$60.80**WMRC****87637 Sat Jan 10-Mar 7 3:30pm-6:30pm****Exam date: Mar 14 at 4:30pm****87638 Sun Jan 11-Mar 1 6:00pm-9:00pm****Exam date: Mar 15 at 6:00pm****87636 Thu Jan 15-Mar 5 4:00pm-7:00pm****Exam date: Mar 12 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: \$20.75**WMRC****87639 Mon Jan 12-Mar 9 6:00pm-9:00pm**

LSS Instructors and Swim Instructors Course (15+)

The last step in becoming a fully certified swimming instructor with the ability to be employed by the City of Waterloo! Learn to instruct the LSS program from parent and tot up to the leadership program including Bronze Medallion and Cross. Entry requirements: Current Bronze Cross or NL award within 2 years. Assistant Instructors Course would be considered an asset. Must be 15 years of age by the first day of the course.

Course fee: \$235.41/Extra fees: \$201.00**WMRC****87641 Th-Su Jan 15-Jan 25 6:00pm-10:00pm
10:00am-7:00pm****87642 M-F Mar 16-Mar 20 9:00am-7:00pm**

National Lifeguard (15+)

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

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

WMRC

87644	Sun	Jan 11-Feb 8	12:00pm-9:00pm
87645	Sun	Feb 22-Mar 22	12:00pm-9:00pm
87643	M-F	Mar 16-Mar 20	11:00am-8:00pm

Skills Screening Preview (15+)

Interested in becoming an Instructor/Guard with the City of Waterloo? Join this interactive session to practise some of the skills used in the city's screening for new hires. You'll get the chance to try them in the water and receive helpful feedback. Prerequisites: must be 15 years of age and have completed National Lifeguard and Standard First Aid/CPR C. Participants should also be planning to take their LSS Instructors and Swim Instructors courses. This session is a great way to prepare for joining one of the most dynamic aquatic teams in the region!

Course fee: \$32.90

WMRC

87657	Wed	Feb 4	4:30pm-6:00pm
87658	Sun	Mar 1	11:30am-1:00pm

LSS Examiners Standard Course (17+)

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

Course fee: \$61.59/Extra fees: \$66.00

WMRC

87640	Sat	Feb 14	8:30am-3:00pm
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RECERTIFICATIONS

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

LSS Standard First Aid and CPR C provide comprehensive training and cover in-depth understanding of legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burn and medical emergencies. This course is approved by the Workplace Safety and Insurance Board. Book: First Aid Student Manual (please bring with you). Please note: Standard First Aid holders may recertify Lifesaving Society SFA certification just once in a Lifesaving Society SFA recertification course. To renew SFA certifications subsequently, award holders must repeat the full SFA course. Thereafter, individuals may renew by alternating recertification's and original course. Holders of SFA certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency. 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 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: \$41.05
WMRC

87650	Sun	Jan 25	9:00am-5:30pm
87651	Sun	Mar 29	9:00am-5:30pm

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: \$44.00
WMRC

87655	Sun	Mar 15	11:00am-4:00pm
87656	Sat	Mar 21	8:00am-1:00pm



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.safetytreecanada.com.

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

87519	Fri	Jan 16	9:00am-4:00pm
87520	Sat	Feb 28	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

87521	Fri	Jan 16	9:00am-4:00pm
87522	Sat	Feb 28	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 our group swim lessons, please contact the Inclusion Services Coordinator up to 3 weeks in advance 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.
- Visitors may view lessons from the upper pool gallery. No spectators are permitted on the pool deck.
- Note the Feedback Day listed with the lesson session dates (lesson 5). 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.
- Ensure you are registering your child in the correct level so there is no disappointment at the start of lessons.
- The conversion chart is a guideline only. If you are coming from a different swim lesson program, we encourage you to book a free swim lesson evaluation with an Aquatic Specialist by calling 519-886-1177 ext. 27282 or ext. 27375.

Reminder

Swim lessons are cancelled **January 24 and February 16.**

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.

WMRC Swimplex 8/\$75.28

86529	Mon	Jan 12-Mar 9	8:45am-9:15am
86530	Mon	Jan 12-Mar 9	4:00pm-4:30pm
86531	Mon	Jan 12-Mar 9	5:00pm-5:30pm
86543	Sat	Jan 10-Mar 7	7:00am-7:30am
86544	Sat	Jan 10-Mar 7	9:30am-10:00am
86545	Sat	Jan 10-Mar 7	12:00pm-12:30pm
86546	Sat	Jan 10-Mar 7	5:15pm-5:45pm

WMRC Swimplex 9/\$84.69

86532	Tue	Jan 13-Mar 10	10:15am-10:45am
86533	Tue	Jan 13-Mar 10	3:00pm-3:30pm
86534	Tue	Jan 13-Mar 10	5:00pm-5:30pm
86535	Wed	Jan 14-Mar 11	8:00am-8:30am
86536	Wed	Jan 14-Mar 11	5:00pm-5:30pm
86537	Thu	Jan 15-Mar 12	8:45am-9:15am
86538	Thu	Jan 15-Mar 12	10:00am-10:30am
86539	Thu	Jan 15-Mar 12	3:00pm-3:30pm
86540	Thu	Jan 15-Mar 12	6:00pm-6:30pm

86541	Fri	Jan 16-Mar 13	9:15am-9:45am
86542	Fri	Jan 16-Mar 13	5:00pm-5:30pm
86547	Sun	Jan 11-Mar 8	11:30am-12:00pm
86548	Sun	Jan 11-Mar 8	3:00pm-3:30pm
86549	Sun	Jan 11-Mar 8	4:30pm-5:00pm

Parent and Tot 2 (12 to 24 months)

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

WMRC Swimplex 8/\$75.28

86596	Mon	Jan 12-Mar 9	2:30pm-3:00pm
86597	Mon	Jan 12-Mar 9	5:30pm-6:00pm
86598	Mon	Jan 12-Mar 9	6:30pm-7:00pm
86608	Sat	Jan 10-Mar 7	8:00am-8:30am
86609	Sat	Jan 10-Mar 7	9:00am-9:30am
86610	Sat	Jan 10-Mar 7	10:30am-11:00am
86611	Sat	Jan 10-Mar 7	5:45pm-6:15pm

WMRC Swimplex 9/\$84.69

86599	Tue	Jan 13-Mar 10	8:45am-9:15am
86600	Tue	Jan 13-Mar 10	5:30pm-6:00pm
86601	Tue	Jan 13-Mar 10	7:00pm-7:30pm
86602	Wed	Jan 14-Mar 11	4:00pm-4:30pm
86603	Wed	Jan 14-Mar 11	5:30pm-6:00pm
86604	Thu	Jan 15-Mar 12	11:30am-12:00pm
86605	Thu	Jan 15-Mar 12	5:00pm-5:30pm
86606	Fri	Jan 16-Mar 13	8:45am-9:15am
86607	Fri	Jan 16-Mar 13	6:00pm-6:30pm

86612	Sun	Jan 11-Mar 8	12:00pm-12:30pm
86613	Sun	Jan 11-Mar 8	1:00pm-1:30pm
86614	Sun	Jan 11-Mar 8	5:00pm-5:30pm

Parent and Tot 3 (2 to 5 years)

