

WINTER

At the C-Plex (780) 842-5508

Program Guide



Swim Schedule Jan 2 – March 31

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6:30-7:30	Early Bird		Early Bird		Early Bird		
7:30-9:00							
9:00-10:00			Rentals				
10:00-11:00		Parent & Tot					
11:00-12:00							
12:00-1:00	Noon Lane & Wading Pool		Noon Lane & Wading Pool		Noon Lane & Wading Pool		
1:00-2:00							
2:00-3:00	Aqua & Adult				Aqua & Adult	Public Swim 1:30-4:30	Family Swim 1:30-2:30
3:00-4:00							Public Swim 2:30-4:30
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							Public Swim 6:30-8:00
8:00-9:00	Adult Lane	Adult & Aqua	Adult Lane	Adult & Aqua			Adult Lane

Note: Afternoon Adult Swim & Aqua is in effect Jan 9 – April 27.
Aqua Fitness is cancelled the following No School Days: Feb 17, Feb 20, Mar 9, Mar 23 and April 6, 9 & 13. See Last Page for Details

Red Cross Swim Lessons

Spring: April 16- June 25
 Summer Set I: July 2 – 13
 Summer Set II: July 16 – 27
 Summer Set III: July 30 – Aug 10
 (note: Set III is a 9 lesson set)

AQUATOT: Aquatot is for children ages 1 – 3 and their parent. **Cost: \$40.75**

SEA OTTER: Sea Otter is the prerequisite for Salamander and open to the following children:
 -Children age 3 with parent in the water
 -Children age 4 on their own (parents are welcome to join their 4 yr olds in the water) **Cost: \$40.75**

SALAMANDER: Salamander is open to children ages 4 and up who have completed Sea Otter. **Cost: \$40.75**

SWIM KIDS LEVELS 1—4: \$40.75
SWIM KIDS LEVELS 5—7: \$46.50
SWIM KIDS LEVELS 8-10: \$56.25

Ages 7 - 12 Learn the Basics: An Introduction to the basics of swimming. For children between the ages 7 and 12 who have never taken lessons but are eager to learn. **Cost: \$40.75**

Pick up a schedule at C-Plex Front Office

C-Plex Fitness

AQUAFITNESS & AQUA ZUMBA®

Aqua Fitness: Leave those running shoes behind!! Use the resistance of the water to lose weight and improve cardiovascular endurance.

Aqua Zumba®: Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba® class blends it all together into a safe, challenging, water based workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Days & Times:
 Aqua Fitness: Mon & Fri 2-3 pm & Tues 8-9 pm
 Aqua Zumba: Thur 8 – 9 pm
 Jan 9 – April 27

FEES FOR:
AQUA FITNESS/AQUA ZUMBA®
 \$46.00 Punch Card of 10
 \$23.00 Punch Card of 5
 \$6.00 Drop In

Aqua Zumba® is part of our Aqua Fitness Program. It will run Thursday evenings 8—9 pm (schedule subject to change)

CARDIO EXPRESS & ZUMBA FITNESS®

ZUMBA FITNESS®: This class fuses hypnotic Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. Zumba® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning

CARDIO EXPRESS: Results! Results! Results!
 A cardio power workout that's not too technical! Push fat burning into high gear. Shape & Tone! Good for all fitness levels.

Days & Times:
 Cardio Express: Mon & Wed 6:30-7:30 pm
 Zumba Fitness: Wed 7:40-8:40 pm
 Jan 9 –April 25

FEES FOR:
CARDIO EXPRESS/ZUMBAFITNESS®
 \$42.00 Punch Card of 10
 \$63.00 Punch Card of 15
 \$6.00 Drop in

Please Note: Punch cards are good for both Cardio Express and Zumba® Fitness.

MORE FITNESS.....

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

We also offer Racquet Ball, Squash, Wallyball and Handball (equipment rentals are available).

Take advantage of a membership and receive unlimited to access to our pool, weight room and courts!!

