

# 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)

## ASK US ABOUT PRIVATE LESSONS

Private Lesson Fees:  
10 pack Private: \$238.75  
3 Pack Private \$79.50  
30 min Private: \$26.50

\*Please see Registration Policy on back page

**Fall 2018**  
**Sept 17-Nov 26**

## The C-Plex is Closed:

Sept 3: Labor Day  
Oct 8: Thanksgiving  
Nov 11: Remembrance Day  
Dec 25: Christmas Day  
Dec 26: Boxing Day  
Jan 1: New Years Day

**Extra Public Swim Days**  
**1 - 3 pm**

Oct 5 & Oct 19  
Nov 9, Nov 12 & Nov 23  
Dec 27, 28 & 3  
Jan 2 - 4

## Step Fit

Total body workout includes flexibility and weight training with an emphasis on Cardio! 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.

Mon & Wed 6 - 7 pm  
Sept 17 - Dec 20, 2018  
Jan 7 - May 1, 2019

## Aqua Fit

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.

Mon & Thurs 2 - 3 pm  
Tues & Thurs 8 - 9 pm  
Sept 17 - Dec 20, 2018  
Jan 7 - May 2, 2019

**Afternoon Aqua Fit is cancelled all stat holidays as well the following dates for public Swimming: Nov 12, Jan 31, Feb 18, Mar 7 & Apr 24**

## Strong Step

Get Lean! Be Strong! Feel Great!

A "GET LEAN" training that focuses on improving muscular strength, stamina and flexibility. A very effective way to burn fat and build muscle. Excellent for all fitness levels.

Thurs 6 - 7 pm  
Sept 20 - Dec 20, 2018  
Jan 10 - May 2, 2019

## Fitness Punch Cards

Customize your work out!  
Buy a Punch Card and attend all three classes on your schedule!

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

*Fall 2018*  
*Wainwright Commplex*

## Contact Us:

780-842-5508  
cplex@wainwright.ca  
Visit us at 700-2 Ave

## 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 olds 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: \$51.50

## 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:  
\$16.25/hour  
(not included in Membership)

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

### Please Note:

#### Noon Lane & Wading Pool:

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

#### Adult Lane Swim:

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

#### Afternoon Adult & Aqua

Sept 17 - Dec 20, 2018  
& Jan 7 - May 2, 2019

**C-Plex Gift Card**  
**The perfect gift!**



## Pool Schedule Sept 1 - Dec 31, 2018

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							Family Swim 1:00 - 2:30
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 6:30 - 8:00		
7:00 - 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				

# Admission Fees

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

## 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](http://www.wainwright.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 Marilyn at Town Office 780-842-3381

### 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

## 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**

## 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 climber \$72.00/hour  
(includes the use of equipment)

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

\*Minimum of 3 weeks notice must be given for all rentals

**To book your rental call 780-842-5508**