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

WMRC Swimplex 8/\$75.28

86615	Mon	Jan 12-Mar 9	11:45am-12:15pm
86616	Mon	Jan 12-Mar 9	4:30pm-5:00pm
86617	Mon	Jan 12-Mar 9	7:00pm-7:30pm
86618	Mon	Jan 12-Mar 9	7:30pm-8:00pm
86633	Sat	Jan 10-Mar 7	7:30am-8:00am
86634	Sat	Jan 10-Mar 7	8:30am-9:00am
86635	Sat	Jan 10-Mar 7	10:00am-10:30am
86636	Sat	Jan 10-Mar 7	11:00am-11:30am
86637	Sat	Jan 10-Mar 7	11:30am-12:00pm
86638	Sat	Jan 10-Mar 7	12:30pm-1:00pm
86639	Sat	Jan 10-Mar 7	4:45pm-5:15pm
86640	Sat	Jan 10-Mar 7	6:15pm-6:45pm

WMRC Swimplex 9/\$84.69

86619	Tue	Jan 13-Mar 10	4:15pm-4:45pm
86620	Tue	Jan 13-Mar 10	6:30pm-7:00pm
86621	Tue	Jan 13-Mar 10	7:30pm-8:00pm
86622	Wed	Jan 14-Mar 11	8:45am-9:15am
86623	Wed	Jan 14-Mar 11	4:30pm-5:00pm

86624	Wed	Jan 14-Mar 11	6:30pm-7:00pm
86625	Wed	Jan 14-Mar 11	7:30pm-8:00pm
86626	Thu	Jan 15-Mar 12	4:30pm-5:00pm
86627	Thu	Jan 15-Mar 12	5:30pm-6:00pm
86629	Thu	Jan 15-Mar 12	7:00pm-7:30pm
86630	Fri	Jan 16-Mar 13	4:00pm-4:30pm
86631	Fri	Jan 16-Mar 13	5:30pm-6:00pm
86632	Fri	Jan 16-Mar 13	6:30pm-7:00pm
86641	Sun	Jan 11-Mar 8	12:30pm-1:00pm
86642	Sun	Jan 11-Mar 8	2:30pm-3:00pm
86643	Sun	Jan 11-Mar 8	4:00pm-4:30pm
86644	Sun	Jan 11-Mar 8	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.

WMRC Swimplex - swirlpool 8/\$75.28

86658	Mon	Jan 12-Mar 9	6:00pm-6:30pm
86676	Sat	Jan 10-Mar 7	7:00am-7:30am
86678	Sat	Jan 10-Mar 7	8:00am-8:30am
86680	Sat	Jan 10-Mar 7	12:00pm-12:30pm
86681	Sat	Jan 10-Mar 7	5:15pm-5:45pm
86682	Sat	Jan 10-Mar 7	6:15pm-6:45pm

WMRC Swimplex - swirlpool 9/\$84.69

86660	Tue	Jan 13-Mar 10	11:30am-12:00pm
86661	Tue	Jan 13-Mar 10	4:30pm-5:00pm

86662	Tue	Jan 13-Mar 10	6:00pm-6:30pm
86663	Tue	Jan 13-Mar 10	7:30pm-8:00pm
86664	Wed	Jan 14-Mar 11	4:00pm-4:30pm
86665	Wed	Jan 14-Mar 11	5:00pm-5:30pm
86667	Wed	Jan 14-Mar 11	6:00pm-6:30pm
86668	Wed	Jan 14-Mar 11	7:00pm-7:30pm
86669	Thu	Jan 15-Mar 12	10:00am-10:30am
86671	Thu	Jan 15-Mar 12	6:30pm-7:00pm
86672	Thu	Jan 15-Mar 12	7:30pm-8:00pm
86673	Fri	Jan 16-Mar 13	4:30pm-5:00pm
86674	Fri	Jan 16-Mar 13	5:30pm-6:00pm
86675	Fri	Jan 16-Mar 13	6:30pm-7:00pm
86683	Sun	Jan 11-Mar 8	12:00pm-12:30pm
86684	Sun	Jan 11-Mar 8	1:30pm-2:00pm
86685	Sun	Jan 11-Mar 8	3:30pm-4:00pm
86686	Sun	Jan 11-Mar 8	5:30pm-6:00pm

WMRC Swimplex - tot area 8/\$75.28

86657	Mon	Jan 12-Mar 9	4:00pm-4:30pm
86659	Mon	Jan 12-Mar 9	7:00pm-7:30pm
86679	Sat	Jan 10-Mar 7	9:00am-9:30am

WMRC Swimplex - tot area 9/\$84.69

86670	Thu	Jan 15-Mar 12	5:30pm-6:00pm
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Preschool A (3 to 5 years)

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

WMRC Swimplex - Swirlpool 8/\$75.28

86687	Mon	Jan 12-Mar 9	1:00pm-1:30pm
86688	Mon	Jan 12-Mar 9	4:00pm-4:30pm
86691	Mon	Jan 12-Mar 9	5:00pm-5:30pm
86692	Mon	Jan 12-Mar 9	5:30pm-6:00pm
86693	Mon	Jan 12-Mar 9	6:00pm-6:30pm
86694	Mon	Jan 12-Mar 9	6:30pm-7:00pm
86695	Mon	Jan 12-Mar 9	7:00pm-7:30pm
86729	Sat	Jan 10-Mar 7	7:30am-8:00am
86731	Sat	Jan 10-Mar 7	9:30am-10:00am
86733	Sat	Jan 10-Mar 7	11:00am-11:30am
86735	Sat	Jan 10-Mar 7	12:30pm-1:00pm
86736	Sat	Jan 10-Mar 7	4:45pm-5:15pm
86737	Sat	Jan 10-Mar 7	5:45pm-6:15pm

WMRC Swimplex - Swirlpool 9/\$84.69

86698	Tue	Jan 13-Mar 10	4:30pm-5:00pm
86699	Tue	Jan 13-Mar 10	5:00pm-5:30pm
86700	Tue	Jan 13-Mar 10	5:30pm-6:00pm
86701	Tue	Jan 13-Mar 10	6:00pm-6:30pm
86703	Tue	Jan 13-Mar 10	7:00pm-7:30pm
86705	Wed	Jan 14-Mar 11	9:15am-9:45am
86709	Wed	Jan 14-Mar 11	6:30pm-7:00pm
86710	Wed	Jan 14-Mar 11	7:00pm-7:30pm
86711	Wed	Jan 14-Mar 11	7:30pm-8:00pm
86714	Thu	Jan 15-Mar 12	4:30pm-5:00pm
86715	Thu	Jan 15-Mar 12	5:00pm-5:30pm
86716	Thu	Jan 15-Mar 12	5:15pm-5:45pm
86717	Thu	Jan 15-Mar 12	5:45pm-6:15pm
86718	Thu	Jan 15-Mar 12	6:30pm-7:00pm
86719	Thu	Jan 15-Mar 12	7:00pm-7:30pm
86720	Thu	Jan 15-Mar 12	7:30pm-8:00pm
86723	Fri	Jan 16-Mar 13	4:00pm-4:30pm

