

Family · Pre-School · Children · Youth · Seniors · Adult Fitness · Community





Our specialities include:

- Easy prescription transfer
- Easy prescription refill
- Mobile app prescription refill
- Refill reminders by email or phone call
- Free Prescription delivery Ontario wide

- Blister pack for medication compliance
- Compounding
- Travel Clinic
- Accepting all drug insurance plans
- Pharmacy and walk-in clinic open 7 days

At Lakefront Medical Pharmacy, your health is our top priority. We offer a comprehensive range of services to meet all your healthcare needs, from filling prescriptions to providing vaccinations and wellness consultations. Our walk-in clinic is open seven days a week, so you can get the care you need when you need it.

Experience exceptional care at Lakefront Medical Pharmacy, your trusted partner in health.

LAKEFRONT MEDICAL PHARMACY

14-550 Queens Quay W, Toronto, Ontario, M5V 3M8
Tel: 647.340.7730 | Fax: 647 341 7730 | Email: jerry.metyas@gmail.com



WNC facilities are available for rent.







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Important Dates

★ Winter Session 2025

Registration starts: Monday, January 6, 2025 Summer Session: January 13 - March 9 (8 weeks)

😕 Spring Session 2025

Registration starts: Monday, March 10, 2025 Fall Session: March 17 – June 15 (13 weeks)

627 Queens Quay West, (Bathurst & Queens Quay)
 Toronto, ON M5V 3G3

info@waterfrontnc.ca	fb.com/waterfrontncto
WaterfrontncTO	y WaterfrontncTO
J 416.392.1509	416.392.1512
www.waterfrontnc.ca	
(I) Have at One watterns	

(Hours of Operations

Monday to Friday 9:30 AM - 9:30 PM

Reception Desk is closed for lunch between 1:00 PM - 2:00 PM and closes at 8:00 PM

Saturday & Sunday 11:00 AM - 5:00 PM

Program information (dates/times/fees/days) are subject to change or be adjusted at time of registration. Photography Credits: WNC Photo Archives.

Winter 2025 Registration Dates

Winter Session: January 13 - March 9 (8 weeks)

- ✓ WNC is offering in-person Program Registration only.
- ✓ Registration tickets will be handed out on a first-come, first-served basis for members.
- ✓ Members will be allowed only to register themselves and/or a family member plus one other participant and/or family friend.
- ✓ Please do not forget to join and renew membership prior to registration week.
- ✓ Please don't forget to make your program wish list of options.
- ✓ Members must show a valid membership card during program-specific registration.
- ✓ There is a 10% surcharge on all programs for Non-members and expired membership who don't present their valid membership card at the time of registration.
- ✓ Registration registrants must reach the specified age of the program by the first day of class.
- ✓ Parents are required to provide proof of age at the time of registration.
- ✓ During program-specific registration times, we will not process any Subsidy Requests, Weight Room and/or WNC memberships.

Winter Session Registration Dates

Monday, January 6 Membership & Subsidy Approval/Renew	al Day
-------------------------------------------------------	--------

8:00 am - 7:00 pm

Tuesday, January 7 Family and Children Programs Registration Day

8:00 am - 7:00 pm

Wednesday, January 8 PEEP & PEEP for Tots Registration Session 1 & Session 2

8:00 am - 7:00 pm

Thursday, January 9 Senior Programs and Adult Fitness Day

8:00 am - 7:00 pm

Friday, January 10 General Registration for All Programs

8:00 am - 7:00 pm

Sat. Jan. 11 - Sun. Jan. 12 General Registration for All Programs

11:00 am - 5:00 pm

WNC Closures for Winter Session

Closed - Monday, February 17 - Family Day

Spring 2025 Registration Dates

Spring Session: March 17 - June 15 (13 weeks)

- ✓ WNC is offering in-person Program Registration only.
- ✓ Registration tickets will be handed out on a first-come, first-served basis for members.
- ✓ Members will be allowed only to register themselves and/or a family member plus one other participant and/or family friend.
- ✓ Please do not forget to join and renew membership prior to registration week.
- ✓ Please don't forget to make your program wish list of options.
- ✓ Members must show a valid membership card during program-specific registration.
- ✓ There is a 10% surcharge on all programs for Non-members and expired membership who don't present their valid membership card at the time of registration.
- ✓ Registration registrants must reach the specified age of the program by the first day of class.
- ✓ Parents are required to provide proof of age at the time of registration.
- ✓ During program-specific registration times, we will not process any Subsidy Requests, Weight Room and/or WNC memberships.

Spring Session Registration Dates:

Monday, March 10	Membership & Subsidy Approval/Renewal Day
1 Toriday, i Tarcii 10	Michibership & Subsidy Approval, Refiewar Day

8:00 am - 7:00 pm

Tuesday, March 11 Family and Children Programs Registration Day

8:00 am - 7:00 pm

Wednesday, March 12 PEEP & PEEP for Tots Registration Session 1 & Session 2

8:00 am - 7:00 pm

Thursday, March 13 Senior Programs and Adult Fitness Day

8:00 am - 7:00 pm

Friday, March 14 General Registration for All Programs

8:00 am - 7:00 pm

Sat. March 15 - Sun. March 16 General Registration for All Programs

11:00 am - 5:00 pm

WNC Open/Closure for Spring Session

Closed - April 18 - Good Friday Closed - April 21 - Easter Monday

Closed - May 19 - Victoria Day Closed - Saturday, June 21 - Sunday, June 22

Closed – Saturday June 28 – Sunday June 29 Closed – July 1 - Canada Day

Fitness Passes & Visit Cards

(Non members pay 10% more)

ADULT DROP-IN SPORTS 10 VISIT PUNCH CARD

\$34 for members | \$37 for non-members (Only used for adult drop-in sports)

SENIORS DROP-IN FITNESS **10 VISIT CARD**

 \$28 for members | \$30.25 for non-members (Only used for seniors drop-in sports)

ADULT DROP-IN FITNESS 10 VISIT CARD

\$77 for members | \$85 for non-members (Only used for adult drop-in fitness classes)

CHILDREN'S SPECIALTY PROGRAMS **10 VISIT CARD**

\$58 for members | \$64 for non-members (Only applicable to Sing with Me, Canta Conmigo! Crawl, Roll & Stroll)





LOVE TO SING? COME SING WITH US!

a non-auditioned, community choir

Rehearsals are Tuesdays, 7:30pm - 9:15pm at the Waterfront Neighbourhood Centre, 627 Queens Quay West at Bathurst St.

Our session runs from September through to May of the following year.

under the direction of Albert Wong

A membership fee applies.

For Information, contact albertophonic@yahoo.ca or visit us at http://facebook.com/harbourfrontchorus





For more info, contact:

416-392-1509

chase@waterfrontnc.ca







Food Bank Updates



Quay West, **Dance Studio**

- Check-ins are required upon every visit with volunteers located outside the food bank. This includes staff
- Lines open at 1:00 pm
- Reserving spots is only allowed for members of the same household.

Please be respectful to all staff, volunteers, and neighbors.

Important Notices for Program Registration

- Program registration is in person only. We do not have online registration at this time.
- Registration tickets will be handed out on first-come, first basis to members.
- Members are only allowed to register themselves and/or a family member plus one other participant and/or family friend. Please don't forget to ask for extra ticket to register for one other participant and or a family when you check in.
- Please don't forget to make your program wish list options.
- Members must show a valid membership card during program-specific registration dates in order to receive the Member's fee pricing.
- There is a 10% surcharge on all programs for Nonmembers and Members who do not present their valid membership card at the time of registration.
- You can buy a membership any time <u>before</u> any registration period. No new/renewal of memberships will be done the first day of registration.
- Most children's activities are age-specific, and these age groups are determined with careful consideration. Programs are designed to challenge each specific age group ensuring a quality experience. Registrants must reach the specified age of the program by the first day of class. Parents maybe required to provide proof of age at the time of registration.
- During program-specific registration times, we will not process any Subsidy Requests, Weight Room and/or WNC memberships.
- WNC programs fill quickly. Your registration will be processed if there is spot for your preferred program.
 We recommend selecting alternative program options in case your preferred program is full.
- If a program is full, we offer a Waitlist option. Please keep in mind that being on the Waitlist does not guarantee a spot. We will contact you in the event that a spot opens up using the telephone number that you provided during registration. You will have 24 hours to register.
- Programs may be cancelled if enrollment is low.
- Parents/Caregivers MUST remain in the building when children's art, dance, educational, recreation and sports programs are being run.
- Payment Options: Visa, MasterCard, American Express debit, cheque, or cash. No post-dated cheques.

Website: waterfrontnc.ca

Facebook: fb.com/WaterfrontncTO

Instagram: @WaterfrontncTO
Twitter: @WaterfrontncTO

Program Fees Information

- Program Fee information is listed with each program.
- Program Fees include 13% HST where applicable.
- There is a 10% surcharge on all programs for nonmembers.
- Students (16 24 years) and Seniors (60+ years) receive 50% discount on adult fitness programs. Identification is required.
- Rental class fees (Non WNC Programs) are paid directly to the instructor.

Become a WNC Member?

Your membership supports your community! In addition to giving, you access to a wide range of WNC programs, your membership fee contributes to program costs and supports social service needs in the community.

How Can I Join? Everyone is welcome!

Purchase a WNC membership in order to participate at the member rate in all WNC programs. To apply for a new membership or to renew an expired one, see reception desk to complete a membership form and pay the applicable membership fees. Please note membership fees are not refundable. **Non members pay 10% more!**

Programs are fully accessible. WNC has a wheelchair-accessible ramp. If you live in the area bound by Strachan Avenue, Yonge Street, Front Street, and Lake Ontario you may join as a **Community Member**. If you live outside our neighbourhood, you may join as an **Associate Member**.

For a User Group membership, please call our Manager, Facility Operations, Liz Oliveira at: 416.392.1509 ext. 329.

Fitness Passes & Drop-In 10 Visit Cards | Non members pay 10% more! 10 Visit fitness passes are available for adults and seniors.

Adult Drop-In Sports 10 Visit Card: Adult Drop-In 10 Visit Sports Cards only allow admittance to Adult Drop-In sports classes.

Adult Drop-In Sports 10 Visit Card \$37

Seniors Drop-In Fitness 10 Visit Card: Senior Drop-In 10 Visit Fitness Cards only allow admittance to senior fitness classes.

Seniors Drop-In 10 Visit Fitness Card \$28 |

Adult Drop-In Fitness 10 Visit Card: Adult Drop-In 10 Visit Fitness Cards only allow admittance to Adult Drop-In Fitness classes.

i REGISTRATION INFORMATION

Adult 10 Visit Fitness Pass \$ 77 |

Children's Specialty Programs 10 Visit Card (Sing with Me, Canta Conmigo! Crawl, Roll & Stroll)

Children 10 Visit Specialty Programs Pass \$58 |

Membership Annual Fees

Comm	unity	Associate		
Family	\$12	\$16		
Adult	\$8	\$11		
Youth	\$6	\$8		
Child	\$5	\$6		
Senior	\$6	\$8		

As a WNC member you can:

- Avoid paying the 10% surcharge on programs for non-members.
- Participate in WNC programs including some programs that are free of charge.
- Have access to and rent space at WNC for meetings and special events.
- Vote for and/or serve on our Board of Management and Board Committees.
- Have access to Wi-Fi services.

WNC Fee Subsidy Information

Limited subsidy is available on a "first come, first serve basis" for fee-based programs for families and individuals living in WNC's catchment area bound by: Strachan Avenue, Yonge Street, Front Street, and Lake Ontario. Proof of residence (e.g., driver's license, utility bill) is required.

Fee assistance requests for WNC programs will remain a priority for families and individuals living in WNC's catchment area.

WNC's fee assistance policy was reviewed by a community committee and a new policy was approved by WNC's Board of Management. Details of the policy and application process is available at Reception.

For more Fee Subsidy information, please contact:

Supervisor, Children & Family Programs Sarah Brisson - 416.392.1509 ext. 303 sarah@waterfrontnc.ca

Supervisor, Youth Programs Cheyenne Salmon - 416.392.1509 ext. 302 cheyenne@waterfrontnc.ca

Manager, Senior Community Development Programs: Gaby Motta - 416.392.1509 ext. 328 gaby@waterfrontnc.ca.

Manager, Fitness & Recreation Programs: Chase Tam, Manager, Recreation & Program <u>chase@waterfrontnc.ca</u>

Respectful Environment

WNC is committed to providing a safe and respectful environment for our patrons and staff. For everyone's safety, we will not tolerate rude, inappropriate, or aggressive behavior, harassment or course language. People who engage in this type of behavior will be asked to leave the facility.

