

Winter 2026

Program Guide



Wainwright Parks & Recreation

Pool Schedule Jan 2 – April 30

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			Rentals			
8:30 – 10:00			Rentals				
10:00 – 11:00 am	Rentals	Parent & Tot		Rentals			
11:00 – 12:00 am			Rentals				
12:00 – 1:00 pm	Noon Lane & Wading Pool 12:00 – 12:55 pm	Rentals	Noon Lane & Wading Pool 12:00 – 12:55 pm	Rental s	Noon Lane & Wading Pool 12:00 – 12:55 pm		
1:00-2:00 pm			School Rentals				
2:00 – 3:00 pm	Aqua & Adult	Rentals	Aqua & Adult	Rentals		Public Swim 1:00 – 4:30	
3:00 – 4:00 pm							
4:00 – 5:00 pm			Swim Lessons				
5:00 – 6:00 pm							
6:00 – 7:00 pm					Public Swim 6:00 – 7:30	Public Swim 6:00 – 7:30	
7:00 – 8:00 pm			Public Swim 6:30 – 8:00				Adult & Teen Lane 7:30-8:30
8:00-9:00 pm	Adult Lane	Adult Lane	Adult & Teen Lane	Adult Lane			

Phone: 780.842.5508

Email: cplex@wainwright.ca

Visit us at 700-2 Ave



Christmas Hours
 Dec 24: Closed at 1:00 pm
 Dec 25 & 26: Closed
 Dec 31: Closed at 3:00
 Jan 1: Closed

Extra Swim Times:
1:00 – 3:00 pm
 Dec 22, 23, 29, 30, 31 & Jan 2

The C-Plex Gift Card!

The perfect gift!

Days to Remember

February 16:
 Family Day
 Open 2 – 5pm

April 3:
 CLOSED Good Friday

April 6:
 CLOSED Easter Monday

May 18:
 CLOSED Victoria Day

Extra Swim

Days:

Jan 30: 1 – 3
 Feb 12: 1 – 3
 Feb 13: 1 – 3
 Mar 27: 1 – 3
 Apr 7: 1 – 3
 Apr 8: 1 – 2
 Apr 9: 1 – 3
 Apr 10: 1 – 3

Swimming Lessons with the C-Plex

Winter 2026

Mon: Jan 12 – Mar 23
Tues: Jan 13 – Mar 17
Wed: Jan 14 – Mar 18
Thur: Jan 15 – Mar 19

all lessons are once per week

Spring 2026

Set 1:

Mon/Wed: April 13 – May 13
Tues/Thurs: April 14 – May 14

Set 2:

Mon/Wed: May 19 – June 22
Tues/Thur: May 20 – June 18

all lessons are twice per week

Adult Lessons

Adult Stroke Development:

For those with basic swim skills and are comfortable in deep water.
\$70.50

Adult Beginner:

For the scared stiff beginner and those just starting out. \$70.50
Jan 12 – Mar 23 6:00 – 6:30 pm

Lifesaving Group Lessons

Aquatot: For children aged 1- 3 with parent in water \$52.50

Sea Otter (P1/2): Children must be 3 yrs. by first day with parent in water or 4 yrs. by first day to swim without parent. \$52.50

Salamander (P3): Children must be 4 yrs. by first day and completed Preschool 2. \$52.50

Swimmer 1 - 4: \$52.50

Swimmer 5 & 6: \$60.00

Swim Patrol: \$73.00
(Rookie, Ranger & Star)

Pre-Lifeguard Courses

Bronze Star:

Taking this course eliminates the age requirement for Bronze Medallion.

Bronze Medallion:

Must be 13 yrs old or have completed Bronze Star

Bronze Cross:

Swimmers must have completed bronze Medallion and have Standard First Aid/CPR-C (will need manual purchased in Bronze Medallion)

Private Lesson Prices

10 Pack Private Lesson: \$284.50

3 Pack Private Lesson: \$94.50

Single 30 min. Lesson: \$31.50

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.



NATIONAL LIFEGUARD

BECOME A CERTIFIED LIFEGUARD

Feb 12 - 16
8:30 am - 5:30 pm
\$325.00

(Course will run on Family Day)

Prerequisites:

Must be 15 years of age or older

Must have completed Bronze Cross

Must have current Intermediate First Aid from Red Cross, St. Johns or Lifesaving. A copy of certificate must be provided at time of registration.

For more information call the C-Plex at 780-842-5508

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
Jan 5 – April 29, 2026

CARDIO BLAST

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 pm
Jan 5 – April 29, 2026

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 & Thurs
7:15 – 8:15 pm
Jan 6 – April 30, 2026

Get access to ALL fitness classes with one punch card!

Cards Expire April 30, 2026

5 Punch Card:	\$30.50
10 Punch Card:	\$61.00
15 Punch Card:	\$91.50
Drop In:	\$10.00

COURTS

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

Hours:

Mon-Thurs: 7:00 am – 9:00 pm
Fri: 7:00 am – 7:00 pm
Sat & Sun: 1:00 – 8:00

COURT FEES:

Racquetball & Squash:

Single admission/per player/per hour

Wally Ball:

\$20.00/hour

(Not included in Membership)

Memberships & Strip tickets:

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

WEIGHT ROOM

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

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

*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: \$61.25

Admission Fees:

Benefits of A Membership

SINGLE ADMISSIONS		BOOK OF 10 TICKETS	MEMBERSHIPS*		
Monthly	Quarterly		Annual		
Adult (18 & over)	\$7.25	\$65.25	\$72.50	\$166.75	\$500.25
Jr (6 – 17 yrs.)	\$6.25	\$56.25	\$62.50	\$143.72	\$431.25
Sr (Over 65 yrs.)	\$6.25	\$56.25	\$62.50	\$143.75	\$431.25
Child (1 – 5 yrs.)	\$3.75	\$33.75	\$37.50	\$86.25	\$258.75
Infant (Under 1 yr.)	\$2.25	-----	-----	-----	-----
Family*	\$18.75	\$164.25	\$182.50	\$419.75	\$1259.25

*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

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>

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

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. Classes will be cancelled if not enough people register at the time. The instructor will indicate any additional award fees.

NOTICE: Any missed sessions by the registrant in the programs will not be rescheduled. **This applies to all programs, Swim Lessons & Fitness Classes**

The Climbing Wall is Open!

Saturday & Sunday

Sat & Sun 2:30 – 5:30 pm

(October – March)



Rock Climbing Fees

Single Admission	10 Punch Card
------------------	---------------

One time Climb (Requires Rock Staff to Belay)	\$3.75	\$33.75
--	--------	---------

Bring your own belayer and pay:

Adult	\$12.00	\$108.00
Jr/Sr	\$10.00	\$90.00
Family	\$20.50	\$184.50

Group Rentals:

Starting rate is \$85.50/Hour.

(includes the use of equipment)

Hourly rates subject to change pending number of climbers

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

Cancellation and transfers are subject to the following fees:

Cancel or transfer with more than 3 weeks until start of lessons: \$15 admin fee

Cancel or transfer with less than 3 weeks until start of lessons: 50% of lessons.

Cancel or transfer with less than 1 week until start of lessons: Charged full amount (no refund)

No refunds will be given once 50% of course instruction has been completed.

Cancellations with medical certificates are subject to cancellation fees. All transfers are subject to availability

C-Plex is not responsible for swimmers registered in the wrong level, date, or time.