FALL 2026 GUIDE
ActiveWaterloo

REGISTRATION OPEN DATES

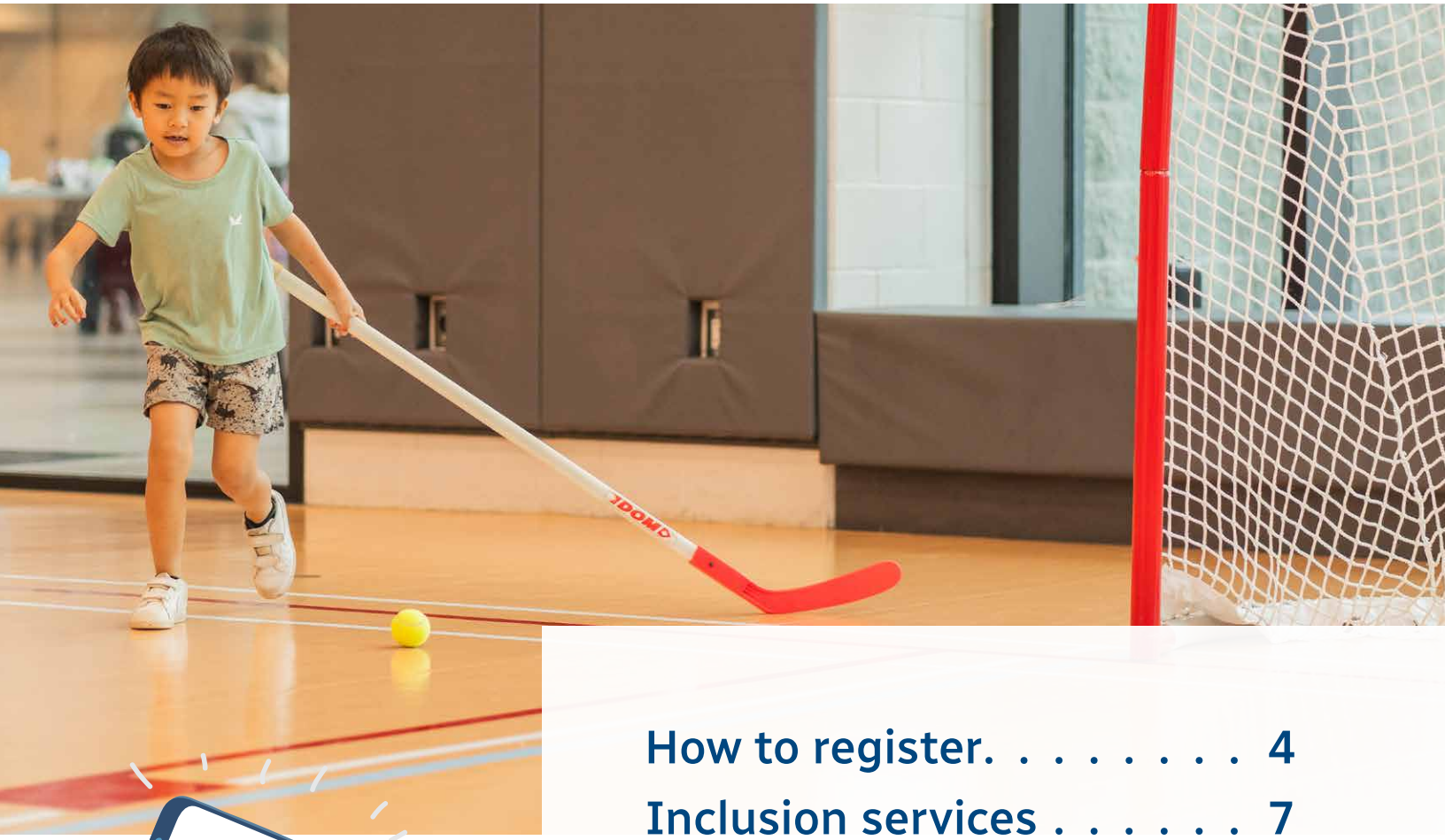
Active Living
Aug 18 (Waterloo residents)
Aug 21 (non-residents)

Swim
Sept 8 (Waterloo residents)
Sept 11 (non-residents)

waterloo.ca/activewaterloo

THE CITY OF Waterloo

Inside the guide



How to register. 4
Inclusion services 7
Preschool 9
Children 15
Youth 22
Adult 24
Adult leagues – CARL 42
Drop-in 43
Leadership 50
Swim 55

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

WATERLOO
votes

Municipal election date **October 26, 2026**.

For information visit
waterloo.ca/elections

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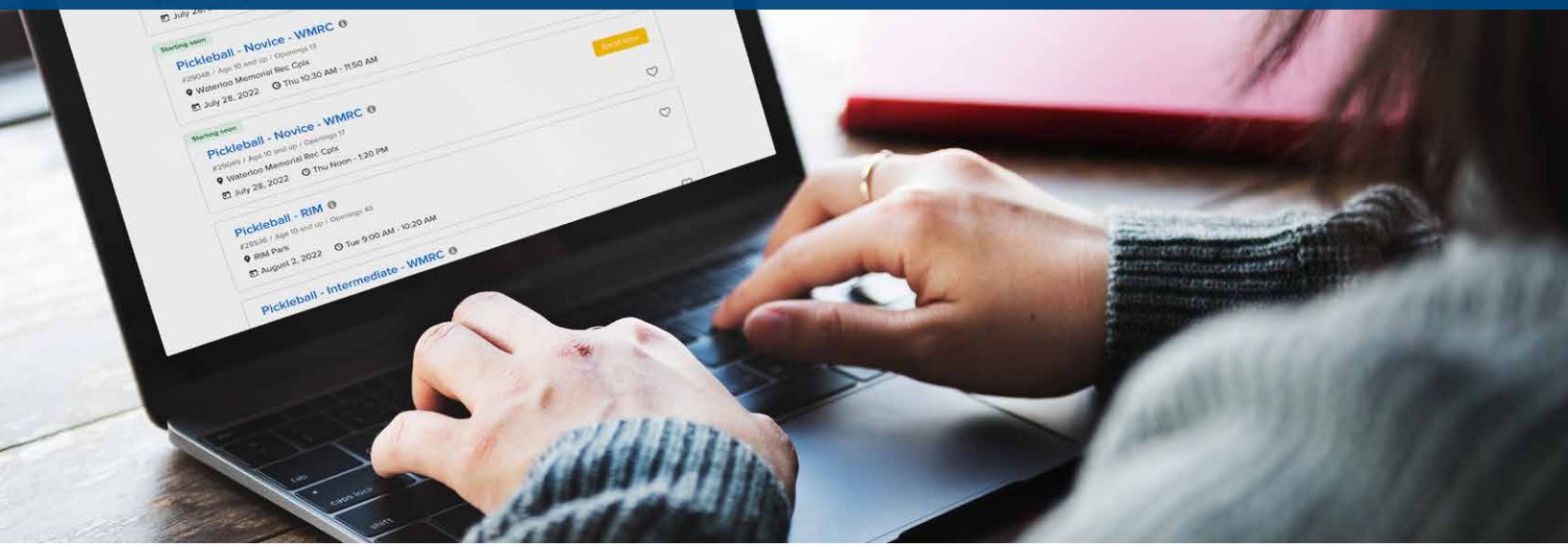
wrvotes.com

WR
votes

Two ways to register



Register online

Create or retrieve your ActiveWaterloo account at **waterloo.ca/activewaterloo**

Did you know you can:

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

Register in-person

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

Waterloo Memorial Recreation Complex (WMRC) and Community Pavilion

RIM Park Manulife Sportsplex (RIM)

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

Albert McCormick Community Centre (AMCC)

IMPORTANT REGISTRATION INFORMATION

We take your privacy seriously

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

Methods of payment

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

* Returned (NSF) cheques must be replaced immediately upon notification and an administrative fee of $35.00 will be charged for each returned cheque.

Program cancellations

Programs and individual program dates may be cancelled due to insufficient registration or other circumstances.

You will be contacted if your program or program date is cancelled and full or prorated refunds will be provided. An administrative fee will not apply.

Announcements will be made online and on local radio stations in the event of an unexpected class cancellation. Email notification may be provided to those who subscribe to email communication.

Program transfers

Program transfers may be requested if:

1) made prior to the withdrawal deadline,
2) space exists in the alternate program and both programs are within the same program session.

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

IMPORTANT REGISTRATION INFORMATION

Withdrawals

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

Withdrawal deadlines

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

SINGLE DAY PROGRAM

- 14 days prior to the program date

CAMP PROGRAMS

- 14 days prior to first program date

REGISTERED WEEKLY PROGRAM

- prior to the third class

REGISTERED DROP-IN PROGRAM

- 24 hours prior to the program start time

ADULT LEAGUES

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

Refund policy

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

Credit policy

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

Additional information

For additional information on program withdrawals, please contact customer service at 519-886-1177 or find our Program Withdrawal Policy at waterloo.ca/reg-policies

Inclusion Services in the City of Waterloo

Inclusion Services is Growing!

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

Requesting Inclusion Support

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

The inclusion membership form is available at:

www.waterloo.ca/inclusion

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

Questions?

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

Sensory Backpacks

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

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

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

Sign out a backpack at customer service desks at:

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

Personal Assistant for Leisure (PAL)

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

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

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

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

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

PAL card applications are available at any city facility.

Fee assistance leisure access card

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

Applications are available at City of Waterloo recreation facilities and online at waterloo.ca/feeassistance. For information, call 519-747-8512.

Fall Inclusion registration code

Request inclusion support for a City of Waterloo program by registering for the Inclusion Support Program – Fall 2026 in ActiveWaterloo, **barcode 103387.**

Preschool Programs

REMINDER

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

ART AND SCIENCE

Kid Artists – Fall Harvest (4 to 6 years)

Children enjoy getting messy as they discover the fun of crafts, painting and play while also learning about the elements and principles of art. From pumpkin spice to crunching leaves, this session of Kid Artists draws inspiration from the season to create fun crafts to get your little one in the autumn mood!

RIM 8/$81.60

103626	Thu	Oct 1-Nov 19	5:30pm-6:15pm

Kid Outdoor Explorers – Survival Skills (4 to 6 years)

Come explore the outdoors! Children and their caregivers explore the wonders of the outdoors through games, nature walks and crafts. An explorer hat will be given to each child and each week a craft will be completed to attach to their hat. Survival skills participants will learn about maps, how to build fires and stay safe outdoors. New crafts, games, and walking trails are introduced each session, so returning explorers can continue to discover all that nature has to offer! Maximum two children per adult, each child must register.

WMRC 8/$116.32

103689	Tue	Sep 8-Oct 27	5:45pm-6:45pm

Kids and Kids-at-heart: Fall Friends (4 to 10 years with adult)

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

RIM 1/$0.00

103694	Fri	Nov 20	4:00pm-4:45pm

Kid Scientists – Out of this World (4 to 6 years)

Spaceships, planets and aliens have taken over our classroom for this session of Kid Scientists! Children will have fun exploring the wonders of science. Participants think, predict and test - learning outcomes of their own scientific experiments.

WMRC 8/$81.60

103639	Tue	Sep 29-Nov 17	6:30pm-7:15pm

Little Artists – Fall Harvest (2.5 to 4 years with caregiver)

Children and caregivers enjoy getting messy as they discover the fun of crafts, painting and play while also learning about the elements and principles of art. This program is designed for caregivers and children to participate together, creating a variety of art projects. From pumpkin spice to crunching leaves, this session of Little Artists draws inspiration from the season to create fun crafts to get your little one in the autumn mood! Maximum two children per adult, each child must register.

RIM 8/$81.60

103617	Thu	Oct 1-Nov 19	4:30pm-5:15pm

Little Outdoor Explorers – Survival Skills (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. Survival skills participants will learn about maps, how to build fires and stay safe outdoors. New crafts, games, and walking trails are introduced each session, so returning explorers can continue to discover all that nature has to offer! Maximum two children per adult, each child must register.

WMRC 8/$116.32

103684	Tue	Sep 8-Oct 27	4:30pm-5:30pm

Little Scientists – Out of this World (2.5 to 4 years)

Spaceships, planets and aliens have taken over our classroom for this session of Little Scientists! Join us as children alongside their caregivers have fun exploring the wonders of science. Participants think, predict and test - learning outcomes of their own scientific experiments. Maximum two children per adult, each child must register.

WMRC 8/$81.60

103632	Tue	Sep 29-Nov 17	5:30pm-6:15pm

Stemotics – LEGO® Robotics – TravelTech Builders Club (4 to 6 years)

TravelTech Builders Club is a fun, interactive robotics experience. In pairs, children build exciting LEGO® robots inspired by transportation and travel — from speedy race cars and bullet trains to helicopters, cruise ships and futuristic vehicles. Using age-appropriate robotics tools and beginner-friendly coding, kids learn how machines move and solve

challenges through creative thinking. The program strengthens fine motor skills, sequencing, teamwork, communication and early engineering understanding — all in a playful, adventure-filled environment. This program is offered in cooperation with Stemotics.

AMCC 4/$74.80

103414	Sat	Oct 3-Oct 24	9:30am-10:20am

Stemotics – LEGO® SPIKE Essentials – RoboCarnival Builders (4 to 6 years)

RoboCarnival Builders is a high-energy LEGO® SPIKE™ Essentials robotics program where children build their own interactive carnival games. From spinning rides and moving targets to mini bowling challenges and ticket-spinning machines, students bring exciting fairground creations to life using motors, sensors, and simple coding. Through guided, story-based challenges, children develop early engineering skills, logical sequencing, teamwork and creative problem-solving. As they experiment with motion, cause-and-effect and basic programming, they gain confidence while having tons of fun. This program is offered in cooperation with Stemotics.

RIM 8/$149.60

103413	Thu	Oct 1-Nov 19	5:30pm-6:20pm

Stemotics – LEGO® WeDo Robotics – WildTech Explorers (4 to 6 years)

In this exciting robotics adventure, young learners build and code animals that move, roar, crawl and leap. Through hands-on LEGO® construction and beginner-friendly coding, children in pairs explore habitats, storytelling and simple engineering concepts. This program builds early STEM confidence, creativity and problem-solving skills — all through joyful, play-based learning. This program is offered in cooperation with Stemotics.

WMRC 8/$149.60

103412	Tue	Sep 29-Nov 17	5:30pm-6:20pm

CAMPS

Winter Break Wonderland Camp (4 to 10 years)

Kids will have a blast with us this Winter Break. Leaders from our 2026 summer camps will lead winter wonderland themed activities such as crafts, songs and games. Dress for the weather as we'll head outside too! Visit waterloo.ca/camp for details.

Winter Break Wonderland Camp runs December 28 to December 30, 2026. Please register separately for each day.

December 28 Inclusion registration code: 103750
December 29 Inclusion registration code: 103751
December 30 Inclusion registration code: 103752

WMRC 1/$53.94

103736	Mon	Dec 28	8:00am-5:00pm
103739	Tue	Dec 29	8:00am-5:00pm
103740	Wed	Dec 30	8:00am-5:00pm

DANCE

Kid Dancers – Hip Hop (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. Dancers improve coordination through movement skills including stretching, skipping, jumping and kicking. Children build independence and self-confidence through dance, action songs and creative games. Comfortable clothing and running shoes or bare feet are required.

RIM 8/$80.00

103600	Fri	Oct 2-Nov 20	5:00pm-5:45pm

WMRC 8/$80.00

103593	Tue	Sep 29-Nov 17	5:00pm-5:45pm

Kid Dancers – Jazz (4 to 6 years)

This program is a great way for your child to explore movement through music, develop a sense of rhythm and be creative. Get ready to jump, kick and gallop along to upbeat pop music! Jazz dance is high energy and dynamic. Dancers will learn rhythm and style through combinations and across the room movements. Comfortable clothing and running shoes or bare feet are required.

RIM 8/$80.00

103430	Thu	Oct 1-Nov 19	6:00pm-6:45pm

WMRC 8/$80.00

103429	Wed	Sep 30-Nov 18	5:30pm-6:15pm
103588	Sat	Oct 3-Nov 21	11:00am-11:45am

Little Dancers – Imagination (2.5 to 4 years with caregiver)

Unleash children's creativity through dance and movement in Little Dancers - Imagination! The instructor will lead children on exciting journeys where they can pretend to be animals, beloved characters or anything their imagination dreams up! This will be done through action songs, poems and props to foster imagination and exploration of movement. Comfortable clothing and running shoes or bare feet are required. Maximum of two children per adult, each child must register.