86724	Fri	Jan 16-Mar 13	4:30pm-5:00pm
86725	Fri	Jan 16-Mar 13	5:00pm-5:30pm
86727	Fri	Jan 16-Mar 13	6:00pm-6:30pm
86739	Sun	Jan 11-Mar 8	11:30am-12:00pm
86741	Sun	Jan 11-Mar 8	1:00pm-1:30pm
86742	Sun	Jan 11-Mar 8	2:00pm-2:30pm
86744	Sun	Jan 11-Mar 8	3:30pm-4:00pm
86745	Sun	Jan 11-Mar 8	4:00pm-4:30pm
86746	Sun	Jan 11-Mar 8	4:30pm-5:00pm
86747	Sun	Jan 11-Mar 8	5:00pm-5:30pm
86748	Sun	Jan 11-Mar 8	5:30pm-6:00pm

WMRC Swimplex - tot area 8/\$75.28

86690	Mon	Jan 12-Mar 9	4:30pm-5:00pm
86697	Mon	Jan 12-Mar 9	7:30pm-8:00pm
86730	Sat	Jan 10-Mar 7	8:30am-9:00am
86732	Sat	Jan 10-Mar 7	10:30am-11:00am
86734	Sat	Jan 10-Mar 7	12:00pm-12:30pm
86738	Sat	Jan 10-Mar 7	6:15pm-6:45pm

WMRC Swimplex - tot area 9/\$84.69

86704	Tue	Jan 13-Mar 10	7:30pm-8:00pm
86706	Wed	Jan 14-Mar 11	3:00pm-3:30pm
86707	Wed	Jan 14-Mar 11	4:30pm-5:00pm
86708	Wed	Jan 14-Mar 11	5:30pm-6:00pm
86712	Thu	Jan 15-Mar 12	3:45pm-4:15pm
86722	Fri	Jan 16-Mar 13	9:15am-9:45am
86726	Fri	Jan 16-Mar 13	5:30pm-6:00pm
86728	Fri	Jan 16-Mar 13	6:30pm-7:00pm
86740	Sun	Jan 11-Mar 8	12:30pm-1:00pm
86743	Sun	Jan 11-Mar 8	2:30pm-3:00pm

Preschool B (3 to 5 years)

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

WMRC Swimplex - tot area 8/\$75.28

86751	Mon	Jan 12-Mar 9	10:00am-10:30am
86752	Mon	Jan 12-Mar 9	1:30pm-2:00pm
86753	Mon	Jan 12-Mar 9	3:30pm-4:00pm
86754	Mon	Jan 12-Mar 9	4:30pm-5:00pm
86755	Mon	Jan 12-Mar 9	5:30pm-6:00pm
86756	Mon	Jan 12-Mar 9	6:00pm-6:30pm
86757	Mon	Jan 12-Mar 9	6:30pm-7:00pm
86758	Mon	Jan 12-Mar 9	8:00pm-8:30pm
86784	Sat	Jan 10-Mar 7	7:00am-7:30am
86785	Sat	Jan 10-Mar 7	8:00am-8:30am
86786	Sat	Jan 10-Mar 7	8:30am-9:00am
86787	Sat	Jan 10-Mar 7	9:30am-10:00am
86788	Sat	Jan 10-Mar 7	10:30am-11:00am
86789	Sat	Jan 10-Mar 7	11:00am-11:30am
86790	Sat	Jan 10-Mar 7	12:00pm-12:30pm
86791	Sat	Jan 10-Mar 7	5:15pm-5:45pm
86792	Sat	Jan 10-Mar 7	6:15pm-6:45pm

WMRC Swimplex - tot area 9/\$84.69

86759	Tue	Jan 13-Mar 10	11:30am-12:00pm
86760	Tue	Jan 13-Mar 10	4:00pm-4:30pm
86761	Tue	Jan 13-Mar 10	4:30pm-5:00pm

86762	Tue	Jan 13-Mar 10	5:30pm-6:00pm
86763	Tue	Jan 13-Mar 10	6:00pm-6:30pm
86764	Tue	Jan 13-Mar 10	6:30pm-7:00pm
86765	Tue	Jan 13-Mar 10	7:00pm-7:30pm
86766	Wed	Jan 14-Mar 11	3:30pm-4:00pm
86767	Wed	Jan 14-Mar 11	5:00pm-5:30pm
86768	Wed	Jan 14-Mar 11	6:00pm-6:30pm
86769	Wed	Jan 14-Mar 11	6:30pm-7:00pm
86770	Wed	Jan 14-Mar 11	7:30pm-8:00pm
86771	Thu	Jan 15-Mar 12	10:00am-10:30am
86772	Thu	Jan 15-Mar 12	4:00pm-4:30pm
86773	Thu	Jan 15-Mar 12	4:15pm-4:45pm
86774	Thu	Jan 15-Mar 12	4:30pm-5:00pm
86775	Thu	Jan 15-Mar 12	5:00pm-5:30pm
86776	Thu	Jan 15-Mar 12	6:00pm-6:30pm
86777	Thu	Jan 15-Mar 12	6:30pm-7:00pm
86778	Thu	Jan 15-Mar 12	7:00pm-7:30pm
86779	Fri	Jan 16-Mar 13	3:00pm-3:30pm
86780	Fri	Jan 16-Mar 13	3:45pm-4:15pm
86781	Fri	Jan 16-Mar 13	4:30pm-5:00pm
86782	Fri	Jan 16-Mar 13	5:00pm-5:30pm
86783	Fri	Jan 16-Mar 13	6:00pm-6:30pm
86793	Sun	Jan 11-Mar 8	12:30pm-1:00pm
86794	Sun	Jan 11-Mar 8	1:00pm-1:30pm
86795	Sun	Jan 11-Mar 8	2:00pm-2:30pm
86796	Sun	Jan 11-Mar 8	3:00pm-3:30pm
86797	Sun	Jan 11-Mar 8	3:30pm-4:00pm
86798	Sun	Jan 11-Mar 8	4:00pm-4:30pm
86799	Sun	Jan 11-Mar 8	4:30pm-5:00pm
86800	Sun	Jan 11-Mar 8	5:00pm-5:30pm
86801	Sun	Jan 11-Mar 8	6:00pm-6:30pm

Preschool C (3 to 5 years)

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

WMRC Swimplex - shallow 8/\$75.28

86802	Mon	Jan 12-Mar 9	7:00pm-7:30pm
86809	Sat	Jan 10-Mar 7	10:00am-10:30am
86811	Sat	Jan 10-Mar 7	5:45pm-6:15pm

WMRC Swimplex - shallow 9/\$84.69

86803	Tue	Jan 13-Mar 10	5:00pm-5:30pm
86804	Tue	Jan 13-Mar 10	7:30pm-8:00pm
86805	Wed	Jan 14-Mar 11	7:00pm-7:30pm
86806	Thu	Jan 15-Mar 12	4:30pm-5:00pm
86807	Thu	Jan 15-Mar 12	6:30pm-7:00pm

WMRC Swimplex - tot area 8/\$75.28

86810	Sat	Jan 10-Mar 7	11:30am-12:00pm
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WMRC Swimplex - tot area 9/\$84.69

86808	Fri	Jan 16-Mar 13	4:00pm-4:30pm
86812	Sun	Jan 11-Mar 8	11:30am-12:00pm
86813	Sun	Jan 11-Mar 8	1:30pm-2:00pm

Preschool D (3 to 5 years)

Preschoolers learn independent jumps into deep water and to get out by themselves. They open their eyes under water and recover objects from chest-

deep water. They build endurance by completing 5m swims while doing front crawl, front glide with kick and kicking on their side.

