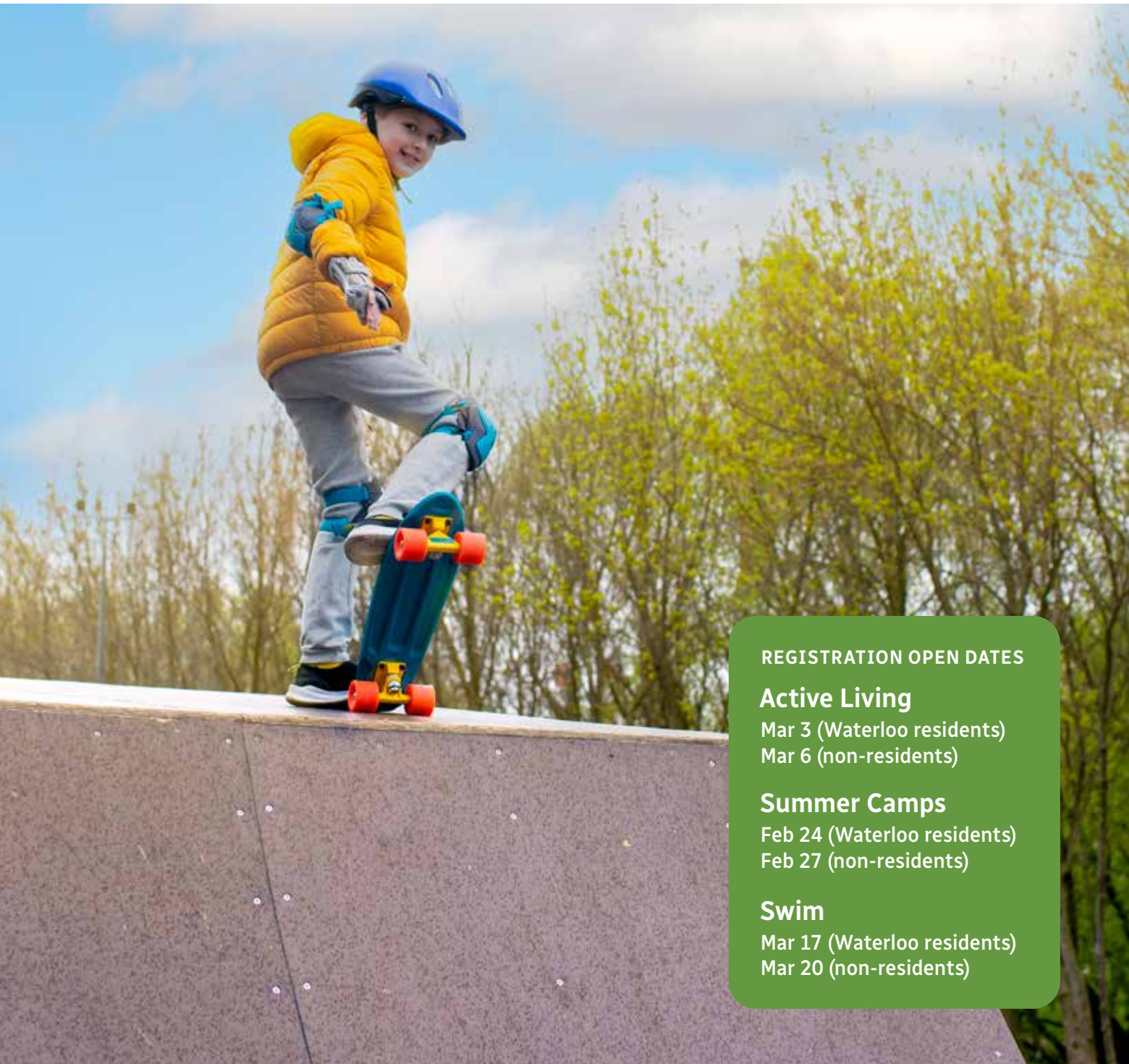


# SPRING 2026 GUIDE

# ActiveWaterloo



## REGISTRATION OPEN DATES

### Active Living

Mar 3 (Waterloo residents)

Mar 6 (non-residents)

### Summer Camps

Feb 24 (Waterloo residents)

Feb 27 (non-residents)

### Swim

Mar 17 (Waterloo residents)

Mar 20 (non-residents)

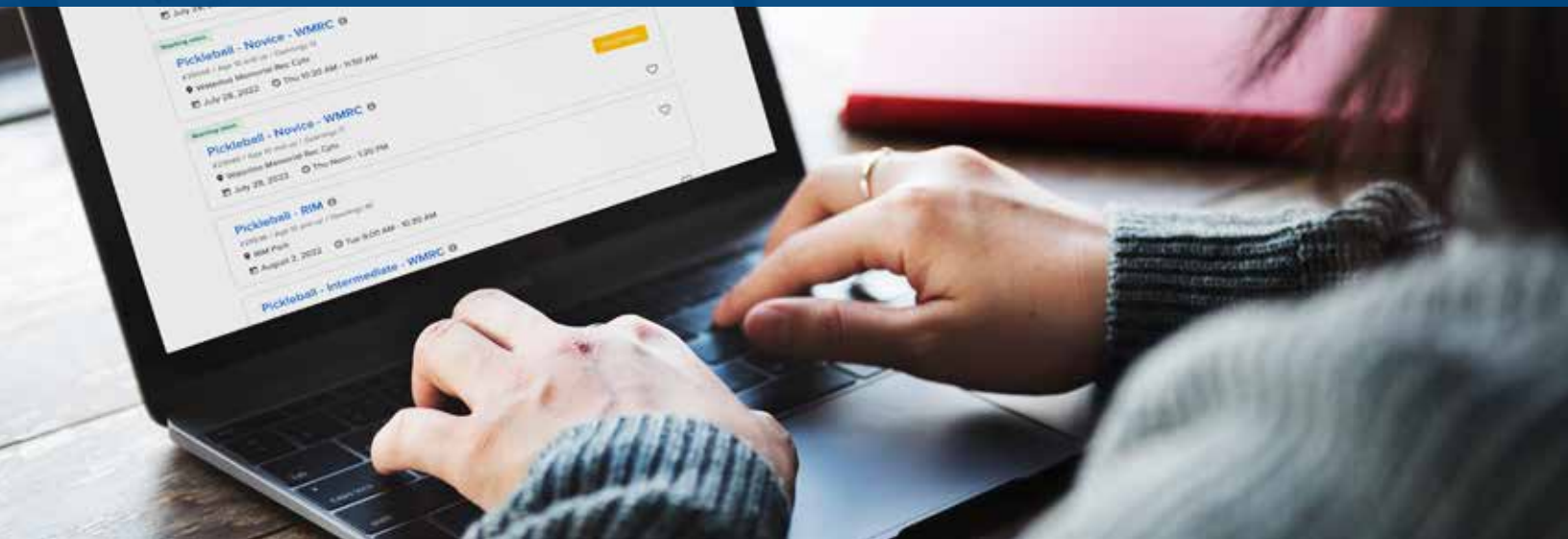
# Inside the guide



[waterloo.ca/subscribe](https://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.

- How to register. . . . . 3
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# Two ways to register



## Register online

Create or retrieve your ActiveWaterloo account at [waterloo.ca/activewaterloo](https://waterloo.ca/activewaterloo)

Did you know you can:

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

## Register in-person

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

**Waterloo Memorial Recreation Complex (WMRC) and Community Pavilion**

**RIM Park Manulife Sportsplex (RIM)**

Visit us daily from 3 to 9 p.m.:

**Albert McCormick Community Centre (AMCC)**

# IMPORTANT REGISTRATION INFORMATION

## We take your privacy seriously

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

## Methods of payment

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

\* Returned (NSF) cheques must be replaced immediately upon notification and an administrative fee of \$39.00 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](http://waterloo.ca/subscribe)

# IMPORTANT REGISTRATION INFORMATION

## Withdrawals

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

## Withdrawal deadlines

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

### SINGLE DAY PROGRAM

- 14 days prior to the program date

### CAMP PROGRAMS

- 14 days prior to first program date

### REGISTERED WEEKLY PROGRAM

- prior to the third class

### REGISTERED DROP-IN PROGRAM

- 24 hours prior to the program start time

### ADULT LEAGUES

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

## Refund policy

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

## Credit policy

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

## Additional information

For additional information on program withdrawals, please contact customer service at 519-886-1177 or find our Program Withdrawal Policy at [waterloo.ca/reg-policies](http://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](http://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](mailto:inclusion@waterloo.ca).

### **Sensory Backpacks**

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

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

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

Sign out a backpack at customer service desks at:

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

# INCLUSION SERVICES

## Personal Assistant for Leisure (PAL)

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

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

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

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

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

PAL card applications are available at any city facility.

## Fee assistance leisure access card

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

Applications are available at City of Waterloo recreation facilities and online at [waterloo.ca/feassistance](https://waterloo.ca/feassistance). For information, call 519-747-8512.

### REMINDER: Summer Day Camp Inclusion Support

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

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

## Spring Inclusion registration code

Request inclusion support for a City of Waterloo program by registering for the Inclusion Support Program – Spring 2026 in ActiveWaterloo, **barcode 93172**.

# Preschool Programs



## ART AND SCIENCE

### **Kid Outdoor Explorers – Nature Appreciation (4 to 6 years with caregiver)**

Come explore the outdoors! Children and their caregivers explore the wonders of the outdoors through games, nature walks and crafts. An explorer hat will be given to each child and each week a craft will be completed to attach to their hat. Nature Appreciation participants will express how nature makes them feel, acquire tips and tricks on how to take care of the planet and discuss the overall

#### **REMINDER**

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

beauty of nature. Maximum two children per adult, each child must register.

**WMRC 8/\$114.00**

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93147 Tue Apr 7-May 26 5:45pm-6:45pm

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### **Kid Scientists – Fizz, Pop, Crack (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.

**RIM 8/\$80.00**

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93141 Thu Apr 9-May 28 6:15pm-7:00pm

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### Little Outdoor Explorers – Nature Appreciation (2.5 to 4 years with caregiver)

Come explore the outdoors! Children and their caregivers explore the wonders of the outdoors through games, nature walks and crafts. An explorer hat will be given to each child and each week a craft will be completed to attach to their hat. Nature Appreciation participants will express how nature makes them feel, acquire tips and tricks on how to take care of the planet and talk about the beauty of nature. Maximum two children per adult, each child must register.

**WMRC 8/\$114.00**

93146 Tue Apr 7-May 26 4:30pm-5:30pm

### Little Scientists – Fizz, Pop, Crack (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. Children will engage in a variety of experiments that result in fizz, pop, and cracking sounds and sensations. Maximum of two children per adult, each child must register.

**RIM 8/\$80.00**

93140 Thu Apr 9-May 28 5:15pm-6:00pm

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

Introduce children to the exciting world of science and sports with our LEGO® BricQ Motion Essential: Train to Win course! Designed for young learners, this program allows children to build fun sports-themed models using LEGO bricks. As they create and play, they'll explore how objects move and

interact, learning about forces like pushes push and pulls pull in an engaging, hands-on way. This course not only sparks curiosity in physical science but also enhances problem-solving skills and teamwork. It's a fantastic opportunity for children to learn and grow through play! This program is offered in cooperation with Stemotics.

**RIM 8/\$140.80**

93070 Thu Apr 9-May 28 5:30pm-6:20pm

**WMRC 8/\$140.80**

93069 Tue Apr 7-May 26 5:30pm-6:20pm

## CAMPS

### 2026 Summer camps

View summer day camp information for ages 4 to 12 on [page 14](#).

## DANCE

### Kid Dancers – Ballet (4 to 6 years)

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

**AMCC 7/\$70.00**

93136 Sat Apr 18-May 30 11:00am-11:45am

**WMRC 8/\$80.00**

93135 Wed Apr 8-May 27 6:15pm-7:00pm

### 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**

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92958 Tue Apr 14-Jun 16 5:00pm-5:45pm

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**WMRC 10/\$90.00**

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92959 Fri Apr 17-Jun 19 5:00pm-5:45pm

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### Little Dancers – Ballet (2.5 to 4 years with caregiver)

This playful approach to music and movement is a popular program for you and your child to spend creative time together. This dance theme introduces young dancers to ballet steps and movement, while helping them develop gross motor skills. Classes are structured with a focus on creativity and exploring musicality, coordination, technique and rhythm. Comfortable clothing and running shoes or bare feet are required. Maximum of two children per adult, each child must register.

**AMCC 7/\$70.00**

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93118 Sat Apr 18-May 30 9:00am-9:45am

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93134 Sat Apr 18-May 30 10:00am-10:45am

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**WMRC 8/\$80.00**

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93116 Wed Apr 8-May 27 5:15pm-6:00pm

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## FITNESS AND WELLNESS

### Kid Karate (4 to 6 years)

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

**WMRC 10/\$70.00**

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92964 Wed Apr 15-Jun 17 4:30pm-5:00pm

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92965 Fri Apr 17-Jun 19 4:45pm-5:15pm

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### Kid Yoga (2 to 4 years with caregiver)

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

**WMRC 10/\$70.00**

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92957 Thu Apr 16-Jun 18 5:30pm-6:00pm

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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**

91830 Tue Apr 14-Jun 9 10:30am-11:15am

**WMRC Swimplex 10/\$83.40**

91831 Thu Apr 9-Jun 11 9:30am-10:15am



### SPECIAL INTEREST

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

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

**WMRC 8/\$92.00**

93150 Sat Apr 11-May 30 10:30am-11:30am

### Little Chefs – Breakfast Buddies (2.5 to 6 years with caregiver)

In this new edition of Little Chefs, children alongside their caregivers will explore various breakfast foods and learn how to create a variety of fun morning recipes. Each week, participants discover new ingredients, practice basic kitchen skills and prepare a delicious breakfast-themed dish together. At the end of each class, everyone samples their tasty 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 program fee. There is a maximum of two children per adult. Each child must register. All tools and supplies needed for use in this workshop program are provided. NOTE: Food allergens that may be/are present include, but are not limited to dairy, eggs, soy, gluten, nuts, food coloring etc.