Cancellations and Refunds

- Please note that most programs require a minimum of 10 participants in order to operate.
- No refund, credit or transfer will be issued for nonattendance or advising program staff of absence.
- No refund or credit will be issued for classes cancelled due to the weather condition circumstances.
- A program may be cancelled for a variety of reasons including low registration or lack of space availability.
 Participants will receive a full refund or credit if the program for which they have registered is cancelled by WNC.
- In the event of a class cancellation due to extenuating circumstances, every effort will be made to make up the class on another date if the class cannot be re-scheduled, a WNC class credit will be issued upon request.
- Transfers from one program to another are permitted provided there is space, and the participant has received approval from the program manager.
- Requests for a full refund should be made prior to the start of program in writing and are subject to a \$10 administration fee. All refunds will be issued by cheque within 10 working days. The \$10 administration fee will not apply if you accept a WNC program credit.

Program refund/withdrawal after Start Date

REFUND/CREDIT POLICY				
1st week of session	75% of fee refunded (option of cheque or credit).			
2nd & 3rd weeks of session	50% of fee refunded (option of cheque or credit).			
4 weeks+ of session	No refund or credit will be granted.			

Schedules

Our best effort will be made to provide the most accurate information available at the time of printing, however schedules are subject to change. Please check our website for updates:
 https://waterfrontnc.ca/ We reserve the right to amend fees, cancel, change/postpone and/or combine classes/activities that are listed in the guide.

Weather Condition/Cancelled Classes

- A class may be cancelled due to extenuating circumstances such as weather emergencies, storms, floods or power failures.
- No refund or credit will be issued for classes cancelled due to the weather condition circumstances.
- In the event of a cancellation of a registered program, every effort will be made to notify participants, however due to time or extenuating circumstances, it may not always be possible to notify everyone prior to the program start.
- To check the status of a program, participants can contact Waterfront Neighbourhood Centre (WNC) at: 416.392.1509 or check our Social Media accounts:

Website: waterfrontnc.ca

Facebook: fb.com/WaterfrontncTO
Instagram: @WaterfrontncTO
Twitter: @WaterfrontncTO

Income Tax Letters

For income tax purposes, please keep all copies of your monthly invoices and payment receipts provided by the Waterfront Neighbourhood Centre as we no longer issue income tax letters.

Child Supervision

Parents/Caregivers MUST remain in the building when children's art, dance, educational, recreation and sports programs are being run.

Children 11 years or under must be accompanied and supervised DIRECTLY by an adult or parent- designated babysitter (13 years and older) at all times.

Change Room Access

WNC members who would like to access the change rooms can purchase an ID access card at Reception for a one-time of \$6 fee. A \$6 fee applies to replace a lost card. ID access cards are for active members use only.

Use of Personal Image

Unless the participants, parents and/or guardians indicate to the contrary in writing, Waterfront Neighbourhood Centre will assume that permission is given for photographs, videos or voices recordings that are taken during any program, activity or event.

These images may be used to promote WNC in media, television, film, internet, website, social media, presentations, radio, audio, video, in print or display form as well as in funding applications and support solicitations.

Accident Insurance

Waterfront Neighbourhood Centre provides all safeguards for the health and welfare of participants, and shall be released from all actions, damages, claims and demands whatsoever arising from participation in programs. Participants are responsible for their own hospital, medical and ambulance coverage.

Unauthorized Photography/Videography

Unauthorized photographs and videos are not permitted in WNC facilities, change rooms, washrooms, gymnasium, and program spaces. WNC is committed to providing a safe and comfortable environment where the privacy of each WNC patron is respected.

Community Health

If a participant has a communicable disease (e.g., Covid-19, Measles, Influenza, Chicken Pox, Pink Eye etc.) we request that the participant notify us and not attend programs or activities until they are in better health and not at risk of spreading.

Peanut/Tree nut Products

Waterfront Neighbourhood Centre is a peanut/tree nut free environment. Please do not bring any peanuts/tree nuts or products containing peanuts/tree nuts into WNC or the playground area. Thank you for your understanding.

Personal Information

Personal information is collected under the authority of the City of Toronto Act, 1997, and Art. XI of Ch. 169 of the City Toronto Municipal Code.

WNC does not sell membership information. The information gathered is used for the purpose of registration, membership, invoices, newsletters/surveys and aggregate statistical reporting. Questions about this collection can be directed to: Waterfront Neighbourhood Centre, 627 Queens Quay West, Toronto, ON M5V 3G3 Attention: Executive Director.

Waterfront Neighbourhood Centre WITH

Share the joy of singing! This music program is for parents, caregivers and their children to learn through the sound of music.

FRIDAYS 1:00-2:00PM

0-24 MONTHS

Winter

Dates: Jan 17th- March 7th

Fee: \$42

Spring

Dates: March 21st- June 13th

Fee: \$64





STORYTELLING - GAMES - CREATIVE WORKSHOPS - FUN FOR THE WHOLE FAMILY!

5:00-7:00PM

FOR MORE INFORMATION PLEASE CONTACT:

SARAH @ WATERFRONTNC.CA 416 392 1509 EXT. 303



BABY & ME **YOGALATES** (POST-NATAL)



Join us every Monday for a fun exercise program with you and your baby! Strengthen your core, reduce feelings of stress, and re-energize yourself while interacting with your baby! (Up to 12 months)

Winter

Mondays 11:00 am- 12:00 pm Jan 13 - Mar 3 7 Classes | \$49 Drop-in: \$9.00

Spring

Mondays 11:00 am- 12:00 pm Mar 17- Jun 9 11 Classes | \$77 Drop-in: \$9.00

For more information:

416-392-1509 chase@waterfrontnc.ca



WATERFRONT NEIGHBOURHOOD CENTRE





Each session features interactive projects that spark creativity and curiosity, such as building simple machines, exploring nature, and creating art with technology. With a focus on exploration and imagination, Full STEAM Ahead inspires the next generation of innovators and thinkers!

JAN 13-MAR 3

AGES 6-8

7-8PM

MAR 17 - JUNE 9

AGES 6-8 \$69

AGES 9-12 7-8PM \$69

FOR MORE INFO CONTACT SARAH@WATERFRONTHC.CA 416 392 1509 EXT. 303



FAMILY PROGRAMS



Family programs offer a variety of quality programs for young children and their families/caregivers. We offer both registered and drop-in programming which promotes healthy child development and parent/child relationships through sports, dance, arts, music and play.

Parents and caregivers have opportunities to meet each other and develop connections within the community while accessing information, workshops and resources on a variety of topics.

For information, please contact Sarah at 416.392.1509 ext. 303 or sarah@waterfrontnc.ca

Programs are subject to change without notice. Please check our website for updates.

Program

Centre)

Art, Dance, Education, Social Ages 0 to 2

Parents must remain.

▲! In-person

Funded in part thanks to the Ontario Ministry of Education - EarlyON Child and Family Centres.

Description & Schedule

Babies Drop-In Program (EarlyOn Child and Family This program offers the opportunity for caregivers to meet others, participate in group discussions, and to enjoy circle-times, sing-a-longs, story times, family support and more! \$2.00 donation is welcome.

WINTER 2025

Classes Start End Day Time Fee 15 Jan 13 Mar 5 Mon. Wed 1:00 PM-3:00 PM Free

Drop-In: Yes No Class Feb 17

SPRING 2025

Classes Start End Day Time Fee 1:00 PM-3:00 PM 24 Mar 17 Jun 11 Mon. Wed Free

Drop-In: Yes

No Class Apr 21, May 19

NEW! Canta Conmigo!

Art, Dance, Education, Social Ages 0 to 2

Parents must remain.

🚢 🚅 In-person

Join us for an hour of circle time fun, nursery rhymes, story time & movement...all in

New! 10 Class Drop-In Card available.

WINTER 2025

Classes Start End Day Time Fee Jan 14 Mar 4 Tue 2:30 PM-3:15 PM \$42.00

Drop-In: Yes - Fee: \$9.00

SPRING 2025

Classes Day Start End Time Fee Jun 10 Tue 2:30 PM-3:15 PM \$69.00 13 Mar 18

Drop-In: Yes - Fee: \$9.00

NEW! Family Gym

Art, Dance, Education, Social

Ages 0 to 12

Parents must remain.



Calling all family members! Need a space to play basketball, ride a scooter, skip, hop, dance? Well we got the Gym for you, the space is yours to use at your own leisure. With a variety of different sports and recreational equipment available, there is sure to be something that interests each family member - no matter the age!

WINTER 2025

Classes Start End Day Fee Time. Free Jan 19 Mar 16 Sun 12:00 PM-2:00 PM

Drop-In: Yes

SPRING 2025

Classes Start End Day Time Fee 13 Mar 23 **Jun 15** Sun 12:00 PM-2:00 PM Free

Drop-In: Yes

FAMILY PROGRAMS

Program

Family Gym Night (EarlyOn Child And Family Centre)

Art, Dance, Education, Social **Ages 0 to 6**

Parents must remain.

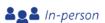


Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.

Sing with Me

Art, Dance, Education, Social Ages 0 to 2

Parents must remain.



Description & Schedule

Join us every Tuesday night for an hour of gross-motor activities, sports games and dancing and more! Fun for the whole family! \$2 donation welcome.

WINTER 2025							
Classes	Start	End	Day	Time	Fee		
8	Jan 14	Mar 4	Tue	5:00 PM-6:00 PM	Free		
Drop-In:	Drop-In: Yes - Fee: \$2.00						
SPRING 2025							
Classes	Start	End	Day	Time	Fee		
13	Mar 18	Jun 10	Tue	5:00 PM-6:00 PM	Free		
Drop-In: Yes - Fee: \$2.00							

Share the joy of singing! This music program is for parents/caregivers and their children to learn through the sound of music.

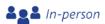
New! 10 Class Drop-In Card available.

WINTER 2025						
Classes	Start	End	Day	Time	Fee	
8	Jan 17	Mar 7	Fri	1:00 PM-1:45 PM	\$42.00	
Drop-In: \	es - Fee: S	9.00				
SPRING 2	2025					
Classes	Start	End	Day	Time	Fee	
12	Mar 21	Jun 13	Fri	1:00 PM-1:45 PM	\$64.00	
Drop-In: Yes - Fee: \$9.00						
No Class	Apr 18					

Wednesday Evening Family Drop-In Program (EarlyOn Child And Family Centre) Art, Dance, Education, Social

Art, Dance, Education, Social Ages 0 to 6

Parents must remain.



Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.

Parents and caregivers are encouraged to bring your children to participate in a fun, friendly, and inclusive environment with various hands-on activities, structured family gym time and a healthy snack! The entire family is welcome (older siblings included)! \$2.00 donation is welcome.

WINTER 2025

AAIIAIFIX	WHATER 2023						
Wednesday Evening Family Drop-In Program (EarlyOn Child And Family Centre)							
Classes	Start	End	Day	Time	Fee		
8	Jan 15	Mar 5	Wed	5:00 PM-7:00 PM	Free		
Drop-In: \	Yes						
SPRING 2025							
Classes	Start	End	Day	Time	Fee		
13	Mar 19	Jun 11	Wed	5:00 PM-7:00 PM	Free		
Drop-In: Yes							



Waterfront Neighbourhood Centre is a peanut/tree nut free environment.

Please do not bring any peanut/tree nut or products containing peanut/ tree nut into our centre or playground area.

Thank You.

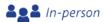


Program

Family Drop-In Program (Growing Up Healthy Downtown)

Art, Dance, Education, Social Ages 2 to 6

Parents must remain.



Supported by Growing Up Healthy Downtown Project (GUHD) and funded thanks to the Public Health Agency of Canada (PHAC).

Description & Schedule

Parents and caregivers are invited to participate with your children in a fun morning of specialized program activities, including arts & crafts, science, circle times, sensory motor activities, and much more! \$2.00 donation is welcomed.

WINTER 2025						
Tuesdays	;					
Classes	Start	End	Day	Time	Fee	
8	Jan 14	Mar 4	Tue	10:00 AM-12:00 PM	Free	
Drop-In:	Yes - Fee:	\$2.00				
Thursday	/s					
Classes	Start	End	Day	Time	Fee	
8	Jan 16	Mar 6	Thur	10:00 AM-12:00 PM	Free	
Drop-In:	Yes - Fee:	\$2.00				
SPRING	2025					
Tuesdays	;					
Classes	Start	End	Day	Time	Fee	
13	Mar 18	Jun 10	Tue	10:00 AM-12:00 PM	Free	
Drop-In:	Yes - Fee:	\$2.00				
Thursdays						
Classes	Start	End	Day	Time	Fee	
13	Mar 20	Jun 12	Thur	10:00 AM-12:00 PM	Free	
Drop-In: Yes - Fee: \$2.00						

Crawl, Roll & Stroll!
Art, Dance, Education, Social
Ages 8 month to 2
Parents must remain.

≜≜ In-person

Come play and learn! This program offers language and gross motor skill development for crawling or walking babies and young toddlers through the use of a wide variety of nursery rhymes.

New! 10 Class Drop-In Card available.