WMRC Swimplex 8/\$75.28

86831	Sat	Jan 10-Mar 7	9:00am-9:30am
86833	Sat	Jan 10-Mar 7	11:30am-12:00pm

WMRC Swimplex 9/\$84.69

86822	Tue	Jan 13-Mar 10	4:30pm-5:00pm
86824	Wed	Jan 14-Mar 11	6:00pm-6:30pm
86827	Thu	Jan 15-Mar 12	5:00pm-5:30pm
86829	Fri	Jan 16-Mar 13	5:45pm-6:15pm
86835	Sun	Jan 11-Mar 8	11:30am-12:00pm
86838	Sun	Jan 11-Mar 8	3:00pm-3:30pm

Preschool E (3 to 5 years)

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

WMRC Swimplex 8/\$75.28

86844	Sat	Jan 10-Mar 7	11:30am-12:00pm
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WMRC Swimplex 9/\$84.69

86841	Tue	Jan 13-Mar 10	6:30pm-7:00pm
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CHILD

7-12 Beginners

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

instructor feels they are ready for Waterloo Splash 3.

WMRC Swimplex 8/\$75.28

86848	Mon	Jan 12-Mar 9	6:00pm-6:30pm
86851	Mon	Jan 12-Mar 9	7:00pm-7:30pm
86866	Sat	Jan 10-Mar 7	10:30am-11:00am
86869	Sat	Jan 10-Mar 7	12:30pm-1:00pm
86871	Sat	Jan 10-Mar 7	4:45pm-5:15pm

WMRC Swimplex 9/\$84.69

86853	Tue	Jan 13-Mar 10	4:00pm-4:30pm
86854	Tue	Jan 13-Mar 10	5:30pm-6:00pm
86855	Tue	Jan 13-Mar 10	6:30pm-7:00pm
86856	Wed	Jan 14-Mar 11	4:30pm-5:00pm
86857	Wed	Jan 14-Mar 11	6:00pm-6:30pm
86858	Wed	Jan 14-Mar 11	7:30pm-8:00pm
86860	Thu	Jan 15-Mar 12	5:30pm-6:00pm
86861	Thu	Jan 15-Mar 12	6:00pm-6:30pm
86863	Thu	Jan 15-Mar 12	7:30pm-8:00pm
86864	Fri	Jan 16-Mar 13	3:30pm-4:00pm
86865	Fri	Jan 16-Mar 13	6:30pm-7:00pm
86873	Sun	Jan 11-Mar 8	12:00pm-12:30pm
86875	Sun	Jan 11-Mar 8	2:30pm-3:00pm

Waterloo Splash 1 (5 to 12 years)

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

WMRC Swimplex 8/\$75.28

86881	Mon	Jan 12-Mar 9	3:00pm-3:30pm
86885	Mon	Jan 12-Mar 9	4:15pm-4:45pm
86886	Mon	Jan 12-Mar 9	5:00pm-5:30pm

86887	Mon	Jan 12-Mar 9	5:15pm-5:45pm
86889	Mon	Jan 12-Mar 9	5:30pm-6:00pm
86891	Mon	Jan 12-Mar 9	6:00pm-6:30pm
86892	Mon	Jan 12-Mar 9	6:30pm-7:00pm
86894	Mon	Jan 12-Mar 9	6:30pm-7:00pm
86896	Mon	Jan 12-Mar 9	7:30pm-8:00pm
86946	Sat	Jan 10-Mar 7	9:00am-9:30am
86947	Sat	Jan 10-Mar 7	9:30am-10:00am
86948	Sat	Jan 10-Mar 7	10:00am-10:30am
86949	Sat	Jan 10-Mar 7	10:30am-11:00am
86950	Sat	Jan 10-Mar 7	11:00am-11:30am
86951	Sat	Jan 10-Mar 7	12:30pm-1:00pm
86952	Sat	Jan 10-Mar 7	4:45pm-5:15pm
86953	Sat	Jan 10-Mar 7	5:45pm-6:15pm
86954	Sat	Jan 10-Mar 7	6:15pm-6:45pm

WMRC Swimplex 9/\$84.69

86899	Tue	Jan 13-Mar 10	4:00pm-4:30pm
86901	Tue	Jan 13-Mar 10	4:30pm-5:00pm
86903	Tue	Jan 13-Mar 10	5:00pm-5:30pm
86904	Tue	Jan 13-Mar 10	5:30pm-6:00pm
86906	Tue	Jan 13-Mar 10	6:00pm-6:30pm
86907	Tue	Jan 13-Mar 10	6:45pm-7:15pm
86909	Tue	Jan 13-Mar 10	7:00pm-7:30pm
86911	Tue	Jan 13-Mar 10	7:30pm-8:00pm
86913	Wed	Jan 14-Mar 11	4:15pm-4:45pm
86914	Wed	Jan 14-Mar 11	5:00pm-5:30pm
86916	Wed	Jan 14-Mar 11	5:15pm-5:45pm
86917	Wed	Jan 14-Mar 11	5:30pm-6:00pm
86919	Wed	Jan 14-Mar 11	6:00pm-6:30pm
86921	Wed	Jan 14-Mar 11	6:30pm-7:00pm
86922	Wed	Jan 14-Mar 11	7:00pm-7:30pm

86924	Thu	Jan 15-Mar 12	4:30pm-5:00pm
86926	Thu	Jan 15-Mar 12	5:00pm-5:30pm
86929	Thu	Jan 15-Mar 12	5:30pm-6:00pm
86931	Thu	Jan 15-Mar 12	6:00pm-6:30pm
86933	Thu	Jan 15-Mar 12	6:30pm-7:00pm
86934	Thu	Jan 15-Mar 12	7:00pm-7:30pm
86936	Thu	Jan 15-Mar 12	7:30pm-8:00pm
86938	Fri	Jan 16-Mar 13	4:00pm-4:30pm
86940	Fri	Jan 16-Mar 13	4:30pm-5:00pm
86941	Fri	Jan 16-Mar 13	5:00pm-5:30pm
86942	Fri	Jan 16-Mar 13	5:30pm-6:00pm
86944	Fri	Jan 16-Mar 13	6:00pm-6:30pm
86945	Fri	Jan 16-Mar 13	6:30pm-7:00pm
86955	Sun	Jan 11-Mar 8	11:30am-12:00pm
86956	Sun	Jan 11-Mar 8	12:00pm-12:30pm
86957	Sun	Jan 11-Mar 8	12:30pm-1:00pm
86958	Sun	Jan 11-Mar 8	1:30pm-2:00pm
86959	Sun	Jan 11-Mar 8	2:00pm-2:30pm
86960	Sun	Jan 11-Mar 8	2:30pm-3:00pm
86961	Sun	Jan 11-Mar 8	3:00pm-3:30pm
86962	Sun	Jan 11-Mar 8	3:30pm-4:00pm

