



PROGRAM GUIDE

WAINWRIGHT

2025

WAINWRIGHT PARKS & RECREATION

Winter at the C-Plex

Pool Schedule January 1 – April 30

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30 – 7:30	Early Bird	Maintenance	Early Bird	Maintenance	Early Bird	Public Swim 1:00 – 4:30	Public Swim 6:00 – 7:30
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						
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				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						

EXTRA AFTERNOON SWIM

Jan 30: 1 – 3
 Jan 31: 1 – 3
 Feb 13: 1- 3
 Feb 14: 1 – 3
 Apr 22: 1 – 3
 April 23: 1 – 2 (Aqua Fit is 2 – 3 pm)
 April 24: 1 – 3
 April 25: 1 – 3

CLOSED

Jan 1: New Years day
 April 18: Good Friday
 April 21: Easter Monday
 May 19: Victoria Day

FAMILY DAY FEB 17

The pool, gym and courts are open 2 – 5 only.

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 16 – Dec 19

Winter 2025 Swim Lessons

5 Week Set (Mon & Wed)

Set 1: Jan 13 – Feb 12

Set 2: Feb 19 – Mar 24

10 Week Set

Tues: Jan 14 – Mar 18

Thur: Jan 16 – Mar 20

Group Lessons

Aquatot:

For children aged 1- 3 with parent in water
\$50.00.

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. \$50.00

Salamander (P3):

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 :\$69.50 (Rookie, Ranger & Star)

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.

Bronze Medallion:

Must be 13 yrs old or have completed Bronze Star

Bronze Star/Medallion Combo class:

\$119.00 plus \$40.00 Manual.

Bronze Cross:

Swimmers must have completed bronze Medallion and have Standard First Aid/CPR-C (will need manual purchased in Bronze Medallion) \$140.50

Adult lessons

Tues: Jan 14 – Mar 18 @ 6:00 – 6:30 pm

Adult Beginner: For those who are uncomfortable in deeper water. \$67.00

Adult Stroke Development: Must be comfortable in deeper water \$67.00

Cancellation/Transfer Guidelines

Cancel/Transfer with more than 3 weeks notice: \$15.00 fee

Cancel/Transfer with less than 3 weeks notice: 50% of lesson fee

Cancel/Transfer with less than 1 week notice: charged full amount (no refund)

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.

Fitness Classes at the C-Plex

Cardio Boost With Iman

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 Jan 6 – Apr 30, 2025

Fit Mix With Iman

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 & Thurs 7:15 – 8:15 pm Jan 7 – May 1, 2025

Aqua Fitness With Karen

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 6 – Apr 30, 2025

Fitness Fees

Fitness Punch Cards include all 3 fitness classes.

5 Punch Card: \$29.00

10 Punch Card: \$58.00

15 Punch Card: \$87.00

Drop In: \$9.50

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

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: 58.25

Court Fees:

Racquetball & Squash:

Single admission/per player/per hour

Wally Ball:

\$19.00/hour (Not included in Membership)

Memberships & Strip tickets:

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

Admission Fees Pool/Weight Room/Racquetball/Squash

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
Wallyball	\$19.00/hour (includes all players)				

*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 and all fitness classes are not included in the membership***
- 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

Please Note: 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.

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

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



Public Skating/Shinny

Public Skating hours can be found on the online schedule by going to

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

Or scan



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

Open Sat & Sun

2:30 – 5:30 pm

	Single Admission	10 Punch Card
One time Climb (Requires Rock Staff to Belay)	\$3.25	\$29.25
Bring your own belayer and pay:		
Adult	\$11.50	\$103.50
Jr/Sr	\$9.50	\$85.50
Family	\$20.00	\$180.00

Group Rental Rates:

5 climbers \$40.75/Hour

6—10 climbers \$81.50/Hour

(includes the use of equipment)

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 cancellation fee