**WMRC 8/\$146.00**

93142 Wed Apr 8-May 27 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**

93148 Wed Apr 8-May 27 10:00am-11:00am

93149 Wed Apr 8-May 27 11:00am-12:00pm

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

Ukulele is the perfect musical instrument for little fingers! Alongside their adult, children will enjoy strumming and singing together and 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. Maximum two children per adult, each child must register. Offered in cooperation with Ukulele Kids.

**WMRC 8/\$160.00**

93080 Thu Apr 9-May 28 5:00pm-5:50pm

**More Littles programs**

View drop-in Littles programs on **page 44**.



# Children's Programs



## REMINDER

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

## ART AND SCIENCE

### Crochet – Beginner (10 to 12 years)

Children will discover what you can make with just a hook and some yarn! In this short hands-on class, they'll learn the basics of crochet and create cool things like accessories, decorations and everyday items. No experience required, all supplies are provided.

**WMRC 5/\$50.00**

93261 Sat Apr 11-May 9 10:00am-12:00pm

### 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.

**WMRC 10/\$82.50**

93357 Wed Apr 8-Jun 10 5:00pm-5:50pm



## CAMPS

### Summer day camps

Summer day camps are offered for ages 4 to 12. Campers enjoy crafts, outdoor play, songs, games, water days and special guests. Weekly themes add variety. View dates and weekly themes on ActiveWaterloo.

Camps run in July and August, Monday to Friday, 8 a.m. to 5 p.m. Daily lunch is available for order at RIM Park and WMRC camps.

- Fun Centres**    4 day week/\$141.72  
                          5 day week/\$177.15
- Day camps**     4 day week/\$184.96  
                          5 day week/\$231.20

#### 2026 locations and age groups:

- Albert McCormick Community Centre (AMCC) – ages 5 to 7
- Waterloo Memorial Recreation Complex (WMRC) – ages 4 to 6 and 7 to 12
- RIM Park (RIM) – ages 4 to 7 and 7 to 12

#### Summer camp registration dates:

February 24 at 8 a.m. (Waterloo resident);  
February 27 at 8 a.m. (non-resident).

### Summer Camp Inclusion Support

Inclusion support workers can be arranged through City of Waterloo Inclusion Services if your child requires support to participate in summer camp. You can register for up to two weeks of summer camp inclusion support, based on availability. An inclusion membership is required before you register for the inclusion support program.

You must also register for the week(s) of summer camp your child is attending. For more information, visit [www.waterloo.ca/inclusion](http://www.waterloo.ca/inclusion) or call 519-886-1177 x27249.

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

### NEW! Adapted Discovery Camp (10 to 14 years)

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

#### WMRC 5/\$244.75

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

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

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

**RIM 10/\$200.69**

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92270	Aug 24-Sep 4	6:00pm-6:50pm
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**Powerskating Clinic: Power 1 (U7-U9 Select/Rep)**

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

**RIM 10/\$200.69**

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92271	Aug 24-Sep 4	5:30pm-6:20pm
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**Powerskating Clinic: Power 2 (U8-U11 House league/Select)**

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

**RIM 10/\$200.69**

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92272	Aug 24-Sep 4	7:00pm-7:50pm
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**Powerskating Clinic: Power 2 (U8-U11 REP B/BB, A/AA, AAA)**

A two-week program designed to target a more defined skill set for hockey and ringette. Skaters must be proficient with forward and backward crossovers, edgework, agility and balance. This

level is for participants that have played rep hockey or ringette and skills/drills will be done at a faster pace.

**RIM 10/\$200.69**

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92273	Aug 24-Sep 4	6:30pm-7:20pm
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**Powerskating Clinic: Power 3 & 4 (U11-U14 House league/Select)**

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

**RIM 10/\$234.96**

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92274	Aug 24-Sep 4	8:00pm-8:50pm
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**Powerskating Clinic: Power 3 & 4 (U11-U14 REP B/BB, A/AA, AAA)**

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

**RIM 10/\$234.96**

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92275	Aug 24-Sep 4	7:30pm-8:20pm
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**Powerskating Clinic: Adult (18 years and up)**

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

**RIM 10/\$234.96**

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

**Kid Dancers – Ballet (6 to 8 years)**

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

**WMRC 8/\$80.00**

93137 Wed Apr 8-May 27 7:15pm-8:00pm

**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**

92960 Tue Apr 14-Jun 16 6:00pm-6:45pm

**WMRC 10/\$90.00**

92961 Fri Apr 17-Jun 19 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**

92962 Fri Apr 17-Jun 19 7:00pm-7:45pm

**Kids and Kids-at-Heart: Jazz (6 to 9 years)**

This intergenerational dance program invites children ages 6–9 to explore movement, music and creativity alongside an older adult companion. We welcome older adults to join in whenever possible, but any supportive adult in the child’s life is welcome - no dance experience required! Together, dancers will jump, kick, and gallop to upbeat music while discovering the high-energy, dynamic world of jazz dance. Dancers will build rhythm, coordination and confidence through playful combinations and across-the-room movements designed for all abilities. Come ready to move, connect and share a meaningful dance experience across generations. Comfortable clothing and running shoes or bare feet are required. The price includes both the child and adult but only register the child.

**AMCC 7/\$140.00**

93138 Sat Apr 18-May 30 12:00pm-12:45pm





## FITNESS AND WELLNESS

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

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

**WMRC 1/\$55.00**

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93154 Sat May 30 10:00am-12:00pm

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

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

**WMRC 1/\$65.00**

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93156 Tue Jun 23 5:00pm-8:00pm

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### **Kid Athletes (6 to 8 years)**

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

**RIM 8/\$80.00**

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93139 Thu Apr 9-May 28 4:00pm-4:45pm

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### **Kid Fitness Games (8 to 12 years)**

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

**WMRC 10/\$90.00**

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92963 Wed Apr 15-Jun 17 6:45pm-7:30pm

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### **Kid Karate (6 to 8 years)**

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

**WMRC 10/\$90.00**

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92966 Wed Apr 15-Jun 17 5:00pm-5:45pm

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92967 Fri Apr 17-Jun 19 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**

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92968	Wed	Apr 15-Jun 17	5:45pm-6:30pm
92969	Fri	Apr 17-Jun 19	6:00pm-6:45pm

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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.

**AMCC 8/\$10.00**

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93031	Tue	May 5-Jun 23	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. This program is offered in cooperation with Sleeping Dragon.

**WMRC 10/\$100.00**

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93370	Fri	Apr 10-Jun 19	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.

**WMRC 1/\$18.25**

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93143	Mon	Apr 20	6:00pm-7:00pm
93144	Mon	May 11	6:00pm-7:00pm

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**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 7/\$70.00**

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93145	Sat	Apr 18-May 30	1:30pm-2:15pm
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**Stemotics – Build the Foundations of AI with Minecraft (10 to 12 years)**

Step into the world of Artificial Intelligence with Minecraft! In this exciting, hands-on course children use AI to track wildlife, detect illegal logging and analyze animal patterns. They become real digital detectives inside the Minecraft world! Based on Minecraft's AI Foundations, the program teaches how AI works and how to use it responsibly. Children will code smart solutions, explore real-world challenges and develop problem-solving and critical thinking skills — all while having fun! Learn, create, and protect the planet with AI! This program is offered in cooperation with Stemotics.

**RIM 8/\$140.80**

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93076	Thu	Apr 9-May 28	7:30pm-8:20pm
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**WMRC 8/\$140.80**

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93077	Tue	Apr 7-May 26	7:30pm-8:20pm
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## Stemotics – LEGO® BricQ Motion Essential: Winning with Science (7 to 9 years)

Children become young scientists in our LEGO® BricQ Motion Essential: Winning with Science course! In this program, children will build and experiment with LEGO models to understand the principles of forces and motion. They'll investigate how objects move, the effects of balanced and unbalanced forces and learn to predict motion patterns. This hands-on approach makes complex science concepts accessible and fun, fostering critical thinking and a love for discovery. Perfect for curious minds eager to explore the wonders of science! This program is offered in cooperation with Stemotics.

**RIM 8/\$140.80**

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93075 Thu Apr 9-May 28 6:30pm-7:20pm

**WMRC 8/\$140.80**

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93071 Tue Apr 7-May 26 6:30pm-7:20pm

## Sugar Cookie Decorating (7 to 13 years)

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

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

**WMRC 1/\$33.50**

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87504 Sat Feb 28 1:00pm-2:15pm Minecraft

87505 Sat Mar 28 1:00pm-2:15pm Spring Rabbit Puzzle

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93037 Sat May 9 1:00pm-2:15pm Basket of Tulips

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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 8/\$160.00**

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93081 Thu Apr 9-May 28 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/\$140.00**

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93369 Mon Apr 13-Jun 8 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 12/\$210.00**

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93356 Tue Apr 14-Jun 30 5:15pm-7:15pm

## Youth Art Fusion (13 to 17 years)

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

**WMRC 10/\$82.50**

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93358 Wed Apr 8-Jun 10 6:00pm-7:00pm

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## 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 10/\$100.00**

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93371 Fri Apr 10-Jun 19 7:15pm-8:45pm

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# Adult Programs



## ART AND SCIENCE

### 3D Spring Sign Painting Workshop

Paint your very own 3D wooden spring sign! Together you will stain, paint, assemble and glue your 3D sign. Signs are 10.5 inches round and laser cut from ¾ inch maple wood. No experience required, all supplies are included. This workshop is offered in cooperation Crafty Crystal.

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

93264 Wed Apr 8 6:00pm-8:00pm

### 3D Summer Sign Painting Workshop

Choose from multiple summer laser cut sign options. Together we will paint, stain and assemble our signs and add twine to hang them. Signs are 10.5 inches, round. Upon registration, please select

your choice of summer themed sign. This workshop is offered in cooperation Crafty Crystal.

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

93268 Wed Jun 3 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**

93368 Mon Apr 13-Jun 8 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**

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

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## Collage Greeting Card Workshop

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

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

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93262 Thu May 7 10:00am-12:00pm

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## 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 9/\$157.50 55+/\$118.17**

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93159 Mon Apr 13-Jun 15 1:00pm-3:00pm

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## 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 10/\$175.00 55+/\$131.30**

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93260 Tue Apr 14-Jun 16 10:00am-12:00pm

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## 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**

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

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93265 Wed Apr 15 6:00pm-8:00pm

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## 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**

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

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## Exploring Watercolours and Ink

Dive into the dynamic world of watercolour and ink! This class focuses on blending the fluidity of watercolours with the bold contrast of ink to create expressive, layered artworks. You'll learn techniques for washes, line work and texture, experimenting with how these mediums interact to bring depth and character to your compositions. Perfect for those looking to add a unique twist to traditional watercolour painting. All materials are supplied.

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

93158 Thu Jun 4-Jun 18 6:30pm-8:30pm

## 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 11/\$192.50 55+/\$144.43**

93355 Mon Apr 13-Jun 29 4:00pm-6:00pm

## Pillow Painting Workshop

Join Crafty Crystal as she teaches you how to stencil your pillow cover to paint on your selected design. Each pillow cover measures 20 cm x 20 cm and comes with a pillow insert. Choose from 8

designs at registration. No experience needed for this hands-on workshop, all supplies are included.

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

93267 Wed May 20 6:00pm-8:00pm

## Spring Scenes in Watercolour

Celebrate the beauty of spring through the delicate art of watercolour painting. In this class, you'll learn techniques to capture vibrant blossoms, fresh greenery and serene landscapes with soft washes and luminous colors. Perfect for beginners and enthusiasts alike, this class will help you bring the essence of spring to life on paper with expressive brushwork and harmonious tones. All materials are supplied.

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

93157 Thu May 7-May 28 6:30pm-8:30pm

## Stencil Greeting Card Workshop

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

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

93263 Thu Jun 11 10:00am-12:00pm

## Tote Bag Stenciling Workshop

A fun stenciling and painting workshop! Learn how to apply the "Just a few of my favourite things" stencil to a light cream tote bag. Participants will prep the stencil, paint the design and seal the finished piece. No experience needed, all supplies are included in the workshop. This workshop is offered in cooperation Crafty Crystal.