Waterloo Splash 2 (5 to 12 years)

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

WMRC Swimplex 8/\$75.28

87098	Mon	Jan 12-Mar 9	3:45pm-4:15pm
87099	Mon	Jan 12-Mar 9	4:30pm-5:00pm

87100	Mon	Jan 12-Mar 9	4:45pm-5:15pm
87101	Mon	Jan 12-Mar 9	5:00pm-5:30pm
87102	Mon	Jan 12-Mar 9	5:30pm-6:00pm
87103	Mon	Jan 12-Mar 9	5:45pm-6:15pm
87104	Mon	Jan 12-Mar 9	6:00pm-6:30pm
87105	Mon	Jan 12-Mar 9	6:30pm-7:00pm
87106	Mon	Jan 12-Mar 9	7:00pm-7:30pm
87107	Mon	Jan 12-Mar 9	7:30pm-8:00pm
87138	Sat	Jan 10-Mar 7	9:30am-10:00am
87139	Sat	Jan 10-Mar 7	10:00am-10:30am
87140	Sat	Jan 10-Mar 7	10:30am-11:00am
87141	Sat	Jan 10-Mar 7	11:30am-12:00pm
87142	Sat	Jan 10-Mar 7	12:30pm-1:00pm
87143	Sat	Jan 10-Mar 7	4:45pm-5:15pm
87144	Sat	Jan 10-Mar 7	5:15pm-5:45pm
87145	Sat	Jan 10-Mar 7	5:45pm-6:15pm

WMRC Swimplex 9/\$84.69

87108	Tue	Jan 13-Mar 10	4:00pm-4:30pm
87109	Tue	Jan 13-Mar 10	4:15pm-4:45pm
87110	Tue	Jan 13-Mar 10	4:30pm-5:00pm
87111	Tue	Jan 13-Mar 10	5:00pm-5:30pm
87112	Tue	Jan 13-Mar 10	5:15pm-5:45pm
87113	Tue	Jan 13-Mar 10	5:30pm-6:00pm
87114	Tue	Jan 13-Mar 10	6:00pm-6:30pm
87115	Tue	Jan 13-Mar 10	6:30pm-7:00pm
87116	Tue	Jan 13-Mar 10	7:00pm-7:30pm
87117	Wed	Jan 14-Mar 11	4:30pm-5:00pm
87118	Wed	Jan 14-Mar 11	4:45pm-5:15pm
87119	Wed	Jan 14-Mar 11	5:30pm-6:00pm
87120	Wed	Jan 14-Mar 11	5:45pm-6:15pm
87121	Wed	Jan 14-Mar 11	6:30pm-7:00pm
87122	Wed	Jan 14-Mar 11	7:30pm-8:00pm

87123	Thu	Jan 15-Mar 12	4:00pm-4:30pm
87124	Thu	Jan 15-Mar 12	4:30pm-5:00pm
87125	Thu	Jan 15-Mar 12	4:30pm-5:00pm
87126	Thu	Jan 15-Mar 12	5:00pm-5:30pm
87127	Thu	Jan 15-Mar 12	5:00pm-5:30pm
87128	Thu	Jan 15-Mar 12	6:00pm-6:30pm
87129	Thu	Jan 15-Mar 12	6:30pm-7:00pm
87130	Thu	Jan 15-Mar 12	7:00pm-7:30pm
87131	Fri	Jan 16-Mar 13	3:00pm-3:30pm
87132	Fri	Jan 16-Mar 13	4:00pm-4:30pm
87133	Fri	Jan 16-Mar 13	4:30pm-5:00pm
87134	Fri	Jan 16-Mar 13	5:15pm-5:45pm
87135	Fri	Jan 16-Mar 13	5:30pm-6:00pm
87136	Fri	Jan 16-Mar 13	5:45pm-6:15pm
87137	Fri	Jan 16-Mar 13	6:00pm-6:30pm
87146	Sun	Jan 11-Mar 8	11:30am-12:00pm
87147	Sun	Jan 11-Mar 8	12:00pm-12:30pm
87148	Sun	Jan 11-Mar 8	1:00pm-1:30pm
87149	Sun	Jan 11-Mar 8	1:30pm-2:00pm
87150	Sun	Jan 11-Mar 8	2:00pm-2:30pm
87151	Sun	Jan 11-Mar 8	2:30pm-3:00pm
87152	Sun	Jan 11-Mar 8	3:00pm-3:30pm
87153	Sun	Jan 11-Mar 8	3:30pm-4:00pm

Waterloo Splash 3 (5 to 12 years)

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

WMRC Swimplex 8/\$75.28

87154	Mon	Jan 12-Mar 9	3:30pm-4:00pm
87155	Mon	Jan 12-Mar 9	4:30pm-5:00pm
87156	Mon	Jan 12-Mar 9	5:00pm-5:30pm

87157	Mon	Jan 12-Mar 9	5:30pm-6:00pm
87158	Mon	Jan 12-Mar 9	6:00pm-6:30pm
87159	Mon	Jan 12-Mar 9	6:30pm-7:00pm
87160	Mon	Jan 12-Mar 9	6:45pm-7:15pm
87161	Mon	Jan 12-Mar 9	7:30pm-8:00pm
87188	Sat	Jan 10-Mar 7	9:00am-9:30am
87189	Sat	Jan 10-Mar 7	10:00am-10:30am
87190	Sat	Jan 10-Mar 7	11:00am-11:30am
87191	Sat	Jan 10-Mar 7	11:30am-12:00pm
87192	Sat	Jan 10-Mar 7	12:00pm-12:30pm
87193	Sat	Jan 10-Mar 7	4:45pm-5:15pm
87194	Sat	Jan 10-Mar 7	6:15pm-6:45pm

WMRC Swimplex 9/\$84.69

87162	Tue	Jan 13-Mar 10	4:00pm-4:30pm
87163	Tue	Jan 13-Mar 10	4:30pm-5:00pm
87164	Tue	Jan 13-Mar 10	4:45pm-5:15pm
87165	Tue	Jan 13-Mar 10	5:00pm-5:30pm
87166	Tue	Jan 13-Mar 10	5:30pm-6:00pm
87167	Tue	Jan 13-Mar 10	6:00pm-6:30pm
87168	Tue	Jan 13-Mar 10	7:00pm-7:30pm
87169	Wed	Jan 14-Mar 11	4:15pm-4:45pm
87170	Wed	Jan 14-Mar 11	4:30pm-5:00pm
87171	Wed	Jan 14-Mar 11	5:00pm-5:30pm
87172	Wed	Jan 14-Mar 11	5:30pm-6:00pm
87173	Wed	Jan 14-Mar 11	6:00pm-6:30pm
87174	Wed	Jan 14-Mar 11	6:30pm-7:00pm
87175	Wed	Jan 14-Mar 11	7:30pm-8:00pm
87176	Thu	Jan 15-Mar 12	4:00pm-4:30pm
87177	Thu	Jan 15-Mar 12	4:00pm-4:30pm
87178	Thu	Jan 15-Mar 12	5:00pm-5:30pm
87179	Thu	Jan 15-Mar 12	5:30pm-6:00pm

