



The C-Plex is Closed:

July 1: Closed for Canada Day

August 5: Closed for Civic Holiday

Sept 1: Closed for Labor Day

To contact the C-Plex:
Phone: 780-842-5508
Email: cplex@wainwright.ca
Or visit us at 700-2 Ave

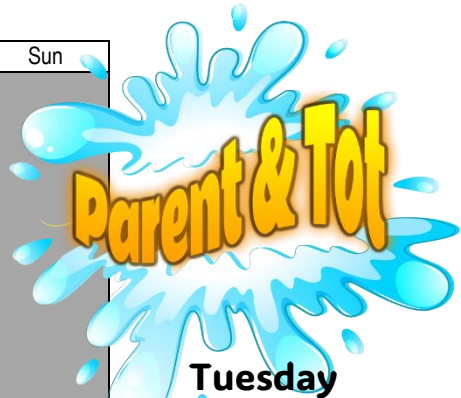
View the online schedules for the
C-Plex & PMM at:
<https://calendar.townofwainwright.intellionline.ca/>
or go to www.wainwright.ca and
click on Recreation Schedule

C-Plex Fee Increase

Fees will increase
effective
Sept 1, 2025

All prices include GST

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30 – 7:30 am	Early Bird	Maintenance	Early Bird	Maintenance	Early Bird		
7:30 – 8:30 am	Military		Military		Rentals		
8:30 – 12:00 pm	Swimming Lessons						
12:00 – 1:00 pm	Noon Lane & Wading Pool 12:00 –12:55		Noon Lane & Wading Pool 12:00 –12:55		Noon Lane & Wading Pool 12:00 –12:55		
1:00 – 2:00 pm	Swimming Lessons 1:00 – 2:15 pm					Public Swim 1:00 – 4:30 pm	
2:00 – 3:00 pm	Public Swim 2:15 – 4:15 pm						
3:00 – 4:00 pm							
4:00 – 5:00 pm							
5:00 – 6:00 pm	Torpedoes 4:30 – 6:00						
6:00 – 7:00 pm	Public Swim 6:00 – 8:00 pm				Public Swim 6:00 – 7:30	Public Swim 6:00 – 7:30 pm	
7:00 – 8:00 pm						Adult Lane 7:30 – 8:30 pm	
8:00 – 9:00 pm	Adult Lane 8:00 – 9:00 pm						



Tuesday Mornings
10:00 – 11:00 am
Starting Aug 19

Please Note:

Parent & Tot: Resumes Aug 19. Open to parents/caregivers and children ages 5 & under.

Early Bird: Open to lane swimmers of any age

Noon Lane & Wading Pool 12:00 – 12:55 pm: Wading pool is open to parents and children 5 yrs. and under. Lane pool is reserved for lane swimmers of any age & water fitness.

Adult Lane Swim: Open to teens ages 13 yrs. & older on Wednesday, Saturday & Sunday ONLY.

Swimming Lessons

Group Lessons	Current	Sept 1
Aquatot (1 – 3 yrs.)	\$50.00	\$52.50
Preschool 1&2: 3 yrs. with parent in water or 4 yrs. without parent	\$50.00	\$52.50
Preschool 3: Must have completed Preschool 2 (or Sea Otter) and 4 yrs. old	\$50.00	\$52.50
Swimmer 1: Must have completed Preschool 3 (or Salamander)	\$50.00	\$52.50
Swimmer 2	\$50.00	\$52.50
Swimmer 3	\$50.00	\$52.50
Swimmer 4	\$50.00	\$52.50
Swimmer 5	\$57.00	\$60.00
Swimmer 6	\$57.00	\$60.00
Swim Patrol	\$69.50	\$73.00
Pre-Lifeguard Courses		
Bronze Star: Eliminates the age requirement for Bronze Medallion	\$75.50	\$79.25
Bronze Medallion: Swimmers must be 13 yrs. old or 12 yrs and completed Bronze Star. Manual purchase mandatory \$40.00	\$119.00	\$125.00
Bronze Cross: Swimmers must have completed bronze Medallion and have Standard First Aid/CPR-C	\$140.50	\$147.50
Private Lessons		
Single ½ hr lesson	\$30.00	\$31.50
3 Lesson Pack	\$90.00	\$94.50
10 lesson Pack	\$270.75	\$284.50
Adult Lessons		
Adult Beginner: For the scared stiff beginner and those just starting out.	\$67.00	\$70.50
Adult Stroke Development: For those with basic swim skills and are comfortable in deep water	\$67.00	\$70.50

Fall 2025

5 Week Set (Mon & Wed)

Set 1: Sept 15 – Oct 20

Set 2: Oct 22 – Nov 24

10 Week Set

Tues: Sept 16 – Dec 2

Thurs: Sep 18 – Nov 20

Unsure What Level Your Swimmer Is In?