RIM 8/$80.00

103427	Thu	Oct 1-Nov 19	5:00pm-5:45pm

WMRC 8/$80.00

103426	Wed	Sep 30-Nov 18	4:30pm-5:15pm
103428	Sat	Oct 3-Nov 21	10:00am-10:45am

FITNESS AND WELLNESS

Happy Dance Fitness – Family (2 to 99 years)

No experience required. Learn basic moves and patterns while enjoying the music and movement. Children under the age of 14 must be accompanied by an adult.

WMRC 14/$120.82 - Adult
14/$90.62 - Child/Youth/55+

103264	Sat	Sep 12-Dec 19	10:45am-11:30am

Kid Athletes (4 to 6 years with caregiver)

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

RIM 8/$80.00

103267	Thu	Oct 1-Nov 19	4:30pm-5:15pm

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

103273	Wed	Sep 23-Dec 2	4:30pm-5:00pm
103274	Fri	Sep 25-Dec 4	4:45pm-5:15pm

Parent and Baby Waterfit (3 months to 3 years)

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

WMRC 11/$85.58

104017	Tue	Sep 29-Dec 8	10:30am-11:15am
104018	Thu	Oct 1-Dec 10	9:30am-10:15am

SPECIAL INTEREST

Little Chefs – Cozy Winter Cooking (2.5 to 6 years with caregiver)

Children alongside their caregiver will learn how to make a fun recipe that is great for the winter season ahead. In this workshop children will learn basic kitchen skills and hands-on cooking fun. At the end of the workshop children and their caregiver will sample their delicious creations. Food made in this program cannot be taken home due to food safety and handling guidelines. The featured recipe will be sent home for the whole family to enjoy. There is a maximum of two children per adult. Each child must register. All tools and supplies needed for use in this workshop are provided. NOTE: Food Allergens that may be/are present include, but not limited to dairy, eggs, soy, gluten, nuts, food coloring etc.

WMRC 1/$26.40

103661	Wed	Dec 9	6:00pm-7:00pm

Little Chefs – Kitchen Skills (2.5 to 6 years with caregiver)

Is your little one eager to help in the kitchen? The always popular Little Chefs is a kitchen skills program where children and their caregivers learn about healthy eating and a healthy lifestyle, basic kitchen skills and hands-on cooking fun. At the end of each class participants sample their delicious and healthy creations. Food made in this program cannot be taken home due to food safety and handling guidelines. Recipes are sent home at the end of the program for the whole family to enjoy. There is a maximum of two children per adult. Each child must register. All tools and supplies needed for use in this program are provided. NOTE: Food Allergens that may be/are present include, but not limited to dairy, eggs, soy, gluten, nuts, food coloring etc.

WMRC 8/$211.20

103658	Wed	Sep 30-Nov 18	6:00pm-7:00pm

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

103701	Sat	Oct 3-Nov 21	11:30am-12:30pm

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

Climate Action: EcoTech Innovators Academy (9 to 12 years)

EcoTech Innovators Academy is an advanced, hands-on STEM program where children explore climate action through green technology and engineering design. Participants build and experiment with renewable energy models, smart city solutions, sustainable transportation systems and eco-friendly engineering prototypes. Through project-based learning, participants investigate real-world environmental challenges such as energy efficiency, carbon reduction, waste management and clean technology innovation. They apply engineering principles, problem-solving strategies and design thinking to create practical solutions for a more sustainable world. This program is offered in cooperation with Stemotics.

AMCC 4/$74.80

103420	Sat	Oct 3-Oct 24	11:30am-12:20pm

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 6/$78.78

103757	Thu	Sep 17-Oct 22	4:00pm-6:00pm

WMRC 7/$91.91

103799	Sat	Oct 17-Nov 28	10:00am-12:00pm

Kids and Kids-at-heart: Fall Friends (4 to 10 years with adult)

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

RIM 1/$0.00

103694	Fri	Nov 20	4:00pm-4:45pm

Mixed Media (8 to 12 years)

Explore a different art medium each week in a relaxed and creative environment. Participants will experiment with sketching, watercolour, collage, printmaking and sculpture, with projects inspired by the interests of the group.

WMRC 9/$85.50

103793	Wed	Sep 16-Nov 18	5:00pm-5:50pm

Scarecrow Fall Shelf Sitter Workshop (6 to 10 years)

Celebrate the season with Crafty Crystal at this fun fall painting workshop. Participants will create a colourful 3D wooden block scarecrow to take home and enjoy. No experience required. All materials and supplies are included.

WMRC 1/$40.00

103761	Wed	Oct 7	6:00pm-7:00pm

Sewing – Beginner (8 to 12 years)

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

WMRC 5/$65.65

103777	Fri	Sep 25-Oct 30	3:30pm-5:30pm

Stemotics – LEGO® Robotics – PowerBuild Engineers Club (6 to 9 years)

PowerBuild Engineers Club is a dynamic robotics program designed for children who love trucks and big machines. In pairs, children build and program LEGO® construction vehicles while learning how real-world machines lift, carry and build cities. Each class blends imagination with structured STEM learning, helping children develop sequencing skills, critical thinking, teamwork and confidence. Through fun construction challenges, young builders explore how engineering shapes the world around them. This program is offered in cooperation with Stemotics.

AMCC 4/$74.80

103417	Sat	Oct 3-Oct 24	10:30am-11:20am

Stemotics – LEGO® Spike Essentials – EcoBuilders (6 to 9 years)

EcoBuilders empowers children to explore sustainability through hands-on LEGO® SPIKE™ robotics projects. In pairs, participants design and build eco-friendly solutions such as recycling systems, energy-efficient homes, wind turbines and smart environmental models. In project-based challenges, children learn about renewable energy, conservation and responsible innovation while applying coding, engineering and problem-solving skills. They explore real-world environmental concepts in a practical and engaging way. This program is offered in cooperation with Stemotics.

RIM 8/$149.60

103416	Thu	Oct 1-Nov 19	6:30pm-7:20pm

Stemotics – LEGO® WeDo Robotics – Space Engineers (6 to 9 years)

Launch into innovation! In pairs, children design and program space rovers, satellites and futuristic robots while completing exciting space missions. Every session blends engineering, coding and imagination in a high-energy learning environment. Children develop logical thinking, teamwork and resilience as they solve real-world inspired challenges. This program is offered in cooperation with Stemotics.

WMRC 8/$149.60

103415	Tue	Sep 29-Nov 17	6:30pm-7:20pm

Stemotics – Micro:bit – Artificial Intelligence and Innovation (9 to 12 years)

Dive into the fascinating world of Artificial Intelligence and smart technology. Participants program interactive projects using the powerful micro:bit platform. From motion sensors to decision-making systems, they explore real AI concepts. The course builds logical thinking, innovation and computational skills. This program is offered in cooperation with Stemotics.

WMRC 8/$149.60

103418	Tue	Sep 29-Nov 17	7:30pm-8:20pm

Stemotics – Tech Innovators Lab: Arduino Engineering (9 to 12 years)

Tech Innovators Lab is a hands-on engineering and electronics program where participants design real-world projects using Arduino microcontrollers. Participants learn circuit building, sensors, actuator, and programming fundamentals while creating interactive devices such as smart alarms, automated systems, LED displays and environmental monitors. Through project-based learning, participants develop engineering design skills, logical programming, troubleshooting abilities and problem-solving strategies. The course bridges coding and hardware, helping students understand how software controls physical systems. This program is offered in cooperation with Stemotics.

RIM 8/$149.60

103419	Thu	Oct 1-Nov 19	7:30pm-8:20pm

CAMPS

PD Day Fun! (6 to 10 years)

Spend your PD Day in a fun-filled half-day program packed with arts and crafts, games, and songs. Participants will also have the opportunity to connect with older adults in the City of Waterloo Senior Day Program while creating a craft together. This engaging intergenerational experience is sure to make for a busy and memorable morning.

WMRC 1/$30.00

103728	Mon	Oct 26	9:00am-12:00pm

Winter Break Wonderland Camp (4 to 10 years)

Kids will have a blast with us this Winter Break. Leaders from our 2026 summer camps will lead winter wonderland themed activities such as crafts, songs and games. Dress for the weather as we'll head outside too! Visit waterloo.ca/camp for details.

Winter Break Wonderland Camp runs December 28 to December 30, 2026. Please register separately for each day.

December 28 Inclusion registration code: 103750
December 29 Inclusion registration code: 103751
December 30 Inclusion registration code: 103752

WMRC 1/$53.94

103736	Mon	Dec 28	8:00am-5:00pm
103739	Tue	Dec 29	8:00am-5:00pm
103740	Wed	Dec 30	8:00am-5:00pm

DANCE

Kid Dancers – Hip Hop (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. Dancers improve coordination through movement skills including stretching, skipping, jumping and kicking. Children build independence and self-confidence through dance, action songs and creative games. Comfortable clothing and running shoes or bare feet are required.

RIM 8/$80.00

103609	Fri	Oct 2-Nov 20	6:00pm-6:45pm

WMRC 8/$80.00

103604	Tue	Sep 29-Nov 17	6:00pm-6:45pm

Kid Dancers – Hip Hop (8 to 12 years)

This program is a great way for your child to explore movement through music, develop a sense of rhythm and be creative. Dancers improve coordination through movement skills including stretching, skipping, jumping and kicking. Children build independence and self-confidence through dance, action songs and creative games. Comfortable clothing and running shoes or bare feet are required.

RIM 8/$80.00

103610	Fri	Oct 2-Nov 20	7:00pm-7:45pm

Kid Dancers – Jazz (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. Get ready to jump, kick and gallop along to upbeat pop music! Jazz dance is high energy and dynamic. Dancers will learn rhythm and style through combinations and across the room movements. Comfortable clothing and running shoes or bare feet are required.

WMRC 8/$80.00

103589	Wed	Sep 30-Nov 18	6:30pm-7:15pm

FITNESS AND WELLNESS

Happy Dance Fitness – Family (2 to 99 years)

No experience required. Learn basic moves and patterns while enjoying the music and movement. Children under the age of 14 must be accompanied by an adult.

WMRC 14/$120.82 - Adult
14/$90.62 - Child/Youth/55+

103264	Sat	Sep 12-Dec 19	10:45am-11:30am

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

103268	Thu	Oct 1-Nov 19	5:30pm-6:15pm

Kid Fitness Games (8 to 12 years)

Bringing fun and fitness together! This program features dodgeball, handball and other fitness-based games in a fun, active environment for kids.

WMRC 10/$90.00

103272	Wed	Sep 23-Dec 2	6:45pm-7:30pm

Kid Karate (6 to 8 years)

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

WMRC 10/$90.00

103275	Wed	Sep 23-Dec 2	5:00pm-5:45pm
103279	Fri	Sep 25-Dec 4	5:15pm-6:00pm

Kid Karate (8 to 12 years)

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

WMRC 10/$90.00

103280	Wed	Sep 23-Dec 2	5:45pm-6:30pm
103281	Fri	Sep 25-Dec 4	6:00pm-6:45pm

Pick Your Play (8 to 12 years)

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

WMRC 8/$10.00

103292	Tue	Oct 26-Nov 24	4:15pm-5:45pm

SPECIAL INTEREST

Blooming Musicians – Growing in Music (7 to 9 years)

Children take the next steps in their musical journey in this hands-on interactive program! Each week, participants will explore different elements of music, learning the fundamentals of rhythm, melody and playing as a group. Over the course of the program, they will build skills using basic percussion, try out different instruments and stretch their creative muscles to make their own music! All instruments and materials are provided during each class. This program is offered in cooperation with Bandology.

WMRC 8/$92.00

103711	Sat	Oct 3-Nov 21	1:00pm-2:00pm

Dungeons and Dragons (10 to 12 years)

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

WMRC 8/$80.00

103783	Thu	Sep 17-Nov 26	5:30pm-7:00pm

WMRC 9/$90.00

103781	Wed	Sep 16-Nov 25	5:30pm-7:00pm

Dungeons and Dragons – Multigenerational (9 to 99 years)

A Dungeons and Dragons program in which children and their guardians play together in games led by experienced instructors. This is a hands-on multigenerational program where children and their guardians will play and participate together. No prior experience or materials needed. Each child must register, maximum of two children per adult. This program is offered in cooperation with Sleeping Dragon.

WMRC 9/$90.00

103782	Wed	Sep 16-Nov 25	7:15pm-8:45pm

Kid Chefs – Cozy Winter Cooking (6 to 10 years)

Children will learn how to make a fun recipe that is great for the winter season ahead. In this workshop children will learn basic kitchen skills and hands-on cooking fun. At the end of the workshop children will sample their delicious creations. Food made in this program cannot be taken home due to food safety and handling guidelines. The featured recipe will be sent home for the whole family to enjoy. All tools and supplies needed for use in this workshop are provided. NOTE: Food Allergens that may be/are present include, but not limited to dairy, eggs, soy, gluten, nuts, food coloring etc.

WMRC 1/$26.40

103666	Mon	Dec 7	6:00pm-7:00pm

Kid Chefs – Kitchen Skills (6 to 10 years)

Kid Chefs is a fun and engaging program for children ready to take their kitchen skills to the next level! Each week, 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. At the end of each class participants sample their delicious and healthy creations. Food made in this program cannot be taken home due to food safety and handling guidelines. Recipes are sent home at the end of the program for the whole family to enjoy. All tools and supplies needed for use in this

program are provided. NOTE: Food Allergens that may be/are present include, but is not limited to dairy, eggs, soy, gluten, nuts, food coloring etc.

WMRC 7/$211.20

103659	Mon	Sep 28-Nov 16	6:00pm-7:00pm

Kid Gamers (6 to 10 years)

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

AMCC 8/$81.60

103676	Sat	Oct 3-Nov 21	12:45pm-1:30pm

PD Day Fun! (6 to 10 years)

Spend your PD Day in a fun-filled half-day program packed with arts and crafts, games, and songs. Participants will also have the opportunity to connect with older adults in the City of Waterloo Senior Day Program while creating a craft together. This engaging intergenerational experience is sure to make for a busy and memorable morning.