WINTER 2025							
Classes	Start	End	Day	Time	Fee		
8	Jan 14	Mar 4	Tue	1:00 PM-1:45 PM	\$42.00		
Drop-In: Yes - Fee: \$9.00							
SPRING 2025							
Classes	Start	End	Day	Time	Fee		
13	Mar 18	Jun 10	Tue	1:00 PM-1:45 PM	\$69.00		
Drop-In: Yes - Fee: \$9.00							



SPORTS GAMES

WINTER

MONDAYS **AGES 3-4 YEARS** 4:00 PM - 4:45 PM JAN 3 - MAR 3 \$33 | 7 CLASSES

SPRING

MONDAYS AGES 3-4 YEARS 4:00 PM - 4:45 PM MAR 17 - JUN 9 \$52 | 11 CLASSES



syment Plan Available

IAN 13TH - FEB 4TH PRICE: \$194

SESSION TWO: FEB 10TH - MARCH 4TH PRICE: \$169

MARCH 17TH - APRIL 22ND PRICE: \$266

SESSION TWO: APRIL 28 - JUNE 10TH PRICE: \$315





Waterfront Neighbourhood Centre



Neighbourhood

For more info (C) 416-392-1509

chase@waterfrontnc.ca

WATERFRONT NEICHBOURHOOD CENTRE

PRESCHOOL EXPERIENCE ENRICHMENT PROGRAM

ACES 3-4 YRS

P.E.P. IMPLEMENTS SCHOOL READINESS ACTIVITIES FOCUSING ON EARLY DEVELOPMENT STAGES SUCH AS FINE MOTOR, GROSS MOTOR, SOCIAL EMOTIONAL WELL-BEING, LANGUAGE & SPEECH DEVELOPMENT, OFFERED IN AN INCLUSIVE, FRIENDLY & STIMULATING ENVIRONMENT!

WINTER

13th -Feb 7th

ww.waterfrontnc.ca

SESSION 1

SUBSIDY & PAYMENT PLANS AVAILABLE

BENEFITS:

NAME TRACING & RECOGNITION

NUMERACY

Dates: March 17th - April 25th Fee: \$581 SESSION 2 Dates: Feb 10th - March 7th Fee: \$399 SESSION 2

SPRING

SESSION 1

LITERACY

Dates: April 28th - June 15th Fee: \$726

SOCIAL EMOTIONAL SKILL DEVELOPMENT

FOR MORE INFORMATION PLEASE CONTACT SARAH@WATERFRONTNC.CA

416 392 1509 ext. 303



Waterfront Neighbourhood

Centre

WATERFRONT NEIGHBOURHOOD CENTRE

MONDAYS &TUESDAYS

9:30AM-11:30AM

E.E.P. for Tots



9:00AM-12:00PM | MONDAY-FRIDAY

WEEK ONE

LEARN AND PLAY IS FILLED WITH SUMMER FUN, EXCITING ACTIVITIES, AND ADVENTUROUS FIELD TRIPS. CAMPERS WILL BE LEARNING LITERACY, NUMERACY, CREATIVE ARTS & MORE! YOUR CHILD WILL BE READY AND EXCITED FOR SCHOOL COME FALL!



AGES 3-4 YRS

JULY 2 - 4

VEEK TWO VEEK THREE

WEEK FOUR JULY 21 - 25

WEEK FIVE JULY 28 - AUG 1 5182

WEEK SEVEN AUG 11 - 15

WEEK EIGHT AUG 18 - 21 \$182

FOR MORE INFORMATION CONTACT SARAH@WATERFRONTNC.CA OR CALL 416 392 1509 EXT. 303



SUBSIDY &

PAYMENT PLANS

AVAILABLE





PRE-SCHOOL PROGRAMS



Pick and choose from a variety of programs that foster creativity and exploration among preschool children. These programs are offered for your children so they develop new skills, socialize and build a foundation for an active and healthy lifestyle.

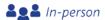
For information, please contact Sarah at 416.392.1509 ext. 303 or sarah@waterfrontnc.ca

Programs are subject to change without notice. Please check our website for updates.

Program

PEEP FOR TOTS

Art, Dance, Education, Social **Ages 2 to 2**Parents must remain.



Description & Schedule

The Pre-Kindergarten Experiences Enrichment Program (PEEP) encourages your toddler to explore their sense of wonder and to have fun while enhancing their school readiness through activities that focus on early development stages, such as fine & gross motor skills, social & emotional wellbeing, cognitive skills, and language & speech development. PEEP for Tots is offered in an inclusive, friendly, and stimulating environment! Parents & caregivers will not participate in the program with their child, but must stay on-site.

Financial Assistance and Payment Plans available! If you are interested in registering more than one child for any of the PEEP Programs, a discount for the second child is available. Contact sarah@waterfrontnc.ca for further details or call 416.392.1509 ext. 303

WINTER 2025							
Session 1							
Classes	Start	End	Day	Time	Fee		
8	Jan 13	Feb 4	Mon, Tue	9:30 AM- 11:30 AM	\$194.00		
Session 2							
Classes	Start	End	Day	Time	Fee		
7	Feb 10	Mar 4	Mon, Tue	9:30 AM- 11:30 AM	\$169.00		
No Class Feb	17						
SPRING 2025							
Session 1							
Classes	Start	End	Day	Time	Fee		
11	Mar 17	Apr 22	Mon, Tue	9:30 AM- 11:30 AM	\$266.00		
Session 2							
Classes	Start	End	Day	Time	Fee		
13	Apr 28	Jun 10	Mon, Tue	9:30 AM- 11:30 AM	\$315.00		
No Class Apr 21, May 19							

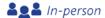
PRE-SCHOOL PROGRAMS

Program

NEW! CLAY WITH ME (Ages 3-4 yrs)

Art, Dance, Education, Social **Ages 3 to 4**

Parents must remain.



Description & Schedule

In this hands-on program, little artists will explore the wonders of clay through molding, shaping, and creating unique masterpieces to take home! Each session encourages creativity, fine motor skills, and self-expression in a fun and supportive environment. Let your child's imagination run wild as they discover the joy of working with clay and make new friends along the way! Supplies and Materials are included in the fees.

WINTER	2025				
Classes	Start	End	Day	Time	Fee
8	Jan 19	Mar 9	Sun	10:00 AM-11:00 AM	\$114.00
SPRING	2025				
Classes	Start	End	Day	Time	Fee
13	Mar 23	Jun 15	Sun	10:00 AM-11:00 AM	\$186.00

This hands-on program is a great introduction to how much fun cooking can be! Children will learn basic cooking knowledge and skills by learning about healthy eating, different food groups, chopping, mixing and tasting fun! These junior cooks will want to take over the kitchen at home...beware!

Please note: Additional food costs are included in fee. Fee Assistance is available upon request.

WINTER	2025				
Classes	Start	End	Day	Time	Fee
8	Jan 18	Mar 8	Sat	11:00 AM-12:00 PM	\$114.00
SPRING	2025				
Classes	Start	End	Day	Time	Fee
13	Mar 22	Jun 14	Sat	11:00 AM-12:00 PM	\$186.00

Each session invites young chefs to explore the world of baking through hands-on activities, simple recipes, and plenty of fun. Kids will learn to measure, mix, and create delicious treats while developing teamwork and creativity. Join us for a delightful experience that helps your little one build confidence, make new friends, and, of course, enjoy tasty treats!

Please note: Additional food costs are included in fee. Fee Assistance is available upon request.

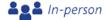
WINTER 2025								
Classes	Start	End	Day	Time	Fee			
8	Jan 17	Mar 7	Fri	2:00 PM-3:00 PM	\$114.00			
SPRING:	2025							
Classes	Start	End	Day	Time	Fee			
12	Mar 22	Jun 13	Fri	2:00 PM-3:00 PM	\$172.00			
No Class	No Class Apr 18							



LIL' CHEFS COOKING IN THE KITCHEN

Art, Dance, Education, Social Ages 3 to 4

Parents must remain.



NEW! LITTLE BAKE SHOP

Art, Dance, Education, Social Ages 3 to 4

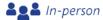
Parents must remain.



Program

PEEP (Pre-school Experiences Enrichment Program)

Art, Dance, Education, Social Ages 3 to 4



Description & Schedule

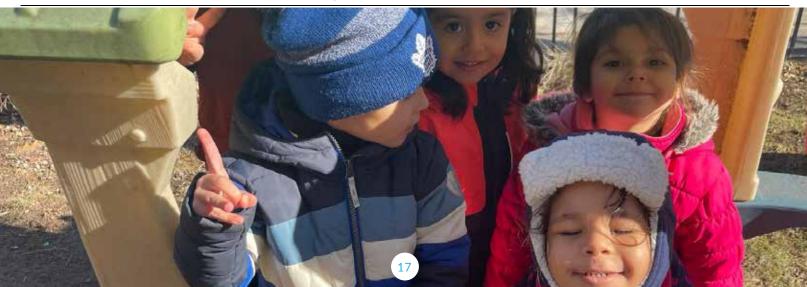
Children's development throughout the early years plays a vital role in future academic successes. The Pre-Kindergarten Experiences Enrichment Program (PEEP) implements school readiness activities that focus on supporting early developmental milestones such as the mastery of fine & gross motor skills, social & emotional wellbeing, cognitive skills, and language & speech development. PEEP is offered in an inclusive, friendly & stimulating environment!

Fee Assistance and Payment Plans available. If you are interested in registering more than one child for any of the PEEP Programs, a discount for the second child is available. Contact sarah@waterfrontnc.ca for further details or call 416.392.1509 ext. 303

WINTER 2025								
Session 1								
Classes	Start	End	Day	Time	Fee			
12	Jan 13	Feb 7	Mon, Wed, Fri	9:00 AM-12:00 PM	\$436.00			
Session 2								
Classes	Start	End	Day	Time	Fee			
11	Feb 10	Mar 7	Mon, Wed, Fri	9:00 AM-12:00 PM	\$399.00			
No Class	Feb 17							
SPRING 2	2025							
Session 1								
Classes	Start	End	Day	Time	Fee			
16	Mar 17	Apr 25	Mon, Wed, Fri	9:00 AM-12:00 PM	\$581.00			
Session 2								
Classes	Start	End	Day	Time	Fee			
20	Apr 28	Jun 13	Mon, Wed, Fri	9:00 AM-12:00 PM	\$726.00			
No Class	Apr 18, Ap	r 21, May	19					

Help your little Picasso create their own masterpiece! Here children will explore their creativity. They will design, create, and share a variety of unique arts & craft projects!

WINTER	R 2025				
Classes	Start	End	Day	Time	Fee
8	Jan 18	Mar 8	Sat	1:00 PM-2:00 PM	\$56.00
Drop-In:	Yes - Fee:	\$9.00			
SPRING	2025				
Classes	Start	End	Day	Time	Fee
13	Mar 22	Jun 14	Sat	1:00 PM-2:00 PM	\$91.00
Drop-In:	Yes - Fee:	\$9.00			



KIDS CRAFTERNOON

Art, Dance, Education, Social Ages 4 to 9

Parents must remain.





WATERFRONT NEIGHBOURHOOD CENTRE

627 Queens Quay West, Toronto, ON M5V 3G3

MARCH BREAK CAMP

www.waterfrontnc.ca

FUN AND GAMES FOR EVERYONE! JOIN US FOR A WEEK FILLED WITH SPORTS, ARTS AND CRAFTS, ADVENTOUROUS EXCURSIONS, SCIENCE EXPERIMENTS AND MORE!



DATES: MONDAY MARCH 10TH - FRIDAY MARCH 14TH

CAMP TIME: 9:30AM - 4:30PM

EXTENDED CARE: 8-30AM - 5-30PM SUBSIDY
AVAILABLE

CAMP FEE: \$125.00 ITRIP FEES ADDITIONAL

EXTENDED CARE FEE: 354.00

REGISTRATION OPENS IN-PERSON ON FEBRUARY 3RD AT 9:30AM



FOR MORE INFORMATION CONTACT SARAH@WATERFRONTNC.CA OR CALL 416 392 1509 EXT. 303



Waterfront Neighbourhood Centre 2025 Summer Daze Camp (Ages 5 - 12 years)

Summer is a time to relax, a time to have fun, and most importantly it is a time to learn and grow! WNC Summer Daze Camp provides an enriching camp experience that offers a variety of fun activities and day trips.

2025 REGISTRATION REGINS

Monday, March 10th - Early Bird registration for current After School Daze Program Parents

Monday, March 17th - Community Member
Monday, April 14th - Associate Members (Associates are members living outside of WNC's catchment area).

Priority for camp space will be given to members living in WNC's catchment area prior to April 14th, 2025. Proof of Residence (driver's license, utility bill, etc.) and proof of age is required at the time of registration Registration forms are available at Reception.

