

CONTACT US:

Phone: 780-842-5508

Email: cplex@wainwright.ca

Visit us at 700-2 Ave

Red Cross Swimming Lessons

Aquatot: Designed for children ages 1-3 and their parent. Cost: 44.00

Sea Otter: The prerequisite for Salamander. Open to children age 3 (with a parent in the water) or age 4 on their own. Parents are welcome to join their 4 yr olds in the water. Cost: \$44.00

Salamander: Open to children ages 4 yrs and up who have completed Sea Otter. Cost: \$44.00

Level 1: Must have completed Salamander Cost \$44.00

Level 2-4: \$44.00 (30 minute class)

Levels 5-7: \$50.25 (40 minute class)

Levels 8-10: \$61.25 (60 minute class)

Registration is open for:

Fall 2017: Sept 18 - Nov 27

Winter 2018: Jan 8 - Mar 19

ASK US ABOUT PRIVATE LESSONS

Private Lesson Fees:

10 pack Private: \$238.75

3 Pack Private \$79.50

30 min Private: \$26.50



At the COMMUNIPLEX

Swimming Pool Hours Sept 1 - Dec 31, 2017

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30 - 7:30	Early Bird	Maintenance	Early Bird	Maintenance	Early Bird		
7:30 - 8:30	CFB Training		CFB Training				
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	Public Swim 2:30 - 4:30	
3:00 - 4:00	Red Cross Lessons						
4:00 - 5:00							
5:00 - 6:00							
6:00 - 7:00							Public Swim 6:00 - 7:30
7:00 - 8:00	Public Swim 6:30 - 8:00					Adult Lane 7:30-8:30	
8:00 - 9:00	Adult Lane	Adult Lane (one lane) & Aqua Fitness	Adult Lane	Adult Lane (one lane) & Aqua Fitness			

Please Note:

Afternoon Adult & Aqua will run Sept 18 - Dec 14, 2017 and Jan 8 - April 26, 2018

Noon Lane & Wading Pool:

Wading pool is open to parents and children 5 yrs and under. Lane pool is reserved for Lane swimmers.

Adult Lane Swim:

Open to teens ages 13 yrs and older on Wednesday and Sunday ONLY

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.**

Did You Know?

To achieve success in lessons, swimmers need the opportunity to practice what they are learning. Public Swim times are the perfect time to experience the excitement and fun of the water. Swimmers practice the skills they learned and gain strength while enjoying unstructured physical activity.

Don't know what Level your child is in?

Come to any public swim time and have your child assessed. For more information call 780-842-5508

Days to Remember

We Are Closed:

Oct 9: Thanksgiving
Nov 11: Remembrance Day
Dec 25: Christmas Day
Dec 26: Boxing Day
Jan 1: New years Day

Extra Public Swimming for No School Days 1 - 3 pm

Oct 6 & 20
Nov 9, 10 & 24
Dec 27-29
Jan 2-5

Afternoon Aqua is cancelled:

Thurs Nov 9

Aqua Fit

Days & Times:

Mon & Thurs 2-3 pm
Tues & Thurs 8-9 pm
Sept 18 - Dec 14, 2017
Jan 8 - April 26, 2018

Water in motion!

Tone & Sculpt with no impact on your joints. Build cardiovascular fitness and strength. Water is 800 times denser than air, so you will get an amazing workout with lower risk of injury!

Please note: Aqua Fit is cancelled the following days: Oct 6 & 10, Nov 10

Step Fit

Days & Times:

Mon & Wed 6 - 7 pm
Sept 18 - Dec 13, 2017
Jan 8 - April 25, 2018

Total body workout includes cardio, flexibility and weight training with dumbbells! Moves can be done with or without the step. Don't worry about coordination or fancy footwork! This easy to follow workout is great for all fitness levels

Cardio Fit Card

5 Punch Card \$25.75
10 Punch Card \$51.50
15 Punch Card \$77.25
Drop In \$8.25

Take advantage of Aqua Fitness and Step Fit on one convenient punch card!

Punch Card expires April 26, 2018

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

Court Fees:

Racquetball & Squash:

Single admission/per player/per hour

Wally Ball:

\$16.75/hour (not included in Membership)

Court Hours:

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

Memberships & Strip tickets:

Limit of one hour court booking/day/person for Racquetball & Squash. If additional hours are required, all members must pay single admission fee for each hour required.

Equipment Rentals

Squash Rackets: \$3.00
Racquetball Rackets: \$2.25
Balls & Glasses: \$1.00
Handball Gloves: \$2.25

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

Weight Room Hours

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

Note: 14 & 15 yr olds must have completed an orientation prior to using the weight room.

16 & 17 yr olds must have parent sign a waiver to access 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: \$51.50

Admission Fees

SINGLE ADMISSIONS		BOOK OF 10 TICKETS	MEMBERSHIPS*		
			Monthly	Quarterly	Annual
Adult (18 & over)	\$6.00	\$54.00	\$60.00	\$138.00	\$414.00
Jr (6 – 17 yrs)	\$5.00	\$45.00	\$50.00	\$115.00	\$345.00
Sr (Over 65 yrs)	\$5.00	\$45.00	\$50.00	\$115.00	\$345.00
Child (1 – 5 yrs)	\$2.75	\$24.75	\$27.50	\$63.25	\$189.75
Infant (under 1 yr)	\$1.50	-----	-----	-----	-----
Family*	\$13.75	\$123.75	\$137.50	\$316.25	\$948.75

*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

- All Memberships include use of the pool, weight room, racquetball and squash (during scheduled hours) *Please note: Wallyball is 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!**

There's More!

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

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 Marilyn at Town Office 780-842-3381

The C-Plex Gift Card

Available in any denomination and redeemable for admissions & memberships, fitness classes, lessons and swim accessories. Some restrictions apply.

Walking Track

Summer Hours

effective until October 1
Mon—Fri: 7:00 am—4 pm (closed sat & sun)

Winter Hours

starting October 1
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 www.wainwright.ca

Rock Wall

The climbing wall is open October – March (opening date TBA)

Open climbing:
Sat & Sun
2:30 – 5:30

Rock Climbing Fees	Single Admission	10 Punch Card
One time Climb (requires Rock Staff to Belay)	\$2.90	\$25.50
Bring your own belayer and pay:		
Adult	\$10.25	\$92.70
Jr/Sr	\$8.25	\$74.15
Family	\$17.50	\$157.60

The Climbing wall is available For group rentals:

Rental rates:

5 climbers \$36.00/hour
6—10 climbers \$72.00/hour
(includes the use of equipment)

*Rentals are a minimum of 2 hours (some exceptions apply)

*Minimum of one week notice must be given for all rentals

To book your rental call 780-842-5508