WMRC 2/$30.00

103728	Mon	Oct 26	9:00am-12:00pm

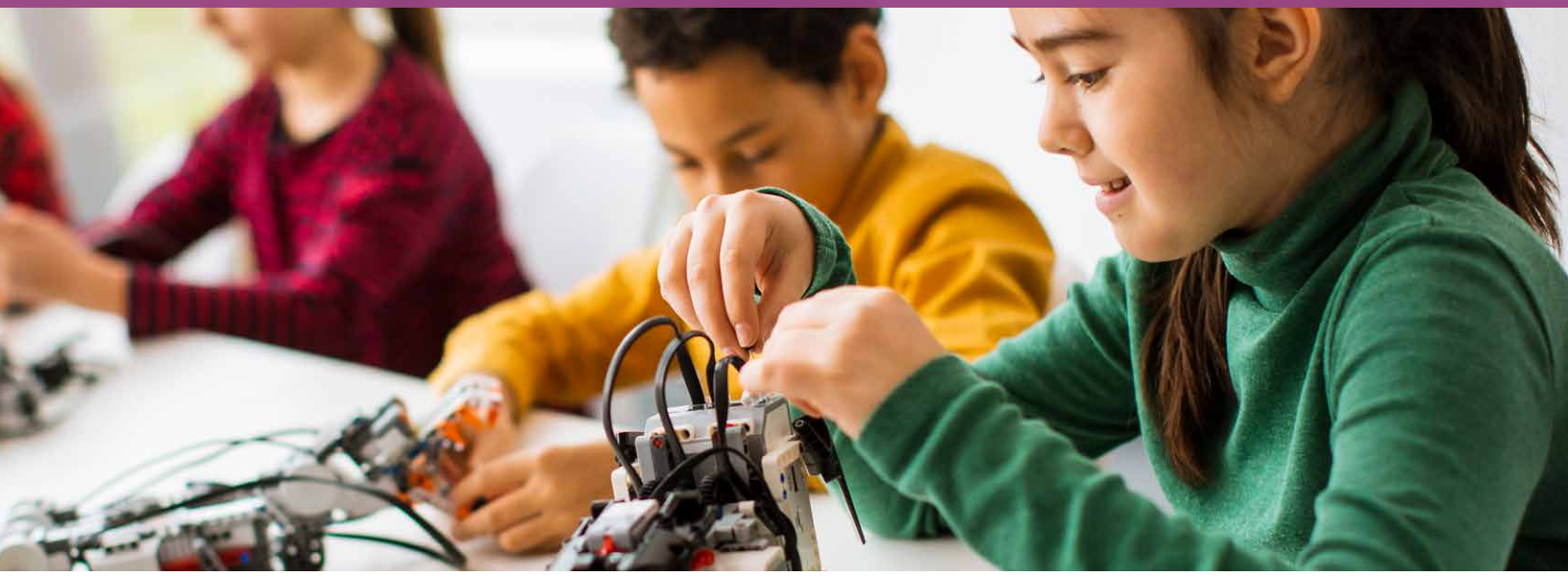
Sensitive Santa (0 to 14 years)

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

WMRC 1/$0.00

103388	Sat	Nov 21-Nov 21	1:00pm-1:20pm
103389	Sat	Nov 21-Nov 21	1:30pm-1:50pm
103390	Sat	Nov 21-Nov 21	2:00pm-2:20pm
103391	Sat	Nov 21-Nov 21	2:30pm-2:50pm
103394	Sun	Nov 22-Nov 22	1:00pm-1:20pm
103395	Sun	Nov 22-Nov 22	1:30pm-1:50pm
103397	Sun	Nov 22-Nov 22	2:00pm-2:20pm
103398	Sun	Nov 22-Nov 22	2:30pm-2:50pm
103400	Sat	Nov 28-Nov 28	1:00pm-1:20pm
103401	Sat	Nov 28-Nov 28	1:30pm-1:50pm
103403	Sat	Nov 28-Nov 28	2:00pm-2:20pm
103404	Sat	Nov 28-Nov 28	2:30pm-2:50pm
103406	Sun	Nov 29-Nov 29	1:00pm-1:20pm
103407	Sun	Nov 29-Nov 29	1:30pm-1:50pm
103409	Sun	Nov 29-Nov 29	2:00pm-2:20pm
103410	Sun	Nov 29-Nov 29	2:30pm-2:50pm

Youth Programs



ART AND SCIENCE

Classical Animation – Heroes in Action – Beginner (13 to 17 years)

Designed for teens, this introduction to animation helps students put their drawing skills to work while mastering core principles, character design and storytelling through fun, hands-on exercises and traceable worksheets. No prior experience needed.

WMRC 8/$105.04

103787	Fri	Sep 18-Nov 6	4:00pm-6:00pm

Classical Animation – Heroes in Flight – Intermediate (13 to 17 years)

Take your animation skills to the next level! This course builds on foundational animation techniques as students create more dynamic characters, expressive movement and engaging stories. Through guided projects, industry-inspired exercises and hands-on practice, students will explore advanced principles of animation, character acting, scene composition and visual storytelling while developing their own unique animation style. Perfect for young artists ready to bring their ideas to life with greater creativity and confidence. Some prior animation experience required.

WMRC 8/$105.04

103788	Fri	Sep 18-Nov 6	6:30pm-8:30pm

Drawing Fundamentals (13 to 17 years)

Participants will learn the essential skills of drawing using pencil, charcoal, ink and pastel while learning proportion, composition and mark-marking. Teens will develop observational drawing skills through still life, figure studies and creative projects using a variety of materials such as pencil, charcoal, and ink. No experience required, all supplies are included.

WMRC 10/$131.30

103768	Tue	Sep 15-Nov 17	5:15pm-6:45pm

Mixed Media (13 to 17 years)

Develop your artistic skills while exploring a variety of art mediums. Each week, participants will experiment with expressive sketching, watercolour, collage, printmaking and sculpture in a supportive and creative environment, with projects shaped by the interests of the class.

WMRC 9/$85.50

103794	Wed	Sep 16-Nov 18	6:00pm-7:00pm

Sewing – Beginner (13 to 17 years)

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

WMRC 8/$105.04

103776	Wed	Sep 23-Nov 18	4:00pm-6:00pm

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

This course explores watercolor painting and comic storytelling, guiding students through techniques in color, texture and expressive line work while developing their own comic characters and scenes. Students will create dynamic, visually compelling comic panels that combine artistic skill with narrative storytelling.

WMRC 8/$105.04

103790	Sat	Sep 19-Nov 7	12:30pm-2:30pm

FITNESS AND WELLNESS

CAN-BIKE – Level 2 (15+)

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

WMRC 1/$65.00

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

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

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

WMRC 1/$75.00

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

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. This program is offered in cooperation with Sleeping Dragon.

WMRC 8/$80.00

103784	Thu	Sep 17-Nov 26	7:15pm-8:45pm

Adult Programs

ART AND SCIENCE

3D Fall Door Hanger Workshop

Add a handmade touch to your fall décor. You'll stain, paint and assemble a 3D wooden door hanger in a fun and relaxed workshop. No experience required. All materials and supplies are included. This workshop is offered in cooperation Crafty Crystal.

WMRC 1/$55.00 55+/$41.25

103762	Wed	Oct 21	6:00pm-8:00pm

3D Fall Leaves and Autumn Breeze Porch Sign Workshop

You'll love this fall inspired 3D porch sign painting workshop. Together we will stain, paint, assemble, and glue our 3D porch signs. No experience required. All material and supplies included. This workshop is offered in cooperation Crafty Crystal.

WMRC 1/$70.00 55+/$52.52

103760	Wed	Sep 23	6:00pm-8:00pm

3D Snowman Snowball Ornament Workshop

Create a set of four charming 3D snowman snowball ornaments to decorate your tree or give as gifts. Participants will paint, assemble and personalize their ornaments in a fun and festive workshop. No experience required. All materials and supplies are included. This workshop is offered in cooperation Crafty Crystal.

WMRC 1/$50.00 55+/$37.50

103763	Wed	Nov 18	6:00pm-8:00pm

3D Winter Countdown Workshop

Create a winter-themed 3D countdown project to enjoy throughout the season. Choose from five design options when registering, then paint,

assemble and personalize your project in a fun and creative workshop. No experience required. All materials and supplies are included. This workshop is offered in cooperation Crafty Crystal.

WMRC 1/$60.00 55+/$45.00

103764	Wed	Dec 2	6:00pm-8:00pm

Artshine Painting – Beginner

A welcoming introduction to painting for adults with little or no experience. Participants learn basic techniques like color mixing, brush control and simple composition. Each class focuses on building confidence while completing guided projects. This program is offered in cooperation with Artshine.

RIM 6/$105.00 55+/$78.78

103795	Mon	Sep 21-Nov 2	1:00pm-2:30pm

Artshine Painting – Intermediate

Designed for adults who have some painting experience. Participants develop stronger skills in composition, shading and personal style. Projects are open-ended, with guidance to help refine technique and creativity. This program is offered in cooperation with Artshine.

RIM 6/$105.00 55+/$78.78

103797	Thu	Sep 24-Oct 29	1:00pm-2:30pm

Artshine Pastels – Beginner

An easy entry point for adults wanting to work in pastels. This class covers blending, layering and creating texture while exploring simple subjects. No prior art experience is needed, just a willingness to try something new. This program is offered in cooperation with Artshine.

RIM 6/$105.00 55+/$78.78

103796	Mon	Sep 21-Nov 2	3:00pm-4:30pm

Artshine Pastels – Intermediate

A next step for adults familiar with basic pastel techniques. This class focuses on depth, realism and more advanced color use. Participants work on more detailed pieces while building their own artistic voice. This program is offered in cooperation with Artshine.

RIM 6/$105.00 55+/$78.78

103798	Thu	Sep 24-Oct 29	3:00pm-4:30pm

Classical Animation – Heroes Assemble – Beginner

Bring your ideas to life in this dynamic introduction to animation. Explore core animation principles, develop compelling character designs and craft engaging visual stories through hands-on worksheets and guided exercises. Inspired by both classic techniques and contemporary styles, this course offers a well-rounded foundation in animation. All supplies are included in this program, no experience required.

WMRC 8/$140.00 55+/$105.04

103789	Sat	Sep 19-Nov 7	10:00am-12:00pm

Crochet – Beginner

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

WMRC 9/$157.50 55+/$118.17

103758	Mon	Sep 14-Nov 16	1:00pm-3:00pm

Crochet – Projects

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

WMRC 10/$175.00 55+/$131.30

103759	Tue	Sep 15-Nov 17	10:00am-12:00pm

Explorations in Multimedia

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

WMRC 10/$175.00 55+/$131.30

103767	Mon	Sep 14-Nov 23	3:30pm-5:30pm

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 4/$70.00 55+/$52.52

103753	Thu	Sep 10-Oct 1	6:30pm-8:30pm

Holiday Watercolour Card Workshop

Participants will learn simple watercolour techniques to paint festive designs and create their own handmade greeting cards. Suitable for all skill levels, the workshop focuses on colour, texture and joyful expression—perfect for making thoughtful, one-of-a-kind cards to share with friends and family. All supplies are provided.

WMRC 1/$17.50 55+/$13.13

103755	Thu	Dec 10	6:30pm-8:30pm
103756	Thu	Dec 17	6:30pm-8:30pm

Loose Watercolours

Explore a relaxed, expressive approach to painting! Learn how to work with fluid washes, bold brushstrokes and spontaneous mark-making to capture the essence of your subject rather than fine details. Perfect for beginners and those looking to loosen up their style, this class focuses on confidence, movement and enjoying the flow of watercolour. All supplies are provided.

WMRC 4/$70.00 55+/$52.52

103754	Thu	Oct 8-Oct 29	6:30pm-8:30pm

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 7/$122.50 55+/$91.91

103775	Wed	Sep 23-Nov 18	1:30pm-3:30pm

WMRC 9/$157.50 55+/$118.17

103769	Fri	Sep 25-Nov 27	10:30am-12:30pm

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

103773	Fri	Sep 25-Nov 20	1:00pm-3:00pm

Sewing – Mending Workshop

Join us for a focused mending workshop where you'll learn to patch sweaters, hem jeans, sew on buttons and repair zippers. Using practical techniques, you'll gain the skills to revive your favourite garments. Bring any items you'd like to mend and leave with repaired pieces.

WMRC 1/$40.00 55+/$30.00

103779	Sat	Nov 21	10:00am-12:00pm

Sewing – Pet Coat Workshop

Join this 3-hour workshop to make a cozy jacket for your pet. Our pattern fits dogs from Pomeranian to German Shepherd! Designed for both beginners with basic machine experience and confident intermediate sewists. A detailed supply list will be emailed after registration so you can purchase materials in advance; all sewing machines and basic shared tools are provided.

WMRC 1/$40.00 55+/$30.00

103778	Sat	Nov 7	9:30am-12:30pm

Sewing – Practical Apron Workshop

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

WMRC 1/$40.00 55+/$30.00

103780	Sat	Dec 5	9:30am-12:30pm

Watercolours – Beginner

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

WMRC 10/$175.00 55+/$131.30

103765	Mon	Sep 14-Nov 23	9:30am-11:30am

Watercolours – Fall Scenes

Participants will begin with basic watercolour techniques and explore the colours and landscapes of fall. Vibrant autumn colours, misty forests, harvest fields and cozy seasonal settings will provide inspiration. Participants will practice blending colours and creating atmosphere to capture the richness, beauty and changing character of the season. No experience required; all supplies are included.

WMRC 10/$175.00 55+/$131.30

103766	Mon	Sep 14-Nov 23	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/$23.33 55+/$17.50

103372	Wed	Sep 30	12:00pm-12:50pm
103373	Wed	Oct 14	12:00pm-12:50pm
103374	Wed	Oct 28	12:00pm-12:50pm
103375	Wed	Nov 11	12:00pm-12:50pm
103376	Wed	Nov 25	12:00pm-12:50pm
103377	Wed	Dec 9	12:00pm-12:50pm

WMRC 1/$23.33 55+/$17.50

103379	Tue	Sep 8	11:45am-12:35pm
103380	Thu	Sep 17	4:15pm-5:05pm
103381	Tue	Oct 6	11:45am-12:35pm
103382	Thu	Oct 22	4:15pm-5:05pm
103383	Tue	Nov 3	11:45am-12:35pm
103384	Thu	Nov 19	4:15pm-5:05pm
103385	Tue	Dec 1	11:45am-12:35pm
103386	Thu	Dec 17	4:15pm-5:05pm

FITNESS AND WELLNESS

Fitness Levels

ALL LEVELS

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

BEGINNER

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

INTERMEDIATE

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

ADVANCED

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

Adults and Weights – Intermediate (55+)

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

Instructor: Leslie

WMRC 13/$97.50

103162	Mon	Sep 14-Dec 14	9:15am-10:15am

WMRC 14/$105.00

103164	Thu	Sep 10-Dec 17	6:15pm-7:15pm

WMRC 15/$112.50

103163	Tue	Sep 8-Dec 15	6:15pm-7:15pm
103165	Fri	Sep 11-Dec 18	9:15am-10:15am

Aqua Cycle Waterfit (16+)

This registered waterfit class uses Hydro Rider bikes to get the heart pumping! Experience a superior lower body, arms and core workout with tons of cardio! Participants can adjust the resistance of the bikes to suit individual fitness levels. It is mandatory to wear water shoes and longer shorts to increase the level of comfort on the bike. Get ready for the water workout of your life!

WMRC Swimplex 11/$124.30

104413	Mon	Sep 28-Dec 14	2:00pm-2:45pm
104414	Wed	Sep 30-Dec 9	10:00am-10:45am

WMRC Swimplex 12/$124.30

104415	Sat	Sep 26-Dec 12	1:30pm-2:15pm

Barre – All Levels

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

Instructor: Julie

WMRC 14/$161.00 55+/$120.75

103166	Sat	Sep 12-Dec 19	9:30am-10:30am

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: Brittany

WMRC 13/$149.50 55+/$112.13

104542	Thu	Sep 10-Dec 17	5:30pm-6:30pm

Instructor: Kurtis

WMRC 13/$112.19 55+/$84.14

103233	Mon	Sep 14-Dec 14	7:00am-7:45am
103234	Thu	Sep 10-Dec 17	7:00am-7:45am

CAN-BIKE – Level 2 (15+)

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

Instructor: TBD

WMRC 1/$65.00

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

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

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

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

Instructor: TBD

WMRC 1/$75.00

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

Cardio and Balance – Intermediate (55+)

Enjoy a fun mix of cardio and balance designed for active older adults. The first half of the class features low-impact, moderate-intensity aerobic exercises set to upbeat music to get your heart pumping. The second half focuses on progressively challenging balance exercises that help improve stability and confidence in movement. Chairs and balance bars are available for support; however, participants should be able to stand independently. Sturdy athletic footwear is recommended.

Instructor: Leslie

WMRC 15/$112.50

103246	Wed	Sep 9-Dec 16	9:15am-10:15am
103250	Wed	Sep 9-Dec 16	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! Beginners always welcome.