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

93266 Wed Apr 29 6:00pm-8:00pm



## Watercolours – Beginner

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

**WMRC 11/\$192.50 55+/\$144.43**

93352 Mon Apr 13-Jun 29 9:30am-11:30am

**WMRC 12/\$210.00 55+/\$157.56**

93354 Tue Apr 14-Jun 30 7:30pm-9:30pm

## 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 11/\$192.50 55+/\$144.43**

93353 Mon Apr 13-Jun 29 1:00pm-3:00pm



## 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**

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
91671	Mon	May 4	12:00pm-12:50pm
91672	Wed	May 2	12:00pm-12:50pm
91673	Wed	Jun 3	12:00pm-12:50pm
91674	Mon	Jun 15	12:00pm-12:50pm
91675	Mon	Jul 20	12:00pm-12:50pm
91676	Mon	Aug 24	12:00pm-12:50pm

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

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
91677	Wed	May 13	12:00pm-12:50pm
91678	Wed	May 27	4:45pm-5:35pm
91679	Wed	Jun 10	12:00pm-12:50pm
91680	Wed	Jun 24	4:45pm-5:35pm
91681	Wed	Jul 15	12:00pm-12:50pm
91682	Wed	Aug 19	12:00pm-12:50pm

## FITNESS AND WELLNESS

### Fitness Levels

#### ALL LEVELS

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

#### BEGINNER

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

#### INTERMEDIATE

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

#### ADVANCED

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

### Adults and Weights – Intermediate (55+)

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

**Instructor: Leslie**

**WMRC 10/\$75.00**

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92826	Mon	Apr 13-Jun 22	9:15am-10:15am
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### WMRC 12/\$90.00

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92827	Tue	Apr 7-Jun 23	6:15pm-7:15pm
92828	Thu	Apr 9-Jun 25	6:15pm-7:15pm
92829	Fri	Apr 10-Jun 26	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 10/\$115.20

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92403	Wed	Apr 8-Jun 10	10:00am-10:45am
92404	Sat	Apr 11-Jun 13	1:30pm-2:15pm
92405	Sun	Apr 12-Jun 14	9:15pm-10:00pm

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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**

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92830	Sat	Apr 11-Jun 20	9:15am-10:15am
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### Boot Camp – All Levels

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

**Instructor: Kurtis**

**WMRC 10/\$86.30 55+/\$64.73**

92849 Mon Apr 13-Jun 22 7:00am-7:45am

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

92851 Thu Apr 9-Jun 25 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 12/\$138.00 55+/\$103.50**

92852 Tue Apr 7-Jun 23 5:00pm-6:00pm

**CAN-BIKE – Level 1 (15+)**

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

**Instructor: TBD**

**WMRC 1/\$55.00**

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

**CAN-BIKE – Level 2 (15+)**

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

**Instructor: TBD**

**WMRC 1/\$65.00**

93155 Wed Jun 17 5:00pm-8:00pm

**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 12/\$90.00**

92853 Wed Apr 8-Jun 24 9:15am-10:15am

92854 Wed Apr 8-Jun 24 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 10/\$100.00 55+/\$75.00**

92866 Mon Apr 13-Jun 22 6:00pm-7:00pm

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

92871 Fri Apr 10-Jun 26 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 12/\$120.00 55+/\$90.00**

92875 Tue Apr 7-Jun 23 9:30am-10:30am

**Cardio Pump – All Levels**

Have fun and get your sweat on with this low (or choose high) impact cardio focused class. Upbeat music and dynamic new playlists are offered each week. This class will support you in getting your

heart rate up through aerobic movements designed to work on cardiovascular conditioning.

**Instructor: Leslie**

**WMRC 12/\$90.00 55+/\$67.50**

92883 Fri Apr 10-Jun 26 12:15pm-1:00pm

### NEW! Core Strength – All Levels

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

**Instructor: Fran**

**WMRC 9/\$90.00 55+/\$67.50**

92884 Sat Apr 11-Jun 20 9:00am-10:00am

### 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**

92885 Tue Apr 7-Jun 23 7:30pm-8:30pm

### Dance Mixx – All Levels

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

**Instructor: Taylor**

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

92886 Thu Apr 9-Jun 25 7:30pm-8:30pm

### Deep Waterfit with Equipment (16+)

Similar to Deep waterfit, you will wear a water belt, with extra challenge provided by aquatic equipment throughout. Additional equipment may include paddles, bands, flutter boards or ankle weights.

Expect an excellent cardio and strength workout, with low impact on your joints.

**WMRC Swimplex 9/\$75.06**

92401 Tue Apr 14-Jun 9 10:00am-11:00am

**WMRC Swimplex 10/\$83.40**

92402 Thu Apr 9-Jun 11 10:00am-11:00am

### 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**

92887 Sat Apr 11-Jun 20 10:30am-11:30am

### Fit Pac – All Levels (55+)

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

**Instructor: Leslie**

**WMRC 10/\$75.00**

92888 Mon Apr 13-Jun 22 10:30am-11:30am

**WMRC 12/\$90.00**

92889 Tue Apr 7-Jun 23 9:15am-10:15am

92890 Fri Apr 10-Jun 26 10:30am-11:30am

### Functional Fitness – All Levels (55+)

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

**Instructor: Kurtis**

**AMCC 10/\$86.25**

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92892 Mon Apr 13-Jun 22 1:00pm-2:00pm

**WMRC 10/\$86.25**

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92891 Mon Apr 13-Jun 22 9:15am-10:15am

**WMRC 12/\$103.50**

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92893 Wed Apr 8-Jun 24 1:00pm-2:00pm

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

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

**Instructor: Leslie**

**WMRC 12/\$90.00**

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92894 Tue Apr 7-Jun 23 10:30am-11:30am

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92895 Thu Apr 9-Jun 25 1:30pm-2:30pm

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

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

**Instructor: Leslie**

**Zoom 12/\$90.00**

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92896 Thu Apr 9-Jun 25 1:30pm-2:30pm

### Healthy Hips Workshop – All Levels

If your day involves a lot of sitting, your hips may be ready for some refreshing movement! Strong, mobile hips play a vital role in how comfortably and confidently you move throughout the day. Join a Kinesiologist for an engaging group class focused on hip mobility and strength through guided stretches, exercises and education. This session is designed to support comfortable and safe movement. Please wear comfortable clothing and be prepared for floor-based movements. As this is a group class, individualized instruction may be limited.

**Instructor: Jessica**

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

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92897 Sat Apr 25 9:00am-11:00am

## 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 12/\$138.00 55+/\$103.50**

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92898 Tue Apr 7-Jun 23 7:15pm-8:15pm

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## Kids and Kids-at-Heart: Jazz (6 to 9 years with adult)

This intergenerational dance program invites children ages 6–9 to explore movement, music and creativity alongside an older adult companion. We welcome older adults to join in whenever possible, but any supportive adult in the child’s life is welcome - no dance experience required! Together, dancers will jump, kick, and gallop to upbeat music while discovering the high-energy, dynamic world of jazz dance. Dancers will build rhythm, coordination and confidence through playful combinations and across-the-room movements designed for all abilities. Come ready to move, connect and share a meaningful dance experience across generations. Comfortable clothing and running shoes or bare feet are required. The price includes both the child and adult but only register the child.

**AMCC 7/\$140.00**

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93138 Sat Apr 18-May 30 12:00pm-12:45pm

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## Latin Dance – All Levels

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

**Instructor: Brigitte**

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

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92900 Tue Apr 7-Jun 23 7:15pm-8:15pm

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## Latin Dance – Beginner (Partners)

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

**Instructor: Natalie**

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

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92899 Thu Apr 9-Jun 25 7:15pm-8:15pm

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## Latin Dance – Intermediate

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

**Instructor: Natalie**

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

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93664 Mon Apr 13-Jun 22 7:15pm-8:15pm

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## Latin Fusion Line Dancing – All Levels

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

**Instructor: Natalie**

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

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92901 Sat Apr 11-Jun 20 10:15am-11:15am

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## NEW! Learn to Lift – Beginner

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

**Instructor: Kurtis**

**AMCC 10/\$86.30 55+/\$64.73**

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92902 Mon Apr 13-Jun 22 2:15pm-3:00pm

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## Modern Line Dance – Beginner – Level 1

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

**Instructor: Maggie**

**WMRC 9/\$90.00 55+/\$67.50**

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92908 Thu Apr 9-Jun 11 9:45am-10:45am

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## Modern Line Dance – Beginner – Level 2

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

**Instructor: Maggie**

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

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92909 Mon Apr 13-Jun 22 9:45am-10:45am

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**WMRC 9/\$90.00 55+/\$67.50**

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92910 Thu Apr 9-Jun 11 11:00am-12:00pm

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## Modern Line Dance – Beginner – Level 3/Improver

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

**Instructor: Maggie**

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

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92906 Mon Apr 13-Jun 22 11:00am-12:00pm

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**WMRC 9/\$90.00 55+/\$67.50**

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92907 Thu Apr 9-Jun 11 12:15pm-1:15pm

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## Modern Line Dance – Dance Class Review

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

**Instructor: Maggie**

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

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

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

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92903 Tue Apr 14 1:30pm-3:30pm

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92904 Tue May 26 1:30pm-3:30pm

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92905 Tue Jun 9 1:30pm-3:30pm

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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**

91830 Tue Apr 14-Jun 9 10:30am-11:15am

**WMRC Swimplex 10/\$83.40**

91831 Thu Apr 9-Jun 11 9:30am-10:15am

**Pilates – All Levels**

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

**Instructor: Allyson**

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

92975 Mon Apr 13-Jun 22 6:00pm-7:00pm

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

92976 Thu Apr 9-Jun 25 6:15pm-7:15pm

**Instructor: Colleen**

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

92973 Mon Apr 13-Jun 15 7:00pm-8:00pm

**Instructor: Jessica**

**RIM 10/\$115.00 55+/\$86.75**

92974 Tue Apr 14-Jun 16 6:00pm-7:00pm

**WMRC 9/\$103.50 55+/\$77.63**

92971 Mon Apr 13-Jun 15 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**

92972 Fri Apr 10-Jun 19 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**

92978 Fri Apr 10-Jun 19 10:45am-11:45am

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

92977 Wed Apr 8-Jun 17 5:00pm-6:00pm

**Instructor: Jessica**

**WMRC 9/\$103.50 55+/\$77.63**

92970 Mon Apr 13-Jun 15 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 10/\$115.00 55+/\$86.25**

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92979 Wed Apr 8-Jun 17 6:15pm-7:15pm

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## Powerskating Clinic: Adult (18 years and up)

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

**RIM 10/\$234.96**

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

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## 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 10/\$125.50**

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92395 Sun Apr 12-Jun 14 7:15pm-8:00pm

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## 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 8/\$80.00 55+/\$60.00**

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92980 Mon Apr 13-Jun 8 11:00am-12:00pm

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

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92981 Thu Apr 9-Jun 11 9:15am-10:15am

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**Instructor: Fran**

**WMRC 9/\$90.00 55+/\$67.50**

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92982 Sat Apr 11-Jun 20 10:15am-11:15am

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## 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 10/\$100.00 55+/\$75.00**

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92983 Thu Apr 9-Jun 11 9:15am-10:15am

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### 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 12/\$138.00 55+/\$103.50**

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92985	Thu	Apr 9-Jun 25	5:45pm-6:45pm
92984	Fri	Apr 10-Jun 26	10:15am-11:15am

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### Salsa Sweat – All Levels

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

**Instructor: Natalie**

**Zoom 10/\$100.00 55+/\$75.00**

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92986	Sat	Apr 11-Jun 20	9:00am-10:00am
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### Senior Water Fitness (55+)

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

**WMRC Swimplex 9/\$75.06**

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92398	Tue	Apr 14-Jun 9	8:45am-9:45am
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**WMRC Swimplex 10/\$83.40**

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92399	Thu	Apr 9-Jun 11	8:45am-9:45am
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### 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 9/\$75.06**

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92393	Mon	Apr 13-Jun 15	11:15am-12:15pm
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**WMRC Swimplex 10/\$83.40**

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92394	Wed	Apr 8-Jun 10	8:50am-9:50am
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### 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 10/\$86.30 55+/\$64.73**

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92991	Mon	Apr 13-Jun 22	12:00pm-12:45pm
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**Instructor: Kurtis**

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

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92987	Mon	Apr 13-Jun 22	8:00am-9:00am
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**WMRC 12/\$103.56 55+/\$77.67**

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92988	Wed	Apr 8-Jun 24	12:00pm-12:45pm
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**WMRC 12/\$138.00 55+/\$103.50**

92989 Wed Apr 8-Jun 24 7:30pm-8:30pm

92990 Thu Apr 9-Jun 25 8:00am-9:00am

**NEW! Strength and Stretching – All Levels**

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

**Instructor: Kurtis**

**AMCC 12/\$103.56 55+/\$77.67**

92992 Wed Apr 8-Jun 24 2:15pm-3:00pm

**NEW! Strong and Steady – Weightlifting – All Levels**

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

**Instructor: Melanie**

**AMCC 8/\$161.00**

93670 Mon Apr 27-Jun 22 5:15pm-6:15pm

**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 10/\$86.25**

92993 Mon Apr 13-Jun 22 2:30pm-3:30pm

**WMRC 12/\$103.50**

92994 Fri Apr 10-Jun 26 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 8/\$92.00 55+/\$69.00**

92996 Sat Apr 11-Jun 20 9:30am-10:30am

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

92995 Wed Apr 8-Jun 17 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 8/\$80.00 55+/\$60.00**

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92997 Mon Apr 13-Jun 8 9:45am-10:45am

### Wu Style Tai Chi – Advanced

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

**Instructor: Stephen**

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

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92998 Mon Apr 13-Jun 22 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**

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92999 Mon Apr 13-Jun 22 2:45pm-3:45pm

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

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93000 Tue Apr 7-Jun 23 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**

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93001 Mon Apr 13-Jun 22 4:00pm-5:00pm

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

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93002 Tue Apr 7-Jun 23 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**

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93003 Mon Apr 13-Jun 22 11:45am-12:45pm

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

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93004 Thu Apr 9-Jun 25 9:15am-10:15am

### Yoga – Chair – Slow and Mindful – All Levels

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

**Instructor: Liz**

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

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93005 Tue Apr 7-Jun 23 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**

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93009 Mon Apr 13-Jun 22 7:15pm-8:15pm

**Instructor: Ana**

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

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93007 Wed Apr 8-Jun 24 7:30pm-8:30pm

**Instructor: Nimira**

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

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93008 Thu Apr 9-Jun 25 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**

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93010 Mon Apr 13-Jun 22 5:45pm-6:45pm

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

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93011 Wed Apr 8-Jun 24 9:15am-10:15am

### Yoga – Hatha – All Levels

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

**Instructor: Joanne**

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

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93012 Mon Apr 13-Jun 22 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 12/\$138.00 55+/\$103.50**

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93013 Thu Apr 9-Jun 25 7:00pm-8:00pm

### Yoga – Mindful Mobility – All Levels

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

**Instructor: Joanne**

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

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93014 Wed Apr 8-Jun 24 10:30am-11:30am

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93015 Thu Apr 9-Jun 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 10/\$115.00 55+/\$86.25**

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93016 Mon Apr 13-Jun 22 12:00pm-1:00pm

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**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**

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93019 Wed Apr 8-Jun 24 9:30am-10:30am

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

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93018 Tue Apr 7-Jun 23 11:15am-12:15pm

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**Instructor: Nimira**

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

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93020 Tue Apr 7-Jun 23 12:00pm-1:00pm

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

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93017 Mon Apr 13-Jun 22 10:30am-11:30am

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

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93021 Thu Apr 9-Jun 25 10:30am-11:30am

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**Yoga – Slow and Mindful – All Levels – Online**

The heart of this online class is to be accessible for everyone, regardless of previous experience. Participants build awareness, learn to self-regulate the nervous system and deepen self understanding of their body through slow, simple yoga postures and breath work. Overall benefits

may include increased mobility, better sleep, stress management, pain reduction and improved mental health.

