

The background of the entire page is an abstract, painterly texture in shades of blue, white, and dark navy. It resembles a close-up of a textured surface or a winter scene with snow and ice, with visible brushstrokes and a mottled appearance.

# WINTER 2024

## PROGRAM GUIDE

WAINWRIGHT PARKS & RECREATION



# winter

## Pool Schedule Jan 2- April 30

Please Note:

### Parent & Tot:

Open to parents/caregivers and children ages 5 & under

### Early Bird Swim

Open to lane swimmers of any age

### Noon Lane & Wading Pool:

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 & Sunday ONLY.

### Afternoon Adult & Aqua:

Deep end, hot tub and sauna are open to adults 18 yrs. and over. The shallow end is reserved for the Aqua fitness class. Swim runs Jan 8 – April 24, 2024

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

## Holidays & Extra Swimming

The C-Plex is closed:

Dec 24: Christmas Eve  
 Dec 25: Christmas Day  
 Dec 26: Boxing Day  
 Dec 31: Closed at 4:30 pm for New Years Eve  
 Jan 1: New Years Day  
 Mar 29: Good Friday  
 April 1: Easter Monday  
 May 20: Victoria Day

Afternoon Swim Times: Family Day Hours

Dec 27, 28 & 29: 1 – 3 pm  
 Jan 2 – 5: 1 – 3 pm  
 Jan 31: 1 – 2 pm  
 Feb 1, 15 & 16: 1 – 3 pm  
 Feb 19: 2 – 5 pm  
 April 2: 1 – 3 pm  
 April 3: 1 – 2 pm  
 April 4 & 5: 1 – 3 pm  
 May 17: 1 – 3 pm

Feb 19, 2024

Pool, Courts & Weight Room:  
 2 – 5 pm only

## Contact Us:

**780-842-5508**

**700-2 Ave Wainwright**

**cplex@wainwright.ca**

# Swim Lessons at the C-Plex

## Winter 2024

### 5 Week Set (Mon & Wed)

Set 1: Jan 8 – Feb 7

Set 2: Feb 12 – Mar 18

### 10 Week Set

Tuesday: Jan 9 – Mar 12

Thursday: Jan 11 – Mar 14

## Spring 2024

### 5 Week Set (Mon & Wed)

Set 1: Apr 15 – May 15

Set 2: May 22 – Jun 24

### 10 Week Set

Tuesday: Apr 16 – Jun 18

Thursday: Apr 18 – Jun 20

## Summer 2024

### Monday - Friday

Set 1: July 8 - 19

Set 2: July 22 – Aug 2

Set 3: Aug 6 – 16

The C-Plex offers Lifesaving Swim for Life Swim Program.  
If you are transferring from Red Cross, please talk to the cashier about where to register your swimmer.

## Group Lesson Prices

**Aquatot:** For children aged 1- 3 with parent in water \$50.00.

**Preschool 1/2:** Children must be 3 yrs. by first day with parent in water or 4 yrs. by first day to swim without parent. \$50.00

**Preschool 3:** Children must be 4 yrs. by first day and completed Preschool 2. \$50.00

**Swimmer 1 - 4:** \$50.00

**Swimmer 5 & 6:** \$57.00

**Swim Patrol (Rookie, Ranger & Star):** \$69.50

## Pre-Lifeguard Courses

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

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

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

## Private Lesson Prices

**10 Pack Private Lesson:** \$270.75

**3 Pack Private Lesson:** \$90.00

**Single 30 min. Lesson:** \$30.00

## 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.

# C-Plex Fitness

## Aqua Fit

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

Mon/Wed 2:00 – 3:00 pm

Sept 18 – Dec 13, 2023 & Jan 8– April 24, 2024

## Zumba with Iman

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

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

## Fit Mix

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

Tues/Thur 7:00 – 8:00 pm

Sept 19 – Dec 14, 2023 & Jan 9 – April 25, 2024

### Please Note:

**Aqua Fit and Fit Mix is cancelled Mar 1 -8 (Aqua Fit will run as scheduled)**

**Fitness Punch Card**  
**Includes all fitness classes.**

\*Cards Expire April 25, 2024

5 Punch Card: \$29.00

10 Punch Card: \$58.00

15 Punch Card: \$87.00

Drop In: \$9.50

# Courts & Weight Room

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

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

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

## Weight Room Orientation

This course will allow those who are 14 and 15 yrs. access to the C-Plex weight room. Also great for anyone just starting out or needing a refresher. Cost: \$58.25

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Weight Room Hours</b>	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
<b>Court Hours</b>	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

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

## Court Fees:

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

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

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

## Admission Fees:

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

\*Memberships include use of the pool, weight room, racquetball & squash (Wallyball is not included)  
 \*Memberships are non-refundable for any reason and non-transferable  
 \*Family is classified as: 2 parents and 1 or more children OR 1 parent and 2 or more children. Immediate family only. All children must be 17 yrs. or younger

## Benefits of A Membership

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

## Books of 10 Tickets

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

## Walking Track

Winter Hours  
 Mon—Fri: 7 am—10 pm  
 Sat & Sun 8 am – 10 pm

\*Walking track is closed all Stat holidays and during paid events. \*Additional hours may be available. Please check PMM schedule online at <https://calendar.townofwainwright.intellionline.ca>

## The Climbing Wall is Open!

Saturday & Sunday  
 Sat & Sun 2:30 – 5:30 pm

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

## Walking Track

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

### Group Rental Rates:

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

### Rental Guidelines:

- One hour rentals can be booked 1:30 – 2:30 or 5:30 – 6:30 pm on Saturday and Sundays.
- Rentals on a different day or time may be considered but 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**

### Fitness & Lesson Registration Policy

Those currently registered in swimming lessons may not register for the next session until they have completed their lessons or checked with their current instructor. The Wainwright Communiplex Pool reserves the right to open classes only as required and to accept registration for chosen classes only. Available classes must be filled before remaining classes may be opened. After course registration, cancellations by the registrant, changes of class, day, time etc will incur a \$15.00 administration fee per person.

**Refunds are only available with a medical certificate. No refunds will be given if 50% of the course instruction has occurred. Refunds with a medical certificate are still charged the \$15.00 administration fee.**

Classes will be cancelled if not enough people register at the time. The instructor will indicate any additional award fees. **NOTICE:** Any missed sessions by the registrant in the programs will not be rescheduled. **This applies to all programs, Swim Lessons & Fitness Classes**