Camp Hours: 9:30 am - 4:30 pm | Extended Care Hours: 8:30 - 9:30 am | 4:30 - 5:30 pm

Week 1 July 2 - 4: \$77	Week 1 = \$21	•
Week 2 July 7 - 11: \$96	Week 2 □ \$34	
Week 3 July 14 - 18: \$96	Week 3 □ \$34	
Week 4 July 21 - 25: \$96	Week 4 □ \$34	
Week 5 July 28 - Aug 1: \$96	Week 5 □ \$34	
Week 6 Aug 5 - 8: \$77	Week 6 🗆 \$28	
Week 7 Aug 11 - 15: \$96	Week 7 🗆 \$34	
Week 8 Aug 18 - 21: \$77	Week 8 □ \$28	
Week 8 Aug 18 - 21: \$77 Associate Member Fee:	Week 8 □ \$28 Weekly Extended Care fee:	
Associate Member Fee:	Weekly Extended Care fee:	
Associate Member Fee: Week 1 July 2 - 4: \$100	Weekly Extended Care fee: Week 1 a \$21	
Associate Member Fee: Week 1 July 2 - 4: \$100 Week 2 July 7 - 11: \$167	Weekly Extended Care fee: Week 1 a \$21 Week 2 a \$34	

Week 6 | = \$28

Week 7 L = \$34

Week 8 | □ \$28

Week 6 | Aug 5 - 8: \$134

Week 7 | Aug 11 - 15: \$167

Week 8 | Aug 18 - 21: \$134

community Member Fee: Weekly Extended Care fee:

Additional Camp Information

Register early and Save!

Camp registration fees increase by 10% as of Monday, June 2nd.

Deposi

A minimum 50% deposit of your total camp fee (including extended care fees) is required at time of registration.

Payment deadline:

Camp fees are due in full by Friday, June 6th.

Outstanding payments will result in loss of the camp space.

No refunds will be given for cancellations after Monday, June 2nd. Cancellations prior to June 2nd are subject to a \$10 administrative

Camp T-Shirts:

Required one for \$12.00 or two for \$20.00. Subsidy is not applicable.

Importan

For income tax purposes, it your responsibility to keep all copies of your monthly receipts provided by the WNC as we no longer issue income tax letters.

We appreciate the financial support provided by our generous donors: The Toronto Star Fresh Air Fund, City of

KIDZ KODING

This intro to coding program will encourage creativity, critical-thinking & problem solving while engaging participants in a variety of different topics that will develop the skills needed to succeed in the digital world!



WINTER

TUESDAYS JAN 16TH - MARCH 5TH \$50

AGES 6-8

6:00-7:00pm

AGES 9-12

7:00-8:00pm

SPRING

TUESDAYS MARCH 19TH - JUNE 11TH

AGES 6-8

6:00-7:00pm

AGES 9-12

7:00-8:00pm

For more information, please contact: sarah@waterfrontnc.ca or call 416.392.1509 ext. 303

Waterfront Neighbourho Centre

CHILDREN PROGRAMS



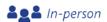
Our children's programs for children ages 5 - 12yrs promote physical activity, social interaction, creativity and fun!

For information, please contact Sarah at 416.392.1509 ext. 303 or sarah@waterfrontnc.ca

Programs are subject to change without notice. Please check our website for updates.

Program

Ballet and Fairy Tales
Art, Dance, Education, Social
Ages 3 to 4
Parents must remain.

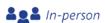


Description & Schedule

This ballet class explores the world of fairy tales through movement while preparing children for ballet dance training. This class encourages your little ones to spark their imagination while learning to dance within the playful context of the timeless stories that all children love!

WINTER 2025								
Saturday								
Classes	Start	End	Day	Time	Fee			
8	Jan 18	Mar 8	Sat	11:00 AM- 11:45 AM	\$38.00			
SPRING 2025								
Saturday								
Classes	Start	End	Day	Time	Fee			
13	Mar 22	Jun 14	Sat	11:00 AM- 11:45 AM	\$62.00			

After School Daze Program! Art, Dance, Education, Social Ages 5 to 12



Each day, children will participate in a specialized activity, as well as enjoy a healthy snack and engage in further skill building through homework help, crafts, teambuilding, games, science, exploration and more! This program is not offered during the March Break and on PA Days.

Program Fees:

- \$72.00/week per child
- Late payment: \$20/week
- Late pick-up after 6:00 PM: \$1.00/per minute

WINTER 2	025					
Classes	Start	End	Day	Time	Fee	
45	Jan 6	Mar 7	Mon, Tue, Wed, Thur, Fi	3:15 PM-6:00 ri PM	See flyer for details	
No Class Jan 17, Feb 14, Feb 17						
SPRING 20	025					
Classes	Start	End	Day	Time	Fee	
Select	Mar 17	Jun 13	Mon, Tue, Wed, Thur, Fi	3:15 PM-6:00 ri PM	See flyer for details	
No Class Apr 18, Apr 21, May 19, Jun 6						

CHILDREN PROGRAMS Program Description & Schedule Children's Hip Hop Children will learn fundamental hip hop skills, dance, and choreography while working Art, Dance, Education, Social collaboratively with their peers. Come join us on Saturday's and learn hip hop in an Ages 5 to 9 energetic, welcoming, and inclusive space! Parents must remain onsite. Parents must remain. **WINTER 2025 ≜≜** In-person Saturdays Classes Start End Day Time Fee 12:00 PM-12:45 PM \$38.00 Jan 18 Mar 8 Sat **SPRING 2025** Saturdays Classes Start End Day Time Fee 12:00 PM-12:45 PM \$62.00 13 Mar 22 Jun 14 Sat **NEW! CLAY WITH ME (Ages 5-9 yrs)** In this hands-on program, little artists will explore the wonders of clay through Art, Dance, Education, Social molding, shaping, and creating unique masterpieces. Each session encourages Ages 5 to 9 creativity, fine motor skills, and self-expression in a fun and supportive environment. Parents must remain. Let your child's imagination run wild as they discover the joy of working with clay and make new friends along the way! Supplies and Materials are included in the fees. **≜≜** In-person **WINTER 2025** Classes Start End Day Time Fee 8 \$114.00 Jan 19 Mar 9 Sun 1:00 PM-2:00 PM **SPRING 2025** Start Classes End Day Time Fee 13 \$186.00 Mar 23 **Jun 15** Sun 1:00 PM-2:00 PM KIDS IN THE KITCHEN This program offers a hands-on, fun interactive cooking experience with peers. Here Art, Dance, Education, Social children will learn about healthy eating, different food groups and be introduced to Ages 5 to 8 delicious new flavours. These young cooks will want to take over the kitchen at Parents must remain. home... beware! Note: Additional food costs are included in the fee. Fee Assistance available. **≜_≟** In-person **WINTER 2025** Classes Start Fnd Day Time. Fee Mar 6 Thur 6:00 PM-7:30 PM \$114.00 Jan 16 SPRING 2025 Time Classes Start End Dav Fee 13 Mar 20 Jun 12 Thur 6:00 PM-7:30 PM \$186.00

MUSICAL THEATRE FOR KIDS

Art, Dance, Education, Social Ages 5 to 9

Parents must remain.

≜ ≜ ≜ In-person

Singing, Dancing, Acting! Through this interactive dramatic arts program, children will gain self-confidence, self-expression and teambuilding skills while having fun!

WINTER	2025						
Classes	Start	End	Day	Time	Fee		
8	Jan 16	Mar 6	Thur	6:00 PM-7:00 PM	\$50.00		
SPRING 2025							
Classes	Start	End	Day	Time	Fee		
13	Mar 20	Jun 12	Thur	6:00 PM-7:00 PM	\$81.00		

waterfrontnc.ca/children **Program Description & Schedule NEW! CHESS CLUB FOR BEGINNERS** Through engaging lessons, playful activities, and friendly competitions, kids will learn Art, Dance, Education, Social the basics of chess strategy, piece movement, and game etiquette. This club fosters Ages 6 to 9 critical thinking, patience, and sportsmanship while encouraging social interaction and teamwork. Whether your child is new to chess or looking to sharpen their skills, this program provides a welcoming environment to grow and enjoy the game! **≜_≜** In-person **WINTER 2025** Classes Start End Dav Time Fee Jan 16 Mar 6 Thur 5:00 PM-6:00 PM \$50.00 Drop-In: Yes - Fee: \$9.00 **SPRING 2025** Classes Start End Day Time Fee 5:00 PM-6:00 PM 13 Mar 20 Jun 12 Thur \$81.00 Drop-In: Yes - Fee: \$9.00 **NEW! FULL S.T.E.A.M AHEAD (6-8 yrs)** Full STEAM Ahead is an engaging program designed for children that combines Science, Technology, Engineering, Art, and Math through fun, hands-on activities. Each Art, Dance, Education, Social Ages 6 to 8 session features interactive projects that spark creativity and curiosity, such as building simple machines, exploring nature, and creating art with technology. With a focus on exploration and imagination, Full STEAM Ahead inspires the next generation **≜_≜** In-person of innovators and thinkers! **WINTER 2025** Classes Start End Day Time Fee 7 Jan 13 Mar 3 Mon 6:00 PM-7:00 PM \$44.00 No Class Feb 17 - 6:00 PM - 7:00 PM SPRING 2025 Classes Start End Day Time. Fee. Mar 17 Jun 9 Mon 6:00 PM-7:00 PM \$69.00 11 No Class Apr 21, May 19 **KIDZ FUN CLUB** Each week join us for a new fun club - Sports Club, Science Club, Art Club, Comic Club Art, Dance, Education, Social and more! Bring your own ideas, and discover some new interests with friends! Ages 6 to 11 **WINTER 2025** 🚢 🚅 In-person Classes Start End Day Time Fee Jan 15 Mar 5 Wed 6:00 PM-7:00 PM \$50.00 **SPRING 2025** Classes Start End Day Time Fee 6:00 PM-7:00 PM 13 Mar 19 **Jun 11** Wed \$81.00 **NEW! KIDZ KODING (Ages 6-8 yrs)** This intro to coding program will encourage creativity, critical thinking & problem Art, Dance, Education, Social solving while engaging participants in a variety of different topics that will develop the Ages 6 to 8 skills needed to succeed in the digital world!

WINTER 2025

SPRING 2025

Start

Start

Mar 18

Jan 14

End

End

Jun 10

Mar 4

Day

Tue

Day

Tue

Time

Time

6:00 PM-7:00 PM

6:00 PM-7:00 PM

Fee

Fee

\$50.00

\$81.00

Classes

Classes

13

🚢 🚅 In-person

CHILDREN PROGRAMS

Program

Visual Arts Club The Visual Art Club encourages children to explore a variety of art styles, while Art, Dance, Education, Social learning different techniques and skills with the guidance of a professional visual artist! Ages 6 to 11 Parents must remain onsite. Parents must remain. **WINTER 2025 ▲!** In-person Ages 6 - 11 yrs Classes Start End Day Time Fee \$74.00 Jan 18 Mar 8 Sat 3:00 PM-4:30 PM **SPRING 2025 Spring Session 1** Classes Start End Day Time Fee 3:00 PM-4:30 PM \$65.00 Mar 22 May 3 Sat **Spring Session 2** Classes Fee Start End Day Time May 10 Jun 14 3:00 PM-4:30 PM \$56.00 Sat NEW! FULL S.T.E.A.M AHEAD (Ages 9-12 yrs) Full STEAM Ahead is an engaging program designed for children that combines Art, Dance, Education, Social Science, Technology, Engineering, Art, and Math through fun, hands-on activities. Each Ages 9 to 12 session features interactive projects that spark creativity and curiosity, such as building simple machines, exploring nature, and creating art with technology. With a focus on exploration and imagination, Full STEAM Ahead inspires the next generation **▲≜** In-person of innovators and thinkers! **WINTER 2025** Classes Start End Dav Time Fee Mar 3 7:00 PM-8:00 PM \$44.00 Jan 13 Mon No Class Feb 17 - 7:00 PM - 8:00 PM **SPRING 2025** Classes Start End Day Time Fee 11 Mar 17 Jun 9 Mon 7:00 PM-8:00 PM \$69.00 No Class Apr 21 - 7:00 PM - 8:00 PM NEW! KIDZ KODING (Ages 9-12 yrs) This intro to coding program will encourage creativity, critical thinking & problem Art, Dance, Education, Social solving while engaging participants in a variety of different topics that will develop the Ages 9 to 12 skills needed to succeed in the digital world! **WINTER 2025 ▲≜** In-person Classes Start End Day Time Fee Jan 14 Mar 4 Tue 7:00 PM-8:00 PM \$50.00 SPRING 2025 Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 7:00 PM-8:00 PM \$81.00 **NEW! POPSTARS!** Come channel your inner superstar! Popstars program combines singing practice with Art, Dance, Education, Social dynamic choreography, allowing participants to perform chart-topping hits from Ages 9 to 12 today's biggest artists. Whether you're a seasoned singer or just starting out, come express yourself and shine like a popstar! **▲!** In-person **WINTER 2025** Classes Start End Dav Time Fee Jan 17 Mar 7 Fri 5:00 PM-6:00 PM \$50.00 SPRING 2025 Classes Start End Day Time Fee Jun 13 13 Fri 5:00 PM-6:00 PM \$81.00 Mar 21

Description & Schedule

Fitness, Sports & Recreational Programs

For information, please contact Chase at 416.392.1509 ext. 341 or chase@waterfrontnc.ca

No Class Apr 18, Apr 21, May 19

Program

Children's Basketball – Ages 3 to 5 yrs. Fitness, Recreation and Sports Ages 3 to 5

Parents must remain.



Description & Schedule

WINTER 2025

Want to learn how to make the perfect jump shot? Join us for an exciting game of basketball. Practice dribbling, shooting hoops, and ball handling. Parents are to remain onsite.