Have a swim assessment done. Swim assessments can be done at public swim time.

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

Weight Room & Courts

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

Weight Room

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

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

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

Weight Room Orientation

This course will allow those who are 14 and 15 yrs. access to the C-Plex weight room.

Also great for anyone just starting out or needing a refresher.

Current: \$58.25
Sept 1: 61.25

Court Fees:

Racquetball & Squash:

Single admission/per player/per hour

Wally Ball:

Current: 19.00/hour Sept 1:
\$20.00/Hr
(Not included in Membership)

Memberships & Strip tickets:

Are good for one-hour court booking only for Racquetball & Squash

2025-2026 Fitness Classes

Cardio Boost

Mon & Wed
7:15 - 8:15 pm

Sept 15 – Dec 10, 2025 & Jan 5 – April 29, 2026
No Classes Nov 18 – 25, 2025

Seeking a cutting-edge cardio routine that delivers real results? Look no further than Cardio Blast, our innovative HIIT Workout. This program offers both high and low intensity movements designed to enhance your endurance, strength and confidence. Experience the ultimate cardio challenge today.

Fit Mix

Tues & Thur
7:15 - 8:15 pm

Sept 16 – Dec 11, 2025 & Jan 6– April 30, 2026
No Classes Nov 18 – 25, 2025

Achieve a balanced fitness regime with our interval training, leveraging diverse methods utilizing your body weight for increased muscle mass, muscle control and endurance

Aqua Fitness

Mon & Wed
2:00 – 3:00

Sept 15 – Dec 17, 2025 & Jan 5 – April 29, 2026

No swimming skills required. Leave the running shoes behind and join the growing numbers in the pool for a terrific cardiovascular workout that provides less stress on the joints while toning muscles thanks to the water's natural resistance.

Fitness Prices

	Current	Sept 1
5 Punch Card	\$29.00	\$30.50
10 Punch Card	\$58.00	\$61.00
15 Punch Card	\$87.00	\$91.50
Drop In	\$9.50	\$10.00

All fitness cards expire

April 30, 2026

Please Note:

Cardio Boost & Fit Mix will not be offered Nov 18-25. Class will resume Nov 26.

Aqua fitness will run during this time.

Admission Fees:

	Current	Sept 1
Single Admissions		
Adult	\$6.75	\$7.25
Junior/Senior	\$5.75	\$6.25
Child	\$3.25	\$3.75
Family	\$15.75	\$18.25
Infant	\$1.75	\$2.25
Books of 10 Tickets		
Adult	\$60.75	\$65.25
Junior/Senior	\$51.75	\$56.25
Child	\$29.25	\$33.75
Family	\$141.75	\$164.25
Month Membership		
Adult	\$67.50	\$72.50
Junior/Senior	\$57.50	\$62.50
Child	\$32.50	\$37.50
Family	\$157.50	\$182.50
Quarterly Memberships		
Adult	\$155.25	\$166.75
Junior/Senior	\$132.25	\$143.75
Child	\$74.75	\$86.25
Family	\$362.25	\$419.75
Annual Memberships		
Adult	\$465.75	\$500.25
Junior/Senior	\$396.75	\$431.25
Child	\$224.25	\$258.75
Family	\$1086.75	\$1259.25
Please Note: *Memberships include use of the pool, weight room, racquetball & squash (Wallyball is not included) *Memberships are non-refundable for any reason and non-transferable		

Walking Track

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

*Walking track is closed all Stat holidays and during paid events.

*Additional hours may be available.

*Please check PMM schedule online at
<https://calendar.townofwainwright.intellionline.ca>
 Or go to wainwright.ca/living/parks-recreation and click on PMM/C-Plex online schedule

Hall Rentals

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

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

Benefits of A Membership

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

Books of 10 Tickets

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

The Climbing Wall

**The Rock Wall is closed for the season.
 Open Climbing will resume October 2023**

The wall is available for private rentals only.

Rental Guidelines:

- rentals will be a minimum of 2 hours
- Minimum of 3 weeks notice must be given for all rentals

To book your rental call 780-842-5508

Rock Wall Prices	Current	Sept 1
One Time Climb (Requires Rock Staff to Belay)	\$3.25	\$3.75
One Time Climb Punch Card (Requires Rock Staff to Belay)	\$29.25	\$33.75
Bring your own belayer and pay:		
Adult	\$11.50	\$12.00
Junior/Senior	\$9.50	\$10.00
Family	\$20.00	\$20.50
Punch Card 10 (Belayer required)		
Adult 10 Punch Card	\$103.50	\$108.00
Junior/Senior 10 Punch Card	\$85.50	\$90.00
Family 10 Punch Card	\$103.50	\$184.50
Rental Fee (per hour)		
1 – 5 Climber	\$40.75	\$42.75
5 – 10 climbers	\$81.50	\$85.50
Belayer Check	\$8.10	\$8.50