Instructor: Brigitte

WMRC 15/$150.00 55+/$112.50

103251	Fri	Sep 11-Dec 18	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 and 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 15/$150.00 55+/$112.50

103252	Tue	Sep 8-Dec 15	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 15/$112.50 55+/$84.38

103253	Fri	Sep 11-Dec 18	12:15pm-1:00pm

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 12/$138.00 55+/$103.50

103254	Sat	Sep 12-Dec 19	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 15/$172.50 55+/$129.38

103255	Tue	Sep 8-Dec 15	7:30pm-8:30pm

Dance Mixx – All Levels

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

Instructor: Taylor

WMRC 14/$161.00 55+/$120.75

103256	Thu	Sep 10-Dec 17	7:30pm-8:30pm

Deep Waterfit with Equipment (16+)

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

WMRC Swimplex 11/$94.93

104410	Tue	Sep 29-Dec 8	10:00am-11:00am
104411	Thu	Oct 1-Dec 10	10:00am-11:00am
104412	Sat	Sep 26-Dec 12	12:15pm-1:15pm

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 13/$97.50

103257	Mon	Sep 14-Dec 14	10:30am-11:30am

WMRC 15/$112.50

103258	Tue	Sep 8-Dec 15	9:15am-10:15am
103259	Fri	Sep 11-Dec 18	10:30am-11:30am

Fitness Kickboxing – All Levels

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

Instructor: Haneen

WMRC 13/$149.50 55+/$112.13

104545	Mon	Sep 14-Dec 14	6:45pm-7:45pm

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 13/$112.13

103261	Mon	Sep 14-Dec 14	1:00pm-2:00pm

WMRC 13/$112.13

103260	Mon	Sep 14-Dec 14	9:15am-10:15am

WMRC 15/$129.38

103262	Wed	Sep 9-Dec 16	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 15/$112.50

103263	Tue	Sep 8-Dec 15	10:30am-11:30am

Happy Dance Fitness – Family (2 to 99 years)

No experience required. Learn basic moves and patterns while enjoying the music and movement. Children under the age of 14 must be accompanied by an adult.

WMRC 14/$120.82 - Adult
14/$90.62 - Child/Youth/55+

103264	Sat	Sep 12-Dec 19	10:45am-11:30am

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 15/$172.50 55+/$129.38

103265	Tue	Sep 8-Dec 15	7:15pm-8:15pm
103266	Wed	Sep 9-Dec 16	7:00pm-8:00pm

Latin Dance – All Levels

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

Instructor: Brigitte

WMRC 14/$140.00 55+/$105.00

103283	Thu	Sep 10-Dec 17	7:15pm-8:15pm

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 14/$161.00 55+/$120.75

103282	Sat	Sep 12-Dec 19	11:15am-12:15pm

Latin Fusion Line Dancing – All Levels

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

Instructor: Natalie

WMRC 14/$161.00 55+/$120.75

103284	Sat	Sep 12-Dec 19	10:00am-11:00am

Modern Line Dance – Beginner – Level 1

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

Instructor: Maggie

WMRC 14/$140.00 55+/$105.00

103290	Thu	Sep 10-Dec 17	10:00am-11:00am

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 14/$140.00 55+/$105.000

103291	Thu	Sep 10-Dec 17	11:15am-12:15pm

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 13/$195.00 55+/$146.25

103288	Mon	Sep 14-Dec 14	10:30am-12:00pm

WMRC 14/$140.00 55+/$105.00

103289	Thu	Sep 10-Dec 17	12:30pm-1:30pm

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

103285	Tue	Oct 6	1:30pm-3:30pm
103286	Tue	Nov 10	1:30pm-3:30pm
103287	Tue	Dec 8	1:30pm-3:30pm

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 11/$85.58

104017	Tue	Sep 29-Dec 8	10:30am-11:15am
104018	Thu	Oct 1-Dec 10	9:30am-10:15am

Pickleball – Beginner/Novice (55+)

Register just once for 11 weeks of pickleball! This program is designed to give beginner/novice players a regular timeslot for longer play and comradery with others. Players should have knowledge of how to play, rules and pickleball etiquette. Program does not provide instruction.

RIM 11/$79.09 55+/$59.29

103367	Mon	Sep 14-Dec 21	12:00pm-1:50pm

Pilates – All Levels

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

Instructor: Colleen

AMCC 13/$149.50 55+/$112.13

103297	Fri	Sep 11-Dec 18	10:45am-11:45am
103298	Fri	Sep 11-Dec 18	12:00pm-1:00pm

RIM 12/$138.00 55+/$103.50

103294	Mon	Sep 14-Dec 14	6:00pm-7:00pm

WMRC 12/$138.00 55+/$103.50

103299	Sat	Sep 12-Dec 19	12:00pm-1:00pm

Instructor: Gail

WMRC 15/$172.50 55+/$129.38

103301	Wed	Sep 9-Dec 16	10:45am-11:45am

Instructor: Jessica

RIM 11/$126.50 55+/$94.88

103296	Tue	Sep 15-Dec 8	6:00pm-7:00pm

WMRC 12/$138.00 55+/$103.50

103295	Mon	Sep 14-Dec 7	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 13/$112.13

103293	Fri	Sep 11-Dec 18	9:00am-10:00am

Pilates – Beginner

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

Instructor: Colleen

WMRC 12/$138.00 55+/$103.50

103302	Mon	Sep 14-Dec 14	8:30am-9:30am

Instructor: Colleen

WMRC 14/$161.00 55+/$120.75

103303	Wed	Sep 9-Dec 16	5:00pm-6:00pm

Instructor: Jessica

WMRC 12/$138.00 55+/$103.50

103304	Mon	Sep 14-Dec 7	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

RIM 12/$138.00 55+/$103.50

103306	Mon	Sep 14-Dec 14	7:15pm-8:15pm

WMRC 14/$161.00 55+/$120.75

103307	Wed	Sep 9-Dec 16	6:15pm-7:15pm

Pre/Postnatal Waterfit (16+)

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

WMRC 11/$142.89

104404	Sun	Sep 27-Dec 13	7:15pm-8:00pm

Qigong – Gentle – All Levels

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

Instructor: Fran

WMRC 12/$138.00 55+/$103.50

103311	Sat	Sep 12-Dec 19	10:15am-11:15am

Instructor: Eilleen

WMRC 13/$130.00 55+/$97.50

103308	Mon	Sep 14-Dec 14	11:00am-12:00pm
103309	Thu	Sep 17-Dec 17	9:15am-10:15am

Qigong – Gentle – All Levels – Online

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

Instructor: Eilleen

Zoom 13/$130.00 55+/$97.50

103310	Thu	Sep 17-Dec 17	9:15am-10:15am

Resistance to Aging – All Levels

This class combines resistance band exercises with the mindfulness of yoga and purposeful movement to enhance range of motion, mobility, and strength. By incorporating resistance into flexibility work, we support joint health, improve posture, relieve pain and boost our ability to perform everyday activities. Maintaining flexibility is essential for overall health - especially as we age - helping to protect muscles and joints from injury. No prior experience with weight training or yoga is required.

Instructor: Joanne

WMRC 14/$161.00 55+/$120.75

103314	Thu	Sep 10-Dec 17	5:45pm-6:45pm

WMRC 15/$172.50 55+/$129.38

103312	Tue	Sep 8-Dec 15	3:00pm-4:00pm
103313	Fri	Sep 11-Dec 18	10:15am-11:15am

Runfit Waterfit (16+)

This deep end class focuses on jogging movements through the water. The instructor motivates participants to use powerful leg movements along with vigorous arm motions. The last 15 minutes includes core strengthening and a cool down in the swirlpool. A water belt must be worn throughout the class.

WMRC 11/$138.05

104400	Wed	Sep 30-Dec 9	11:15am-12:15pm

Senior Water Fitness (55+)

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

WMRC 11/$91.74

104407	Tue	Sep 29-Dec 8	8:45am-9:45am
104408	Thu	Oct 1-Dec 10	8:45am-9:45am

Shallow Waterfit with Equipment (16+)

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

WMRC 11/$94.93

104401	Mon	Sep 28-Dec 14	11:15am-12:15pm
104402	Wed	Sep 30-Dec 9	8:50am-9:50am

Shape Up – Weightlifting – All Levels

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

Instructor: Brittany

WMRC 13/$149.50 55+/$112.13

104543	Thu	Sep 10-Dec 17	6:45pm-7:45pm

Instructor: Kurtis

AMCC 13/$112.19 55+/$84.14

103319	Mon	Sep 14-Dec 14	12:00pm-12:45pm

WMRC 13/$149.50 55+/$112.13

103315	Mon	Sep 14-Dec 14	8:00am-9:00am
103318	Thu	Sep 10-Dec 17	8:00am-9:00am

WMRC 14/$161.00 55+/$120.75

103317	Wed	Sep 9-Dec 16	7:30pm-8:30pm

WMRC 15/$129.45 55+/$97.09

103316	Wed	Sep 9-Dec 16	12:00pm-12:45pm

Slo-Pitch – Competitive (55+)

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

RIM 12/$70.80

103369	Tue	Sep 29-Dec 15	12:00pm-1:50pm
103371	Thu	Oct 1-Dec 17	12:00pm-1:50pm

Slo-Pitch – Recreational (55+)

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

RIM 12/$70.80

103368	Mon	Sep 28-Dec 21	10:00am-11:50am
103370	Wed	Sep 30-Dec 16	10:00am-11:50am

Strength and Stretching – All Levels

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

Instructor: Kurtis

WMRC 15/$129.45 55+/$97.09

103320	Wed	Sep 9-Dec 16	2:15pm-3:00pm

Strength Training Myth Busting: Fact vs. Fiction

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

Instructor: Kurtis

WMRC 1/$17.25 55+/$12.94

104541	Thu	Oct 29	6:30pm-8:00pm

Strong and Steady – Weightlifting – All Levels

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

Instructor: Haneen

WMRC 13/$149.50 55+/$112.13

104544	Mon	Sep 14-Dec 14	5:30pm-6:30pm

Instructor: Melanie

WMRC 15/$172.50 55+/$129.38

103323	Wed	Sep 9-Dec 16	2:30pm-3:30pm

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 13/$112.13

103321	Mon	Sep 14-Dec 14	2:30pm-3:30pm

WMRC 15/$129.38

103322	Fri	Sep 11-Dec 18	10:45am-11:45am

Tabata – All Levels

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 11/$126.50 55+/$94.88

103325	Sat	Sep 19-Dec 5	9:30am-10:30am

WMRC 12/$138.00 55+/$103.50

103324	Wed	Sep 16-Dec 2	5:30pm-6:30pm

Tai Chi – Gentle – All Levels

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

Instructor: Eilleen

WMRC 13/$130.00 55+/$97.50

103326	Mon	Sep 14-Dec 14	9:45am-10:45am

Wu Style Tai Chi – Advanced

Experience inner tranquility and achieve balance, harmony and relaxation through movement and breath. In this advanced level class you will learn to incorporate these movements into your daily life activities. This class is for participants who have previously registered and attended Wu Style Tai Chi – Intermediate.

Instructor: Stephen

WMRC 13/$130.00 55+/$97.50

103327	Mon	Sep 14-Dec 14	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 13/$130.00 55+/$97.50

103328	Mon	Sep 14-Dec 14	2:45pm-3:45pm

WMRC 15/$150.00 55+/$112.50

103329	Tue	Sep 8-Dec 15	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 participants who have registered and attended the beginner level of Wu Style Tai Chi class and would like to build on those foundations.

Instructor: Stephen

WMRC 13/$130.00 55+/$97.50

103330	Mon	Sep 14-Dec 14	4:00pm-5:00pm

WMRC 15/$150.00 55+/$112.50

103331	Tue	Sep 8-Dec 15	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 13/$149.50 55+/$112.13

103333	Mon	Sep 14-Dec 14	11:45am-12:45pm

WMRC 14/$161.00 55+/$120.75

103334	Thu	Sep 10-Dec 17	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 14/$161.00 55+/$120.75

103332	Tue	Sep 8-Dec 15	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: Ana

WMRC 15/$172.50 55+/$129.38

103335	Wed	Sep 9-Dec 16	7:30pm-8:30pm

Instructor: Nimira

WMRC 14/$161.00 55+/$120.75

103548	Thu	Sep 10-Dec 17	9:15am-10:15am

Yoga – For Stiff Bodies – All Levels

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

Instructor: Joanne

WMRC 13/$149.50 55+/$112.13

103550	Mon	Sep 14-Dec 14	5:45pm-6:45pm

WMRC 15/$172.50 55+/$129.38

103551	Wed	Sep 9-Dec 16	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 13/$149.50 55+/$112.13

103552	Mon	Sep 14-Dec 14	7:00pm-8:00pm

Yoga – Introduction – Beginner

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

Instructor: Joanne

WMRC 14/$161.00 55+/$120.75

103553	Thu	Sep 10-Dec 17	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 and awareness through mindful movement. This class is great for beginners or anyone looking for a slower-paced movement.

Instructor: Joanne

WMRC 14/$161.00 55+/$120.75

103555	Thu	Sep 10-Dec 17	10:30am-11:30am

WMRC 15/$172.50 55+/$129.38

103554	Wed	Sep 9-Dec 16	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 13/$149.50 55+/$112.13

103556	Mon	Sep 14-Dec 14	12:00pm-1:00pm

Yoga – Slow and Mindful – All Levels

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

Instructor: Liz

RIM 14/$161.00 55+/$120.75

103562	Wed	Sep 9-Dec 16	9:30am-10:30am

WMRC 14/$161.00 55+/$120.75

103561	Tue	Sep 8-Dec 15	11:15am-12:15pm

Instructor: Nimira

RIM 14/$161.00 55+/$120.75

103558	Tue	Sep 8-Dec 15	12:00pm-1:00pm

WMRC 13/$149.50 55+/$112.13

103557	Mon	Sep 14-Dec 14	10:30am-11:30am

WMRC 14/$161.00 55+/$120.75

103560	Thu	Sep 10-Dec 17	10:30am-11:30am

WMRC 15/$172.50 55+/$129.38

103559	Wed	Sep 9-Dec 16	12:00pm-1:00pm

Yoga – Slow and Mindful – All Levels – Online

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

Instructor: Nimira

Zoom 14/$161.00 55+/$120.75

103563	Thu	Sep 10-Dec 17	10:30am-11:30am

Zumba – All Levels

Zumba is for everybody and every body! Zumba takes the “work” out of workout by combining all elements of fitness - cardio, muscle conditioning, balance and flexibility with amazing music. Zumba fitness classes are often called exercise in disguise. Super effective and super fun.

Instructor: Brigitte

WMRC 14/$140.00 55+/$105.00

103565	Thu	Sep 10-Dec 17	6:00pm-7:00pm

WMRC 15/$150.00 55+/$112.50

103564	Tue	Sep 8-Dec 15	6:00pm-7:00pm

Zumba – Sentao

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 15/$150.00 55+/$112.50

103568	Wed	Sep 9-Dec 16	9:30am-10:30am

Zumba Gold – All Levels

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

Instructor: Brigitte

WMRC 14/$140.00 55+/$105.00

103567	Thu	Sep 10-Dec 17	10:30am-11:30am

WMRC 15/$150.00 55+/$112.50

103566	Tue	Sep 8-Dec 15	10:45am-11:45am

SPECIAL INTEREST

Age Friendly Tech – Staying Safe Online (55+)

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

WMRC 6/$0.00

103785	Fri	Oct 2-Oct 23	10:45am-12:15pm
103786	Fri	Oct 30-Nov 27	10:45am-12:15pm

Ride-a-Bus: Get to know Grand River Transit (55+)

This free event is for older adults wishing to become comfortable with bus service in Waterloo Region. A bus ride and training session with GRT's travel training experts is included. Please note, a ride on the ION train is not included.

WMRC 1/$0.00

101484	Sat	Oct 3	10:00am-12:00pm

CARL

CARL
community adult recreation leagues

Community Adult Recreation Leagues

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

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

Fall leagues now registering:

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

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

Note: Winter registration opens October 9.

Drop-in Programs

ALL AGES WEEKLY ACTIVITIES

- Drop-in activities are offered at RIM Park and the Waterloo Memorial Recreation Complex.
- Register for drop-in activities at waterloo.ca/activewaterloo, up to 72 hours in advance. View the weekly schedule by clicking on the 'Drop in' Tab.

  NOTE: for special event days, registration timelines may differ (5 or 7 days in advance)
- Any participant under the age of 14 must be accompanied by an adult.

Badminton

The badminton program is played with 2 or 4 people per court, with participants rotating between courts. There are open and family game options. Registrants receive 1 hour and 20 minutes of play; all skill level and experience welcome. Please bring your own racquet.

Adult $6.30 Youth/55+ $4.70

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 $4.70

Wed	4:15-5:35pm	Returns this fall

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 $15.15 Youth/55+ $11.35

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.
NEW! Starting Fall 2026, registration is required. For schedule, registration and information visit **calendar.wpl.ca/events**.

