



Spring

2024

Program Guide

Wainwright Parks & Recreation

Spring at the C-Plex

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 at:

<https://calendar.townofwainwright.intellionline.ca/>

or go to www.wainwright.ca and click on Recreation Schedule

Pool Schedule Jan 2 – April 30

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 12:00 – 12:55	Rentals	Noon Lane & Wading Pool 12:00 – 12:55	Rentals	Noon Lane & Wading Pool 12:00 – 12:55		
1:00-2:00	Rentals					Public Swim 1:00 – 4:30	
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 pm				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 8:00 – 9:00 pm						

Please Note:

Parent & Tot: Open to parents/caregivers and children ages 5 & under

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.


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 ends April 24, 2024

Pool Schedule May 1 – June 30

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		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		
1:00-2:00	Rentals					Public Swim 1:00 – 4:30	
2:00 – 3:00							
3:00 – 4:00	Swim Lessons						
4:00 – 5:00							
5:00 -6:00	Torpedoes 5:15 – 6:30 pm					Public Swim 6:00 – 7:30	Public Swim 6:00 – 7:30
6:00 – 7:00	Public Swim 6:30 – 8:00 pm						
7:00 – 8:00							
8:00-9:00	Adult Lane 8:00 – 9:00 pm						

Closed & Extra Swim Days


- Mar 29:**
Closed for Good Friday
- April 1:**
closed for Easter Monday
- April 2:**
Extra Public Swim 1 – 3 pm
- April 3:**
Extra Public Swim 1-2 pm
- April 4 & 5:**
Extra Public Swim 1-2 pm
- May 17:**
Extra Public Swim 1-2 pm
- May 20:**
Closed for Victoria Day
- July 1:**
Closed for Canada Day
- August 5:**
Closed for Civic Holiday




JOIN SWIM CLUB


For info call: 587-281-2516

Find us on
Facebook



Register here:






SWIM LIKE A FISH

At practice we:

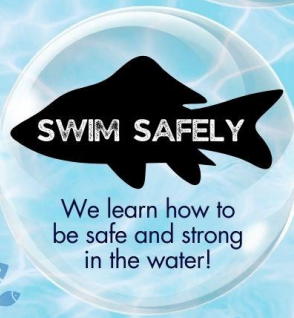
- have fun
- learn new strokes
- practice diving
- get faster



TEAM

We have so much fun:

- swimming together
- making memories
- going to other pools
- cheering for eachother



SWIM SAFELY

We learn how to be safe and strong in the water!

Swim with us!

Trial: May 1-13 (8 practices)

Allows your swimmer to try out swim club.

Swimming Lessons At The C-Plex

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

*Limited Spaces Available in Spring

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 Lessons

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

Private Lessons

10 Pack Private Lesson: \$270.75

3 Pack Private Lesson: \$90.00

Single 30 min. Lesson: \$30.00

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

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.

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:
\$17.50/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: \$54.00

Fitness & 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. The C-Plex is not responsible for swimmers registered in the wrong class, day, or time.

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**

Admission Fees

SINGLE ADMISSIONS		BOOK OF 10 TICKETS	MEMBERSHIPS*		
			Monthly	Quarterly	Annual
Adult (18 & over)	\$6.75	\$60.75	\$67.50	\$155.25	\$465.75
Jr (6 – 17 yrs.)	\$5.75	\$51.75	\$57.50	\$132.25	\$396.75
Sr (Over 65 yrs.)	\$5.75	\$51.75	\$57.50	\$132.25	\$396.75
Child (1 – 5 yrs.)	\$3.25	\$29.25	\$32.50	\$74.75	\$224.25
Infant (Under 1 yr.)	\$1.75	-----	-----	-----	-----
Family*	\$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. Purchase an annual membership for the most savings! Annual memberships are the cost of 3 quarterly memberships.
4. 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!*

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

Walking Track

Spring Summer Hours
Mon—Fri: 7 am—4 pm
Closed Sat & Sun

*Walking track is closed all Stat holidays and during paid events.

*Additional hours may be available. Please check PMM schedule online:

<https://calendar.townofwainwright.intellionline.ca>

Or go to www.wainwright.ca. Click recreation schedules to see what is booked into the arenas. The walking track is open the same hours as the arenas

The Rock Wall

Open climbing is now closed for the season and will reopen Fall 2024.

Private Rentals:

Group Rental Rates:

5 climbers \$40.75/Hour

6—10 climbers \$81.50/Hour

(includes the use of equipment)

Rental Guidelines:

- Rentals 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