Monday:	S				
Classes	Start	End	Day	Time	Fee
7	Jan 13	Mar 3	Mon	5:45 PM-6:30 PM	\$33.00
Fridays					
Classes	Start	End	Day	Time	Fee
8	Jan 17	Mar 7	Fri	5:45 PM-6:30 PM	\$38.00
No Class	Feb 17 -	5:45 PM -	6:30 PM		
SPRING	2025				
Monday :	s				
Classes	Start	End	Day	Time	Fee
11	Mar 17	Jun 9	Mon	5:45 PM-6:30 PM	\$52.00
Fridays					
Classes	Start	End	Day	Time	Fee
12	Mar 21	Jun 13	Fri	5:45 PM-6:30 PM	\$57.00

Children will have fun exploring a variety of sports and cooperative games in this positive, physically active, teambuilding program!

NEW! Junior Sports & Games Fitness, Recreation and Sports Ages 3 to 4 Parents must remain.



NEW! Tumble Totz Gymnastics Fitness, Recreation and Sports Ages 3 to 5 Parents must remain.

≜ ≜ ≜ In-person

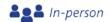
WINTER	R 2025							
Classes	Start	End	Day	Time	Fee			
7	Jan 13	Mar 3	Mon	4:00 PM-4:45 PM	\$33.00			
No Class	No Class Feb 17 – 4:00 PM – 4:45 PM							
SPRING	2025							
Cl								
Classes	Start	End	Day	Time	Fee			
11	Start Mar 17	End Jun 9	<i>Day</i> Mon	Time 4:00 PM-4:45 PM	Fee \$52.00			

Children will learn basic gymnastic skills as well as develop strength, flexibility, and coordination. In this small group setting, new gymnasts will develop fine and gross motor skills that are transferable to any sport or set of physical activities!

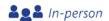
WINTER	2025				
Classes	Start	End	Day	Time	Fee
8	Jan 18	Mar 8	Sat	12:30 PM-1:15 PM	\$114.00
Classes	Start	End	Day	Time	Fee
8	Jan 19	Mar 9	Sun	12:00 PM-12:45 PM	\$114.00
SPRING 2	2025				
Classes	Start	End	Day	Time	Fee
13	Mar 22	Jun 14	Sat	12:30 PM-1:15 PM	\$186.00
Classes	Start	End	Day	Time	Fee
Select	Mar 23	Jun 15	Sun	12:00 PM-12:45 PM	\$186.00

CHILDREN PROGRAMS

Program Children's Soccer – Ages 4 – 5 yrs. & 6 -10 yrs. Fitness, Recreation and Sports Ages 4 to 10 Parents must remain.



Children's Karate - Ages 5 - 12 Fitness, Recreation and Sports Ages 5 to 12 Parents must remain.



Description & Schedule

Go team go! This beginner class will teach kids basic soccer fundamentals and drills while having fun and staying active! Parents must remain onsite.

WINTER	2025								
Class 1- Ages 4 to 5 yrs.									
Classes	Start	End	Day	Time	Fee				
8	Jan 18	Mar 8	Sat	12:30 PM-1:15 PM	\$38.00				
Class 2 - Ages 6 to 10 yrs.									
Classes	Start	End	Day	Time	Fee				
8	Jan 18	Mar 8	Sat	1:30 PM-2:15 PM	\$38.00				
SPRING	2025								
Class 1 -	Ages 4 to	5 yrs.							
Classes	Start	End	Day	Time	Fee				
13	Mar 22	Jun 14	Sat	12:30 PM-1:15 PM	\$62.00				
Class 2 -	Ages 6 to	10 yrs.							
Classes	Start	End	Day	Time	Fee				
13	Mar 22	Jun 14	Sat	1:30 PM-2:15 PM	\$62.00				

This beginner and beginner/intermediate karate class is taught by a third degree black-belt instructor and introduces children to basic karate and self-defense techniques while teaching self-confidence and discipline. Parents must remain onsite.

WINTER	2025				
Monday	s (Ages 5 -	8 yrs) - B	eginner		
Classes	Start	End	Day	Time	Fee
7	Jan 13	Mar 3	Mon	4:45 PM-5:30 PM	\$33.00
Monday	s (Ages 5 -	8 yrs) - B	eginner Interm	nediate	
Classes	Start	End	Day	Time	Fee
7	Jan 13	Mar 3	Mon	5:30 PM-6:15 PM	\$33.00
Monday:	s (Ages 9 -	12 yrs) -	Beginner		
Classes	Start	End	Day	Time	Fee
7	Jan 13	Mar 3	Mon	6:15 PM-7:00 PM	\$33.00
Tuesday	s (Ages 5 -	8 yrs) - B	eginner		
Classes	Start	End	Day	Time	Fee
8	Jan 14	Mar 4	Tue	4:45 PM-5:30 PM	\$38.00
Tuesday	s (Ages 9 -	12 yrs)			
Classes	Start	End	Day	Time	Fee
8	Jan 14	Mar 4	Tue	5:30 PM-6:15 PM	\$38.00
No Class					
SPRING	2025				
Monday :	s (Ages 5 -	8 yrs) - B	eginner		
Classes	Start	End	Day	Time	Fee
11	Mar 17	Jun 9	Mon	4:45 PM-5:30 PM	\$52.00
Monday	s (Ages 5 -	8 yrs) - B	eginner/Interr	nediate	
Classes	Start	End	Day	Time	Fee
11	Mar 17	Jun 9	Mon	5:30 PM-6:15 PM	\$52.00
Monday:	s (Ages 9 -	· 12 yrs) -	Beginner		
Classes	Start	End	Day	Time	Fee
11	Mar 17	Jun 9	Mon	6:15 PM-7:00 PM	\$52.00
Tuesday	s (Ages 5 -	8 yrs) - B	eginner		
Classes	Start	End	Day	Time	Fee
13	Mar 18	Jun 10	Tue	4:45 PM-5:30 PM	\$62.00

Program	Descript	Description & Schedule					
	Tuesdays (Ages 9 - 12 yrs) - Beginner						
	Classes	Start	End	Day	Time	Fee	
	13	Mar 18	Jun 10	Tue	5:30 PM-6:15 PM	\$62.00	
	No Class	No Class Apr 21, May 19					

Children's Basketball – Ages 6 to 10 yrs. Fitness, Recreation and Sports Ages 6 to 10 Parents must remain.

≜ ≜ In-person

Want to learn how to make the perfect jump shot? Join us for an exciting game of basketball. Practice dribbling, shooting hoops, and ball handling. Parents must remain onsite.

WINTER	2025				
Monday					
Classes	Start	End	Day	Time	Fee
7	Jan 13	Mar 3	Mon	6:30 PM-7:15 PM	\$33.00
Fridays					
Classes	Start	End	Day	Time	Fee
8	Jan 17	Mar 7	Fri	6:30 PM-7:15 PM	\$38.00
No Class	Feb 17 -	6:30 PM -	7:15 PM		
SPRING	2025				
Monday :	s				
Classes	Start	End	Day	Time	Fee
11	Mar 17	Jun 9	Mon	6:30 PM-7:15 PM	\$52.00
Fridays					
Classes	Start	End	Day	Time	Fee
12	Mar 21	Jun 13	Fri	6:30 PM-7:15 PM	\$57.00
No Class	Apr 18, Ap	pr 21, May	19		
01.11.1					G 11 1111

Gymnastics

and Sports

Children will learn basic gymnastic skills as well as develop strength, flexibility, and coordination. In this small group setting, new gymnasts will develop fine and gross motor skills that are transferable to any sport or set of physical activities!

WINTER	2025				
Classes	Start	End	Day	Time	Fee
8	Jan 18	Mar 8	Sat	1:30 PM-2:15 PM	\$114.00
Classes	Start	End	Day	Time	Fee
8	Jan 19	Mar 9	Sun	1:00 PM-1:45 PM	\$114.00
SPRING	2025				
Classes					
Classes	Start	End	Day	Time	Fee
13	Start Mar 22	End Jun 14	<i>Day</i> Sat	Time 1:30 PM-2:15 PM	Fee \$186.00
			,		



NEW! Tumble Kidz Gymnastics Fitness, Recreation and Sports Ages 6 to 10 Parents must remain.

♣₽♣ In-person





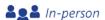
Program

MARCH BREAK CAMP

Camps and Special Events

Ages 5 to 12

Minimum of 8 participants required.



Description & Schedule

Enjoy a week of camp activities including games, sports, arts & crafts, STEM, exciting day trips & special events! Connect with new friends, explore new things and make memories to last a lifetime! Note: Trip fees may apply.

Program hours: 9:30AM - 4:30PM.

Extended care: 8:30AM - 5:30PM (\$7/day)

NTE	

Classes	Start	End	Day	Time	Fee
5	Mar 10	Mar 14	Mon, Tue, Wed, Thur, Fri	9:30 AM-4:30 PM	\$125.00

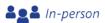
SPRING 2025

Not Offered

Camps and Special Events Ages 5 to 12

P.A. DAY CAMPS

Minimum of 8 participants required.



WNC offers a full day program on Toronto District School Board scheduled PA Days. These fun-filled days include activities in the gym, games, and trips to exciting places such as the movies, bowling, skating rinks and swimming pools! Trip fees may apply. Trip locations are subject to change.

Program hours: 9:30AM - 4:30PM.

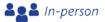
Extended care: 8:30AM - 5:30PM (\$7/day)

WINTER 2025 JANUARY 17TH - SKATING FUN! Classes Start End Day Time Fee Jan 17 Fri 9:30 AM-4:30 PM \$25.00 FEBRUARY 14TH - BOWLERAMA FUN! Classes Start End Day Time Fee Feb 14 9:30 AM-4:30 PM \$25.00 Fri SPRING 2025 JUNE 6TH - TRIP TO CENTRE ISLAND! Classes Start End Time Fee Day Fri 9:30 AM-4:30 PM \$25.00 Jun 6

SUMMER DAZE CAMP

Camps and Special Events

Ages 5 to 12



Funded in part thanks to the Toronto Star Fresh Air Fund, City of Toronto - Children Services, and Government of Canada - Canada Summer Jobs.

Summer is a time to relax, have fun and, most importantly, it is a time to learn and grow! The WNC Summer Daze Camp provides an enriching camp experience that offers a variety of fun activities and day trips.

Please note: see our Summer Daze Camp Flyer for more details!

SUMMER 2025									
Classes	Start	End	Day	Time	Fee				
Select	Jul 2	Aug 21	Mon, Tue, Wed, Thur, Fri	9:30 AM-4:30 PM	See flyer for details				



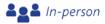
Youth Programs offered at the Waterfront Neighbourhood Centre focus on helping youth engage, develop, explore, and reach their full potential. Through program engagement and participation, youth increase their leadership skills, and autonomy while creating long-time friendships with their peers and learning from their Youth Mentors. Youth develop a sense of belonging by becoming an active member of their community, creating new opportunities and memories that will last a lifetime!

For information, please contact Cheyenne at 416.392.1509 ext. 304 or cheyenne@waterfrontnc.ca

Programs are subject to change without notice. Please check our website for updates.

Program

Tween After School Program (Gr.6-8) Art, Dance, Education, Social Ages 11 to 14 30 Maximum



Funded in part thanks to the City of Toronto -Community Services Partnership Program.

Description & Schedule

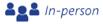
The Tween After School Program is for Youth in Grades 6 to 8, ages 11-14 yrs. Tweens are welcome to join us for Multimedia Monday, Table Talk Tuesday, Wellness Wednesday, Tech Thursday and Lounge Free Play Fridays! Come and participate in fun and exciting activities including arts and craft, sports and recreation and life-skills workshops! Space is limited and registration is required. Not offered on PA Days.

WINTER 2025									
Ages 11 to 14									
Classes	Start	End	Day -	Time	Fee				
40	Jan 13	Mar 7	Mon, Tue, Wed, Thur, Fri	3:30 PM- 6:00 PM	Free				
No Class F	eb 17								

SPRING 2025								
Ages 11 to	14							
Classes	Start	End	<i>Day</i> Mon, Tue,	Time	Fee			
50	Mar 17	Jun 13	Wed, Thur, Fri	3:30 PM- 6:00 PM	Free			
No Class A	Apr 18. Apr 21	May 19						

WINTER 2025

Tween Lunch Program Art, Dance, Education, Social Ages 11 to 14 30 Maximum



Funded in part thanks to the City of Toronto -Community Services Partnership Program.

Come and have lunch with us in the Youth Lounge from Monday to Friday from 11:30am to 12:30 pm. We provide nutritious snacks, fun activities and mentorship opportunities. There is a one-time payment fee of \$30 for the entire schoolyear. Space is limited and registration is required

Ages 11 to 14								
Classes	Start	End	Day	Time	Fee			
44	Jan 13	Mar 7	Mon, Tue, Wed, Thur, Fri	11:30 AM-12:30 PM	1 \$30.00			
No Class	No Class Feb 17							
SPRING	2025							
Ages 11	to 14							
Classes	Start	End	Day	Time	Fee			
50	Mar 17	Jun 13	Mon, Tue, Wed, Thur, Fri	11:30 AM-12:30 PM	1 \$30.00			
No Class	No Class Apr 18, April 21, May 19							





For Registration and more information, please contact Cheyenne Supervisor of Youth Programs E:Cheyenne@waterfrontnc.ca T: (416)392-1509 ext 302.