AMCC No charge

Thu	10:30-11:30am	Returns this fall

Littles at Play (0 to 6 years)

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

WMRC Family $6.50
(1 adult, up to 5 kids)

Fri	10:15-11:35am	Starts this fall

Pickleball

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

Adult $6.30 Youth/55+ $4.70

PickupHub

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

Basketball, 55+, adult and women's only shinny, stick and puck, volleyball and soccer will be available in game format this season.

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

Skating

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

Child/Youth/55+ $5.25
Adult $7.00
Family (up to four people) $15.80

Swimming

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

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

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

WMRC **Adult $7.00**
Child/Youth/55+ $5.25
Family $15.80
Kidsplash $7.00
Extra child Kidsplash $2.65
Parent and Tot $7.00

Table Tennis

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

WMRC Adult $6.30
Youth/55+ $4.70
Family (up to four people) $15.60

Walking for Health

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

CONESTOGA MALL

A self-led program that operates daily, during business hours. New participants are encouraged to register by emailing **leisureprogramming@waterloo.ca**.

OUTDOOR TRAIL SYSTEM

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

RIM PARK MANULIFE SPORTSPLEX

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

WATERLOO MEMORIAL RECREATION COMPLEX

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

ADULT LEISURE

- Programs are age-friendly and designed with the needs of older adults in mind, while welcoming adult participants of all ages.
- Drop-in takes place at the Waterloo Memorial Recreation Complex – Community Pavilion unless noted below.
- View the schedule and register at waterloo.ca/activewaterloo
- Adult Leisure fees are $2.50/visit unless otherwise noted.
- Save with a FitPass! Purchase an Adult Leisure 10-visit pass for **$22.48; 25-visit pass for $52.44.**

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 $2.50

3rd Wed of month	1:00-4:00pm

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 $2.50

Mon-Sun	9:30am-12:30pm
Mon-Sun	12:30-3:30pm
Mon-Fri	4:30-7:30pm

Bridge – Duplicate

Enjoy playing bridge in a friendly, relaxed atmosphere. Some experience recommended. Bring a partner or email leisureprogramming@waterloo.ca if you require a partner.

WMRC Pavilion $2.50

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 $2.50

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 $2.50

Thu	6:30-9:30pm	Biweekly, returns Sep 3

Empowered Learners

Calling all curious minds! Join us for an informative presentation and lecture series on a wide range of themes and topics, including health resources and general interest. This bi-weekly program includes a question/answer period to finish off each session. Program runs September to June. Email leisureprogramming@waterloo.ca or call 519-886-1177 for show listings.

WMRC Pavilion No charge

Fri	1:30-3:00pm	Biweekly, returns Sep 18

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 $2.50

Wed	1:00-4:00pm

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 $2.50

Tue	9:00am-12:00pm

Friday Flicks Travel Show

Join us as presenters share their travel stories from various parts of the world. Program runs September to June. Email leisureprogramming@waterloo.ca or call 519-886-1177 for show listings.

WMRC Pavilion $2.50

Fri	1:30-3:00pm	Biweekly, returns Sep 11

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 $2.50

Mon	6:00-9:00pm

Public Computer Access

Check your email or search the Internet. No charge for use. Book your timeslot at waterloo.ca/activewaterloo or call 519-886-1177.

WMRC Pavilion No charge

Mon-Fri	9:00am-12:00pm

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 $2.50

Thu	1:00-4:00pm

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	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. $2.50 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 $2.50

Wed	Sep 16	9:00am-12:00pm
Wed	Oct 21	9:00am-12:00pm
Wed	Nov 18	9:00am-12:00pm
Wed	Dec 16	9:00am-12:00pm

WOW Waterloo

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

COMMUNITY LED PROGRAMS

Kitchener-Waterloo Aquarium Society

Learn about this fascinating hobby through guest speaker presentations and mini-auctions. Annual fee of $25.00/adult or $30.00/family. Discounts available for multiple years. Follow on Facebook, email **kwasexecutive@gmail.com** or visit **www.kwasclub.ca** for more information. Program runs September to June.

WMRC Pavilion

1st Tue of month	7:30pm

Kitchener-Waterloo Philatelic Society

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

RIM

2nd Thu of month	7:00-9:00pm	Runs September to June

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

Trips are planned with the skill levels of members in mind. Most trips are within an hour of Kitchener-Waterloo, however, some trips may be farther away to offer members new experiences and challenges such as our annual canoeing trip at a lodge near Algonquin. In addition to weekly paddling events, we also offer social activities such as hiking, mini-golf, bowling, a car rally and a year-end Christmas party. This is a great club to meet new friends and stay active!

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

Various locations

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

Owl's Nest Woodcarvers

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

WMRC Pavilion

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

Leadership Programs

NEW! Verification of Identity Policy

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

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

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

The **identification must**:

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

Acceptable **identification** includes:

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

Questions?

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

FIRST AID

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

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

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

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

Course fee: $133.98/Extra fees: $63.50
WMRC

103850	Sat/Sun	Oct 3/4	9:30am-6:00pm
103851	Sat/Sun	Oct 31/Nov 1	8:30am-5:00pm
103852	Sat/Sun	Dec 5/6	11:00am-7:30pm
103853	Sat/Sun	Jan 2/3	9:00am-5:30pm

SWIM LEADERSHIP

Bronze Star (11+)

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

Course fee: $110.27/Extra fees: $24.00
WMRC

103854	Mon	Sep 28-Dec 14	4:00pm-5:30pm
103855	Fri	Oct 2-Dec 18	5:30pm-7:00pm
103856	Sun	Sep 27-Dec 13	8:00pm-9:30pm

Bronze Medallion (13+)

This leadership level challenges the candidate both mentally and physically. Judgement, knowledge, skill and fitness are the four components of water rescue that form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. It is recommended that a candidate has completed Waterloo Splash 11 and/ or Teen 4/Adult 4 programs prior to enrolment. Prerequisite: Must be 13 years of age by the first day of the course or have successfully completed the Bronze Star certification. Books: Canadian Lifesaving Manual and Bronze Medallion workbook.

Course fee: $184.63/Extra fees: $91.82
Moses

98856	Mon-Fri	Aug 31-Sep 4	8:00am-1:00pm

Exam date: Sep 5 at 8:00am

Course fee: $189.71/Extra fees: $123.50
WMRC

103837	Tue	Oct 6-Dec 1	4:00pm-6:30pm

Exam date: Dec 8 at 4:00pm

103838	Sat	Oct 17-Dec 12	3:45pm-6:15pm

Exam date: Dec 19 at 4:30pm

103839	Mon-Sat	Dec 28-Jan 2	10:00am-6:00pm

Exam date: Jan 3 at 4:00pm

Bronze Cross (13+)

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is one of the prerequisites for advanced training in the National Lifeguard certification program. Prerequisites: Bronze Medallion and Lifesaving Society Emergency First Aid/CPR B or Intermediate First Aid as of June 22, 2026. Books: Canadian Lifesaving Manual and Bronze Cross workbook.

Course fee: $166.00/Extra fees: $46.00
WMRC

103840	Thu	Oct 8-Dec 3	4:00pm-6:30pm

Exam date: Dec 10 at 4:00pm

103841	Sat	Oct 17-Dec 12	3:45pm-6:15pm

Exam date: Dec 19 at 4:30pm

103842	Sun	Oct 18-Dec 13	7:00pm-9:30pm

Exam date: Dec 21 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: $152.96/Extra fees: $23.75
WMRC

103843	Mon	Oct 19-Dec 7	6:00pm-9:00pm

LSS Instructors and Swim Instructors Course (15+)

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

be considered an asset. Must be 15 years of age by the first day of the course.

Course fee: $235.41/Extra fees: $229.50
MOSES

98864	Thu-Sun	Sep 3/4/10/11 Sep 5/6/12/13	6:00pm-10:00pm 9:00am-6:00pm

Course fee: $241.88/Extra fees: $229.50
WMRC

103844	Thu-Sun	Nov 19/20/26/27 Nov 21/22/28/29	6:00pm-10:00pm 9:00am-6:00pm
103845	Sun-Sun	Dec 27/28/29/30/ Jan 2/3	9:00am-6:00pm

National Lifeguard (15+)

National Lifeguard (NL) is the highest lifeguard training award in the country and is the basic certification required to lifeguard as recognized by the Ontario Health Act. The course emphasizes teamwork, leadership, emergency procedures and accident prevention. Candidates must bring their own pocket mask and whistle by day two of the course. Pocket masks are available at the admission desk for purchase. Entry requirements: Bronze Cross and current Standard First Aid and CPR C or Intermediate First Aid/CPR C. Must be 15 years old by the first day of the course. (Please note Emergency First Aid/CPR B taught in Bronze Medallion up to June 22, 2026 is not an equivalent to Standard First Aid and CPR C or Intermediate First Aid certifications). Book: Alert Manual.

Course fee: $199.20/Extra fees: $101.00
WMRC

103848	Sun	Sep 27-Nov 1	12:00pm-9:00pm
103847	Wed	Oct 7-Dec 9	4:00pm-8:30pm
103849	Sun	Nov 8-Dec 13	12:00pm-9:00pm
103846	Sun-Sat	Dec 27/28/29/30/ Jan 2/3	11:00am-7:00pm

RECERTIFICATIONS

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

Intermediate First Aid and CPR C provide comprehensive training and cover in-depth understanding of legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burn and medical emergencies. This course is approved by the Workplace Safety and Insurance Board. Book: First Aid Student Manual (please bring with you). Please note: Standard First Aid holders may recertify Lifesaving Society SFA certification just once in a Lifesaving Society SFA recertification course. To renew SFA certifications subsequently, award holders must repeat the full SFA course. Thereafter, individuals may renew by alternating recertification's and original course. Holders of SFA certifications or from the new Intermediate First aid may certify their certificate from other agencies with this cerfication from the LSS. They may recertify only with the original certifying agency. Those customers interested in taking this recertification must not be expired. If you are past the 3 years of when you originally took your LSS SFA/CPR C or Intermediate First Aid/CPR C then you would need to sign up in a full 2-day course since you are considered expired. In addition, when signing up for this recertification it means you took your original course with the Lifesaving Society.

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

98882	Sun	Sep 20	9:00am-5:00pm

Course fee: $80.63/Extra fees: $41.50
WMRC

103859	Sun	Nov 1	12:00pm-8:00pm
103860	Mon	Dec 21	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: $80.63/Extra fees: $29.50
WMRC

103861	Sat	Oct 17	8:30am-1:00pm

National Lifeguard RECERT (16+)

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

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

98880	Sun	Aug 23	4:00pm-9:00pm
98881	Tue	Sep 22	4:00pm-9:00pm

Course fee: $59.29/Extra fees: $48.00
WMRC

103857	Wed	Dec 16	4:00pm-9:00pm
103858	Sun	Jan 3	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.safetytreecanada.com.

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

103422	Mon	Oct 26	9:00am-4:00pm
103423	Sat	Nov 21	9:00am-4:00pm

WMRC

103421	Sat	Sep 26	9:00am-4:00pm

Red Cross Babysitting Course (11 to 14 years)

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

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

103425	Sat	Nov 21	9:00am-4:00pm

WMRC

103424	Sat	Sep 26	9:00am-4:00pm

Swim Programs

LET'S GET STARTED!

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

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

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

Making the most of your swim experience

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

What to expect

- Entrance into the changerooms will occur up to 15 minutes prior to the lesson start time at the Swimplex and 8 minutes prior at Moses Springer outdoor pool.
- Customers may access the pool deck 2 minutes prior to the start of their program.
- No spectators are permitted on the pool deck. Visitors may view lessons from the upper pool gallery. For swimmers under 11 years of age, a parent/guardian is asked to stay in the gallery for the duration of their child's program.
- Note the Feedback Day listed with the lesson session dates (lesson 6). 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.

Previously in **YMCA**	*Previously in* **Kitchener Learn to Swim** *(prior to 2025)*	*Previously in* **Lifesaving Society Swim for Life** *or current* **City of Kitchener program**	**Register in City of Waterloo class**
Splashers	Waterbabies	Parent and Tot 1	**Parent and Tot 1**
Bubblers	Adult and Tot	Parent and Tot 2	**Parent and Tot 2**
Bubblers	Advanced Adult and Tot	Parent and Tot 3	**Parent and Tot 3**
-	-	-	**Tykes 1**
-	-	-	**Squirts**
-	-	-	**Tykes 2**
Bobbers	Tots/B	Preschool 1	**Preschool A** **Waterloo Splash 1**
Floaters/Gliders	Tots/B	Preschool 2	**Preschool A** **Waterloo Splash 1**
Divers	C	Preschool 3	**Preschool B** **Waterloo Splash 1**
Surfers	Supertots/C	Preschool 4	**Preschool C** **Waterloo Splash 2**
Dippers	Supertots/D	Preschool 5	**Preschool D** **Waterloo Splash 2**
Otter		Swimmer 1	**Waterloo Splash 1**
Seal	E	Incomplete Swimmer 2	**Waterloo Splash 1**
Seal	F	Completed Swimmer 2	**Waterloo Splash 2**
Dolphin	G	Incomplete Swimmer 3	**Waterloo Splash 3**

Previously in **YMCA**	*Previously in* **Kitchener Learn to Swim** *(prior to 2025)*	*Previously in* **Lifesaving Society Swim for Life** *or current* **City of Kitchener program**	**Register in City of Waterloo class**
Swimmer	H	Completed Swimmer 3	**Waterloo Splash 4**
Star 1	I	Swimmer 4	**Waterloo Splash 6**
Star 2	J	Swimmer 5	**Waterloo Splash 7**
Star 3	K	Swimmer 6	**Waterloo Splash 8**
Star 4	Rookie Patrol	Rookie Patrol	**Waterloo Splash 9 (formerly Rookie Patrol)**
Star 5	Ranger Patrol	Ranger Patrol	**Waterloo Splash 10 (formerly Ranger Patrol)**
Star 6/Star 7	Star Patrol	Star Patrol	**Waterloo Splash 11 (formerly Star Patrol)**
Bronze Star	Bronze Star	Bronze Star	**Bronze Star**

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

Reminder

Swim lessons are cancelled **October 12 and December 4, 5, 6.**

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 10/$97.70

103875	Fri	Oct 2-Dec 11	9:15am-9:45am
103876	Fri	Oct 2-Dec 11	5:00pm-5:30pm

WMRC Swimplex 11/$107.47

103862	Mon	Sep 28-Dec 14	8:45am-9:15am
103863	Mon	Sep 28-Dec 14	4:00pm-4:30pm
103864	Mon	Sep 28-Dec 14	5:00pm-5:30pm
103865	Tue	Sep 29-Dec 8	10:15am-10:45am
103866	Tue	Sep 29-Dec 8	3:00pm-3:30pm
103867	Tue	Sep 29-Dec 8	5:00pm-5:30pm
103868	Tue	Sep 29-Dec 8	6:00pm-6:30pm
103869	Wed	Sep 30-Dec 9	8:00am-8:30am
103870	Wed	Sep 30-Dec 9	5:00pm-5:30pm
103871	Thu	Oct 1-Dec 10	8:45am-9:15am
103872	Thu	Oct 1-Dec 10	10:00am-10:30am
103873	Thu	Oct 1-Dec 10	3:00pm-3:30pm
103874	Thu	Oct 1-Dec 10	6:00pm-6:30pm
103877	Sat	Sep 26-Dec 12	9:30am-10:00am
103878	Sat	Sep 26-Dec 12	12:00pm-12:30pm
103879	Sat	Sep 26-Dec 12	5:15pm-5:45pm
103880	Sun	Sep 27-Dec 13	11:30am-12:00pm
103881	Sun	Sep 27-Dec 13	4:30pm-5:00pm

Parent and Tot 2 (12 to 24 months)

