



Hello Fall

2025 Program Guide

Wainwright Parks & Recreation

Pool Schedule September 1 – December 31

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30 – 7:30	Early Bird	Maintenanc e	Early Bird	Maintenan ce	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 12:00 – 12:55	Rentals	Noon Lane & Wading Pool 12:00 – 12:55	Rentals	Noon Lane & Wading Pool 12:00 – 12:55	Public Swim 1:00 – 4:30	
1:00-2:00	School Rentals						
2:00 – 3:00	Aqua & Adult	School Rentals	Aqua & Adult	School 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						

Please Note:

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.

Parent & Tot:

Open to parents/caregivers and children under 5 yrs

Adult & Aqua:

will run Sept 15 – Dec 17

The C-Plex Gift Card

Perfect for Gifts or Stocking Stuffers

Gift Cards must be a minimum of \$20.00.

Single Admission swim passes can also be purchased for a great stocking stuffers



C-Plex Fees increase Sept 1, 2025

All fees in this guide are the new rates and include GST

Mark Your Calendar

Sept 1: Closed for Labor Day

Sept 30: Closed for National Day of Truth and Reconciliation

Oct 13: Closed for Thanksgiving

Nov 10: Public Swim 1:00 – 2:00 & Aqua 2:00 – 3:00

Nov 11: Closed

Nov 12: Public Swim 1:00 – 2:00 & Aqua 2:00 – 3:00

Nov 13 & 14: Public Swim 1:00 – 3:00

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:



Swimming Lessons

Fall Mini Set (5 Lessons)

Mon/Wed: Dec 3 – 17

Tues/Thur: Dec 4 – 18

Fall Mini set of 5 lessons is 50% of regular price

Winter 2026:

Mon: Jan 12 – Mar 23

Tues: Jan 13 – Mar 17

Wed: Jan 14 – Mar 18

Thur: Jan 15 – Mar 23

all lessons are once per week

Adult Stroke Development:

For those with basic swim skills and are comfortable in deep water. \$70.50
Jan 12 – Mar 23 5:45 – 6:15 pm

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)

****Also offering:**

Youth Stroke Improvement: must be Swimmer 5 or higher

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

(Course will run on Family Day)

\$325.00

Prerequisites:

- Must be 15 years of age or older
- Must have current Intermediate First Aid (Red Cross, St. Johns or Lifesaving). Must provide a copy at time of registration
- Must have completed Bronze Cross

**Call the C-Plex at 780-842-5508
to register!**

Fall Fitness with the C-Plex

Aqua Fitness

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 15-Dec 17, 2025 & Jan 5 – Apr 29, 2026

Fit Mix

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

Tues & Thur
7:15 – 8:15 pm

Sept 16-Dec 11, 2025 & Jan 6 – Apr 30, 2026

Cardio Boost

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.

Mon & Wed
7:15 – 8:15 pm

Sept 15-Dec 11, 2025 & Jan 5 – Apr 29, 2026

Cardio Fit Card

Fitness Punch Cards include all 3 fitness classes.

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

**Cards expire
April 30, 2026**

Refunds/credit will not be given for unused punches
The C-Plex is not responsible for lost cards

Courts & Weight Room

	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

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 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:

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					

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>
or scan here

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

Rock Wall

	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

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**

Please Note: The C-plex is not responsible for swimmers registered in wrong classes or registered before their current set is over. Refunds may not be given and all transfers are subject to a \$15.00 administration fee