87180	Thu	Jan 15-Mar 12	6:00pm-6:30pm
87181	Thu	Jan 15-Mar 12	6:30pm-7:00pm
87182	Thu	Jan 15-Mar 12	7:30pm-8:00pm
87183	Fri	Jan 16-Mar 13	3:30pm-4:00pm
87184	Fri	Jan 16-Mar 13	4:15pm-4:45pm
87185	Fri	Jan 16-Mar 13	5:30pm-6:00pm
87186	Fri	Jan 16-Mar 13	6:00pm-6:30pm
87187	Fri	Jan 16-Mar 13	6:15pm-6:45pm
87195	Sun	Jan 11-Mar 8	11:30am-12:00pm
87196	Sun	Jan 11-Mar 8	12:30pm-1:00pm
87197	Sun	Jan 11-Mar 8	1:00pm-1:30pm
87198	Sun	Jan 11-Mar 8	2:00pm-2:30pm
87199	Sun	Jan 11-Mar 8	2:30pm-3:00pm
87200	Sun	Jan 11-Mar 8	3:00pm-3:30pm
87201	Sun	Jan 11-Mar 8	3:30pm-4:00pm

Waterloo Splash 4 (5 to 12 years)

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

WMRC Swimplex 8/\$75.28

87203	Mon	Jan 12-Mar 9	3:15pm-4:00pm
87204	Mon	Jan 12-Mar 9	5:15pm-6:00pm
87205	Mon	Jan 12-Mar 9	6:00pm-6:45pm
87206	Mon	Jan 12-Mar 9	6:45pm-7:30pm
87221	Sat	Jan 10-Mar 7	9:30am-10:15am
87222	Sat	Jan 10-Mar 7	10:00am-10:45am
87223	Sat	Jan 10-Mar 7	11:30am-12:15pm
87224	Sat	Jan 10-Mar 7	12:15pm-1:00pm
87225	Sat	Jan 10-Mar 7	5:15pm-6:00pm

WMRC Swimplex 9/\$84.69

87207	Tue	Jan 13-Mar 10	5:00pm-5:45pm
87208	Tue	Jan 13-Mar 10	5:45pm-6:30pm
87209	Tue	Jan 13-Mar 10	6:15pm-7:00pm
87210	Wed	Jan 14-Mar 11	4:00pm-4:45pm
87211	Wed	Jan 14-Mar 11	5:15pm-6:00pm
87212	Wed	Jan 14-Mar 11	6:00pm-6:45pm
87213	Wed	Jan 14-Mar 11	6:45pm-7:30pm
87214	Thu	Jan 15-Mar 12	4:15pm-5:00pm
87215	Thu	Jan 15-Mar 12	4:45pm-5:30pm
87216	Thu	Jan 15-Mar 12	5:30pm-6:15pm
87217	Thu	Jan 15-Mar 12	7:00pm-7:45pm
87218	Fri	Jan 16-Mar 13	4:00pm-4:45pm
87219	Fri	Jan 16-Mar 13	6:15pm-7:00pm
87226	Sun	Jan 11-Mar 8	11:30am-12:15pm
87227	Sun	Jan 11-Mar 8	12:45pm-1:30pm
87228	Sun	Jan 11-Mar 8	1:30pm-2:15pm
87229	Sun	Jan 11-Mar 8	3:00pm-3:45pm

Waterloo Splash 5 (5 to 12 years)

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

WMRC Swimplex 8/\$75.28

87232	Mon	Jan 12-Mar 9	3:15pm-4:00pm
87233	Mon	Jan 12-Mar 9	4:15pm-5:00pm
87234	Mon	Jan 12-Mar 9	6:00pm-6:45pm
87235	Mon	Jan 12-Mar 9	7:00pm-7:45pm
87248	Sat	Jan 10-Mar 7	9:00am-9:45am
87249	Sat	Jan 10-Mar 7	11:30am-12:15pm
87250	Sat	Jan 10-Mar 7	12:15pm-1:00pm

87251	Sat	Jan 10-Mar 7	4:45pm-5:30pm
87252	Sat	Jan 10-Mar 7	6:00pm-6:45pm

WMRC Swimplex 9/\$84.69

87236	Tue	Jan 13-Mar 10	4:00pm-4:45pm
87237	Tue	Jan 13-Mar 10	5:00pm-5:45pm
87238	Tue	Jan 13-Mar 10	6:15pm-7:00pm
87239	Tue	Jan 13-Mar 10	7:15pm-8:00pm
87240	Wed	Jan 14-Mar 11	4:15pm-5:00pm
87241	Wed	Jan 14-Mar 11	6:00pm-6:45pm
87242	Wed	Jan 14-Mar 11	6:45pm-7:30pm
87243	Thu	Jan 15-Mar 12	4:00pm-4:45pm
87244	Thu	Jan 15-Mar 12	4:45pm-5:30pm
87245	Thu	Jan 15-Mar 12	5:45pm-6:30pm
87246	Fri	Jan 16-Mar 13	4:45pm-5:30pm
87247	Fri	Jan 16-Mar 13	6:15pm-7:00pm
87253	Sun	Jan 11-Mar 8	12:00pm-12:45pm
87254	Sun	Jan 11-Mar 8	2:15pm-3:00pm
87255	Sun	Jan 11-Mar 8	6:15pm-7:00pm
87256	Sun	Jan 11-Mar 8	7:00pm-7:45pm

Waterloo Splash 6 (5 to 12 years)

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

WMRC Swimplex 8/\$75.28

87257	Mon	Jan 12-Mar 9	4:00pm-4:45pm
87258	Mon	Jan 12-Mar 9	4:15pm-5:00pm
87259	Mon	Jan 12-Mar 9	7:00pm-7:45pm
87260	Mon	Jan 12-Mar 9	7:00pm-7:45pm
87272	Sat	Jan 10-Mar 7	9:45am-10:30am
87273	Sat	Jan 10-Mar 7	10:30am-11:15am

87274	Sat	Jan 10-Mar 7	11:45am-12:30pm
87275	Sat	Jan 10-Mar 7	5:30pm-6:15pm

WMRC Swimplex 9/\$84.69

87261	Tue	Jan 13-Mar 10	5:00pm-5:45pm
87262	Tue	Jan 13-Mar 10	6:00pm-6:45pm
87263	Tue	Jan 13-Mar 10	7:45pm-8:30pm
87264	Wed	Jan 14-Mar 11	4:15pm-5:00pm
87265	Wed	Jan 14-Mar 11	5:30pm-6:15pm
87266	Wed	Jan 14-Mar 11	7:00pm-7:45pm
87267	Thu	Jan 15-Mar 12	4:45pm-5:30pm
87268	Thu	Jan 15-Mar 12	5:30pm-6:15pm
87269	Fri	Jan 16-Mar 13	3:15pm-4:00pm
87270	Fri	Jan 16-Mar 13	4:45pm-5:30pm
87271	Fri	Jan 16-Mar 13	6:00pm-6:45pm
87276	Sun	Jan 11-Mar 8	11:30am-12:15pm
87277	Sun	Jan 11-Mar 8	12:00pm-12:45pm
87278	Sun	Jan 11-Mar 8	1:30pm-2:15pm
87279	Sun	Jan 11-Mar 8	6:15pm-7:00pm