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

WMRC Swimplex 10/$97.70

103893	Fri	Oct 2-Dec 11	8:45am-9:15am
103894	Fri	Oct 2-Dec 11	6:00pm-6:30pm

WMRC Swimplex 11/$107.47

103882	Mon	Sep 28-Dec 14	2:30pm-3:00pm
103883	Mon	Sep 28-Dec 14	5:30pm-6:00pm
103884	Mon	Sep 28-Dec 14	6:30pm-7:00pm
103885	Tue	Sep 29-Dec 8	8:45am-9:15am
103886	Tue	Sep 29-Dec 8	5:30pm-6:00pm
103887	Tue	Sep 29-Dec 8	7:00pm-7:30pm
103888	Wed	Sep 30-Dec 9	4:00pm-4:30pm
103889	Wed	Sep 30-Dec 9	5:30pm-6:00pm
103890	Thu	Oct 1-Dec 10	11:30am-12:00pm
103891	Thu	Oct 1-Dec 10	5:00pm-5:30pm
103892	Thu	Oct 1-Dec 10	7:30pm-8:00pm
103895	Sat	Sep 26-Dec 12	8:00am-8:30am
103896	Sat	Sep 26-Dec 12	9:00am-9:30am
103897	Sat	Sep 26-Dec 12	10:30am-11:00am
103898	Sat	Sep 26-Dec 12	5:45pm-6:15pm
103899	Sun	Sep 27-Dec 13	12:00pm-12:30pm
103900	Sun	Sep 27-Dec 13	1:00pm-1:30pm
103901	Sun	Sep 27-Dec 13	5:00pm-5:30pm

Parent and Tot 3 (2 to 5 years)

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

WMRC Swimplex 10/$97.70

103916	Fri	Oct 2-Dec 11	4:00pm-4:30pm
103917	Fri	Oct 2-Dec 11	5:30pm-6:00pm
103918	Fri	Oct 2-Dec 11	6:30pm-7:00pm

WMRC Swimplex 11/$107.47

103902	Mon	Sep 28-Dec 14	11:45am-12:15pm
103903	Mon	Sep 28-Dec 14	4:30pm-5:00pm
103904	Mon	Sep 28-Dec 14	7:00pm-7:30pm
103905	Mon	Sep 28-Dec 14	7:30pm-8:00pm
103906	Tue	Sep 29-Dec 8	4:15pm-4:45pm
103907	Tue	Sep 29-Dec 8	6:30pm-7:00pm
103908	Tue	Sep 29-Dec 8	7:30pm-8:00pm
103909	Wed	Sep 30-Dec 9	8:45am-9:15am
103910	Wed	Sep 30-Dec 9	4:30pm-5:00pm
103911	Wed	Sep 30-Dec 9	6:30pm-7:00pm
103912	Wed	Sep 30-Dec 9	7:30pm-8:00pm
103913	Thu	Oct 1-Dec 10	4:30pm-5:00pm
103914	Thu	Oct 1-Dec 10	5:30pm-6:00pm
103915	Thu	Oct 1-Dec 10	7:00pm-7:30pm
103919	Sat	Sep 26-Dec 12	7:30am-8:00am
103920	Sat	Sep 26-Dec 12	8:30am-9:00am
103921	Sat	Sep 26-Dec 12	10:00am-10:30am
103922	Sat	Sep 26-Dec 12	11:00am-11:30am
103923	Sat	Sep 26-Dec 12	11:30am-12:00pm
103924	Sat	Sep 26-Dec 12	12:30pm-1:00pm
103925	Sat	Sep 26-Dec 12	4:45pm-5:15pm
103926	Sat	Sep 26-Dec 12	6:15pm-6:45pm
103927	Sun	Sep 27-Dec 13	12:30pm-1:00pm
103928	Sun	Sep 27-Dec 13	2:30pm-3:00pm
103929	Sun	Sep 27-Dec 13	4:00pm-4:30pm
103930	Sun	Sep 27-Dec 13	6:00pm-6:30pm
103931	Sun	Sep 27-Dec 13	7:30pm-8:00pm

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 10/$97.70

103947	Fri	Oct 2-Dec 11	4:30pm-5:00pm
103948	Fri	Oct 2-Dec 11	5:30pm-6:00pm
103949	Fri	Oct 2-Dec 11	6:30pm-7:00pm

WMRC Swimplex - swirlpool 11/$107.47

103933	Mon	Sep 28-Dec 14	6:00pm-6:30pm
103935	Mon	Sep 28-Dec 14	8:00pm-8:30pm
103936	Tue	Sep 29-Dec 8	11:30am-12:00pm
103937	Tue	Sep 29-Dec 8	4:30pm-5:00pm
103939	Tue	Sep 29-Dec 8	7:30pm-8:00pm
103940	Wed	Sep 30-Dec 9	4:00pm-4:30pm
103941	Wed	Sep 30-Dec 9	5:00pm-5:30pm
103942	Wed	Sep 30-Dec 9	6:00pm-6:30pm

103943	Wed	Sep 30-Dec 9	7:00pm-7:30pm
103944	Thu	Oct 1-Dec 10	10:00am-10:30am
103945	Thu	Oct 1-Dec 10	6:30pm-7:00pm
103946	Thu	Oct 1-Dec 10	7:30pm-8:00pm
103950	Sat	Sep 26-Dec 12	7:30am-8:00am
103951	Sat	Sep 26-Dec 12	8:00am-8:30am
103953	Sat	Sep 26-Dec 12	12:00pm-12:30pm
103954	Sat	Sep 26-Dec 12	5:15pm-5:45pm
103955	Sat	Sep 26-Dec 12	6:15pm-6:45pm
103957	Sun	Sep 27-Dec 13	1:30pm-2:00pm
103958	Sun	Sep 27-Dec 13	3:00pm-3:30pm
103959	Sun	Sep 27-Dec 13	3:30pm-4:00pm
103960	Sun	Sep 27-Dec 13	5:30pm-6:00pm

WMRC Swimplex - tot area 11/$107.47

103932	Mon	Sep 28-Dec 14	4:00pm-4:30pm
103934	Mon	Sep 28-Dec 14	7:00pm-7:30pm
103938	Tue	Sep 29-Dec 8	5:30pm-6:00pm
103952	Sat	Sep 26-Dec 12	9:00am-9:30am
103956	Sun	Sep 27-Dec 13	12:00pm-12:30pm

Preschool A (3 to 5 years)

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

WMRC Swimplex - swirlpool 10/$97.70

103990	Fri	Oct 2-Dec 11	4:00pm-4:30pm
103991	Fri	Oct 2-Dec 11	4:30pm-5:00pm
103992	Fri	Oct 2-Dec 11	5:00pm-5:30pm
103994	Fri	Oct 2-Dec 11	6:00pm-6:30pm

WMRC Swimplex - swirlpool 11/$107.47

103961	Mon	Sep 28-Dec 14	1:15pm-1:45pm
103962	Mon	Sep 28-Dec 14	4:00pm-4:30pm
103963	Mon	Sep 28-Dec 14	5:00pm-5:30pm
103964	Mon	Sep 28-Dec 14	5:30pm-6:00pm
103965	Mon	Sep 28-Dec 14	6:00pm-6:30pm
103966	Mon	Sep 28-Dec 14	6:30pm-7:00pm
103967	Mon	Sep 28-Dec 14	7:00pm-7:30pm
103969	Tue	Sep 29-Dec 8	4:30pm-5:00pm
103970	Tue	Sep 29-Dec 8	5:00pm-5:30pm
103971	Tue	Sep 29-Dec 8	5:30pm-6:00pm
103972	Tue	Sep 29-Dec 8	6:00pm-6:30pm
103973	Tue	Sep 29-Dec 8	7:00pm-7:30pm
103975	Wed	Sep 30-Dec 9	9:15am-9:45am
103979	Wed	Sep 30-Dec 9	6:30pm-7:00pm
103980	Wed	Sep 30-Dec 9	7:00pm-7:30pm
103981	Wed	Sep 30-Dec 9	7:30pm-8:00pm
103983	Thu	Oct 1-Dec 10	4:30pm-5:00pm
103984	Thu	Oct 1-Dec 10	5:00pm-5:30pm
103985	Thu	Oct 1-Dec 10	5:15pm-5:45pm
103986	Thu	Oct 1-Dec 10	5:45pm-6:15pm
103987	Thu	Oct 1-Dec 10	6:30pm-7:00pm
103988	Thu	Oct 1-Dec 10	7:00pm-7:30pm
103998	Sat	Sep 26-Dec 12	9:30am-10:00am
104000	Sat	Sep 26-Dec 12	11:00am-11:30am
104002	Sat	Sep 26-Dec 12	12:30pm-1:00pm
104003	Sat	Sep 26-Dec 12	4:45pm-5:15pm
104004	Sat	Sep 26-Dec 12	5:45pm-6:15pm
104006	Sun	Sep 27-Dec 13	11:30am-12:00pm

104008	Sun	Sep 27-Dec 13	1:00pm-1:30pm
104009	Sun	Sep 27-Dec 13	2:00pm-2:30pm
104011	Sun	Sep 27-Dec 13	3:30pm-4:00pm
104012	Sun	Sep 27-Dec 13	4:00pm-4:30pm
104013	Sun	Sep 27-Dec 13	4:30pm-5:00pm
104014	Sun	Sep 27-Dec 13	5:00pm-5:30pm
104015	Sun	Sep 27-Dec 13	5:30pm-6:00pm

WMRC Swimplex - tot area 10/$97.70

103989	Fri	Oct 2-Dec 11	9:15am-9:45am
103993	Fri	Oct 2-Dec 11	5:30pm-6:00pm
103995	Fri	Oct 2-Dec 11	6:30pm-7:00pm

WMRC Swimplex - tot area 11/$107.47

103968	Mon	Sep 28-Dec 14	7:30pm-8:00pm
103974	Tue	Sep 29-Dec 8	7:30pm-8:00pm
103976	Wed	Sep 30-Dec 9	3:00pm-3:30pm
103977	Wed	Sep 30-Dec 9	4:30pm-5:00pm
103978	Wed	Sep 30-Dec 9	5:30pm-6:00pm
103982	Thu	Oct 1-Dec 10	3:45pm-4:15pm
103996	Sat	Sep 26-Dec 12	7:30am-8:00am
103997	Sat	Sep 26-Dec 12	8:30am-9:00am
103999	Sat	Sep 26-Dec 12	10:30am-11:00am
104001	Sat	Sep 26-Dec 12	12:00pm-12:30pm
104005	Sat	Sep 26-Dec 12	6:15pm-6:45pm
104007	Sun	Sep 27-Dec 13	12:30pm-1:00pm
104010	Sun	Sep 27-Dec 13	2:30pm-3:00pm
104016	Sun	Sep 27-Dec 13	6:30pm-7:00pm

Preschool B (3 to 5 years)

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

WMRC Swimplex - tot area 10/$97.70

104044	Fri	Oct 2-Dec 11	8:15am-8:45am
104045	Fri	Oct 2-Dec 11	3:00pm-3:30pm
104046	Fri	Oct 2-Dec 11	3:45pm-4:15pm
104047	Fri	Oct 2-Dec 11	4:30pm-5:00pm
104048	Fri	Oct 2-Dec 11	5:00pm-5:30pm
104049	Fri	Oct 2-Dec 11	6:00pm-6:30pm

WMRC Swimplex - tot area 11/$107.47

104019	Mon	Sep 28-Dec 14	10:00am-10:30am
104020	Mon	Sep 28-Dec 14	1:45pm-2:15pm
104021	Mon	Sep 28-Dec 14	3:30pm-4:00pm
104022	Mon	Sep 28-Dec 14	4:30pm-5:00pm
104023	Mon	Sep 28-Dec 14	5:30pm-6:00pm
104024	Mon	Sep 28-Dec 14	6:00pm-6:30pm
104025	Mon	Sep 28-Dec 14	6:30pm-7:00pm
104026	Tue	Sep 29-Dec 8	11:30am-12:00pm
104027	Tue	Sep 29-Dec 8	4:00pm-4:30pm
104028	Tue	Sep 29-Dec 8	4:30pm-5:00pm
104029	Tue	Sep 29-Dec 8	6:00pm-6:30pm
104030	Tue	Sep 29-Dec 8	6:30pm-7:00pm
104031	Tue	Sep 29-Dec 8	7:00pm-7:30pm
104032	Wed	Sep 30-Dec 9	5:00pm-5:30pm
104033	Wed	Sep 30-Dec 9	6:00pm-6:30pm
104034	Wed	Sep 30-Dec 9	6:30pm-7:00pm
104035	Wed	Sep 30-Dec 9	7:30pm-8:00pm
104036	Thu	Oct 1-Dec 10	10:00am-10:30am
104037	Thu	Oct 1-Dec 10	4:00pm-4:30pm
104038	Thu	Oct 1-Dec 10	4:15pm-4:45pm

104039	Thu	Oct 1-Dec 10	4:30pm-5:00pm
104040	Thu	Oct 1-Dec 10	5:00pm-5:30pm
104041	Thu	Oct 1-Dec 10	6:00pm-6:30pm
104042	Thu	Oct 1-Dec 10	6:30pm-7:00pm
104043	Thu	Oct 1-Dec 10	7:00pm-7:30pm
104050	Sat	Sep 26-Dec 12	8:00am-8:30am
104051	Sat	Sep 26-Dec 12	8:30am-9:00am
104052	Sat	Sep 26-Dec 12	9:30am-10:00am
104053	Sat	Sep 26-Dec 12	10:30am-11:00am
104054	Sat	Sep 26-Dec 12	11:00am-11:30am
104055	Sat	Sep 26-Dec 12	12:00pm-12:30pm
104056	Sat	Sep 26-Dec 12	5:15pm-5:45pm
104057	Sat	Sep 26-Dec 12	6:15pm-6:45pm
104058	Sun	Sep 27-Dec 13	12:30pm-1:00pm
104059	Sun	Sep 27-Dec 13	1:00pm-1:30pm
104060	Sun	Sep 27-Dec 13	2:00pm-2:30pm
104061	Sun	Sep 27-Dec 13	3:00pm-3:30pm
104062	Sun	Sep 27-Dec 13	3:30pm-4:00pm
104063	Sun	Sep 27-Dec 13	4:00pm-4:30pm
104064	Sun	Sep 27-Dec 13	4:30pm-5:00pm
104065	Sun	Sep 27-Dec 13	5:00pm-5:30pm
104066	Sun	Sep 27-Dec 13	6:00pm-6:30pm

Preschool C (3 to 5 years)

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

WMRC Swimplex - shallow area 11/$107.47

104067	Mon	Sep 28-Dec 14	4:30pm-5:00pm
104068	Mon	Sep 28-Dec 14	7:00pm-7:30pm
104070	Tue	Sep 29-Dec 8	5:00pm-5:30pm
104071	Wed	Sep 30-Dec 9	7:00pm-7:30pm
104072	Thu	Oct 1-Dec 10	4:30pm-5:00pm
104073	Thu	Oct 1-Dec 10	6:30pm-7:00pm
104075	Sat	Sep 26-Dec 12	10:00am-10:30am
104077	Sat	Sep 26-Dec 12	5:45pm-6:15pm

WMRC Swimplex - tot area 10/$97.70

104074	Fri	Oct 2-Dec 11	4:00pm-4:30pm

WMRC Swimplex - tot area 11/$107.47

104076	Sat	Sep 26-Dec 12	11:30am-12:00pm
104078	Sun	Sep 27-Dec 13	11:30am-12:00pm
104079	Sun	Sep 27-Dec 13	1:30pm-2:00pm

Preschool D (3 to 5 years)

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

WMRC Swimplex 10/$97.70

104083	Fri	Oct 2-Dec 11	5:45pm-6:15pm

WMRC Swimplex 11/$107.47

104080	Tue	Sep 29-Dec 8	4:30pm-5:00pm
104081	Wed	Sep 30-Dec 9	6:00pm-6:30pm
104082	Thu	Oct 1-Dec 10	5:00pm-5:30pm
104084	Sat	Sep 26-Dec 12	9:00am-9:30am
104085	Sat	Sep 26-Dec 12	11:30am-12:00pm
104086	Sun	Sep 27-Dec 13	11:30am-12:00pm
104087	Sun	Sep 27-Dec 13	3:00pm-3:30pm

Preschool E (3 to 5 years)

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

WMRC Swimplex 11/$107.47

104088	Thu	Oct 1-Dec 10	5:30pm-6:00pm
104089	Sat	Sep 26-Dec 12	11:30am-12:00pm

CHILD

7-12 Beginners (7 to 12 years)

This is an introductory class for children aged 7 to 12 with little or no experience in the water. Participants learn head and face submersion, front/back and side swims with an introduction to surface support. Participants repeat this level until the instructor feels they are ready for Waterloo Splash 3.