E: Cheyenne@waterfrontnc.ca T: (416)392-1509 ext 302. E: YouthWorkers@waterfrontnc.ca T: (647)553-7543

Funded in part thanks to the City of Toronto Community Services Partnership Program



TWEEN PROGRAMS

FOR TWEENS (GR. 6-8) AGES 11-14





Monday - Friday 11:30am - 12:30pm Fee: \$30 After School Program Monday - Friday

P.A Day - March Break Summer Camp 10:30am-4:30pm

To Register and for more information, please contact Cheyenne- Supervisor of Youth Programs E: Cheyenne@waterfrontnc.ca or T.(416)392-1509 ext.302 Youth Workers -E: YouthWorkers@waterfrontnc.ca or T: (647)553-7543

Light Snacks Provided

Location: Waterfront Neighbourhood Centre 627 Queens Quay West

Funded in part thanks to the City of Toronto Community Services Partnership Program



YOUTH BAKING PROGRAM



COME JOIN US FOR OUR

EXCITING NEW PROGRAM

CENTRERED AROUND BAKING DELICIOUS SWEETS AND TREATS FROM AROUND THE GLOBE. THIS PROGRAM IS IN HIGH-DEMAND AMONG THE YOUTH IN OUR COOKING PROGRAM WETHER IT'S CAKES, BROWNIES OR COOKIES, OUR BAKING PROGRAM WILL ENHANCE YOUTH'S BAKING SKILLS AND INTRODUCE THEM TO NEW, TRENDY RECIPES THAT WILL STATIFY THEIR TASTE BUDS!

MONDAY'S FROM 6PM-9PM

FOR REGISTRATION AND MORE INFORMATION, PLEASE CONTACT CHEYENNE- SUPERVISOR OF YOUTH PROGRAMS

E: CHEYENNE@WATERFRONTNC.CA OR T: (416)392-1509 EXT. 302

FUNDED IN PART THANKS TO THE CITY OF TORONTO COMMUNITY SERVICES PARTNERSHIP PROGRAM



STUDIO

MONDAY, THURSDAY, FRIDAY



3pm-8pm Ages 12-24 3 people per recording session









This program is perfect for anyone interested in becoming and artist, producer, audio engineer, photographer, videographer or graphic designer. Our highly trained WNC Staff are here to teach you all the fundamentals you need!

Location: 627 Queens Quay West

Please contact Cheyenne - Supervisor of Youth Programs
(416)392-1509 ext. 302 or Cheyenne@waterfrontnc.ca
Multimedia Studio Program Workers E: multimediastudio@waterfrontnc.ca or T: (647)553-7543



unded In Part Thanks to Ports Toronto and Nieuport Aviation
Community Connect Garden and Room 13 Multimedia Studio

PORTS

YOUTH PROGRAMS

Program

Tween March Break Camp Art, Dance, Education, Social Ages 11 to 14



Funded in part thanks to the City of Toronto – Community Services Partnership Program.

Description & Schedule

Looking for something to do during the March Break? Come and join us for fun and engaging activities including arts and craft, cooking and recreational activities with our WNC Youth Workers. Tween March Break Camp will be offered Monday March 10th until Friday March 14th from 10:30am until 4:30pm.

Space is limited and registration is required. (Maximum 25 Participants). Trip fees may apply.

W	NIT	ER	20	125
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Classes	Start	End	Day	Time	Fee
5	Mar 10	Mar 14	Mon, Tue, Wed. Thur. Fr	10:30 AM-4:30 PM	See flyer for details

SPRING 2025

Not Offered

Tween PA Day Camp
Art, Dance, Education, Social
Ages 11 to 14
25 Maximum

≜≜ In-person

Funded in part thanks to the City of Toronto – Community Services Partnership Program.

Youth in Grades 6 to 8 are welcome to join us for our Tween PA Day Camp. Come prepared to participate in fun games and activities! Camps will be offered from 10:30am until 4:30pm. Trip fees may apply. Space is limited and Registration is required (Maximum 25 Participants)

WINTER 2025

SKATING FUN- JAN. 17						
Classes	Start	End	Day	Time	Fee	
1	Jan 17		Fri	10:30 AM-4:30 PM	See flyer for details	
BOWLE	RAMA - F	EB. 14				
Classes	Start	End	Day	Time	Fee	
1	Feb 14		Fri	10:30 AM-4:30 PM	See flyer for details	
SPRING	2025					
GOING TO THE MOVIES! - JUN. 6						
Classes	Start	End	Day	Time	Fee	
1	Jun 6		Fri	10:30 AM-4:30 PM	See flyer for details	

Multimedia Studio

Art, Dance, Education, Social

Ages 12 to 24 Max. 15 participants

≜≜ In-person

Funded in part thanks to Ports Toronto and Nieuport Aviation – Community Connect Garden and Room 13 Multimedia Studio for Youth The Multimedia Studio is a practical program where you can learn hands on with our highly skilled WNC staff! This program is great for those interested in becoming a recording artist, producer, audio engineer, photographer, videographer, or graphic designer. Learn all the fundamentals you need to launch your creative career!

Registration is required.

WINTER 2025

Appointment Required							
Classes	Start	End	Day	Time	Fee		
24	Jan 13	Mar 7	Mon, Thur, Fri	3:00 PM-8:00 PM	Free		
SPRING	SPRING 2025						
Appoint	ment Requ	uired					
Classes	Start	End	Day	Time	Fee		
36	Mar 17	Jun 13	Mon, Thur, Fri	3:00 PM-8:00 PM	Free		

Program

Get Jobs For Youth

Art, Dance, Education, Social

Ages 14 to 24

Funded in part thanks to the City of Toronto – Community Services Partnership Program.

Description & Schedule

Need a Job? Don't Know where to start? Get Jobs for Youth is offered online and in-person. This program hosts employment readiness workshops to help youth with writing resumes and cover letters, job hunting, interview prep and more! Registration is required.

WINTER	R 2025				
Appoint	ment Req	uired			
Classes	Start	End	Day	Time	Fee
24	Jan 13	Mar 4	Mon, Tue	6:00 PM-9:00 PM	Free
No Class	Feb 17				
SPRING	2025				
Appoint	ment Req	uired			
Classes	Start	End	Day	Time	Fee
26	Mar 17	Jun 10	Mon, Tue	6:00 PM-9:00 PM	Free
No Class Apr 21, May 19					

NEW! Youth Afterschool Program

Art, Dance, Education, Social

Ages 14 to 19 15 Maximum.

≜≜ In-person

Funded in part thanks to the City of Toronto – Community Services Partnership Program.

The Youth Afterschool Program offers a safe and welcoming environment where you can enhance your social and leadership skills, receive mentorship from our dedicated Youth Workers, and have the opportunity to earn community service hours. Join us every Monday, Wednesday, and Friday for light snacks, homework help, and guidance in exploring various career and skill development opportunities. Don't miss out on this valuable opportunity for growth and support!

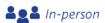
WINTER	2025					
Gr. 9-12						
Classes	Start	End	Day	Time	Fee	
24	Jan 13	Mar 7	Mon, Wed, Fri	3:00 PM-6:00 PM		
No Class	Feb 17					
SPRING:	2025					
Gr. 9-12						
Classes	Start	End	Day	Time	Fee	
36	Mar 17	Jun 13	Mon, Wed, Fri	3:00 PM-6:00 PM		
No Class	No Class Apr 18, Apr 21, May 19					

NEW! Youth Baking

Art, Dance, Education, Social

Ages 14 to 24

Maximum 30



Funded in part thanks to the City of Toronto – Community Services Partnership Program. Come join us for our exciting new program centered around baking delicious sweets and treats from around the globe. This program is in high-demand among the youth in our cooking program! Whether it's cakes, brownies, or cookies, our baking program will enhance youth's baking skills and introduce them to new, trendy recipes that will satisfy their taste buds.

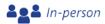
WINTER	WINTER 2025					
	Ages 14 - 24					
Classes	Start	End	Day	Time	Fee	
8	Jan 13	Mar 3	Mon	6:00 PM-9:00 PM	Free	
No Class	Feb 17					
SPRING	2025					
Ages 14	-24					
Classes	Start	End	Day	Time	Fee	
13	Mar 17	Jun 9	Mon	6:00 PM-9:00 PM		
No Class Apr 21, May 19						

Program

Youth Cooking

Art, Dance, Education, Social Ages 14 to 24

30 Maximum



Funded in part thanks to the City of Toronto -Community Services Partnership Program.

Youth Lounge

Art, Dance, Education, Social

Ages 14 to 24 30 Maximum

≜≜ In-person

Funded in part thanks to the City of Toronto -Community Services Partnership Program.

Description & Schedule

Join us as we learn to cook and share dinner together! Partake in cooking challenges and learn diverse recipes from all over the world! Space is limited and registration is required.

WINTER 2025						
Ages 14	-24					
Classes	Start	End	Day	Time	Fee	
8	Jan 15	Mar 5	Wed	6:00 PM-9:00 PM	Free	
SPRING	SPRING 2025					
Ages 14	-24					
Classes	Start	End	Day	Time	Fee	
13	Mar 19	Jun 11	Wed	6:00 PM-9:00 PM	Free	
Drop-In: Yes						

Come and hang out with us at the WNC Youth Lounge where we offer a range of activities and life -skills workshops. Youth Lounge is a great space for youth to meet new peers, make memories and build new friendships! Our WNC Youth Staff Team will ensure that each session is filled with fun and exciting learning opportunities!

Space is limited and Registration is required.

WINTER 2025

Offered	Daily

Classes Start End Day Time Fee Mon, Tue, 39 Jan 13 Mar 7 6:00 PM-9:00 PM Free Wed, Thur, Fri

No Class Feb 17

SPRING 2025

Offered Daily

Time Classes Start End Day Fee Mon, Tue, 50 Mar 17 Jun 13 6:00 PM-9:00 PM Free Wed, Thur, Fri

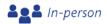
No Class Apr 18, Apr 21, May 19





Program

Youth Basketball Fitness, Recreation and Sports Ages 11 to 15 30 Maximum



Funded in part thanks to the City of Toronto – Community Services Partnership Program.

Youth Sports and Recreation Fitness, Recreation and Sports Ages 14 to 24 30 Maximum



Funded in part thanks to the City of Toronto – Community Services Partnership Program.

Youth Basketball

Fitness, Recreation and Sports Ages 16 to 24

30 Maximum

≜≜ In-person

Funded in part thanks to the City of Toronto – Community Services Partnership Program.

Description & Schedule

Come join us Tuesday Evenings for fun basketball games, drills and skill building activities!

Space is limited and Registration is required.

WINTER	WINTER 2025						
Ages 11	Ages 11-15						
Classes	Start	End	Day	Time	Fee		
8	Jan 14	Mar 4	Tue	6:00 PM-7:15 PM	Free		
SPRING	2025						
Ages 11	Ages 11-15						
Classes	Start	End	Day	Time	Fee		
13	Mar 18	Jun 10	Tue	6:00 PM-7:15 PM	Free		

Join us for a wide range of fun sports and recreational activities while engaging in great conversations with our WNC Youth Staff Team!

Space is limited and Registration is required.

WINTER 2025 Δges 14-24

Ages I-					
Classes	Start	End	Day	Time	Fee
24	Jan 13	Mar 7	Mon, We	d, Fri 6:00 PM-7:15 PM	Free
No Class	Feb 17				

SPRING 2025

Ages 14-24

Classes	Start	End	Day	Time	Fee	
36	Mar 17	Jun 13	Mon, We	ed, Fri 6:00 PM-7:15 PM	Free	
No Class April 10 April 21 May 10						

No Class Apr 18, Apr 21, May 19

Come join us Thursday evenings for fun basketball games, drills and skill building activities!

Space is limited and Registration is required.

WINTER 2025									
Ages 16-24									
Classes	Start	End	Day	Time	Fee				
8	Jan 16	Mar 6	Thur	6:00 PM-9:00 PM	Free				
SPRING 2025									
Ages 16-24									
Classes	Start	End	Day	Time	Fee				
13	Mar 20	Jun 12	Thur	6:00 PM-9:00 PM	Free				

SENIORS PROGRAMS



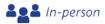
Waterfront Neighbourhood Centre offers an array of diverse and active programs for all seniors, looking to meet new people, stay healthy and have fun. Join our enriching programs specifically designed for older adults 55+.

For information, please contact Elizabeth at 416.392.1509 ext. 327 or elizabeth@waterfrontnc.ca

Programs are subject to change without notice. Please check our website for updates.

Program

Afternoon Tea & Social Art, Dance, Education, Social Ages 55 +



Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC)

Description & Schedule

No Class Apr 21, May 19

Come meet new people, make new friends, have a laugh, & enjoy fun and meaningful conversations & so much more!

