

Fall 2023

phone: 780-842-5508

email: cplex@wainwright.ca

visit: 700-2 ave

pool schedule sept 1 - dec 31

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
6:30 – 7:30	Early Bird	Maintenance	Early Bird	Maintenance	Early Bird				
7:30 – 8:30	Military	Rentals	Military		Rentals				
8:30 – 10:00			Rentals						
10:00 – 11:00	Rentals	Parent & Tot		Rentals					
11:00 – 12:00			Rentals						
12:00 – 1:00	Noon Lane & Wading Pool	Rentals	Noon Lane & Wading Pool	Rentals	Noon Lane & Wading Pool				
1:00-2:00			Rentals						
2:00 – 3:00	Aqua & Adult	Rentals	Aqua & Adult	Rentals			Public Swim 1:00 – 4:30		
3:00 – 4:00				Swim Lessons					
4:00 – 5:00				Swim Lessons					
5:00 -6:00				Swim Lessons					
6:00 – 7:00			Public Swim 6:30 – 8:00			Public Swim 6:00 – 7:30	Public Swim 6:00 – 7:30		
7:00 – 8:00			Public Swim 6:30 – 8:00			Adult Lane 7:30-8:30	Adult Lane 7:30-8:30		
8:00-9:00			Adult Lane						

Christmas

Hours

2023

The C-Plex is closed:

Dec 16: Closed at 4:30 pm

Dec 24: Christmas Eve

Dec 25: Christmas Day

Dec 26: Boxing Day

Dec 31: Closed at 4:30 pm for New Years Eve

Jan 1: New Years Day

Afternoon Swim Times:

1 – 3 pm

Dec 27, 28 & 29

Jan 2 - 5



C-Plex Gift Card!

The perfect gift.

*Minimum \$20.00. Can be redeemed for admissions, programs, and merchandise.

*Purchase single admission tickets for the perfect stocking stuffer

Please Note:

Parent & Tot:

Open to parents/caregivers and children ages 5 & under

Noon Lane & Wading Pool:

Wading pool is open to parents and children 5 yrs. and under. Lane pool is reserved for Lane swimming & water fitness.

Adult Lane Swim:

Open to teens ages 13 yrs. & older on Wednesday & Sunday ONLY.

Afternoon Adult & Aqua:

This swim is open the following date: Sept 18 – Dec 13, 2023 & Jan 8 – April 24, 2024

swimming lessons

Winter 2024

5 Week Set (Mon & Wed)

Set 1: Jan 8 – Feb 7

Set 2: Feb 12 – Mar 18

10 Week Set

Tuesday: Jan 9 – Mar 12

Thursday: Jan 11 – Mar 14

Spring 2024

5 Week Set (Mon & Wed)

Set 1: Apr 15 – May 15

Set 2: May 22 – Jun 24

10 Week Set

Tuesday: Apr 16 – Jun 18

Thursday: Apr 18 – Jun 20

Summer 2024

Monday - Friday

Set 1: July 8 - 19

Set 2: July 22 – Aug 2

The C-Plex is now offering Lifesaving Swim for Life Program. The chart below shows where your swimmer should be registered in Swim for Life based on where they are in the Red Cross Program.

Red Cross Level	Lifesaving Swim for Life Level	
Aquatot	Aquatot: - 1 – 3 yrs. with parent in water.	\$50.00
Sea Otter	Preschool 1&2: - 3 yrs. with parent in water or 4 yrs. without parent	\$50.00
Salamander	Preschool 3: - Must have completed Preschool 2 and 4 yrs. old	\$50.00
Swim Kids 1	Swimmer 1: - Must have completed Preschool 3 (or Salamander)	\$50.00
Swim Kids 2/3	Swimmer 2	\$50.00
Swim Kids 4/5	Swimmer 3	\$50.00
Swim Kids 6	Swimmer 4	\$50.00
Swim Kids 7	Swimmer 5	\$57.00
Swim Kids 8	Swimmer 6	\$57.00
Swim Kids 9	Rookie/Ranger Patrol	\$69.50
Swim Kids 10	Star Patrol	\$69.50

Pre-Lifeguard Courses

Bronze Star: Taking this course eliminates the age requirement for Bronze Medallion. \$75.50

Bronze Medallion: \$119.00 plus \$40.00 Manual. Swimmers must be 13 yrs. old or completed Bronze Star

Bronze Cross: Swimmers must have completed bronze Medallion and have Standard First Aid/CPR-C \$140.50

Private Lesson Fees

Single ½ hr. lesson: \$30.00

3 Pack: \$90.00

10 Pack: \$270.75

Unsure what level your swimmer is in?

Have a swim assessment done.

Swim assessments can be done at public swim time. There is no extra fee (only the admission fee to enter the pool). Let the cashier know you want a swim assessment done at time of payment.

fitness classes

Aqua Fit

No swimming skills required. Leave the running shoes behind and join the growing numbers in the pool for a terrific cardiovascular workout that provides less stress on the joints while toning muscles thanks to the water's natural resistance. Mon/Wed 2:00 – 3:00 pm Sept 18 – Dec 13, 2023 & Jan 8– April 24, 2024

Zumba with Iman

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Mon/Wed 7:15 – 8:15 Sept 18 – Dec 13, 2023 & Jan 8 – April 24, 2024

Fit Mix

This HIIT inspired interval class will sculpt, tone, and strengthen your body fast! Fit Mix alternates cardio with strength training using a variety of equipment to keep you motivated.