WMRC Swimplex 10/$97.70

104101	Fri	Oct 2-Dec 11	3:30pm-4:00pm
104102	Fri	Oct 2-Dec 11	4:30pm-5:00pm
104103	Fri	Oct 2-Dec 11	6:30pm-7:00pm

WMRC Swimplex 11/$107.47

104090	Mon	Sep 28-Dec 14	6:00pm-6:30pm
104091	Mon	Sep 28-Dec 14	7:30pm-8:00pm
104092	Tue	Sep 29-Dec 8	4:00pm-4:30pm
104093	Tue	Sep 29-Dec 8	5:30pm-6:00pm
104094	Tue	Sep 29-Dec 8	6:30pm-7:00pm
104095	Wed	Sep 30-Dec 9	4:30pm-5:00pm
104096	Wed	Sep 30-Dec 9	6:00pm-6:30pm
104097	Wed	Sep 30-Dec 9	7:30pm-8:00pm
104098	Thu	Oct 1-Dec 10	4:00pm-4:30pm
104099	Thu	Oct 1-Dec 10	5:30pm-6:00pm
104100	Thu	Oct 1-Dec 10	7:30pm-8:00pm
104104	Sat	Sep 26-Dec 12	10:30am-11:00am
104105	Sat	Sep 26-Dec 12	11:30am-12:00pm
104106	Sat	Sep 26-Dec 12	12:30pm-1:00pm
104108	Sat	Sep 26-Dec 12	4:45pm-5:15pm
104109	Sun	Sep 27-Dec 13	12:00pm-12:30pm
104110	Sun	Sep 27-Dec 13	1:00pm-1:30pm
104111	Sun	Sep 27-Dec 13	2:30pm-3:00pm

Waterloo Splash 1 (5 to 12 years)

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

WMRC Swimplex 10/$97.70

104143	Fri	Oct 2-Dec 11	4:00pm-4:30pm
104144	Fri	Oct 2-Dec 11	4:30pm-5:00pm
104145	Fri	Oct 2-Dec 11	5:00pm-5:30pm
104146	Fri	Oct 2-Dec 11	5:30pm-6:00pm
104147	Fri	Oct 2-Dec 11	6:00pm-6:30pm
104148	Fri	Oct 2-Dec 11	6:30pm-7:00pm

WMRC Swimplex 11/$107.47

104112	Mon	Sep 28-Dec 14	3:30pm-4:00pm
104113	Mon	Sep 28-Dec 14	4:15pm-4:45pm
104114	Mon	Sep 28-Dec 14	5:00pm-5:30pm
104115	Mon	Sep 28-Dec 14	5:15pm-5:45pm
104116	Mon	Sep 28-Dec 14	5:30pm-6:00pm
104117	Mon	Sep 28-Dec 14	6:00pm-6:30pm
104118	Mon	Sep 28-Dec 14	6:30pm-7:00pm

104119	Mon	Sep 28-Dec 14	7:00pm-7:30pm
104120	Mon	Sep 28-Dec 14	7:30pm-8:00pm
104121	Tue	Sep 29-Dec 8	4:00pm-4:30pm
104122	Tue	Sep 29-Dec 8	4:30pm-5:00pm
104123	Tue	Sep 29-Dec 8	5:00pm-5:30pm
104124	Tue	Sep 29-Dec 8	5:30pm-6:00pm
104125	Tue	Sep 29-Dec 8	6:00pm-6:30pm
104126	Tue	Sep 29-Dec 8	6:45pm-7:15pm
104127	Tue	Sep 29-Dec 8	7:00pm-7:30pm
104128	Tue	Sep 29-Dec 8	7:30pm-8:00pm
104129	Wed	Sep 30-Dec 9	4:15pm-4:45pm
104130	Wed	Sep 30-Dec 9	5:00pm-5:30pm
104131	Wed	Sep 30-Dec 9	5:15pm-5:45pm
104132	Wed	Sep 30-Dec 9	6:00pm-6:30pm
104133	Wed	Sep 30-Dec 9	6:30pm-7:00pm
104134	Wed	Sep 30-Dec 9	7:00pm-7:30pm
104135	Wed	Sep 30-Dec 9	7:30pm-8:00pm
104136	Thu	Oct 1-Dec 10	4:00pm-4:30pm
104137	Thu	Oct 1-Dec 10	4:30pm-5:00pm
104138	Thu	Oct 1-Dec 10	5:30pm-6:00pm
104139	Thu	Oct 1-Dec 10	6:00pm-6:30pm
104140	Thu	Oct 1-Dec 10	6:30pm-7:00pm
104141	Thu	Oct 1-Dec 10	7:00pm-7:30pm
104142	Thu	Oct 1-Dec 10	7:30pm-8:00pm
104149	Sat	Sep 26-Dec 12	9:00am-9:30am
104150	Sat	Sep 26-Dec 12	9:30am-10:00am
104151	Sat	Sep 26-Dec 12	10:00am-10:30am
104152	Sat	Sep 26-Dec 12	10:30am-11:00am
104153	Sat	Sep 26-Dec 12	11:00am-11:30am
104154	Sat	Sep 26-Dec 12	12:00pm-12:30pm
104155	Sat	Sep 26-Dec 12	12:30pm-1:00pm
104156	Sat	Sep 26-Dec 12	4:45pm-5:15pm
104157	Sat	Sep 26-Dec 12	5:45pm-6:15pm
104158	Sat	Sep 26-Dec 12	6:15pm-6:45pm
104159	Sun	Sep 27-Dec 13	11:30am-12:00pm
104160	Sun	Sep 27-Dec 13	12:00pm-12:30pm
104161	Sun	Sep 27-Dec 13	12:30pm-1:00pm
104162	Sun	Sep 27-Dec 13	1:30pm-2:00pm
104163	Sun	Sep 27-Dec 13	2:00pm-2:30pm
104164	Sun	Sep 27-Dec 13	2:30pm-3:00pm
104165	Sun	Sep 27-Dec 13	3:00pm-3:30pm
104166	Sun	Sep 27-Dec 13	3:30pm-4:00pm

Waterloo Splash 2 (5 to 12 years)

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

WMRC Swimplex 10/$97.70

104196	Fri	Oct 2-Dec 11	3:00pm-3:30pm
104197	Fri	Oct 2-Dec 11	4:00pm-4:30pm
104198	Fri	Oct 2-Dec 11	4:30pm-5:00pm
104199	Fri	Oct 2-Dec 11	5:15pm-5:45pm
104200	Fri	Oct 2-Dec 11	5:30pm-6:00pm
104201	Fri	Oct 2-Dec 11	5:45pm-6:15pm
104202	Fri	Oct 2-Dec 11	6:00pm-6:30pm

WMRC Swimplex 11/$107.47

104167	Mon	Sep 28-Dec 14	3:45pm-4:15pm
104168	Mon	Sep 28-Dec 14	4:30pm-5:00pm
104169	Mon	Sep 28-Dec 14	4:45pm-5:15pm
104170	Mon	Sep 28-Dec 14	5:00pm-5:30pm
104171	Mon	Sep 28-Dec 14	5:30pm-6:00pm
104172	Mon	Sep 28-Dec 14	5:45pm-6:15pm
104173	Mon	Sep 28-Dec 14	6:30pm-7:00pm

104174	Mon	Sep 28-Dec 14	7:00pm-7:30pm
104175	Mon	Sep 28-Dec 14	7:30pm-8:00pm
104176	Tue	Sep 29-Dec 8	4:00pm-4:30pm
104177	Tue	Sep 29-Dec 8	4:30pm-5:00pm
104178	Tue	Sep 29-Dec 8	5:15pm-5:45pm
104179	Tue	Sep 29-Dec 8	5:30pm-6:00pm
104180	Tue	Sep 29-Dec 8	6:00pm-6:30pm
104181	Tue	Sep 29-Dec 8	6:30pm-7:00pm
104182	Tue	Sep 29-Dec 8	7:00pm-7:30pm
104183	Wed	Sep 30-Dec 9	4:30pm-5:00pm
104184	Wed	Sep 30-Dec 9	4:45pm-5:15pm
104185	Wed	Sep 30-Dec 9	5:30pm-6:00pm
104186	Wed	Sep 30-Dec 9	5:45pm-6:15pm
104187	Wed	Sep 30-Dec 9	6:30pm-7:00pm
104188	Wed	Sep 30-Dec 9	7:30pm-8:00pm
104189	Thu	Oct 1-Dec 10	4:00pm-4:30pm
104190	Thu	Oct 1-Dec 10	4:30pm-5:00pm
104191	Thu	Oct 1-Dec 10	5:00pm-5:30pm
104192	Thu	Oct 1-Dec 10	5:00pm-5:30pm
104193	Thu	Oct 1-Dec 10	6:00pm-6:30pm
104194	Thu	Oct 1-Dec 10	6:30pm-7:00pm
104195	Thu	Oct 1-Dec 10	7:00pm-7:30pm
104203	Sat	Sep 26-Dec 12	9:30am-10:00am
104204	Sat	Sep 26-Dec 12	10:00am-10:30am
104205	Sat	Sep 26-Dec 12	10:30am-11:00am
104206	Sat	Sep 26-Dec 12	11:00am-11:30am
104207	Sat	Sep 26-Dec 12	11:30am-12:00pm
104208	Sat	Sep 26-Dec 12	12:30pm-1:00pm
104209	Sat	Sep 26-Dec 12	4:45pm-5:15pm
104210	Sat	Sep 26-Dec 12	5:15pm-5:45pm
104211	Sat	Sep 26-Dec 12	5:45pm-6:15pm
104212	Sun	Sep 27-Dec 13	11:30am-12:00pm
104213	Sun	Sep 27-Dec 13	12:00pm-12:30pm
104214	Sun	Sep 27-Dec 13	1:00pm-1:30pm
104215	Sun	Sep 27-Dec 13	1:30pm-2:00pm
104216	Sun	Sep 27-Dec 13	2:00pm-2:30pm
104217	Sun	Sep 27-Dec 13	2:30pm-3:00pm
104218	Sun	Sep 27-Dec 13	3:00pm-3:30pm
104219	Sun	Sep 27-Dec 13	3:30pm-4:00pm

Waterloo Splash 3 (5 to 12 years)

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

WMRC Swimplex 10/$97.70

104245	Fri	Oct 2-Dec 11	3:30pm-4:00pm
104246	Fri	Oct 2-Dec 11	4:15pm-4:45pm
104247	Fri	Oct 2-Dec 11	5:30pm-6:00pm
104248	Fri	Oct 2-Dec 11	6:00pm-6:30pm
104249	Fri	Oct 2-Dec 11	6:15pm-6:45pm

WMRC Swimplex 11/$107.47

104220	Mon	Sep 28-Dec 14	4:15pm-4:45pm
104221	Mon	Sep 28-Dec 14	4:30pm-5:00pm
104222	Mon	Sep 28-Dec 14	5:00pm-5:30pm
104223	Mon	Sep 28-Dec 14	6:00pm-6:30pm
104224	Mon	Sep 28-Dec 14	6:30pm-7:00pm
104225	Mon	Sep 28-Dec 14	6:45pm-7:15pm
104226	Mon	Sep 28-Dec 14	7:30pm-8:00pm
104227	Tue	Sep 29-Dec 8	4:00pm-4:30pm
104228	Tue	Sep 29-Dec 8	4:30pm-5:00pm
104229	Tue	Sep 29-Dec 8	5:00pm-5:30pm
104230	Tue	Sep 29-Dec 8	5:30pm-6:00pm
104231	Tue	Sep 29-Dec 8	6:00pm-6:30pm
104232	Tue	Sep 29-Dec 8	7:00pm-7:30pm

104233	Wed	Sep 30-Dec 9	4:15pm-4:45pm
104234	Wed	Sep 30-Dec 9	5:00pm-5:30pm
104235	Wed	Sep 30-Dec 9	5:30pm-6:00pm
104236	Wed	Sep 30-Dec 9	6:00pm-6:30pm
104237	Wed	Sep 30-Dec 9	6:30pm-7:00pm
104238	Wed	Sep 30-Dec 9	7:30pm-8:00pm
104239	Thu	Oct 1-Dec 10	4:00pm-4:30pm
104240	Thu	Oct 1-Dec 10	5:00pm-5:30pm
104241	Thu	Oct 1-Dec 10	5:30pm-6:00pm
104242	Thu	Oct 1-Dec 10	6:00pm-6:30pm
104243	Thu	Oct 1-Dec 10	6:30pm-7:00pm
104244	Thu	Oct 1-Dec 10	7:30pm-8:00pm
104250	Sat	Sep 26-Dec 12	9:00am-9:30am
104251	Sat	Sep 26-Dec 12	10:00am-10:30am
104252	Sat	Sep 26-Dec 12	11:00am-11:30am
104253	Sat	Sep 26-Dec 12	11:30am-12:00pm
104254	Sat	Sep 26-Dec 12	12:00pm-12:30pm
104255	Sat	Sep 26-Dec 12	4:45pm-5:15pm
104256	Sat	Sep 26-Dec 12	6:15pm-6:45pm
104257	Sun	Sep 27-Dec 13	11:30am-12:00pm
104258	Sun	Sep 27-Dec 13	12:30pm-1:00pm
104259	Sun	Sep 27-Dec 13	1:00pm-1:30pm
104260	Sun	Sep 27-Dec 13	2:00pm-2:30pm
104261	Sun	Sep 27-Dec 13	2:30pm-3:00pm
104262	Sun	Sep 27-Dec 13	3:00pm-3:30pm
104263	Sun	Sep 27-Dec 13	3:30pm-4:00pm

Waterloo Splash 4 (5 to 12 years)

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

WMRC Swimplex 10/$97.70

104279	Fri	Oct 2-Dec 11	3:15pm-4:00pm
104280	Fri	Oct 2-Dec 11	4:00pm-4:45pm
104281	Fri	Oct 2-Dec 11	6:15pm-7:00pm

WMRC Swimplex 11/$107.47

104264	Mon	Sep 28-Dec 14	3:15pm-4:00pm
104265	Mon	Sep 28-Dec 14	5:15pm-6:00pm
104266	Mon	Sep 28-Dec 14	6:00pm-6:45pm
104267	Mon	Sep 28-Dec 14	6:45pm-7:30pm
104268	Tue	Sep 29-Dec 8	5:00pm-5:45pm
104269	Tue	Sep 29-Dec 8	5:45pm-6:30pm
104270	Tue	Sep 29-Dec 8	6:15pm-7:00pm
104271	Wed	Sep 30-Dec 9	4:00pm-4:45pm
104272	Wed	Sep 30-Dec 9	5:15pm-6:00pm
104273	Wed	Sep 30-Dec 9	6:00pm-6:45pm
104274	Wed	Sep 30-Dec 9	6:45pm-7:30pm
104275	Thu	Oct 1-Dec 10	4:15pm-5:00pm
104276	Thu	Oct 1-Dec 10	4:45pm-5:30pm
104277	Thu	Oct 1-Dec 10	5:30pm-6:15pm
104278	Thu	Oct 1-Dec 10	6:15pm-7:00pm
104282	Sat	Sep 26-Dec 12	9:30am-10:15am
104283	Sat	Sep 26-Dec 12	10:00am-10:45am
104284	Sat	Sep 26-Dec 12	11:30am-12:15pm
104285	Sat	Sep 26-Dec 12	12:15pm-1:00pm
104286	Sat	Sep 26-Dec 12	5:15pm-6:00pm
104287	Sun	Sep 27-Dec 13	11:30am-12:15pm
104288	Sun	Sep 27-Dec 13	12:45pm-1:30pm
104289	Sun	Sep 27-Dec 13	1:30pm-2:15pm
104290	Sun	Sep 27-Dec 13	3:00pm-3:45pm
104291	Sun	Sep 27-Dec 13	6:15pm-7:00pm