WINTER 2025								
Classes	Start	End	Day	Time	Fee			
7	Jan 13	Mar 3	Mon	1:00 PM- PM	3:00 Free			

Drop-In: Yes

No Class Feb 17 - 1:00 PM - 3:00 PM

SPRING 2025									
Classes	Start	End	Day	Time	Fee				
11	Mar 17	Jun 9	Mon	1:00 PM-3:0 PM	0 Free				
Drop-In: Yes									

Art Studio

Art, Dance, Education, Social Ages 55 +



Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) This is an open art studio time where everyone is welcome to join. Bring your materials and use this time to start, continue and finish an art project like drawing, painting, scrap-booking, or crocheting. Please note that some supplies are provided and limited for group projects- we encourage you to bring your own materials.

WINTER 2025									
Classes	Start	End	Day	Time	Fee				
8	Jan 17	Mar 7	Fri	11:00 AM-1:00 PM	Free				
Drop-In:	Yes								
SPRING:	SPRING 2025								
Classes	Start	End	Day	Time	Fee				
12	Mar 21	Jun 13	Fri	11:00 AM-1:00 PM	Free				
Drop-In: Yes									
No Class Apr 18									

Baking for Fun

Art, Dance, Education, Social

Ages 55 +



Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Interested in Baking? If the answer is YES, then come to our Baking for Fun program! Bake some delicious and healthy treats in a fun and inclusive setting.

WINTER	2025							
Classes	Start	End	Day	Time	Fee			
8	Jan 15	Mar 5	Wed	12:30 PM-2:00 PM	Free			
Drop-In:	Yes							
SPRING 2025								
Classes	Start	End	Day	Time	Fee			
13	Mar 19	Jun 11	Wed	12:30 PM-2:00 PM	Free			
Drop-In: Yes								



AFROBEATS

(LATIN FUSION)

MOVE YOUR BODY TO AN AFROBEATS FITNESS **WORKOUT WITH A LATIN TWIST!**

SENIORS 55+

SATURDAY 2:15 - 3:15 PM JAN 18 - MAR 8 8 CLASSES | \$20

DROP-IN: \$3.50/CLASS

ADULTS 18+

SATURDAY 3:30 - 4:30 PM **JAN 18 - MAR 8** 8 CLASSES I \$56 DROP-IN: \$9.00/CLASS

FOR MORE INFO:

© 416-392-1509





GENTLE (HATHA) YOGA

AGES 55+

JOIN US WEEKLY FOR YOGA CLASSES FOCUSED ON INCREASING STRENGTH, FLEXIBILITY, BALANCE, AND MORE!

WINTER

MONDAYS 9:45 - 10:45 AM **JAN 13 - MAR 3** \$18 | 7 CLASSES

SPRING

MONDAYS 9:45 - 10:45 AM MAR 17 - JUN 9 \$28 | 11 CLASSES

DROP-IN | \$3.50

FOR MORE INFO:

416-392-1509 SCHASE@WATERFRONTNC.CA



ZUMBA CLASSES

Mondays & Fridays



Come work up a sweat to great tunes on Mondays and Fridays in our Adult Zumba (18+) and Zumba Gold (55+) classes!

Zumba 18+ Winter

Mondays Jan 13 - Mar 3 7 Classes | \$49 7:15-8:15 pm

Spring Mondays

Mar 17- Jun 9 11 Classes I \$77 7:15-8:15 pm

Zumba 18+ Winter

Fridays Jan 17- Mar 7 8 Classes | \$56 5:45-6:45 pm

Spring Fridays

Mar 21 - Jun 13 12 Classes | \$84 5:45-6:45 pm

Zumba Gold 55+

Winter

Fridays Jan 17- Mar 7 8 Classes | \$20 4:30-5:30 pm

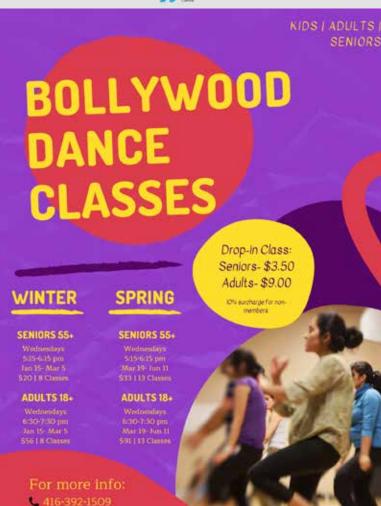
Spring

Fridays Mar 21 - Jun 13 12 Classes I \$30 4:30-5:30 pm

For more info:

416-392-1509 □ chase@waterfrontnc.ca





💹 chase@waterfrontnc.ca

SENIORS PROGRAMS

Program	Descript	ion & Sche	dule					
Board Games & Fun! Art, Dance, Education, Social	Join us for a fun afternoon of playing board games including Scrabble, Chess, Dominoes, Uno, Puzzles & much more! Everyone is welcome to attend!							
Ages 55 +								
• • • • • • • • • • • • • • • • • • • •		WINTER 2025						
♣≜ In-person	Classes	Start	End	Day	Time	Fee		
Funded in part thanks to Ministry for Seniors and	8 Dron-In:	Jan 16 Ves	Mar 6	Thur	1:00 PM-3:00 PM	Free		
Accessibility – Seniors Active Living Centres. (SALC)		Drop-In: Yes SPRING 2025						
	Classes	Start	End	Day	Time	Fee		
	13	Mar 20	Jun 12	Thur	1:00 PM-3:00 PM	Free		
	Drop-In:	Yes						
NEW! Brain Gym Art, Dance, Education, Social Ages 55 +	Keep you thinking		arp with w	eekly trivia	questions, riddles, memory	and creative		
7,650 00	WINTER	R 2025						
Les In-person	Classes	Start	End	Day	Time	Fee		
_	8	Jan 14	Mar 4	Tue	3:00 PM-4:00 PM	Free		
Funded in part thanks to Ministry for Seniors and	Drop-In:							
Accessibility - Seniors Active Living Centres. (SALC)	SPRING							
	Classes	Start	End	Day -	Time	Fee		
	13 Drop-In:	Mar 18	Jun 10	Tue	3:00 PM-4:00 PM	Free		
Men's Coffee Social Art, Dance, Education, Social Ages 55 +	This is a	meeting pl			t men can play games, mee ussions & more!	t new people,		
-	WINTER	R 2025						
♣_♣ In-person	Classes	Start	End	Day	Time	Fee		
	8	Jan 14	Mar 4	Tue	1:00 PM-3:00 PM	Free		
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)	Drop-In:							
Accessibility - Seniors Active Living Centres. (SALC)	SPRING		Fd	D	Time -	F		
	Classes 13	Start Mar 18	End Jun 10	<i>Day</i> Tue	Time 1:00 PM-3:00 PM	Fee Free		
	Drop-In:		Juli 10	iue	1.00 FIVI-3.00 FIVI	Пее		
Senior's Advisory Committee Art, Dance, Education, Social Ages 55 + Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC)	The Seni address and learn	or's Adviso program ar	nd senior c another to	ommunity ı o further su	o discuss and share their pon needs, plan special events, pport the senior communit	share their skills		
	WINTER 2025							
	Classes	Start	End	Day	Time	Fee		
	2	Jan 29	Feb 19	Wed	3:30 PM-4:30 PM	Free		
	Drop-In: Yes Meet On Jan 29, Feb 19							
	SPRING	2025						
	Classes	Start	End	Day	Time	Fee		
	4	Mar 26	Jun 11	Wed	3:30 PM-4:30 PM	Free		
	Drop-In:		00 . 1.4	04 4	1			
	ivieet Or	ı ıvıar 26, <i>P</i>	vpr ∠3, Ma	y 21, Jun 1:	1			

Program	Descript	ion & Sche	dule				
Senior's Bollywood Dance Art, Dance, Education, Social Ages 55 +	This beginner class is designed for seniors interested in learning and expanding their repertoire of Bollywood dance techniques. Come join us on Wednesdays to learn Bollywood dance in an inclusive and supportive environment!						
≜_≜ In-person	WINTER	2025					
	Classes 8 Drop-In: SPRING	Start Jan 15 Yes – Fee:	End Mar 5 \$3.50	<i>Day</i> Wed	Time 5:15 PM-6:15 PM	Fee \$20.00	
	Classes	Start	End	Day	Time	Fee	
	13	Mar 19 Yes – Fee:	Jun 11	Wed	5:15 PM-6:15 PM	\$33.00	
NEW! Seniors AfroBeats (Latin Twist) Art, Dance, Education, Social Ages 55 +	Come joi	n us for an	_		get you moving and breaki ith a Latin twist!	ng out a sweat!	
• • •	WINTER						
In-person	Classes 8 Drop-In:	Start Jan 18 Yes – Fee:	End Mar 8 \$3.50	Day Sat	Time 2:15 PM-3:15 PM	Fee \$20.00	
	SPRING	2025					
	Classes	Start	End	Day	Time	Fee	
	13 Drop-In:	Mar 22 Yes - Fee:	Jun 14 \$3.50	Sat	2:15 PM-3:15 PM	\$33.00	
Seniors Tech Talk Art, Dance, Education, Social Ages 55 +	A friendly forum to talk about technology in all it's aspects. Have the applications on your device? We are here to help you! Unde to overcome these situations. Bring your device in and let's have believe it's never too late to learn!					nd and learn how	
Les In-person	WINTER	2025					
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)	Classes 7	Start Jan 13	End Mar 3	<i>Day</i> Mon	Time 11:00 AM-12:00 PM	Fee Free	
	Drop-In: Yes No Class Feb 17 - 11:00 AM - 12:00 PM						
	SPRING	2025					
	Classes 11	Start Mar 17	End Jun 9	<i>Day</i> Mon	Time 11:00 AM-12:00 PM	Fee Free	
	Drop-In: Yes No Class Apr 21 , May 19						
NEW! Spanish Circle Art, Dance, Education, Social Ages 55 +	Hola amigos! Join our group to learn basic Spanish and practice together in a beginner friendly environment.						
♣≜♣ In-person	Classes	Start	End	Day	Time	Fee	
Funded in part thanks to Ministry for Seniors and	8 Drop-In:		Mar 6	Thur	3:30 PM-5:00 PM	Free	
Accessibility – Seniors Active Living Centres. (SALC)	SPRING				-	_	
	Classes 13 Drop-In:	Start Mar 20 Yes	End Jun 12	<i>Day</i> Thur	Time 3:30 PM-5:00 PM	Fee Free	

Program

Description & Schedule

NEW! Stitch & Share

Art, Dance, Education, Social Ages 55 +

Show off your intricate needle work while sharing your knowledge with like minded artisans. Open to all who share an interest in Knitting, Crochet, Needlepoint and Sewing. Please bring your own materials.



≜≜ In-person

Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC)

VVIINTER	(2025						
Classes	Start	End	Day	Time	Fee		
8	Jan 17	Mar 7	Fri	1:00 PM-3:00 PM	Free		
Drop-In:	Yes						
SPRING 2025							
Classes	Ctart	End	Day	Timo	Eoo		

Classes Start Day Fee 1:00 PM-3:00 PM 12 Mar 21 Jun 13 Fri Free

Drop-In: Yes No Class Apr 18

Women's Circle

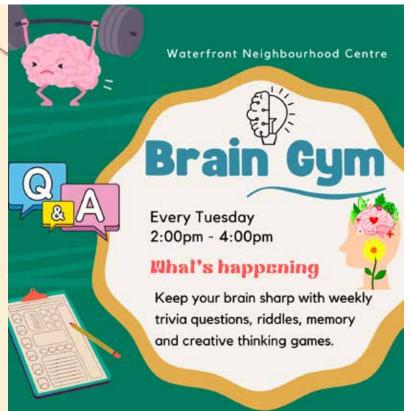
Art, Dance, Education, Social Ages 55 +

Lead In-person

Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) The Women's Circle is a welcoming space for women to inspire each other and our communities. Weekly topic discussions include health, wellness, world headlines, community issues, advocacy and more.

WINTER 2025								
Classes	Start	End	Day	Time	Fee			
8	Jan 16	Mar 6	Thur	11:00 AM-12:00 PM	Free			
Drop-In:	Drop-In: Yes							
SPRING	SPRING 2025							
Classes	Start	End	Day	Time	Fee			
13	Mar 20	Jun 12	Thur	11:00 AM-12:00 PM	Free			
Drop-In: Yes								





For more information contact Elizabeth Escobar: 416 392 1509 ext.327 elizabeth@waterfrontnc.ca 627 Queens Quay West Toronto ON M5V 3G3













SENIORS PROGRAMS

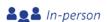


Fitness, Sports & Recreational Programs

Full Body Strengthening Fitness, Recreation and Sports

Ages 55 + Maximum of 10 participants.

Program



Description & Schedule

Joining our Full Body Strengthening Workout class will provide you with great health benefits. This is an opportunity for you to train all your muscles in one workout; no muscles left behind! This full body workout class will also incorporate a range of deep breathing exercises to train your functional strength and cardiovascular health.