Tues/Thur 7:00 – 8:00 pm Sept 19 – Dec 14, 2023 & Jan 9 – April 25, 2024

FITNESS PUNCH CARD

Includes all Fitness classes

*Cards Expire April 25, 2024

5 Punch Card: \$29.00
10 Punch Card: \$58.00
15 Punch Card: \$87.00
Drop In: \$9.50

Please Note:

Step Fit is CANCELLED for the 2023-2024 fitness season

courts & weight room

Weight Room: The C-Plex has a fully equipped weight room to meet all your cardio and strength training needs.

*14 & 15 yr. old must take an orientation prior to accessing the weight room

*16 & 17 yr. old's must have parent signed waiver to use the weight room

Weight Room Orientation

This course will allow those who are 14 and 15 yrs. access to the C-Plex weight room. Also great for anyone just starting out or needing a refresher.

Cost: \$58.25

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Weight Room Hours	6:30 am – 9:00 pm	6:30 am – 7:30 pm	1:00 – 8:30 pm	1:00 – 8:30 pm			
Court Hours	7:00 am – 9:00 pm	7:00 am – 7:00 pm	1:00 – 8:00 pm	1:00 – 8:00 pm			

Courts: The C-Plex offers Racquetball, Squash and Wallyball (Equipment rental available)

Court Fees:

Racquetball & Squash: Single admission/per player/per hour (see back page for admission prices)

Wally Ball: \$19.00/hour (not included in Membership)

Memberships & Strip tickets: Are good for one-hour court booking only for Racquetball & Squash

Admission Fees:

SINGLE ADMISSIONS		BOOK OF 10 TICKETS	MEMBERSHIPS*		
			Monthly	Quarterly	Annual
Adult (18 & over)	\$6.75	\$60.75	\$67.50	\$155.25	\$465.75
Jr (6 – 17 yrs.)	\$5.75	\$51.75	\$57.50	\$132.25	\$396.75
Sr (Over 65 yrs.)	\$5.75	\$51.75	\$57.50	\$132.25	\$396.75
Child (1 – 5 yrs.)	\$3.25	\$29.25	\$32.50	\$74.75	\$224.25
Infant (Under 1 yr.)	\$1.75	-----	-----	-----	-----
Family*	\$15.75	\$141.75	\$157.50	\$362.25	\$1086.75

*Memberships include use of the pool, weight room, racquetball & squash (Wallyball is not included)

*Memberships are non-refundable for any reason and non-transferable

*Family is classified as: 2 parents and 1 or more children OR 1 parent and 2 or more children. Immediate family only. All children must be 17 yrs. or younger

Benefits of A Membership

1. All Memberships include use of the pool, weight room, racquetball, and squash (during scheduled hours) Please note: **Wallyball and all fitness classes are not included in the membership.**
2. Courts: Memberships are limited to one-hour court booking per day for each person playing. If additional hours are required, all players must pay single admission per hour required.
3. The longer you purchase, the bigger your savings.
4. Purchase an annual membership for the most savings! Annual memberships are the cost of 3 quarterly memberships.
5. No sign-up fees & GST is included in all prices

Books of 10 Tickets

1. Buy 9 get 1 free.
2. Tickets never expire.
3. Tickets are good for one-time use. However, plan your work out, squash or racquetball game back to back with any swim time and you can use the pool, weight room and/or courts on one ticket!

walking track

Spring/Summer Hours
Mon—Fri: 7 am — 4pm
Closed Sat & Sun

Winter Hours (Date TBA)
Mon—Fri: 7 am—10 pm
Sat & Sun 8 am – 10 pm

*Walking track is closed all Stat holidays and during paid events.
Additional hours may be available. Please check PMM schedule online at
www.wainwright.ca

hall rentals

The C-Plex has a variety of halls and meeting rooms available. We also have audio/visual equipment rentals for your function.

All rentals are made by calling Jaden at Town Office 780-842-3381

pool rentals

Pool rentals can be made at the C-Plex front office and must be made 3 weeks in advance. Payment is due one week before the rental date.

For more information, please call 780-842-5508

rock wall

The climbing wall is open October – March (opening date & times TBA)

rock climbing fees	Single Admission	10 Punch Card
One time Climb (Requires Rock Staff to Belay)	\$3.25	\$29.25
Bring your own belayer and pay:		
Adult	\$11.50	\$103.50
Jr/Sr	\$9.50	\$85.50
Family	\$20.00	\$180.00

registration policy

Those currently registered in swimming lessons may not register for the next session until they have completed their lessons or checked with their current instructor. The Wainwright Communiplex Pool reserves the right to open classes only as required and to accept registration for chosen classes only. Available classes must be filled before remaining classes may be opened. After course registration, cancellations by the registrant, changes of class, day, time etc will incur a \$15.00 administration fee per person. **Refunds are only available with a medical certificate. No refunds will be given if 50% of the course instruction has occurred. Refunds with a medical certificate are still charged the \$15.00 administration fee.** Classes will be cancelled if not enough people register at the time. The instructor will indicate any additional award fees. **NOTICE:** Any missed sessions by the registrant in the programs will not be rescheduled. **This applies to all programs, Swim Lessons & Fitness Classes**

The Climbing wall is available for group rentals:

Rental rates:

5 climbers \$40.75/hour
6—10 climber \$81.50/hour
(includes the use of equipment)

*Rentals are a minimum of 2 hours (some exceptions apply)

*Minimum of 3 weeks notice must be given for all rentals

To book your rental call 780-842-5508