**Instructor: Nimira**

**Zoom 12/\$138.00 55+/\$103.50**

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93022 Thu Apr 9-Jun 25 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 12/\$138.00 55+/\$103.50**

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93023 Thu Apr 9-Jun 25 7:30pm-8:30pm

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

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93025 Thu Apr 9-Jun 25 6:00pm-7:00pm

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

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93024 Tue Apr 7-Jun 23 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 8/\$80.00 55+/\$60.00**

93028	Wed	Apr 8-May 27	9:30am-10:30am
93029	Wed	Apr 8-May 27	7:15pm-8:15pm

### Zumba Gold – All Levels

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

**Instructor: Brigitte**

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

93026	Tue	Apr 7-Jun 23	10:45am-11:45am
93027	Thu	Apr 9-Jun 25	10:30am-11:30am



## 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**

93269	Fri	Apr 10-May 15	10:45am-12:15pm
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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**

93270	Fri	May 22-Jun 26	10:45am-12:15pm
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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**

89768	Sat	Mar 14	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 9/\$157.50 55+/\$118.17**

93359 Mon Apr 27-Jun 29 10:30am-12:30pm

### Sewing – Bento Bag Workshop

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

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

93364 Sat May 9 10:00am-12:00pm

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



### Sewing – Intermediate I

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**

93362 Wed Apr 29-Jun 17 1:00pm-3:00pm

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

93360 Mon Apr 27-Jun 29 1:00pm-3:00pm

### Sewing – Intermediate II

Advance your sewing skills by taking on new garment-making challenges. You'll create a top-and-shorts set while learning essential techniques. Sewing machine knowledge is required. Sewing machine, pattern and tools provided, supplies extra. A supplies list will be emailed upon registration.

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

93363 Wed Apr 29-Jun 17 3:30pm-5:30pm

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

93361 Mon Apr 27-Jun 29 3:30pm-5:30pm

### Sewing – Upcycling T-Shirt Workshop

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



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

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

**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/\$46.50 55+/\$34.87**

87501	Wed Mar 4	7:00pm-9:00pm	Happy Groovy Days!
87502	Wed Mar 25	7:00pm-9:00pm	Spring Rabbit Puzzle
93032	Wed Apr 22	7:00pm-9:00pm	April Showers
93033	Wed May 6	7:00pm-9:00pm	Basket of Tulips
93034	Wed May 27	7:00pm-9:00pm	Honeybees

**WMRC 1/\$48.00 55+/\$36.00**

93035	Wed Jun 10	7:00pm-9:00pm	Strawberry Season
93036	Wed Jun 24	7:00pm-9:00pm	Red, White and Maple Leaf

**Ukulele for Adults**

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

purchase or weekly rental or bring your own from home. Each participant will receive a song book to keep.

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

93078	Tue	Apr 7-May 26	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 8/\$160.00 55+/\$120.00**

93079	Tue	Apr 7-May 26	7:00pm-7:50pm
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**CARL**   
community adult recreation leagues

**Community Adult  
Recreation Leagues**

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

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

**Spring leagues now registering:**

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

View individual sport details and dates at [www.waterloo.ca/carl](http://www.waterloo.ca/carl)

Fall adult league registration opens June 5.

# 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](http://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**

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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 70 classes. Low, medium and high intensity options and times to suit your schedule. Fitpasses are available.

**Adult \$14.70 Youth/55+ \$11.00**

## Learn, Create, Play (0 to 5 years)

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

**AMCC No charge**

Thu 10:30-11:30am

## Little's 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](http://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](http://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](http://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](http://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](http://waterloo.ca/activewaterloo).

**WMRC 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](mailto:leisureprogramming@waterloo.ca).

## OUTDOOR TRAIL SYSTEM

Waterloo has over 150 km of off-road and multi-use trails. Visit [waterloo.ca/trails](http://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](http://waterloo.ca/track) for more information.

## WATERLOO MEMORIAL RECREATION COMPLEX

Running and walking tracks available. Visit [waterloo.ca/track](http://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](http://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](mailto:leisureprogramming@waterloo.ca) if you require a partner.

#### WMRC Pavilion \$2.25

Sat 1:00-4:00pm

### Bridge – Recreational

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

#### WMRC Pavilion \$2.25

Tue 1:00-4:00pm

### Creative Crafters

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

#### WMRC Pavilion No charge

Wed 9:00-11:30am

### Crokinole

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

#### WMRC Pavilion \$2.25

Thu 6:30-9:30pm Biweekly

## 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](mailto: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](mailto: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](http://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	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
Wed	Jul 8	8:40am-12:40pm
Wed	Aug 12	8:40am-12:40pm
Wed	Sep 9	8:40am-12:40pm
Wed	Oct 14	8:40am-12:40pm
Wed	Nov 4	8:40am-12:40pm
Wed	Dec 9	8:40am-12:40pm

### Health Clinic – Foot Care (55+)

Register for your 30-minute appointment and receive care options including nail cutting, filing, reduction of corns and calluses, health teaching and diabetic foot care. \$2.25 reserves your appointment time and the remaining cost of \$50.00 is due at the time of your visit; please pay the nurse directly with cash or e-transfer.

#### WMRC Pavilion \$2.25

Wed	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
Wed	Jul 15	9:00am-12:00pm
Wed	Aug 19	9:00am-12:00pm
Wed	Sep 16	9:00am-12:00pm
Wed	Oct 21	9:00am-12:00pm
Wed	Nov 18	9:00am-12:00pm
Wed	Dec 16	9:00am-12:00pm

## WOW Waterloo

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

View sign up information at [waterloo.ca/seniors](http://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](mailto:kwasexecutive@gmail.com) or visit [www.kwasclub.ca](http://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](mailto: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](http://oldsaltsclub.com) or email [info@oldsaltsclub.com](mailto: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](mailto:billdubrick@icloud.com).

#### WMRC Pavilion

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

# Leadership Programs



## FIRST AID

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

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

**Course fee: \$130.40/Extra fees: \$58.50**

#### WMRC

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

92649	Sat/Sun	Apr 25/26	8:30am-5:00pm
92688	Sat/Sun	May 30/31	11:30am-8:00pm
92689	Sat/Sun	Jun 20/21	9:00am-5:30pm

## SWIM LEADERSHIP

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

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

**Course fee: \$107.32/Extra fees: \$34.00**

**WMRC**

92690	Mon	Apr 13-Jun 15	3:50pm-6:00pm
92691	Fri	Apr 10-Jun 12	5:00pm-7:00pm
92692	Sun	Apr 12-Jun 14	6:00pm-8:00pm
92693	M-F	Jun 16-Jun 26	3:50pm-6:00pm

**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: \$138.50**

**WMRC**

92701	Tue	Apr 21-Jun 9	4:00pm-7:00pm
92702	Sat	Apr 18-Jun 6	3:30pm-6:30pm

**Exam date: Jun 16 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: \$67.05**

**WMRC**

92703	Thu	Apr 16-Jun 4	4:00pm-7:00pm
92817	Sat	Apr 18-Jun 6	3:30pm-6:30pm
92818	Sun	Apr 12-May 31	6:00pm-9:00pm

**Exam date: Jun 11 at 4:00pm**

**Exam date: Jun 13 at 4:30pm**

**Exam date: Jun 7 at 6:15pm**

**LSS Assistant Instructors Course (14+)**

Through classroom learning, in-water practice and volunteer scheduled hours, the Lifesaving Society’s assistant instructor course prepares candidates to help certified instructors with swimming and lifesaving classes. This course provides an introduction to swimming instruction and some of the key competencies required for successful teaching. Candidates are introduced to key principles of learning and teaching as they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized. The trainer will make arrangements on the first day of the course to set up volunteer hours. Prerequisites: Must be 14 years of age as of the first day of the course and have a current Bronze Cross certification or higher.

**Course fee: \$148.86/Extra fees: \$23.75**  
**WMRC**

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92819 Mon Apr 20-Jun 15 6:00pm-9:00pm

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**LSS Instructors and Swim Instructors Course (15+)**

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

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

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87642 M-F Mar 16-Mar 20 9:00am-7:00pm

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**Course fee: \$235.41/Extra fees: \$229.50**  
**WMRC**

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92820	Thu-	Apr 9/10/11/12	6:00pm-10:00pm
	Sun	Apr 16/17/18/19	9:00am-6:00pm

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92821	Thu-	May 21/22/23/24	6:00pm-10:00pm
	Sun	May 28/29/30/31	9:00am-6:00pm

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92822	Thu-	Jun 11/12/13/14	6:00pm-10:00pm
	Sun	Jun 18/19/20/21	9:00am-6:00pm

Note: June 20 at Moses Springer

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**National Lifeguard (15+)**

National Lifeguard (NL) is the highest lifeguard training award in the country and is the basic certification required to lifeguard as recognized by the Ontario Health Act. The course emphasizes teamwork, leadership, emergency procedures and

accident prevention. Candidates must bring their own pocket mask and whistle by day two of the course. Pocket masks are available at the admission desk for purchase. Entry requirements: Bronze Cross and current Standard First Aid and CPR C 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**

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87643 M-F Mar 16-Mar 20 11:00am-8:00pm

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

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92823	Tue	Apr 14-Jun 9	10:00am-3:00pm
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92824	Sun	Apr 12-May 10	12:00pm-9:00pm
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92825	Sun	May 24-Jun 21	12:00pm-9:00pm
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**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**

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87658 Sun Mar 1 11:30am-1:00pm

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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: \$41.50**  
**WMRC**

87651	Sun	Mar 29	9:00am-5:30pm
92696	Sun	Apr 26	8:30am-4:30pm
92697	Thu	Jun 25	9:00am-5:00pm

### LSS Instructors RECERT (15+)

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

**Course fee: \$78.47/Extra fees: \$29.50**  
**WMRC**

92698	Tue	Jun 23	4:00pm-8:30pm
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### National Lifeguard RECERT (16+)

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

**Course fee: \$57.70/Extra fees: \$44.00**  
**WMRC**

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

**Course fee: \$57.70/Extra fees: \$48.00**  
**WMRC**

92694	Mon	Jun 22	4:00pm-9:00pm
92695	Wed	Jun 24	4:00pm-9:00pm

**YOUTH LEADERSHIP**

**Home Alone Safety for Kids  
(9 to 12 years)**

This one day program helps children gain the confidence and skills to stay at home alone successfully. Safety and awareness are the common themes in this program. All information is current so it reflects what today’s children are facing when home alone. Content taught in Red Cross Babysitting Course is not included. This course is offered in cooperation with Safety Tree Canada. For more information visit [www.safetytreetcanada.com](http://www.safetytreetcanada.com).

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

**RIM**

87520	Sat	Feb 28	9:00am-4:00pm
93083	Fri	May 29	9:00am-4:00pm
93089	Sat	Jun 13	9:00am-4:00pm

**WMRC**

93082	Fri	Apr 24	9:00am-4:00pm
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**Red Cross Babysitting Course  
(11 to 14 years)**

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

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

**RIM**

87522	Sat	Feb 28	9:00am-4:00pm
93114	Fri	May 29	9:00am-4:00pm
93115	Sat	Jun 13	9:00am-4:00pm

**WMRC**

93100	Fri	Apr 24	9:00am-4:00pm
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# Swim Programs



## LET'S GET STARTED!

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

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

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

## Making the most of your swim experience

- Lockers, showers and change rooms are available for use. Please leave valuables at home and bring a lock to secure your belongings. We are not responsible for lost or stolen items.
- Shower with soap and water before your swim lesson.
- Footwear is not permitted on the pool deck. Be prepared to go barefoot, or purchase reusable shoe covers at the customer service desk for 75¢.
- Children who are not fully toilet trained must wear watertight elastic pants or specially designed disposable swimming diapers, available at the customer service desk for \$2.00.
- Do not send a child to lessons if they are not feeling well. Pool fouling affects all lessons. If a pool fouling happens, lessons are conducted on the pool deck instead of in the water. Refunds/credits are not given for pool foulings.
- If your child requires **one to one support** in group swim lessons, contact the Inclusion Services Coordinator to complete an inclusion membership. Call 519-886-1177 x27249 or email [inclusion@waterloo.ca](mailto:inclusion@waterloo.ca). Support is subject to staff availability.

## What to expect

- Entrance into the changerooms will occur up to 15 minutes prior to the lesson start time at the Swimplex and 8 minutes prior at Moses Springer outdoor pool.
- Customers may access the pool deck 2 minutes prior to the start of their program.
- No spectators are permitted on the pool deck. Visitors may view lessons from the upper pool gallery. For swimmers under 11 years of age, a parent/guardian is asked to stay in the gallery for the duration of their child's program.
- Note the Feedback Day listed with the lesson session dates (lesson 6). 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>	<b>Register in City of Waterloo class</b>
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>	<b>Register in City of Waterloo class</b>
Swimmer	H	Completed Swimmer 3	<b>Waterloo Splash 4</b>
Star 1	I	Swimmer 4	<b>Waterloo Splash 6</b>
Star 2	J	Swimmer 5	<b>Waterloo Splash 7</b>
Star 3	K	Swimmer 6	<b>Waterloo Splash 8</b>
Star 4	Rookie Patrol	Rookie Patrol	<b>Waterloo Splash 9 (formerly Rookie Patrol)</b>
Star 5	Ranger Patrol	Ranger Patrol	<b>Waterloo Splash 10 (formerly Ranger Patrol)</b>
Star 6/Star 7	Star Patrol	Star Patrol	<b>Waterloo Splash 11 (formerly Star Patrol)</b>
Bronze Star	Bronze Star	Bronze Star	<b>Bronze Star</b>

- For detailed standards of performance consult the admissions desk or the course descriptions inside this guide.
- Registering your child in the appropriate level helps set them up for success. Please do not advance your child to the next level unless recommended.
- The conversion chart is a guideline only. If you are coming from a different swim lesson program, we encourage you to book a free swim lesson evaluation with an Aquatic Specialist by calling 519-886-1177 ext. 27282 or ext. 27375.