WEIGHT ROOM HOURS:

Mon: 6:30 am – 9:00 pm
 Tues: 8:00 am-9:00 pm
 Wed: 6:30 am – 9:00 pm
 Thurs: 8:00 am-9:00 pm
 Fri: 6:30 am – 5:00 pm
 Sat: 1:30 – 7:30
 Sun 1:30 – 8:30

COURT HOURS

Mon: 7:00 am – 9:00 pm
 Tues: 8:00 am-9:00 pm
 Wed: 7:00 am – 9:00 pm
 Thurs: 8:00 am-9:00 pm
 Fri: 7:00 am – 5:00 pm
 Sat: 2:00 – 7:00 pm
 Sun 2:00 – 8:00 pm

C-PLEX FEES

	Book of 10		Membership		
	Single	Tickets	Monthly	Quarterly	Annual
Adult	\$5.25	\$47.00	\$52.00	\$120.00	\$360.00
Jr/Sr	\$4.25	\$38.00	\$42.00	\$96.00	\$288.00
Child	\$2.25	\$20.00	\$22.00	\$48.00	\$144.00
Family	\$12.75	\$115.00	\$120.00	\$288.00	\$864.00
Wallyball	\$15.75				

*Refunds for passes are not available under any circumstances *C-Plex passes are non-transferable
 *Memberships include use of the weight room, pool, racquetball and squash

There's More...

ROCK CLIMBING

Sat & Sun

2:30-5:30 PM

One Time Climb \$2.25

Bring a Belayer and Climb For:

Jr/Sr \$6.00

Adult \$8.00

Family \$15.00

GO UP!!

Get a friend or two together & book the Rock Wall for your own exclusive use.

Rental Rates:

\$31.50 per hr 1-5 climbers

\$63.00 per hr 6-10 climbers

\$94.50 per hr 11-15 climbers

All rentals are minimum of 2 hours and must be booked at least one week in advance. Cost includes staff & equipment. Call (780) 842-5508 for more info



PUBLIC SKATING

Mon-Thurs 2:15—4:00 pm

Fri: 3:00—4:00 pm

Sun: 6:00—7:30 pm

Parent & Tot

Fri: 2:00—3:00 pm

Public Skating is sponsored by Norris Ford and is free of charge. Schedule is subject to change without notice.

Please check PMM ice schedule at www.wainwright.ca

HALL RENTALS

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

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

POOL RENTALS

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

For more information, please call 780-842-5508

WALKING TRACK

Winter Hours

Mon—Fri 7 AM—10 PM

Sat—Sun 8 AM—10 PM

*Walking track is closed stat holidays and during paid events

WE ARE CLOSED

April 6: Good Friday

April 9: Easter Monday

May 21: Victoria Day

Stay Tuned for Family Day Hours.....

EXTRA SWIM TIMES

NO SCHOOL!!! Public Swim is 1 – 3 pm the following days:

Feb 17

Mar 8, 9 & 23

Apr 10-13 (Easter Break)

May 18

**Aqua Fitness is cancelled:

Feb 17 (No School), Feb 20 (Family Day),

Mar 9 (Teacher Convention), Mar 23 (No

School) & Apr 6, 9 & 13 (Easter Break)

REGISTRATION POLICY

Those currently registered in swimming lessons may not register for the next session until they have completed their lessons or checked with their current instructor.

The Wainwright Communiplex Pool reserves the right to open classes only as required and to accept registration for chosen classes only. Available classes must be filled before remaining classes may be opened. After course registration, cancellations by the registrant, changes of class, day, time etc will incur a \$15.00 administration fee per person. Refunds are only available with a medical certificate. No refunds will be given if 50% of the course instruction has occurred. Refunds with a medical certificate are still charged the \$15.00 administration fee. Classes will be cancelled if not enough people register at the time. The instructor will indicate any additional award fees.

NOTICE: Any missed sessions by the registrant in the programs will not be rescheduled.

HOW TO CONTACT US

Phone: 780-842-5508

Email: cplex@wainwright.ca

Drop in at our front office at:

700-2nd ave

Or check us out online at

www.wainwright.ca

Wainwright Parks and Recreation 2012