Waterloo Splash 7 (5 to 12 years)

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

WMRC Swimplex 8/\$75.28

87280	Mon	Jan 12-Mar 9	4:00pm-4:45pm
87281	Mon	Jan 12-Mar 9	5:00pm-5:45pm
87282	Mon	Jan 12-Mar 9	7:45pm-8:30pm
87290	Sat	Jan 10-Mar 7	8:15am-9:00am
87291	Sat	Jan 10-Mar 7	12:00pm-12:45pm

WMRC Swimplex 9/\$84.69

87283	Tue	Jan 13-Mar 10	4:15pm-5:00pm
87284	Tue	Jan 13-Mar 10	7:30pm-8:15pm
87285	Wed	Jan 14-Mar 11	5:00pm-5:45pm
87286	Wed	Jan 14-Mar 11	7:45pm-8:30pm
87287	Thu	Jan 15-Mar 12	5:30pm-6:15pm
87288	Thu	Jan 15-Mar 12	6:15pm-7:00pm
87289	Fri	Jan 16-Mar 13	5:30pm-6:15pm
87292	Sun	Jan 11-Mar 8	12:45pm-1:30pm
87293	Sun	Jan 11-Mar 8	3:15pm-4:00pm
87294	Sun	Jan 11-Mar 8	7:00pm-7:45pm

Waterloo Splash 8 (5 to 13 years)

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

WMRC Swimplex 8/\$75.28

87295	Mon	Jan 12-Mar 9	4:45pm-5:30pm
87296	Mon	Jan 12-Mar 9	5:15pm-6:00pm
87297	Mon	Jan 12-Mar 9	7:45pm-8:30pm
87302	Sat	Jan 10-Mar 7	8:15am-9:00am
87303	Sat	Jan 10-Mar 7	9:45am-10:30am

WMRC Swimplex 9/\$84.69

87298	Tue	Jan 13-Mar 10	5:45pm-6:30pm
87299	Wed	Jan 14-Mar 11	5:15pm-6:00pm
87300	Wed	Jan 14-Mar 11	7:45pm-8:30pm
87301	Thu	Jan 15-Mar 12	6:15pm-7:00pm
87304	Sun	Jan 11-Mar 8	3:15pm-4:00pm
87305	Sun	Jan 11-Mar 8	7:00pm-7:45pm

Waterloo Splash 9 (8 to 15 years)

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

WMRC Swimplex 8/\$75.28

87306	Mon	Jan 12-Mar 9	6:15pm-7:15pm
87311	Sat	Jan 10-Mar 7	10:30am-11:30am

WMRC Swimplex 9/\$84.69

87307	Tue	Jan 13-Mar 10	4:30pm-5:30pm
87308	Wed	Jan 14-Mar 11	6:15pm-7:15pm
87309	Thu	Jan 15-Mar 12	4:00pm-5:00pm
87310	Fri	Jan 16-Mar 13	6:00pm-7:00pm
87312	Sun	Jan 11-Mar 8	2:15pm-3:15pm

Waterloo Splash 10 (8 to 15 years)

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

WMRC Swimplex 8/\$75.28

87313	Mon	Jan 12-Mar 9	7:30pm-8:30pm
87317	Sat	Jan 10-Mar 7	10:30am-11:30am

WMRC Swimplex 9/\$84.69

87314	Tue	Jan 13-Mar 10	5:45pm-6:45pm
87315	Wed	Jan 14-Mar 11	5:00pm-6:00pm
87316	Thu	Jan 15-Mar 12	4:30pm-5:30pm
87318	Sun	Jan 11-Mar 8	2:15pm-3:15pm

Waterloo Splash 11 (8 to 15 years)

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

WMRC Swimplex 8/\$75.28

87319	Mon	Jan 12-Mar 9	7:30pm-8:30pm
87322	Sat	Jan 10-Mar 7	12:00pm-1:00pm

WMRC Swimplex 9/\$84.69

87320	Wed	Jan 14-Mar 11	6:00pm-7:00pm
87321	Thu	Jan 15-Mar 12	5:30pm-6:30pm
87323	Sun	Jan 11-Mar 8	1:15pm-2:15pm



TEEN**Teen 1 (12 to 17 years)**

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

WMRC Swimplex 8/\$75.28

87348	Sat	Jan 10-Mar 7	12:15pm-1:00pm
87349	Sat	Jan 10-Mar 7	6:15pm-7:00pm

WMRC Swimplex 9/\$84.69

87345	Tue	Jan 13-Mar 10	6:15pm-7:00pm
87347	Thu	Jan 15-Mar 12	7:00pm-7:45pm
87350	Sun	Jan 11-Mar 8	6:15pm-7:00pm

Teen 2 (12 to 17 years)

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

WMRC Swimplex 8/\$75.28

87355	Sat	Jan 10-Mar 7	12:15pm-1:00pm
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WMRC Swimplex 9/\$84.69

87352	Tue	Jan 13-Mar 10	6:15pm-7:00pm
87354	Thu	Jan 15-Mar 12	7:45pm-8:30pm
87356	Sun	Jan 11-Mar 8	7:00pm-7:45pm

Teen 3 (12 to 17 years)

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

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

WMRC Swimplex 8/\$75.28

87360	Sat	Jan 10-Mar 7	9:00am-9:45am
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WMRC Swimplex 9/\$84.69

87358	Tue	Jan 13-Mar 10	6:15pm-7:00pm
87361	Sun	Jan 11-Mar 8	8:00pm-8:45pm

Teen 4 (12 to 17 years)

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

WMRC Swimplex 8/\$75.28

87364	Sat	Jan 10-Mar 7	9:00am-9:45am
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WMRC Swimplex 9/\$84.69

87363	Tue	Jan 13-Mar 10	7:00pm-7:45pm
87365	Sun	Jan 11-Mar 8	8:00pm-8:45pm

Adapted Aquatics For Kids (5 to 12 years)

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

WMRC Swimplex 8/\$88.08

87333	Sat	Jan 10-Mar 7	4:45pm-5:15pm
87335	Sat	Jan 10-Mar 7	5:15pm-5:45pm
87336	Sat	Jan 10-Mar 7	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.