**Reminder**Swim lessons are cancelled **May 18**.**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 9/\$84.69**

91557	Mon	Apr 13-Jun 15	8:45am-9:15am
91560	Mon	Apr 13-Jun 15	4:00pm-4:30pm
91562	Mon	Apr 13-Jun 15	5:00pm-5:30pm
91563	Tue	Apr 14-Jun 9	10:15am-10:45am
91566	Tue	Apr 14-Jun 9	3:00pm-3:30pm
91567	Tue	Apr 14-Jun 9	5:00pm-5:30pm

**WMRC Swimplex 10/\$94.10**

91569	Wed	Apr 8-Jun 10	8:00am-8:30am
91578	Wed	Apr 8-Jun 10	5:00pm-5:30pm
91581	Thu	Apr 9-Jun 11	8:45am-9:15am
91583	Thu	Apr 9-Jun 11	10:00am-10:30am
91585	Thu	Apr 9-Jun 11	3:00pm-3:30pm
91587	Thu	Apr 9-Jun 11	6:00pm-6:30pm
91590	Fri	Apr 10-Jun 12	9:15am-9:45am
91592	Fri	Apr 10-Jun 12	5:00pm-5:30pm
91594	Sat	Apr 11-Jun 13	7:00am-7:30am
91596	Sat	Apr 11-Jun 13	9:30am-10:00am
91597	Sat	Apr 11-Jun 13	12:00pm-12:30pm
91598	Sat	Apr 11-Jun 13	5:15pm-5:45pm

91599	Sun	Apr 12-Jun 14	11:30am-12:00pm
91600	Sun	Apr 12-Jun 14	3:00pm-3:30pm
91601	Sun	Apr 12-Jun 14	4:30pm-5:00pm

**Parent and Tot 2 (12 to 24 months)**

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

**WMRC Swimplex 9/\$84.69**

91602	Mon	Apr 13-Jun 15	2:30pm-3:00pm
91603	Mon	Apr 13-Jun 15	5:30pm-6:00pm
91604	Mon	Apr 13-Jun 15	6:30pm-7:00pm
91605	Tue	Apr 14-Jun 9	8:45am-9:15am
91606	Tue	Apr 14-Jun 9	5:30pm-6:00pm
91607	Tue	Apr 14-Jun 9	7:00pm-7:30pm

**WMRC Swimplex 10/\$94.10**

91608	Wed	Apr 8-Jun 10	4:00pm-4:30pm
91609	Wed	Apr 8-Jun 10	5:30pm-6:00pm
91610	Thu	Apr 9-Jun 11	11:30am-12:00pm
91611	Thu	Apr 9-Jun 11	5:00pm-5:30pm
91612	Fri	Apr 10-Jun 12	8:45am-9:15am
91613	Fri	Apr 10-Jun 12	6:00pm-6:30pm
91614	Sat	Apr 11-Jun 13	8:00am-8:30am
91615	Sat	Apr 11-Jun 13	9:00am-9:30am
91616	Sat	Apr 11-Jun 13	10:30am-11:00am
91617	Sat	Apr 11-Jun 13	5:45pm-6:15pm
91618	Sun	Apr 12-Jun 14	12:00pm-12:30pm
91619	Sun	Apr 12-Jun 14	1:00pm-1:30pm
91620	Sun	Apr 12-Jun 14	5:00pm-5:30pm

## Parent and Tot 3 (2 to 5 years)

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

### WMRC Swimplex 9/\$84.69

91658	Mon	Apr 13-Jun 15	11:45am-12:15pm
91659	Mon	Apr 13-Jun 15	4:30pm-5:00pm
91661	Mon	Apr 13-Jun 15	7:00pm-7:30pm
91663	Mon	Apr 13-Jun 15	7:30pm-8:00pm
91664	Tue	Apr 14-Jun 9	4:15pm-4:45pm
91665	Tue	Apr 14-Jun 9	6:30pm-7:00pm
91666	Tue	Apr 14-Jun 9	7:30pm-8:00pm

### WMRC Swimplex 10/\$94.10

91667	Wed	Apr 8-Jun 10	8:45am-9:15am
91668	Wed	Apr 8-Jun 10	4:30pm-5:00pm
91669	Wed	Apr 8-Jun 10	6:30pm-7:00pm
91670	Wed	Apr 8-Jun 10	7:30pm-8:00pm
91684	Thu	Apr 9-Jun 11	4:30pm-5:00pm
91685	Thu	Apr 9-Jun 11	5:30pm-6:00pm
91686	Thu	Apr 9-Jun 11	7:00pm-7:30pm
91687	Fri	Apr 10-Jun 12	4:00pm-4:30pm
91688	Fri	Apr 10-Jun 12	5:30pm-6:00pm
91689	Fri	Apr 10-Jun 12	6:30pm-7:00pm
91697	Sat	Apr 11-Jun 13	7:30am-8:00am
91698	Sat	Apr 11-Jun 13	8:30am-9:00am
91700	Sat	Apr 11-Jun 13	10:00am-10:30am
91701	Sat	Apr 11-Jun 13	11:00am-11:30am

91702	Sat	Apr 11-Jun 13	11:30am-12:00pm
91704	Sat	Apr 11-Jun 13	12:30pm-1:00pm
91705	Sat	Apr 11-Jun 13	4:45pm-5:15pm
91706	Sat	Apr 11-Jun 13	6:15pm-6:45pm
91707	Sun	Apr 12-Jun 14	12:30pm-1:00pm
91708	Sun	Apr 12-Jun 14	2:30pm-3:00pm
91709	Sun	Apr 12-Jun 14	4:00pm-4:30pm
91710	Sun	Apr 12-Jun 14	6:00pm-6:30pm

## Tykes (3 to 5 years)

Is your child 3 to 5 years of age and not quite ready to attend lessons on their own? In this transitional program, the parent accompanies the child in the water for the first 5 lessons for advanced parent and tot instruction. For the last 4-6 lessons (depending on the session length), the child attends the lesson without a parent. A great transitional program for a child that needs support prior to attending lessons on their own. One parent per child may attend. This class is taught in the swirlpool.

### WMRC Swimplex - swirlpool 9/\$84.69

91725	Mon	Apr 13-Jun 15	6:00pm-6:30pm
91727	Mon	Apr 13-Jun 15	8:00pm-8:30pm
91728	Tue	Apr 14-Jun 9	11:30am-12:00pm
91729	Tue	Apr 14-Jun 9	4:30pm-5:00pm
91730	Tue	Apr 14-Jun 9	6:00pm-6:30pm
91731	Tue	Apr 14-Jun 9	7:30pm-8:00pm

### WMRC Swimplex - swirlpool 10/\$94.10

91732	Wed	Apr 8-Jun 10	4:00pm-4:30pm
91733	Wed	Apr 8-Jun 10	5:00pm-5:30pm
91734	Wed	Apr 8-Jun 10	6:00pm-6:30pm
91735	Wed	Apr 8-Jun 10	7:00pm-7:30pm
91736	Thu	Apr 9-Jun 11	10:00am-10:30am
91738	Thu	Apr 9-Jun 11	6:30pm-7:00pm

91739	Thu	Apr 9-Jun 11	7:30pm-8:00pm
91740	Thu	Apr 9-Jun 11	4:30pm-5:00pm
91741	Thu	Apr 9-Jun 11	5:30pm-6:00pm
91742	Thu	Apr 9-Jun 11	6:30pm-7:00pm
91743	Sat	Apr 11-Jun 13	7:00am-7:30am
91744	Sat	Apr 11-Jun 13	8:00am-8:30am
91746	Sat	Apr 11-Jun 13	12:00pm-12:30pm
91747	Sat	Apr 11-Jun 13	5:15pm-5:45pm
91748	Sat	Apr 11-Jun 13	6:15pm-6:45pm
91749	Sun	Apr 12-Jun 14	12:00pm-12:30pm
91750	Sun	Apr 12-Jun 14	1:30pm-2:00pm
91751	Sun	Apr 12-Jun 14	3:30pm-4:00pm
91752	Sun	Apr 12-Jun 14	5:30pm-6:00pm

**WMRC Swimplex - tot area 9/\$84.69**

91724	Mon	Apr 13-Jun 15	4:00pm-4:30pm
91726	Mon	Apr 13-Jun 15	7:00pm-7:30pm

**WMRC Swimplex - tot area 10/\$94.10**

91737	Thu	Apr 9-Jun 11	5:30pm-6:00pm
91745	Sat	Apr 11-Jun 13	9:00am-9:30am

**June Daily WMRC Swimplex - swirlpool 9/\$84.69**

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

**Preschool A (3 to 5 years)**

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

**WMRC Swimplex 8/\$75.28**

93272	Thu	May 7-Jun 25	6:00pm-6:30pm
93273	Sun	May 3-Jun 21	3:00pm-3:30pm

**WMRC Swimplex - swirlpool 9/\$84.69**

91753	Mon	Apr 13-Jun 15	1:00pm-1:30pm
91754	Mon	Apr 13-Jun 15	4:00pm-4:30pm
91756	Mon	Apr 13-Jun 15	5:00pm-5:30pm
91757	Mon	Apr 13-Jun 15	5:30pm-6:00pm
91758	Mon	Apr 13-Jun 15	6:00pm-6:30pm
91759	Mon	Apr 13-Jun 15	6:30pm-7:00pm
91760	Mon	Apr 13-Jun 15	7:00pm-7:30pm
91762	Tue	Apr 14-Jun 9	5:00pm-5:30pm
91763	Tue	Apr 14-Jun 9	4:30pm-5:00pm
91764	Tue	Apr 14-Jun 9	5:30pm-6:00pm
91765	Tue	Apr 14-Jun 9	6:00pm-6:30pm
91766	Tue	Apr 14-Jun 9	7:00pm-7:30pm

**WMRC Swimplex - swirlpool 10/\$94.10**

91768	Wed	Apr 8-Jun 10	9:15am-9:45am
91772	Wed	Apr 8-Jun 10	6:30pm-7:00pm
91773	Wed	Apr 8-Jun 10	7:00pm-7:30pm
91774	Wed	Apr 8-Jun 10	7:30pm-8:00pm
91776	Thu	Apr 9-Jun 11	4:30pm-5:00pm
91777	Thu	Apr 9-Jun 11	5:00pm-5:30pm
91778	Thu	Apr 9-Jun 11	5:15pm-5:45pm

91779	Thu	Apr 9-Jun 11	5:45pm-6:15pm
91780	Thu	Apr 9-Jun 11	6:30pm-7:00pm
91781	Thu	Apr 9-Jun 11	7:00pm-7:30pm
91782	Thu	Apr 9-Jun 11	7:30pm-8:00pm
91784	Fri	Apr 10-Jun 12	4:00pm-4:30pm
91785	Fri	Apr 10-Jun 12	4:30pm-5:00pm
91786	Fri	Apr 10-Jun 12	5:00pm-5:30pm
91788	Fri	Apr 10-Jun 12	6:00pm-6:30pm
91790	Sat	Apr 11-Jun 13	7:30am-8:00am
91792	Sat	Apr 11-Jun 13	9:30am-10:00am
91794	Sat	Apr 11-Jun 13	11:00am-11:30am
91796	Sat	Apr 11-Jun 13	12:30pm-1:00pm
91797	Sat	Apr 11-Jun 13	4:45pm-5:15pm
91798	Sat	Apr 11-Jun 13	5:45pm-6:15pm
91800	Sun	Apr 12-Jun 14	11:30am-12:00pm
91802	Sun	Apr 12-Jun 14	1:00pm-1:30pm
91803	Sun	Apr 12-Jun 14	2:00pm-2:30pm
91806	Sun	Apr 12-Jun 14	3:30pm-4:00pm
91807	Sun	Apr 12-Jun 14	4:00pm-4:30pm
91808	Sun	Apr 12-Jun 14	4:30pm-5:00pm
91809	Sun	Apr 12-Jun 14	5:00pm-5:30pm
91810	Sun	Apr 12-Jun 14	5:30pm-6:00pm

**WMRC Swimplex - tot area 8/\$75.28**

93271	Tue	May 5-Jun 23	5:30pm-6:00pm
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**WMRC Swimplex - tot area 9/\$84.69**

91724	Mon	Apr 13-Jun 15	4:00pm-4:30pm
91726	Mon	Apr 13-Jun 15	7:00pm-7:30pm

**WMRC Swimplex - tot area 10/\$94.10**

91769	Wed	Apr 8-Jun 10	3:00pm-3:30pm
91770	Wed	Apr 8-Jun 10	4:30pm-5:00pm
91771	Wed	Apr 8-Jun 10	5:30pm-6:00pm

91775	Thu	Apr 9-Jun 11	3:45pm-4:15pm
91783	Fri	Apr 10-Jun 12	9:15am-9:45am
91787	Fri	Apr 10-Jun 12	5:30pm-6:00pm
91789	Fri	Apr 10-Jun 12	6:30pm-7:00pm
91791	Sat	Apr 11-Jun 13	8:30am-9:00am
91793	Sat	Apr 11-Jun 13	10:30am-11:00am
91795	Sat	Apr 11-Jun 13	12:00pm-12:30pm
91799	Sat	Apr 11-Jun 13	6:15pm-6:45pm
91801	Sun	Apr 12-Jun 14	12:30pm-1:00pm
91805	Sun	Apr 12-Jun 14	2:30pm-3:00pm