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 10/$97.70

104306	Fri	Oct 2-Dec 11	4:45pm-5:30pm
104307	Fri	Oct 2-Dec 11	6:15pm-7:00pm

WMRC Swimplex 11/$107.47

104292	Mon	Sep 28-Dec 14	3:15pm-4:00pm
104293	Mon	Sep 28-Dec 14	4:15pm-5:00pm
104294	Mon	Sep 28-Dec 14	6:00pm-6:45pm
104295	Mon	Sep 28-Dec 14	7:00pm-7:45pm
104296	Tue	Sep 29-Dec 8	4:00pm-4:45pm
104297	Tue	Sep 29-Dec 8	5:00pm-5:45pm
104298	Tue	Sep 29-Dec 8	6:15pm-7:00pm
104299	Tue	Sep 29-Dec 8	7:15pm-8:00pm
104300	Wed	Sep 30-Dec 9	4:15pm-5:00pm
104301	Wed	Sep 30-Dec 9	6:00pm-6:45pm
104302	Wed	Sep 30-Dec 9	6:45pm-7:30pm
104303	Thu	Oct 1-Dec 10	4:45pm-5:30pm
104304	Thu	Oct 1-Dec 10	5:45pm-6:30pm
104305	Thu	Oct 1-Dec 10	7:00pm-7:45pm
104308	Sat	Sep 26-Dec 12	9:00am-9:45am
104310	Sat	Sep 26-Dec 12	11:30am-12:15pm
104311	Sat	Sep 26-Dec 12	12:15pm-1:00pm
104312	Sat	Sep 26-Dec 12	4:45pm-5:30pm
104313	Sat	Sep 26-Dec 12	6:00pm-6:45pm
104314	Sun	Sep 27-Dec 13	12:00pm-12:45pm
104315	Sun	Sep 27-Dec 13	2:15pm-3:00pm
104316	Sun	Sep 27-Dec 13	7:00pm-7:45pm
104317	Sun	Sep 27-Dec 13	7:45pm-8:30pm

Waterloo Splash 6 (5 to 12 years)

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

WMRC Swimplex 10/$97.70

104330	Fri	Oct 2-Dec 11	4:45pm-5:30pm
104331	Fri	Oct 2-Dec 11	6:00pm-6:45pm

WMRC Swimplex 11/$107.47

104318	Mon	Sep 28-Dec 14	4:00pm-4:45pm
104319	Mon	Sep 28-Dec 14	4:15pm-5:00pm
104320	Mon	Sep 28-Dec 14	7:00pm-7:45pm
104321	Mon	Sep 28-Dec 14	7:00pm-7:45pm
104322	Tue	Sep 29-Dec 8	5:00pm-5:45pm
104323	Tue	Sep 29-Dec 8	6:00pm-6:45pm
104324	Tue	Sep 29-Dec 8	7:45pm-8:30pm
104325	Wed	Sep 30-Dec 9	4:15pm-5:00pm
104326	Wed	Sep 30-Dec 9	5:30pm-6:15pm
104327	Wed	Sep 30-Dec 9	7:00pm-7:45pm
104328	Thu	Oct 1-Dec 10	4:45pm-5:30pm
104329	Thu	Oct 1-Dec 10	5:30pm-6:15pm
104332	Sat	Sep 26-Dec 12	9:45am-10:30am
104333	Sat	Sep 26-Dec 12	10:30am-11:15am
104334	Sat	Sep 26-Dec 12	5:30pm-6:15pm
104335	Sun	Sep 27-Dec 13	11:30am-12:15pm
104336	Sun	Sep 27-Dec 13	12:00pm-12:45pm
104337	Sun	Sep 27-Dec 13	1:30pm-2:15pm
104338	Sun	Sep 27-Dec 13	6:15pm-7:00pm

Waterloo Splash 7 (5 to 12 years)

Swimmers master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They refine their front and back crawl

over 50m swims of each, and breaststroke over 25m.

WMRC Swimplex 10/$97.70

104348	Fri	Oct 2-Dec 11	5:30pm-6:15pm

WMRC Swimplex 11/$107.47

104339	Mon	Sep 28-Dec 14	4:00pm-4:45pm
104340	Mon	Sep 28-Dec 14	5:00pm-5:45pm
104341	Mon	Sep 28-Dec 14	7:45pm-8:30pm
104342	Tue	Sep 29-Dec 8	4:15pm-5:00pm
104343	Tue	Sep 29-Dec 8	7:30pm-8:15pm
104344	Wed	Sep 30-Dec 9	5:00pm-5:45pm
104345	Wed	Sep 30-Dec 9	7:45pm-8:30pm
104346	Thu	Oct 1-Dec 10	5:30pm-6:15pm
104347	Thu	Oct 1-Dec 10	6:15pm-7:00pm
104349	Sat	Sep 26-Dec 12	8:15am-9:00am
104350	Sat	Sep 26-Dec 12	12:00pm-12:45pm
104351	Sun	Sep 27-Dec 13	12:45pm-1:30pm
104352	Sun	Sep 27-Dec 13	3:15pm-4:00pm
104353	Sun	Sep 27-Dec 13	7:00pm-7:45pm

Waterloo Splash 8 (5 to 13 years)

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

WMRC Swimplex 11/$107.47

104354	Mon	Sep 28-Dec 14	4:45pm-5:30pm
104355	Mon	Sep 28-Dec 14	5:15pm-6:00pm
104356	Mon	Sep 28-Dec 14	7:45pm-8:30pm
104357	Tue	Sep 29-Dec 8	5:45pm-6:30pm
104358	Wed	Sep 30-Dec 9	5:15pm-6:00pm
104359	Wed	Sep 30-Dec 9	7:45pm-8:30pm
104360	Thu	Oct 1-Dec 10	6:15pm-7:00pm
104361	Sat	Sep 26-Dec 12	8:15am-9:00am
104362	Sat	Sep 26-Dec 12	9:45am-10:30am
104363	Sun	Sep 27-Dec 13	3:15pm-4:00pm
104364	Sun	Sep 27-Dec 13	7:00pm-7:45pm

Waterloo Splash 9 (8 to 15 years)

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

WMRC Swimplex 10/$97.70

104369	Fri	Oct 2-Dec 11	6:00pm-7:00pm

WMRC Swimplex 11/$107.47

104365	Mon	Sep 28-Dec 14	6:15pm-7:15pm
104366	Tue	Sep 29-Dec 8	4:30pm-5:30pm
104367	Wed	Sep 30-Dec 9	6:15pm-7:15pm
104368	Thu	Oct 1-Dec 10	4:00pm-5:00pm
104370	Sat	Sep 26-Dec 12	10:30am-11:30am
104371	Sun	Sep 27-Dec 13	2:15pm-3:15pm

Waterloo Splash 10 (8 to 15 years)

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

WMRC Swimplex 11/$107.47

104372	Mon	Sep 28-Dec 14	7:30pm-8:30pm
104373	Tue	Sep 29-Dec 8	5:45pm-6:45pm
104374	Wed	Sep 30-Dec 9	5:00pm-6:00pm
104375	Thu	Oct 1-Dec 10	4:30pm-5:30pm
104376	Sat	Sep 26-Dec 12	10:30am-11:30am
104377	Sun	Sep 27-Dec 13	2:15pm-3:15pm

Waterloo Splash 11 (8 to 15 years)

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

WMRC Swimplex 11/$107.47

104378	Mon	Sep 28-Dec 14	7:30pm-8:30pm
104379	Wed	Sep 30-Dec 9	6:00pm-7:00pm
104380	Thu	Oct 1-Dec 10	5:30pm-6:30pm
104381	Sat	Sep 26-Dec 12	12:00pm-1:00pm
104382	Sun	Sep 27-Dec 13	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 11/$107.47

104385	Tue	Sep 29-Dec 8	6:15pm-7:00pm
104386	Thu	Oct 1-Dec 10	7:00pm-7:45pm
104387	Sat	Sep 26-Dec 12	12:15pm-1:00pm
104388	Sat	Sep 26-Dec 12	6:15pm-7:00pm
104389	Sun	Sep 27-Dec 13	6:15pm-7:00pm

Teen 1 - Women Only (12 to 17 years)

In a supportive women-only environment, 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. An ideal program for beginners.

WMRC Swimplex 10/$97.70

104383	Sat	Sep 26-Dec 12	9:15pm-10:00pm

Teen 2 (12 to 17 years)

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

WMRC Swimplex 11/$107.47

104390	Tue	Sep 29-Dec 8	6:15pm-7:00pm
104391	Thu	Oct 1-Dec 10	7:45pm-8:30pm
104392	Sat	Sep 26-Dec 12	12:15pm-1:00pm
104393	Sun	Sep 27-Dec 13	7:00pm-7:45pm

Teen 2 - Women Only (12 to 17 years)

In this women-only class, 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. Prerequisite: successfully completed Teen 1.

WMRC Swimplex 10/$97.70

104384	Sat	Sep 26-Dec 12	9:15pm-10:00pm

Teen 3 (12 to 17 years)

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

WMRC Swimplex 11/$107.47

104394	Tue	Sep 29-Dec 8	6:15pm-7:00pm
104395	Sat	Sep 26-Dec 12	9:00am-9:45am
104396	Sun	Sep 27-Dec 13	7:45pm-8:30pm

Teen 4 (12 to 17 years)

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

WMRC Swimplex 11/$107.47

104397	Tue	Sep 29-Dec 8	7:00pm-7:45pm
104398	Sat	Sep 26-Dec 12	9:00am-9:45am
104399	Sun	Sep 27-Dec 13	8:30pm-9:15pm

Adapted Aquatics For Kids (5 to 12 years)

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

WMRC Swimplex 11/$125.75

104421	Sat	Sep 26-Dec 12	4:45pm-5:15pm
104422	Sat	Sep 26-Dec 12	5:15pm-5:45pm
104423	Sat	Sep 26-Dec 12	5:45pm-6:15pm

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

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

WMRC Swimplex 11/$153.12

104424	Thu	Oct 1-Dec 10	4:00pm-4:45pm
104425	Thu	Oct 1-Dec 10	4:45pm-5:30pm
104426	Thu	Oct 1-Dec 10	5:30pm-6:15pm

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 11/$107.47

104418	Wed	Sep 30-Dec 9	6:30pm-7:00pm
104419	Sat	Sep 26-Dec 12	6:15pm-6:45pm
104420	Sun	Sep 27-Dec 13	12:30pm-1:00pm

Triathlon Swim Training – Youth (8 to 15 years)

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

WMRC Swimplex 10/$82.50

104417	Fri	Oct 2-Dec 11	4:00pm-4:45pm

ADULT

Adult 1

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

WMRC Swimplex 10/$97.70

104437	Fri	Oct 2-Dec 11	9:00am-9:45am
104438	Fri	Oct 2-Dec 11	10:00am-10:45am
104439	Fri	Oct 2-Dec 11	9:30pm-10:15pm

WMRC Swimplex 11/$107.47

104416	Mon	Sep 28-Dec 14	9:00am-9:45am
104427	Mon	Sep 28-Dec 14	1:30pm-2:15pm
104428	Mon	Sep 28-Dec 14	2:15pm-3:00pm
104429	Tue	Sep 29-Dec 8	1:00pm-1:45pm
104430	Wed	Sep 30-Dec 9	5:45pm-6:30pm
104431	Wed	Sep 30-Dec 9	8:15pm-9:00pm
104432	Wed	Sep 30-Dec 9	8:15pm-9:00pm
104433	Thu	Oct 1-Dec 10	1:00pm-1:45pm
104434	Thu	Oct 1-Dec 10	5:30pm-6:15pm
104435	Thu	Oct 1-Dec 10	6:30pm-7:15pm
104436	Thu	Oct 1-Dec 10	7:30pm-8:15pm
104440	Sat	Sep 26-Dec 12	7:30am-8:15am
104441	Sat	Sep 26-Dec 12	8:15am-9:00am
104442	Sat	Sep 26-Dec 12	5:00pm-5:45pm
104443	Sat	Sep 26-Dec 12	5:45pm-6:30pm
104444	Sun	Sep 27-Dec 13	1:45pm-2:30pm

Adult 1 – Women Only

In this women-only class, you'll 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. An ideal program for beginners.

WMRC Swimplex 10/$97.70

104445	Sat	Sep 26-Dec 12	9:15pm-10:00pm

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 10/$97.70

104455	Fri	Oct 2-Dec 11	10:45am-11:30am
104456	Fri	Oct 2-Dec 11	9:30pm-10:15pm

WMRC Swimplex 11/$107.47

104446	Mon	Sep 28-Dec 14	9:45am-10:30am
104447	Mon	Sep 28-Dec 14	2:15pm-3:00pm
104448	Mon	Sep 28-Dec 14	5:45pm-6:30pm
104449	Tue	Sep 29-Dec 8	1:00pm-1:45pm
104450	Tue	Sep 29-Dec 8	4:15pm-5:00pm
104451	Wed	Sep 30-Dec 9	8:15pm-9:00pm
104452	Thu	Oct 1-Dec 10	1:00pm-1:45pm
104453	Thu	Oct 1-Dec 10	6:15pm-7:00pm
104454	Thu	Oct 1-Dec 10	7:15pm-8:00pm
104457	Sat	Sep 26-Dec 12	5:00pm-5:45pm
104458	Sat	Sep 26-Dec 12	5:45pm-6:30pm
104459	Sun	Sep 27-Dec 13	3:00pm-3:45pm

Adult 2 – Women Only

Participants in this women-only class will gain confidence in deep water by practicing a deep-water entry and 60-second tread, retrieving an object from the bottom in chest-deep water, refining their flutter kick and working toward 15 m front crawl and back crawl swims. The class also includes 2 × 25 m interval training to improve fitness and kicking efficiency. Prerequisite: successfully completed Adult 1.

WMRC Swimplex 10/$97.70

104460	Sat	Sep 26-Dec 12	9:15pm-10:00pm

Adult 3

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

WMRC Swimplex 10/$97.70

104464	Fri	Oct 2-Dec 11	11:30am-12:15pm
104465	Fri	Oct 2-Dec 11	9:30pm-10:15pm

WMRC Swimplex 11/$107.47

104461	Mon	Sep 28-Dec 14	3:00pm-3:45pm
104462	Tue	Sep 29-Dec 8	1:00pm-1:45pm
104463	Thu	Oct 1-Dec 10	5:30pm-6:15pm
104466	Sat	Sep 26-Dec 12	11:45am-12:30pm
104467	Sun	Sep 27-Dec 13	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 10/$97.70

104471	Fri	Oct 2-Dec 11	11:30am-12:15pm
104472	Fri	Oct 2-Dec 11	8:45pm-9:30pm

WMRC Swimplex 11/$107.47

104468	Mon	Sep 28-Dec 14	3:00pm-3:45pm
104469	Tue	Sep 29-Dec 8	1:00pm-1:45pm
104470	Thu	Oct 1-Dec 10	7:45pm-8:30pm
104473	Sat	Sep 26-Dec 12	11:00am-11:45am
104474	Sun	Sep 27-Dec 13	1:00pm-1:45pm

Adult Stroke Enhancement

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

WMRC Swimplex 11/$107.47

104475	Wed	Sep 30-Dec 9	9:15pm-10:00pm
104476	Sun	Sep 27-Dec 13	11:30am-12:15pm

Senior Learn to Swim (55+)

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

WMRC Swimplex 11/$107.47

104405	Thu	Oct 1-Dec 10	2:00pm-2:45pm

Senior Strokes and Skills (55+)

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

WMRC Swimplex 11/$107.47

104406	Thu	Oct 1-Dec 10	1:00pm-1:45pm

Senior Water Fitness (55+)

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

WMRC Swimplex 11/$91.74

104407	Tue	Sep 29-Dec 8	8:45am-9:45am
104408	Thu	Oct 1-Dec 10	8:45am-9:45am

Triathlon Swim Training (16+)

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

WMRC Swimplex 11/$148.50

104409	Sun	Sep 27-Dec 13	9:00pm-10:00pm

PRIVATE SWIM LESSONS

Private Lessons (6+)

Private lessons are a great idea if your child needs extra attention on a certain skill. The minimum age requirement is 6 years and all classes are 30 min. in length.

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

Private	**10/$399.70**	**11/$439.67**
Semi-private	**10/$326.15**	**11/$296.50**

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

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

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

Missed lessons will not be refunded or rescheduled without a doctor's note within 7 days of the scheduled lesson. Requests to reschedule or receive a credit within seven business days can only be accommodated once per session.

Missed lessons will not be refunded or rescheduled without a doctor's note within 7 days of the scheduled lesson. We will only accommodate one missed private 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.