WMRC Swimplex 9/\$120.69

87338	Thu	Jan 15-Mar 12	4:00pm-4:45pm
87339	Thu	Jan 15-Mar 12	4:45pm-5:30pm
87340	Thu	Jan 15-Mar 12	5:30pm-6:15pm
87342	Thu	Jan 15-Mar 12	6:15pm-7:00pm

Leadership Stroke Enhancement (12 years and up)

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

WMRC Swimplex 8/\$75.28

87327	Sat	Jan 10-Mar 7	6:15pm-6:45pm
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WMRC Swimplex 9/\$84.69

87326	Wed	Jan 14-Mar 11	6:30pm-7:00pm
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Triathlon Swim Training – Youth (8 to 15 years)

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

WMRC Swimplex 9/\$84.69

87325	Fri	Jan 16-Mar 13	4:00pm-4:45pm
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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.

WMRC Swimplex 8/\$75.28

87379	Mon	Jan 12-Mar 9	9:00am-9:45am
87380	Mon	Jan 12-Mar 9	1:30pm-2:15pm
87381	Mon	Jan 12-Mar 9	2:15pm-3:00pm
87395	Sat	Jan 10-Mar 7	7:15am-8:00am
87397	Sat	Jan 10-Mar 7	8:00am-8:45am
87398	Sat	Jan 10-Mar 7	5:00pm-5:45pm
87399	Sat	Jan 10-Mar 7	5:45pm-6:30pm

WMRC Swimplex 9/\$84.69

87382	Tue	Jan 13-Mar 10	1:00pm-1:45pm
87383	Wed	Jan 14-Mar 11	5:45pm-6:30pm
87384	Wed	Jan 14-Mar 11	8:15pm-9:00pm
87385	Wed	Jan 14-Mar 11	8:15pm-9:00pm
87386	Thu	Jan 15-Mar 12	1:00pm-1:45pm
87387	Thu	Jan 15-Mar 12	5:30pm-6:15pm
87390	Thu	Jan 15-Mar 12	6:30pm-7:15pm
87391	Thu	Jan 15-Mar 12	7:30pm-8:15pm
87392	Fri	Jan 16-Mar 13	9:00am-9:45am
87393	Fri	Jan 16-Mar 13	10:00am-10:45am
87394	Fri	Jan 16-Mar 13	9:30pm-10:15pm
87400	Sun	Jan 11-Mar 8	1:45pm-2:30pm

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.

WMRC Swimplex 8/\$75.28

87401	Mon	Jan 12-Mar 9	9:45am-10:30am
87402	Mon	Jan 12-Mar 9	2:15pm-3:00pm
87403	Mon	Jan 12-Mar 9	5:45pm-6:30pm
87413	Sat	Jan 10-Mar 7	5:00pm-5:45pm
87414	Sat	Jan 10-Mar 7	5:45pm-6:30pm

WMRC Swimplex 9/\$84.69

87405	Tue	Jan 13-Mar 10	1:00pm-1:45pm
87406	Tue	Jan 13-Mar 10	4:15pm-5:00pm
87407	Wed	Jan 14-Mar 11	8:15pm-9:00pm
87408	Thu	Jan 15-Mar 12	1:00pm-1:45pm
87409	Thu	Jan 15-Mar 12	6:15pm-7:00pm
87410	Thu	Jan 15-Mar 12	7:15pm-8:00pm
87411	Fri	Jan 16-Mar 13	10:45am-11:30am
87412	Fri	Jan 16-Mar 13	9:30pm-10:15pm
87415	Sun	Jan 11-Mar 8	3:00pm-3:45pm

Adult 3

Kick it up a notch! Work on front crawl and back crawl and kicking in 25m - 50m swims and 25m interval training workouts. Learn how to swim under water and how to do breaststroke arms and breathing over 10-15m. Support yourself at the surface for up to 2min. Show off with cannonball entry into deep water and handstands in shallow water.

WMRC Swimplex 8/\$75.28

87416	Mon	Jan 12-Mar 9	3:00pm-3:45pm
87421	Sat	Jan 10-Mar 7	11:45am-12:30pm

WMRC Swimplex 9/\$84.69

87418	Tue	Jan 13-Mar 10	1:00pm-1:45pm
87419	Thu	Jan 15-Mar 12	5:30pm-6:15pm
87420	Fri	Jan 16-Mar 13	11:30am-12:15pm
87422	Sun	Jan 11-Mar 8	1:00pm-1:45pm

Adult 4

No sweat or at least none anyone can see! Learn eggbeater, stride entries and compact jumps. Swim a 300m workout and sprint 25-50m. Continue mastering your strokes such as front crawl, back crawl and breaststroke.

WMRC Swimplex 8/\$75.28

87423	Mon	Jan 12-Mar 9	3:00pm-3:45pm
87428	Sat	Jan 10-Mar 7	11:00am-11:45am

WMRC Swimplex 9/\$84.69

87424	Tue	Jan 13-Mar 10	1:00pm-1:45pm
87425	Thu	Jan 15-Mar 12	7:45pm-8:30pm
87426	Fri	Jan 16-Mar 13	11:30am-12:15pm
87427	Fri	Jan 16-Mar 13	8:45pm-9:30pm
87429	Sun	Jan 11-Mar 8	1:00pm-1:45pm

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.

WMRC Swimplex 9/\$84.69

87430	Wed	Jan 14-Mar 11	9:15pm-10:00pm
87431	Sun	Jan 11-Mar 8	11:30am-12:15pm

Triathlon Swim Training (16+)

Participating in an upcoming triathlon? Register for this training session and work on skills, drills and secrets to improve the swim portion of the triathlon. Entry requirements: Must be able to swim 100m (4 lengths) of front crawl and back crawl. Must be a competent deep-end swimmer.

WMRC Swimplex 9/\$121.50

87373 Sun Jan 11-Mar 8 9:00pm-10:00pm

Senior Learn to Swim (55+)

This is an ideal beginner program for adults aged 55 years and older. Build confidence in shallow water with an emphasis on basic swimming skills, water safety, and an introduction to strokes.

WMRC Swimplex 9/\$84.69

87369 Thu Jan 15-Mar 12 1:00pm-1:45pm

Senior Strokes & Skills (55+)

This is a great way to take swimming skills to the next level. Learn all the basic swimming strokes and skills including treading water, diving and even stride jumps. Become comfortable swimming in the deep end. Prerequisite: Swimmer must have completed Senior Learn to Swim or Adult 2 and be 55 years of age or older.

WMRC Swimplex 9/\$84.69

87370 Thu Jan 15-Mar 12 1:45pm-2:30pm

Senior Water Fitness (55+)

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

WMRC Swimplex 9/\$75.06

87371 Tue Jan 13-Mar 10 8:45am-9:45am

87372 Thu Jan 15-Mar 12 8:45am-9:45am

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 8 or 9 for the winter session.

Private 8/\$308.16 9/\$346.68

Semi-private 8/\$228.64 9/\$257.22

Register for private lessons online at waterloo.ca/activewaterloo.

When registering, you will be asked the class level your child needs to work on.

Bring your previous report card on the first day of your session for the new instructor.

Missed lessons will not be refunded or rescheduled without a doctor's note within 7 days of the scheduled lesson.

Semi-private lessons

Registration is available in person only.

To enrol in semi-private lessons, you must find the other participant and register at the same time. Semi-private lessons are best suited for participants who are in the same level or one level apart. The fee for semi-private lessons is per registrant.