**June Daily WMRC Swimplex - swirlpool 9/\$84.69**

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

**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**

93279	Thu	May 7-Jun 25	5:30pm-6:00pm
93280	Sun	May 3-Jun 21	1:00pm-1:30pm

**WMRC Swimplex - tot area 9/\$84.69**

91833	Mon	Apr 13-Jun 15	10:00am-10:30am
91834	Mon	Apr 13-Jun 15	1:30pm-2:00pm

91835	Mon	Apr 13-Jun 15	3:30pm-4:00pm
91836	Mon	Apr 13-Jun 15	4:30pm-5:00pm
91837	Mon	Apr 13-Jun 15	5:30pm-6:00pm
91838	Mon	Apr 13-Jun 15	6:00pm-6:30pm
91839	Mon	Apr 13-Jun 15	6:30pm-7:00pm
91840	Mon	Apr 13-Jun 15	8:00pm-8:30pm
91841	Tue	Apr 14-Jun 9	11:30am-12:00pm
91842	Tue	Apr 14-Jun 9	4:00pm-4:30pm
91843	Tue	Apr 14-Jun 9	4:30pm-5:00pm
91844	Tue	Apr 14-Jun 9	5:30pm-6:00pm
91845	Tue	Apr 14-Jun 9	6:00pm-6:30pm
91846	Tue	Apr 14-Jun 9	6:30pm-7:00pm
91847	Tue	Apr 14-Jun 9	7:00pm-7:30pm

**WMRC Swimplex - tot area 10/\$94.10**

91848	Wed	Apr 8-Jun 10	3:30pm-4:00pm
91849	Wed	Apr 8-Jun 10	5:00pm-5:30pm
91850	Wed	Apr 8-Jun 10	6:00pm-6:30pm
91851	Wed	Apr 8-Jun 10	6:30pm-7:00pm
91852	Wed	Apr 8-Jun 10	7:30pm-8:00pm
91853	Thu	Apr 9-Jun 11	10:00am-10:30am
91854	Thu	Apr 9-Jun 11	4:00pm-4:30pm
91855	Thu	Apr 9-Jun 11	4:15pm-4:45pm
91856	Thu	Apr 9-Jun 11	4:30pm-5:00pm
91857	Thu	Apr 9-Jun 11	5:00pm-5:30pm
91858	Thu	Apr 9-Jun 11	6:00pm-6:30pm
91859	Thu	Apr 9-Jun 11	6:30pm-7:00pm
91860	Thu	Apr 9-Jun 11	7:00pm-7:30pm
91861	Fri	Apr 10-Jun 12	3:00pm-3:30pm
91862	Fri	Apr 10-Jun 12	3:45pm-4:15pm
91863	Fri	Apr 10-Jun 12	4:30pm-5:00pm
91864	Fri	Apr 10-Jun 12	5:00pm-5:30pm
91865	Fri	Apr 10-Jun 12	6:00pm-6:30pm

91866	Sat	Apr 11-Jun 13	7:00am-7:30am
91867	Sat	Apr 11-Jun 13	8:00am-8:30am
91868	Sat	Apr 11-Jun 13	8:30am-9:00am
91869	Sat	Apr 11-Jun 13	9:30am-10:00am
91870	Sat	Apr 11-Jun 13	10:30am-11:00am
91871	Sat	Apr 11-Jun 13	11:00am-11:30am
91872	Sat	Apr 11-Jun 13	12:00pm-12:30pm
91873	Sat	Apr 11-Jun 13	5:15pm-5:45pm
91874	Sat	Apr 11-Jun 13	6:15pm-6:45pm
91875	Sun	Apr 12-Jun 14	12:30pm-1:00pm
91876	Sun	Apr 12-Jun 14	1:00pm-1:30pm
91877	Sun	Apr 12-Jun 14	2:00pm-2:30pm
91878	Sun	Apr 12-Jun 14	3:00pm-3:30pm
91879	Sun	Apr 12-Jun 14	3:30pm-4:00pm
91880	Sun	Apr 12-Jun 14	4:00pm-4:30pm
91881	Sun	Apr 12-Jun 14	4:30pm-5:00pm
91882	Sun	Apr 12-Jun 14	5:00pm-5:30pm
91883	Sun	Apr 12-Jun 14	6:00pm-6:30pm

**June Daily WMRC Swimplex - tot area 9/\$84.69**

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

**Preschool C (3 to 5 years)**

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

device).

### WMRC Swimplex - shallow 9/\$84.69

91884	Mon	Apr 13-Jun 15	7:00pm-7:30pm
91885	Tue	Apr 14-Jun 9	5:00pm-5:30pm
91886	Tue	Apr 14-Jun 9	7:30pm-8:00pm

### WMRC Swimplex - shallow 10/\$94.10

91887	Wed	Apr 8-Jun 10	7:00pm-7:30pm
91888	Thu	Apr 9-Jun 11	4:30pm-5:00pm
91889	Thu	Apr 9-Jun 11	6:30pm-7:00pm
91891	Sat	Apr 11-Jun 13	10:00am-10:30am
91893	Sat	Apr 11-Jun 13	5:45pm-6:15pm

### WMRC Swimplex - tot area 10/\$94.10

91890	Fri	Apr 10-Jun 12	4:00pm-4:30pm
91892	Sat	Apr 11-Jun 13	11:30am-12:00pm
91894	Sun	Apr 12-Jun 14	11:30am-12:00pm
91895	Sun	Apr 12-Jun 14	1:30pm-2:00pm

### June Daily WMRC Swimplex - shallow 9/\$84.69

93284		Jun 16-Jun 26	5:00pm-5:30pm
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### Preschool D (3 to 5 years)

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

### WMRC Swimplex 9/\$84.69

91896	Tue	Apr 14-Jun 9	4:30pm-5:00pm
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### WMRC Swimplex 10/\$94.10

91897	Wed	Apr 8-Jun 10	6:00pm-6:30pm
91898	Thu	Apr 9-Jun 11	5:00pm-5:30pm
91899	Fri	Apr 10-Jun 12	5:45pm-6:15pm

91900	Sat	Apr 11-Jun 13	9:00am-9:30am
91901	Sat	Apr 11-Jun 13	11:30am-12:00pm
91902	Sun	Apr 12-Jun 14	11:30am-12:00pm
91903	Sun	Apr 12-Jun 14	3:00pm-3:30pm

### June Daily WMRC Swimplex 9/\$84.69

93285		Jun 16-Jun 26	5:00pm-5:30pm
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### Preschool E (3 to 5 years)

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

### WMRC Swimplex 9/\$84.69

91904	Tue	Apr 14-Jun 9	6:30pm-7:00pm
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### WMRC Swimplex 10/\$94.10

91905	Sat	Apr 11-Jun 13	11:30am-12:00pm
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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**

93297	Thu	May 7-Jun 25	7:00pm-7:30pm
93298	Sun	May 3-Jun 21	1:30pm-2:00pm

**WMRC Swimplex 9/\$84.69**

91906	Mon	Apr 13-Jun 15	6:00pm-6:30pm
91907	Mon	Apr 13-Jun 15	7:00pm-7:30pm
91908	Tue	Apr 14-Jun 9	4:00pm-4:30pm
91909	Tue	Apr 14-Jun 9	5:30pm-6:00pm
91910	Tue	Apr 14-Jun 9	6:30pm-7:00pm

**WMRC Swimplex 10/\$94.10**

91911	Wed	Apr 8-Jun 10	4:30pm-5:00pm
91912	Wed	Apr 8-Jun 10	6:00pm-6:30pm
91913	Wed	Apr 8-Jun 10	7:30pm-8:00pm
91914	Thu	Apr 9-Jun 11	5:30pm-6:00pm
91915	Thu	Apr 9-Jun 11	6:00pm-6:30pm
91916	Thu	Apr 9-Jun 11	7:30pm-8:00pm
91917	Fri	Apr 10-Jun 12	3:30pm-4:00pm
91918	Fri	Apr 10-Jun 12	6:30pm-7:00pm
91919	Sat	Apr 11-Jun 13	10:30am-11:00am
91920	Sat	Apr 11-Jun 13	12:30pm-1:00pm
91921	Sat	Apr 11-Jun 13	4:45pm-5:15pm
91922	Sun	Apr 12-Jun 14	12:00pm-12:30pm
91923	Sun	Apr 12-Jun 14	2:30pm-3:00pm

**June Daily WMRC Swimplex 9/\$84.69**

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

**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**

93286	Tue	May 5-Jun 23	4:30pm-5:00pm
93287	Tue	May 5-Jun 23	5:00pm-5:30pm
93288	Tue	May 5-Jun 23	7:30pm-8:00pm
93289	Thu	May 7-Jun 25	4:30pm-5:00pm
93290	Thu	May 7-Jun 25	6:30pm-7:00pm
93291	Thu	May 7-Jun 25	7:30pm-8:00pm
93292	Sun	May 3-Jun 21	2:30pm-3:00pm

**WMRC Swimplex 9/\$84.69**

91924	Mon	Apr 13-Jun 15	3:00pm-3:30pm
91925	Mon	Apr 13-Jun 15	4:15pm-4:45pm
91926	Mon	Apr 13-Jun 15	5:00pm-5:30pm
91927	Mon	Apr 13-Jun 15	5:15pm-5:45pm
91928	Mon	Apr 13-Jun 15	5:30pm-6:00pm
91929	Mon	Apr 13-Jun 15	6:00pm-6:30pm
91930	Mon	Apr 13-Jun 15	6:30pm-7:00pm
91931	Mon	Apr 13-Jun 15	6:30pm-7:00pm
91932	Mon	Apr 13-Jun 15	7:30pm-8:00pm
91933	Tue	Apr 14-Jun 9	4:00pm-4:30pm
91934	Tue	Apr 14-Jun 9	4:30pm-5:00pm
91935	Tue	Apr 14-Jun 9	5:00pm-5:30pm
91936	Tue	Apr 14-Jun 9	5:30pm-6:00pm
91937	Tue	Apr 14-Jun 9	6:00pm-6:30pm

91938	Tue	Apr 14-Jun 9	6:45pm-7:15pm
91939	Tue	Apr 14-Jun 9	7:00pm-7:30pm
91940	Tue	Apr 14-Jun 9	7:30pm-8:00pm
<b>WMRC Swimplex 10/\$94.10</b>			
91941	Wed	Apr 8-Jun 10	4:15pm-4:45pm
91942	Wed	Apr 8-Jun 10	5:00pm-5:30pm
91943	Wed	Apr 8-Jun 10	5:15pm-5:45pm
91944	Wed	Apr 8-Jun 10	5:30pm-6:00pm
91945	Wed	Apr 8-Jun 10	6:00pm-6:30pm
91946	Wed	Apr 8-Jun 10	6:30pm-7:00pm
91947	Wed	Apr 8-Jun 10	7:00pm-7:30pm
91948	Thu	Apr 9-Jun 11	4:30pm-5:00pm
91949	Thu	Apr 9-Jun 11	5:00pm-5:30pm
91950	Thu	Apr 9-Jun 11	5:30pm-6:00pm
91951	Thu	Apr 9-Jun 11	6:00pm-6:30pm
91952	Thu	Apr 9-Jun 11	6:30pm-7:00pm
91953	Thu	Apr 9-Jun 11	7:00pm-7:30pm
91954	Thu	Apr 9-Jun 11	7:30pm-8:00pm
91955	Fri	Apr 10-Jun 12	4:00pm-4:30pm
91956	Fri	Apr 10-Jun 12	4:30pm-5:00pm
91957	Fri	Apr 10-Jun 12	5:00pm-5:30pm
91958	Fri	Apr 10-Jun 12	5:30pm-6:00pm
91959	Fri	Apr 10-Jun 12	6:00pm-6:30pm
91960	Fri	Apr 10-Jun 12	6:30pm-7:00pm
91961	Sat	Apr 11-Jun 13	9:00am-9:30am
91962	Sat	Apr 11-Jun 13	9:30am-10:00am
91963	Sat	Apr 11-Jun 13	10:00am-10:30am
91964	Sat	Apr 11-Jun 13	10:30am-11:00am
91965	Sat	Apr 11-Jun 13	11:00am-11:30am
91966	Sat	Apr 11-Jun 13	12:30pm-1:00pm
91967	Sat	Apr 11-Jun 13	4:45pm-5:15pm
91968	Sat	Apr 11-Jun 13	5:45pm-6:15pm

91969	Sat	Apr 11-Jun 13	6:15pm-6:45pm
91970	Sun	Apr 12-Jun 14	11:30am-12:00pm
91971	Sun	Apr 12-Jun 14	12:00pm-12:30pm
91972	Sun	Apr 12-Jun 14	12:30pm-1:00pm
91973	Sun	Apr 12-Jun 14	1:30pm-2:00pm
91974	Sun	Apr 12-Jun 14	2:00pm-2:30pm
91975	Sun	Apr 12-Jun 14	2:30pm-3:00pm
91976	Sun	Apr 12-Jun 14	3:00pm-3:30pm
91977	Sun	Apr 12-Jun 14	3:30pm-4:00pm

**June Daily WMRC Swimplex 9/\$84.69**

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

**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**

93301	Tue	May 5-Jun 23	5:30pm-6:00pm
93302	Tue	May 5-Jun 23	6:30pm-7:00pm
93303	Wed	May 6-Jun 24	6:15pm-6:45pm
93304	Thu	May 7-Jun 25	5:00pm-5:30pm
93305	Thu	May 7-Jun 25	6:30pm-7:00pm
93306	Sun	May 3-Jun 21	12:00pm-12:30pm

**WMRC Swimplex 9/\$84.69**

91978	Mon	Apr 13-Jun 15	3:45pm-4:15pm
91979	Mon	Apr 13-Jun 15	4:30pm-5:00pm

91980	Mon	Apr 13-Jun 15	4:45pm-5:15pm
91981	Mon	Apr 13-Jun 15	5:00pm-5:30pm
91982	Mon	Apr 13-Jun 15	5:30pm-6:00pm
91983	Mon	Apr 13-Jun 15	5:45pm-6:15pm
91984	Mon	Apr 13-Jun 15	6:00pm-6:30pm
91985	Mon	Apr 13-Jun 15	6:30pm-7:00pm
91986	Mon	Apr 13-Jun 15	7:00pm-7:30pm
91987	Mon	Apr 13-Jun 15	7:30pm-8:00pm
91988	Tue	Apr 14-Jun 9	4:00pm-4:30pm
91989	Tue	Apr 14-Jun 9	4:15pm-4:45pm
91990	Tue	Apr 14-Jun 9	4:30pm-5:00pm
91991	Tue	Apr 14-Jun 9	5:00pm-5:30pm
91992	Tue	Apr 14-Jun 9	5:15pm-5:45pm
91993	Tue	Apr 14-Jun 9	5:30pm-6:00pm
91994	Tue	Apr 14-Jun 9	6:00pm-6:30pm
91995	Tue	Apr 14-Jun 9	6:30pm-7:00pm
91996	Tue	Apr 14-Jun 9	7:00pm-7:30pm

**WMRC Swimplex 10/\$94.10**

91997	Wed	Apr 8-Jun 10	4:30pm-5:00pm
91998	Wed	Apr 8-Jun 10	4:45pm-5:15pm
91999	Wed	Apr 8-Jun 10	5:30pm-6:00pm
92000	Wed	Apr 8-Jun 10	5:45pm-6:15pm
92001	Wed	Apr 8-Jun 10	6:30pm-7:00pm
92002	Wed	Apr 8-Jun 10	7:30pm-8:00pm
92003	Thu	Apr 9-Jun 11	4:00pm-4:30pm
92004	Thu	Apr 9-Jun 11	4:30pm-5:00pm
92005	Thu	Apr 9-Jun 11	4:30pm-5:00pm
92006	Thu	Apr 9-Jun 11	5:00pm-5:30pm
92007	Thu	Apr 9-Jun 11	5:00pm-5:30pm
92008	Thu	Apr 9-Jun 11	6:00pm-6:30pm
92009	Thu	Apr 9-Jun 11	6:30pm-7:00pm
92010	Thu	Apr 9-Jun 11	7:00pm-7:30pm

92011	Fri	Apr 10-Jun 12	3:00pm-3:30pm
92012	Fri	Apr 10-Jun 12	4:00pm-4:30pm
92013	Fri	Apr 10-Jun 12	4:30pm-5:00pm
92014	Fri	Apr 10-Jun 12	5:15pm-5:45pm
92015	Fri	Apr 10-Jun 12	5:30pm-6:00pm
92016	Fri	Apr 10-Jun 12	5:45pm-6:15pm
92017	Fri	Apr 10-Jun 12	6:00pm-6:30pm
92018	Sat	Apr 11-Jun 13	9:30am-10:00am
92019	Sat	Apr 11-Jun 13	10:00am-10:30am
92020	Sat	Apr 11-Jun 13	10:30am-11:00am
92021	Sat	Apr 11-Jun 13	11:30am-12:00pm
92022	Sat	Apr 11-Jun 13	12:30pm-1:00pm
92023	Sat	Apr 11-Jun 13	4:45pm-5:15pm
92024	Sat	Apr 11-Jun 13	5:15pm-5:45pm
92025	Sat	Apr 11-Jun 13	5:45pm-6:15pm
92026	Sun	Apr 12-Jun 14	11:30am-12:00pm
92027	Sun	Apr 12-Jun 14	12:00pm-12:30pm
92028	Sun	Apr 12-Jun 14	1:00pm-1:30pm
92029	Sun	Apr 12-Jun 14	1:30pm-2:00pm
92030	Sun	Apr 12-Jun 14	2:00pm-2:30pm
92031	Sun	Apr 12-Jun 14	2:30pm-3:00pm
92032	Sun	Apr 12-Jun 14	3:00pm-3:30pm
92033	Sun	Apr 12-Jun 14	3:30pm-4:00pm

**June Daily WMRC Swimplex 9/\$84.69**

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

**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**

93310	Tue	May 5-Jun 23	5:00pm-5:30pm
93311	Tue	May 5-Jun 23	7:00pm-7:30pm
93312	Wed	May 6-Jun 24	6:45pm-7:15pm
93313	Thu	May 7-Jun 25	5:00pm-5:30pm
93314	Thu	May 7-Jun 25	7:30pm-8:00pm
93315	Sun	May 3-Jun 21	12:30pm-1:00pm
93316	Sun	May 3-Jun 21	2:00pm-2:30pm

**WMRC Swimplex 9/\$84.69**

92193	Mon	Apr 13-Jun 15	3:30pm-4:00pm
92194	Mon	Apr 13-Jun 15	4:30pm-5:00pm
92195	Mon	Apr 13-Jun 15	5:00pm-5:30pm
92196	Mon	Apr 13-Jun 15	5:30pm-6:00pm
92197	Mon	Apr 13-Jun 15	6:00pm-6:30pm
92198	Mon	Apr 13-Jun 15	6:30pm-7:00pm
92199	Mon	Apr 13-Jun 15	6:45pm-7:15pm
92200	Tue	Apr 14-Jun 9	4:00pm-4:30pm
92202	Mon	Apr 13-Jun 15	7:30pm-8:00pm
92203	Tue	Apr 14-Jun 9	4:30pm-5:00pm
92204	Tue	Apr 14-Jun 9	4:45pm-5:15pm
92205	Tue	Apr 14-Jun 9	5:00pm-5:30pm
92206	Tue	Apr 14-Jun 9	5:30pm-6:00pm
92207	Tue	Apr 14-Jun 9	6:00pm-6:30pm
92208	Tue	Apr 14-Jun 9	7:00pm-7:30pm

**WMRC Swimplex 10/\$94.10**

92209	Wed	Apr 8-Jun 10	4:15pm-4:45pm
92210	Wed	Apr 8-Jun 10	4:30pm-5:00pm
92211	Wed	Apr 8-Jun 10	5:00pm-5:30pm
92212	Wed	Apr 8-Jun 10	5:30pm-6:00pm
92213	Wed	Apr 8-Jun 10	6:00pm-6:30pm
92214	Wed	Apr 8-Jun 10	6:30pm-7:00pm

92215	Wed	Apr 8-Jun 10	7:30pm-8:00pm
92216	Thu	Apr 9-Jun 11	4:00pm-4:30pm
92217	Thu	Apr 9-Jun 11	4:00pm-4:30pm
92218	Thu	Apr 9-Jun 11	5:00pm-5:30pm
92219	Thu	Apr 9-Jun 11	5:30pm-6:00pm
92220	Thu	Apr 9-Jun 11	6:00pm-6:30pm
92221	Thu	Apr 9-Jun 11	6:30pm-7:00pm
92222	Thu	Apr 9-Jun 11	7:30pm-8:00pm
92223	Fri	Apr 10-Jun 12	3:30pm-4:00pm
92224	Fri	Apr 10-Jun 12	4:15pm-4:45pm
92225	Fri	Apr 10-Jun 12	5:30pm-6:00pm
92226	Fri	Apr 10-Jun 12	6:00pm-6:30pm
92227	Fri	Apr 10-Jun 12	6:15pm-6:45pm
92228	Sat	Apr 11-Jun 13	9:00am-9:30am
92229	Sat	Apr 11-Jun 13	10:00am-10:30am
92231	Sat	Apr 11-Jun 13	11:00am-11:30am
92232	Sat	Apr 11-Jun 13	11:30am-12:00pm
92233	Sat	Apr 11-Jun 13	12:00pm-12:30pm
92234	Sat	Apr 11-Jun 13	4:45pm-5:15pm
92235	Sat	Apr 11-Jun 13	6:15pm-6:45pm
92236	Sun	Apr 12-Jun 14	11:30am-12:00pm
92237	Sun	Apr 12-Jun 14	12:30pm-1:00pm
92238	Sun	Apr 12-Jun 14	1:00pm-1:30pm
92239	Sun	Apr 12-Jun 14	2:00pm-2:30pm
92240	Sun	Apr 12-Jun 14	2:30pm-3:00pm
92241	Sun	Apr 12-Jun 14	3:00pm-3:30pm
92242	Sun	Apr 12-Jun 14	3:30pm-4:00pm

**June Daily WMRC Swimplex 9/\$84.69**

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

## 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

93320	Wed	May 6-Jun 24	5:30pm-6:15pm
93321	Thu	May 7-Jun 25	4:15pm-5:00pm
93322	Sun	May 3-Jun 21	3:00pm-3:45pm

### WMRC Swimplex 9/\$84.69

92243	Mon	Apr 13-Jun 15	3:15pm-4:00pm
92244	Mon	Apr 13-Jun 15	5:15pm-6:00pm
92245	Mon	Apr 13-Jun 15	6:00pm-6:45pm
92246	Mon	Apr 13-Jun 15	6:45pm-7:30pm
92247	Tue	Apr 14-Jun 9	5:00pm-5:45pm
92248	Tue	Apr 14-Jun 9	5:45pm-6:30pm
92249	Tue	Apr 14-Jun 9	6:15pm-7:00pm

### WMRC Swimplex 10/\$94.10

92250	Wed	Apr 8-Jun 10	4:00pm-4:45pm
92251	Wed	Apr 8-Jun 10	5:15pm-6:00pm
92252	Wed	Apr 8-Jun 10	6:00pm-6:45pm
92253	Wed	Apr 8-Jun 10	6:45pm-7:30pm
92254	Thu	Apr 9-Jun 11	4:15pm-5:00pm
92255	Thu	Apr 9-Jun 11	4:45pm-5:30pm
92256	Thu	Apr 9-Jun 11	5:30pm-6:15pm
92257	Thu	Apr 9-Jun 11	7:00pm-7:45pm
92258	Fri	Apr 10-Jun 12	4:00pm-4:45pm
92259	Fri	Apr 10-Jun 12	6:15pm-7:00pm
92260	Sat	Apr 11-Jun 13	9:30am-10:15am
92261	Sat	Apr 11-Jun 13	10:00am-10:45am
92262	Sat	Apr 11-Jun 13	11:30am-12:15pm

92263	Sat	Apr 11-Jun 13	12:15pm-1:00pm
92264	Sat	Apr 11-Jun 13	5:15pm-6:00pm
92265	Sun	Apr 12-Jun 14	11:30am-12:15pm
92266	Sun	Apr 12-Jun 14	12:45pm-1:30pm
92267	Sun	Apr 12-Jun 14	1:30pm-2:15pm
92268	Sun	Apr 12-Jun 14	3:00pm-3:45pm

### June Daily WMRC Swimplex 9/\$84.69

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

## Waterloo Splash 5 (5 to 12 years)

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

### WMRC Swimplex 8/\$75.28

93325	Tue	May 5-Jun 23	7:15pm-8:00pm
93326	Wed	May 6-Jun 24	4:45pm-5:30pm
93327	Sun	May 3-Jun 21	2:15pm-3:00pm

### WMRC Swimplex 9/\$84.69

92276	Mon	Apr 13-Jun 15	3:15pm-4:00pm
92277	Mon	Apr 13-Jun 15	4:15pm-5:00pm
92278	Mon	Apr 13-Jun 15	6:00pm-6:45pm
92279	Mon	Apr 13-Jun 15	7:00pm-7:45pm
92280	Tue	Apr 14-Jun 9	4:00pm-4:45pm
92281	Tue	Apr 14-Jun 9	5:00pm-5:45pm
92282	Tue	Apr 14-Jun 9	6:15pm-7:00pm
92283	Tue	Apr 14-Jun 9	7:15pm-8:00pm

### WMRC Swimplex 10/\$94.10

92284	Wed	Apr 8-Jun 10	4:15pm-5:00pm
92285	Wed	Apr 8-Jun 10	6:00pm-6:45pm

92286	Wed	Apr 8-Jun 10	6:45pm-7:30pm
92287	Thu	Apr 9-Jun 11	4:00pm-4:45pm
92288	Thu	Apr 9-Jun 11	4:45pm-5:30pm
92289	Thu	Apr 9-Jun 11	5:45pm-6:30pm
92290	Fri	Apr 10-Jun 12	4:45pm-5:30pm
92291	Fri	Apr 10-Jun 12	6:15pm-7:00pm
92292	Sat	Apr 11-Jun 13	9:00am-9:45am
92293	Sat	Apr 11-Jun 13	11:30am-12:15pm
92294	Sat	Apr 11-Jun 13	12:15pm-1:00pm
92295	Sat	Apr 11-Jun 13	4:45pm-5:30pm
92296	Sat	Apr 11-Jun 13	6:00pm-6:45pm
92297	Sun	Apr 12-Jun 14	12:00pm-12:45pm
92298	Sun	Apr 12-Jun 14	2:15pm-3:00pm
92299	Sun	Apr 12-Jun 14	6:15pm-7:00pm
92300	Sun	Apr 12-Jun 14	7:00pm-7:45pm

**June Daily WMRC Swimplex 9/\$84.69**

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

**Waterloo Splash 6 (5 to 12 years)**

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

**WMRC Swimplex 8/\$75.28**

93330	Tue	May 5-Jun 23	6:00pm-6:45pm
93331	Wed	May 6-Jun 24	4:00pm-4:45pm
93332	Sun	May 3-Jun 21	1:30pm-2:15pm

**WMRC Swimplex 9/\$84.69**

92301	Mon	Apr 13-Jun 15	4:00pm-4:45pm
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92302	Mon	Apr 13-Jun 15	4:15pm-5:00pm
92303	Mon	Apr 13-Jun 15	7:00pm-7:45pm
92304	Mon	Apr 13-Jun 15	7:00pm-7:45pm
92305	Tue	Apr 14-Jun 9	5:00pm-5:45pm
92306	Tue	Apr 14-Jun 9	6:00pm-6:45pm
92307	Tue	Apr 14-Jun 9	7:45pm-8:30pm

**WMRC Swimplex 10/\$94.10**

92308	Wed	Apr 8-Jun 10	4:15pm-5:00pm
92309	Wed	Apr 8-Jun 10	5:30pm-6:15pm
92310	Wed	Apr 8-Jun 10	7:00pm-7:45pm
92311	Thu	Apr 9-Jun 11	4:45pm-5:30pm
92312	Thu	Apr 9-Jun 11	5:30pm-6:15pm
92313	Fri	Apr 10-Jun 12	3:15pm-4:00pm
92314	Fri	Apr 10-Jun 12	4:45pm-5:30pm
92315	Fri	Apr 10-Jun 12	6:00pm-6:45pm
92316	Sat	Apr 11-Jun 13	9:45am-10:30am
92317	Sat	Apr 11-Jun 13	10:30am-11:15am
92318	Sat	Apr 11-Jun 13	11:45am-12:30pm
92319	Sat	Apr 11-Jun 13	5:30pm-6:15pm
92320	Sun	Apr 12-Jun 14	11:30am-12:15pm
92321	Sun	Apr 12-Jun 14	12:00pm-12:45pm
92322	Sun	Apr 12-Jun 14	1:30pm-2:15pm
92323	Sun	Apr 12-Jun 14	6:15pm-7:00pm

**June Daily WMRC Swimplex 9/\$84.69**

93333		Jun 16-Jun 26	4:00pm-4:45pm
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**Waterloo Splash 7 (5 to 12 years)**

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

**WMRC Swimplex 9/\$84.69**

92324	Mon	Apr 13-Jun 15	4:00pm-4:45pm
92325	Mon	Apr 13-Jun 15	5:00pm-5:45pm
92326	Mon	Apr 13-Jun 15	7:45pm-8:30pm
92327	Tue	Apr 14-Jun 9	4:15pm-5:00pm
92328	Tue	Apr 14-Jun 9	7:30pm-8:15pm

**WMRC Swimplex 10/\$94.10**

92329	Wed	Apr 8-Jun 10	5:00pm-5:45pm
92330	Wed	Apr 8-Jun 10	7:45pm-8:30pm
92331	Thu	Apr 9-Jun 11	5:30pm-6:15pm
92332	Thu	Apr 9-Jun 11	6:15pm-7:00pm
92333	Fri	Apr 10-Jun 12	5:30pm-6:15pm
92334	Sat	Apr 11-Jun 13	8:15am-9:00am
92335	Sat	Apr 11-Jun 13	12:00pm-12:45pm
92336	Sun	Apr 12-Jun 14	12:45pm-1:30pm
92337	Sun	Apr 12-Jun 14	3:15pm-4:00pm
92338	Sun	Apr 12-Jun 14	7:00pm-7:45pm

**June Daily WMRC Swimplex 9/\$84.69**

93334		Jun 16-Jun 26	6:15pm-7:00pm
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**Waterloo Splash 8 (5 to 13 years)**

Swimmers rise to the challenge of advanced aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick.

They develop strength and power in head-up breaststroke sprints over 25m. They swim lengths of front crawl, back crawl and breaststroke, and they complete a 300m workout.

**WMRC Swimplex 9/\$84.69**

92339	Mon	Apr 13-Jun 15	4:45pm-5:30pm
92340	Mon	Apr 13-Jun 15	5:15pm-6:00pm
92341	Mon	Apr 13-Jun 15	7:45pm-8:30pm

92342	Tue	Apr 14-Jun 9	5:45pm-6:30pm
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**WMRC Swimplex 10/\$94.10**

92343	Wed	Apr 8-Jun 10	5:15pm-6:00pm
92344	Wed	Apr 8-Jun 10	7:45pm-8:30pm
92345	Thu	Apr 9-Jun 11	6:15pm-7:00pm
92346	Sat	Apr 11-Jun 13	8:15am-9:00am
92347	Sat	Apr 11-Jun 13	9:45am-10:30am
92348	Sun	Apr 12-Jun 14	3:15pm-4:00pm
92349	Sun	Apr 12-Jun 14	7:00pm-7:45pm

**June Daily WMRC Swimplex 9/\$84.69**

93335		Jun 16-Jun 26	6:15pm-7:00pm
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**Waterloo Splash 9 (8 to 15 years)**

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

**WMRC Swimplex 9/\$84.69**

92350	Mon	Apr 13-Jun 15	6:15pm-7:15pm
92351	Tue	Apr 14-Jun 9	4:30pm-5:30pm

**WMRC Swimplex 10/\$94.10**

92352	Wed	Apr 8-Jun 10	6:15pm-7:15pm
92353	Thu	Apr 9-Jun 11	4:00pm-5:00pm
92354	Fri	Apr 10-Jun 12	6:00pm-7:00pm
92355	Sat	Apr 11-Jun 13	10:30am-11:30am
92356	Sun	Apr 12-Jun 14	2:15pm-3:15pm

**June Daily WMRC Swimplex 9/\$84.69**

93336		Jun 16-Jun 26	4:45pm-5:45pm
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## Waterloo Splash 10 (8 to 15 years)

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

### WMRC Swimplex 9/\$84.69

92357	Mon	Apr 13-Jun 15	7:30pm-8:30pm
92358	Tue	Apr 14-Jun 9	5:45pm-6:45pm

### WMRC Swimplex 10/\$94.10

92359	Wed	Apr 8-Jun 10	5:00pm-6:00pm
92360	Thu	Apr 9-Jun 11	4:30pm-5:30pm
92361	Sat	Apr 11-Jun 13	10:30am-11:30am
92362	Sun	Apr 12-Jun 14	2:15pm-3:15pm

### June Daily WMRC Swimplex 9/\$84.69

93337		Jun 16-Jun 26	4:45pm-5:45pm
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## Waterloo Splash 11 (8 to 15 years)

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

### WMRC Swimplex 9/\$84.69

92363	Mon	Apr 13-Jun 15	7:30pm-8:30pm
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### WMRC Swimplex 10/\$94.10

92364	Wed	Apr 8-Jun 10	6:00pm-7:00pm
92365	Thu	Apr 9-Jun 11	5:30pm-6:30pm
92366	Sat	Apr 11-Jun 13	12:00pm-1:00pm
92367	Sun	Apr 12-Jun 14	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

93338	Wed	May 6-Jun 24	7:15pm-8:00pm
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### WMRC Swimplex 9/\$84.69

92378	Tue	Apr 14-Jun 9	6:15pm-7:00pm
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### WMRC Swimplex 10/\$94.10

92379	Thu	Apr 9-Jun 11	7:00pm-7:45pm
92380	Sat	Apr 11-Jun 13	12:15pm-1:00pm
92381	Sat	Apr 11-Jun 13	6:15pm-7:00pm
92382	Sun	Apr 12-Jun 14	6:15pm-7:00pm

### Teen 2 (12 to 17 years)

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

### WMRC Swimplex 9/\$84.69

92383	Tue	Apr 14-Jun 9	6:15pm-7:00pm
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### WMRC Swimplex 10/\$94.10

92384	Thu	Apr 9-Jun 11	7:45pm-8:30pm
92385	Sat	Apr 11-Jun 13	12:15pm-1:00pm
92386	Sun	Apr 12-Jun 14	7:00pm-7:45pm



### Teen 3 (12 to 17 years)

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

#### WMRC Swimplex 9/\$84.69

92387	Tue	Apr 14-Jun 9	6:15pm-7:00pm
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#### WMRC Swimplex 10/\$94.10

92388	Sat	Apr 11-Jun 13	9:00am-9:45am
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92389	Sun	Apr 12-Jun 14	8:00pm-8:45pm
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### Teen 4 (12 to 17 years)

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

#### WMRC Swimplex 9/\$84.69

92390	Tue	Apr 14-Jun 9	7:00pm-7:45pm
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#### WMRC Swimplex 10/\$94.10

92391	Sat	Apr 11-Jun 13	9:00am-9:45am
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92392	Sun	Apr 12-Jun 14	8:00pm-8:45pm
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### Adapted Aquatics For Kids (5 to 12 years)

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

#### WMRC Swimplex 10/\$110.10

92371	Sat	Apr 11-Jun 13	4:45pm-5:15pm
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92372	Sat	Apr 11-Jun 13	5:15pm-5:45pm
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92373	Sat	Apr 11-Jun 13	5:45pm-6:15pm
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### 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 10/\$134.10

92374	Thu	Apr 9-Jun 11	4:00pm-4:45pm
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92375	Thu	Apr 9-Jun 11	4:45pm-5:30pm
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92376	Thu	Apr 9-Jun 11	5:30pm-6:15pm
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92377	Thu	Apr 9-Jun 11	6:15pm-7:00pm
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### 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 10/\$94.10

92369	Wed	Apr 8-Jun 10	6:30pm-7:00pm
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92370	Sat	Apr 11-Jun 13	6:15pm-6:45pm
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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 10/\$94.10

92368	Fri	Apr 10-Jun 12	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**

93339	Thu	May 7-Jun 25	5:30pm-6:15pm
93340	Sun	May 3-Jun 21	11:30am-12:15pm

**WMRC Swimplex 9/\$84.69**

92406	Mon	Apr 13-Jun 15	9:00am-9:45am
92407	Mon	Apr 13-Jun 15	1:30pm-2:15pm
92408	Mon	Apr 13-Jun 15	2:15pm-3:00pm
92409	Tue	Apr 14-Jun 9	1:00pm-1:45pm

**WMRC Swimplex 10/\$94.10**

92410	Wed	Apr 8-Jun 10	5:45pm-6:30pm
92411	Wed	Apr 8-Jun 10	8:15pm-9:00pm
92412	Wed	Apr 8-Jun 10	8:15pm-9:00pm
92413	Thu	Apr 9-Jun 11	1:00pm-1:45pm
92414	Thu	Apr 9-Jun 11	5:30pm-6:15pm
92415	Thu	Apr 9-Jun 11	6:30pm-7:15pm
92416	Thu	Apr 9-Jun 11	7:30pm-8:15pm
92417	Fri	Apr 10-Jun 12	9:00am-9:45am
92418	Fri	Apr 10-Jun 12	10:00am-10:45am
92419	Fri	Apr 10-Jun 12	9:30pm-10:15pm
92420	Sat	Apr 11-Jun 13	7:15am-8:00am
92421	Sat	Apr 11-Jun 13	8:00am-8:45am
92422	Sat	Apr 11-Jun 13	5:00pm-5:45pm
92423	Sat	Apr 11-Jun 13	5:45pm-6:30pm
92424	Sun	Apr 12-Jun 14	1:45pm-2:30pm

92425	Sun	Apr 12-Jun 14	3:00pm-3:45pm
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**June Daily WMRC Swimplex 9/\$84.69**

93341		Jun 16-Jun 26	6:15pm-7:00pm
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**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**

93342	Sun	May 3-Jun 21	12:15pm-1:00pm
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**WMRC Swimplex 9/\$84.69**

92549	Mon	Apr 13-Jun 15	9:45am-10:30am
92550	Mon	Apr 13-Jun 15	2:15pm-3:00pm
92551	Mon	Apr 13-Jun 15	5:45pm-6:30pm
92552	Tue	Apr 14-Jun 9	1:00pm-1:45pm
92553	Tue	Apr 14-Jun 9	4:15pm-5:00pm

**WMRC Swimplex 10/\$94.10**

92554	Wed	Apr 8-Jun 10	8:15pm-9:00pm
92555	Thu	Apr 9-Jun 11	1:00pm-1:45pm
92556	Thu	Apr 9-Jun 11	6:15pm-7:00pm
92557	Thu	Apr 9-Jun 11	7:15pm-8:00pm
92558	Fri	Apr 10-Jun 12	10:45am-11:30am
92559	Fri	Apr 10-Jun 12	9:30pm-10:15pm
92560	Sat	Apr 11-Jun 13	5:00pm-5:45pm
92561	Sat	Apr 11-Jun 13	5:45pm-6:30pm
92562	Sun	Apr 12-Jun 14	1:00pm-1:45pm

**June Daily WMRC Swimplex 9/\$84.69**

93343		Jun 16-Jun 26	5:30pm-6:15pm
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### Adult 3

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

#### WMRC Swimplex 9/\$84.69

92563	Mon	Apr 13-Jun 15	3:00pm-3:45pm
92564	Tue	Apr 14-Jun 9	1:00pm-1:45pm

#### WMRC Swimplex 10/\$94.10

92565	Thu	Apr 9-Jun 11	5:30pm-6:15pm
92566	Fri	Apr 10-Jun 12	11:30am-12:15pm
92567	Fri	Apr 10-Jun 12	8:45pm-9:30pm
92568	Sat	Apr 11-Jun 13	11:45am-12:30pm
92569	Sun	Apr 12-Jun 14	1:00pm-1:45pm

### Adult 4

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

#### WMRC Swimplex 9/\$84.69

92570	Mon	Apr 13-Jun 15	3:00pm-3:45pm
92571	Tue	Apr 14-Jun 9	1:00pm-1:45pm

#### WMRC Swimplex 10/\$94.10

92572	Thu	Apr 9-Jun 11	7:45pm-8:30pm
92573	Fri	Apr 10-Jun 12	11:30am-12:15pm
92574	Sat	Apr 11-Jun 13	11:00am-11:45am

### 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 10/\$94.10

92575	Wed	Apr 8-Jun 10	9:15pm-10:00pm
92576	Sun	Apr 12-Jun 14	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 10/\$135.00

92400	Sun	Apr 12-Jun 14	9:00pm-10:00pm
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## 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 10/\$94.10**

92396 Thu Apr 9-Jun 11 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 10/\$94.10**

92397 Thu Apr 9-Jun 11 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 whirlpool.

**WMRC Swimplex 9/\$75.06**

92398 Tue Apr 14-Jun 9 8:45am-9:45am

**WMRC Swimplex 10/\$83.40**

92399 Thu Apr 9-Jun 11 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, 9 or 10 for the spring session.

**Private 8/\$308.16 9/\$346.68  
10/\$385.20**

**Semi-private 8/\$ 228.16 9/\$257.22  
10/\$285.80**

**Register for private lessons online at [waterloo.ca/activewaterloo](http://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.