WINTER 2025	
Full Body Strengthening:	Sitting and Standing Cardio

		•	_		
Classes	Start	End	Day	Time	Fee
8	Jan 16	Mar 6	Thur	1:30 PM-2:30 PM	\$20.00

Drop-In: Yes - Fee: \$3.50

Full Body Strengthening: Step/Drum Sticks

Classes Start End Day Time Fee

8 Jan 16 Mar 6 Thur 2:45 PM-3:45 PM \$20.00

Drop-In: Yes - Fee: \$3.50

SPRING 2025

Full Body Strengthening: Sitting and Standing Cardio

Classes Start End Day Time Fee 13 Mar 20 Jun 12 Thur 1:30 PM-2:30 PM \$33.00

Drop-In: Yes - Fee: \$3.50

Full Body Strengthening: Step/Drum Sticks

Classes Start End Day Time Fee 13 Mar 20 Jun 12 Thur 2:45 PM-3:45 PM \$33.00

Drop-In: Yes - Fee: \$3.50

Funky Fitness
Fitness, Recreation and Sports
Ages 55 +



Are you looking for a fun way to gain better balance, more mobility, and greater strength to perform daily tasks? Then this is the class for you!

WINTER 2025

Classes Start End Day Time Fee
7 Jan 13 Mar 3 Mon 3:15 PM-4:15 PM \$18.00

Drop-In: Yes - Fee: \$3.50

No Class Feb 17

SPRING 2025

Classes Start End Day Time Fee

11 Mar 17 Jun 9 Mon 3:15 PM-4:15 PM \$28.00

Drop-In: Yes - Fee: \$3.50

No Class Apr 21, May 19

Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 13 Mar 19 Jun 11 Wed 9:30 AM-10:30 AM \$32.00 Drop-In: Yes - Fee: \$3.50 Gentle Yoga (Hatha) Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 13 Mar 19 Jun 11 Wed 9:30 AM-10:30 AM \$33.00 Drop-In: Yes - Fee: \$3.50 Gentle Yoga (Hatha) Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 13 Mar 19 Jun 11 Wed 9:30 AM-10:30 AM \$33.00 Drop-In: Yes - Fee: \$3.50 WINTER 2025 Classes Start End Day Time Fee 14 Jun 13 Mar 3 Mon 9:45 AM-10:45 AM \$18.00 Drop-In: Yes - Fee: \$3.50 No Class Feb 17 - 9:45 AM - 10:45 AM SPRING 2025 Classes Start End Day Time Fee 11 Mar 17 Jun 9 Mon 9:45 AM-10:45 AM \$28.00 Drop-In: Yes - Fee: \$3.50 No Class Feb 17 - 9:45 AM - 10:45 AM SPRING 2025 Classes Start End Day Time Fee 11 Mar 17 Jun 9 Mon 9:45 AM-10:45 AM \$28.00 Drop-In: Yes - Fee: \$3.50 No Class Feb 17 - 9:45 AM - 10:45 AM SPRING 2025 Classes Start End Day Time Fee 11 Mar 17 Jun 9 Mon 9:45 AM-10:45 AM \$28.00 Drop-In: Yes - Fee: \$3.50 No Class Feb 17 - 9:45 AM - 10:45 AM SPRING 2025 Classes Start End Day Time Fee 11 Mar 17 Jun 9 Mon 9:45 AM-10:45 AM \$28.00 Drop-In: Yes - Fee: \$3.50 No Class Feb 17 - 9:45 AM - 10:45 AM SPRING 2025 Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Drop-In: Yes - Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Drop-In: Yes - Fee SPRING 2025 Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Drop-In: Yes - Fee S3.50 No Class Apr 13 Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres: (SALC) Senior's Walking Group Fitness, Recreation and Sports Ages 55 + Rouled in part thanks to Ministry for Seniors and MINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres: (SALC) Senior's Walking Grou							
Senior Sports Ages 55 + WINTER 2025 Start End Day Time Fee Fee St. 50	Program	Descript	ion & Sche	dule			
Minite	Gentle Fitness	Relax, stretch, strengthen and tone your body with this gentle full-body workout.					
Classes Start End Day Time Fee Fee Sa.50 Spring 2025 Classes Start End Day Time Fee Sa.50 Spring 2025 Classes Start End Day Time Fee Sa.50 Spring 2025 Classes Start End Day Time Fee Sa.50 Spring 2025 Classes Start End Day Time Fee Sa.50 Spring 2025 Classes Start End Day Time Fee Sa.50 Spring 2025 Spring 202	Fitness, Recreation and Sports						
Semior Sports Semior Spor	Ages 55 +				_		_
Drop-In: Yes - Fee: \$3.50	♣ ♣ /n-narson				•		
SPRING 2025	in-person				Wed	9:30 AM-10:30 AM	\$20.00
Classes				\$3.50			
Mar 19 Jun 11 Wed 9:30 AM-10:30 AM 33.00				Грd	Dav	Timo	Γοο
Gentle Yoga (Hatha) Join our Monday, Gentle (Hathai) Yoga class to learn the art of relaxation through deep breathing, stretching and gentle movement while working to build your strength and flexibility. All levels are welcownel. Winter 2025							
Join our Monday Gentle (Hatha) Yoga class to learn the art of relaxation through deep breathing, stretching and gentle movement while working to build your strength and flexibility. All levels are welcome! Winter 2025 Classes Start End Day Time Fee Fee The person Propher Time Fee The person Time					vveu	7.50 AIVI-10.50 AIVI	ψ55.00
Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee F	Centle Voga (Hatha)				aa) Voga class t	o loarn the art of relayat	ion through doon
Minter	_				_		
Classes Start End Day Time Fee 7 Jan 13 Mar 3 Mon 9:45 AM-10:45 AM \$18.00 Drop-In: Yes - Fee: \$3.50 No Class Feb 17 - 9:45 AM - 10:45 AM SPRING 2025 Classes Start End Day Time Fee 11 Mar 17 Jun 9 Mon 9:45 AM-10:45 AM \$28.00 Drop-In: Yes - Fee: \$3.50 No Class Apr 21, May 19 Senior Sports Classes Apr 21, May 19 Come out and play your favourite sports such as badminton, basketball, or volleyball. This program is open to all levels and skill sets, lets have fun! Senior Sports Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 13 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 14 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 15 Prop-In: Yes No Class Apr 18 Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 14 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 15 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 16 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 17 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 18 Jun 14 Mar 4 Tue 11:00 AM-12:00 PM Free 18 Jun 14 Mar 4 Tue 11:00 AM-12:00 PM Free 19 Drop-In: Yes 10 Drop-In: Yes 10 Drop-In: Yes 10 Drop-In: Yes 11 Drop-In: Yes 12 Drop-In: Yes 13 Jun 14 Mar 4 Tue 11:00 AM-12:00 PM Free 18 Jun 14 Mar 4 Tue 11:00 AM-12:00 PM Free 19 Drop-In: Yes 10 Drop-In: Yes 10 Drop-In: Yes 11 Drop-In: Yes 11 Drop-In: Yes 12 Drop-In: Yes 13 Jun 10 Tue 11:00 AM-12:00 PM Free	Ages 55 +					Time Working to build ye	ar strength and
Classes Start End Day Time Fee 7 Jan 13 Mar 3 Mon 9:45 AM-10:45 AM \$18.00 Drop-In: Yes - Fee: \$3.50 No Class Feb 17 - 9:45 AM - 10:45 AM SPRING 2025 Classes Start End Day Time Fee 11 Mar 17 Jun 9 Mon 9:45 AM-10:45 AM \$28.00 Drop-In: Yes - Fee: \$3.50 No Class Apr 21, May 19 Senior Sports Classes Apr 21, May 19 Come out and play your favourite sports such as badminton, basketball, or volleyball. This program is open to all levels and skill sets, lets have fun! Senior Sports Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 13 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 14 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 15 Prop-In: Yes No Class Apr 18 Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 14 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 15 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 16 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 17 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 18 Jun 14 Mar 4 Tue 11:00 AM-12:00 PM Free 18 Jun 14 Mar 4 Tue 11:00 AM-12:00 PM Free 19 Drop-In: Yes 10 Drop-In: Yes 10 Drop-In: Yes 10 Drop-In: Yes 11 Drop-In: Yes 12 Drop-In: Yes 13 Jun 14 Mar 4 Tue 11:00 AM-12:00 PM Free 18 Jun 14 Mar 4 Tue 11:00 AM-12:00 PM Free 19 Drop-In: Yes 10 Drop-In: Yes 10 Drop-In: Yes 11 Drop-In: Yes 11 Drop-In: Yes 12 Drop-In: Yes 13 Jun 10 Tue 11:00 AM-12:00 PM Free		-					
7	Les In-person	WINTER	2025				
Drop-In: Yes - Fee: \$3.50 No Class Feb 17 - 9:45 AM - 10:45 AM Serior South End Day Time Fee 11		Classes	Start	End	Day		
No Class Feb 17 - 9:45 AM - 10:45 AM		=			Mon	9:45 AM-10:45 AM	\$18.00
SPRING 2025 Classes Start End Day Time Fee 11 Mar 17 Jun 9 Mon 9:45 AM-10:45 AM \$28.00 Drop-In: Yes Fee: \$3.50 No Class Apr 21, May 19 Senior Sports Come out and play your favourite sports such as badminton, basketball, or volleyball. This program is open to all levels and skill sets, lets have fun! Ages 55 + WINTER 2025 Classes Start End Day Time Fee 8 Jan 17 Mar 7 Fri 3:30 PM-4:30 PM Free Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) SPRING 2025 Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Drop-In: Yes No Class Apr 18 Senior's Walking Group Do you like to walk while being in the company of others? If the answer is YES, then come join WNC's Walking Group and enjoy the sights and sounds of nature at the waterfront. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather. WINTER 2025 Classes Start End Day Time Fee Senior's Walking Group and enjoy the sights and sounds of nature at the waterfront. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather. WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Glasses Start End Day Time Fee Drop-In: Yes Spring 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) RIVER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) RIVER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) RIVER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) RIVER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Activ		•					
Classes Start End Day Time Fee 11 Mar 17 Jun 9 Mon 9:45 AM-10:45 AM \$28.00 Drop-In: Yes - Fee: \$3.50 No Class Apr 21, May 19 Senior Sports Come out and play your favourite sports such as badminton, basketball, or volleyball. This program is open to all levels and skill sets, lets have fun! Ages 55 + WINTER 2025							
11 Mar 17 Jun 9 Mon 9:45 AM-10:45 AM \$28.00 Drop-li: Yes Fee: \$3.50 No Class Apr 21, May 19 Senior Sports Come out and play your favourite sports such as badminton, basketball, or volleyball. This program is open to all levels and skill sets, lets have fun! Ages 55 + WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Senior's Walking Group Senior's Walking Group Senior's Walking Group Senior's Walking Group Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Drop-ln: Yes No Class Apr 18 Senior's Walking Group Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Drop-ln: Yes No Class Apr 18 Senior's Walking Group Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Drop-ln: Yes No Class Apr 18 Senior's Walking Group Classes Start End Day Time Fee 10 Ages 55 + WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) MINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Classes Start End Day Time Fee 11:00 AM-12:00 PM Free Drop-ln: Yes Senior's Walking Group Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Classes Start End Day Time Fee Drop-ln: Yes Senior's Walking Group Time Fee Classes Start End Day Time Fee Drop-ln: Yes Time Fee Time						 -	_
Senior Sports Senior Sports Come out and play your favourite sports such as badminton, basketball, or volleyball. This program is open to all levels and skill sets, lets have fun! WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Senior's Walking Group Fitness, Recreation and Sports Ages 55 + **Spring 2025 Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Prop-In: Yes No Class Ages 18 Senior's Walking Group Fitness, Recreation and Sports Ages 55 + **No Class Ages 18 Senior's Walking Group Fitness, Recreation and Sports Ages 55 + **WINTER 2025 Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Prop-In: Yes No Class Apr 18 Senior's Walking Group Fitness, Recreation and Sports Ages 55 + **WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) **WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Senior					•		
Senior Sports Fitness, Recreation and Sports Ages 55 + WINTER 2025 Funded in part thanks to Ministry for Seniors (SALC) Fitness, Recreation and Sports Accessibility - Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 8 Jan 17 Mar 7 Fri 3:30 PM-4:30 PM Free Formula Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Propolario Yes No Class Apr 18 Senior's Walking Group Fitness, Recreation and Sports Ages 55 + Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Propolario Yes No Class Apr 18 Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Funded in part thanks to					Mon	9:45 AM-10:45 AM	\$28.00
Senior Sports Fitness, Recreation and Sports Ages 55 + WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Senior's Walking Group Fitness, Recreation and Sports Ages 55 + Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free 13 More 18 Jun 18 Fri 3:30 PM-4:30 PM Free 15 More 18 Jun 18 Fri 3:30 PM-4:30 PM Free 16 More 18 Jun 18 Fri 3:30 PM-4:30 PM Free 17 More 18 Jun 18 Fri 3:30 PM-4:30 PM Free 18 Jun 18 J		•					
Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 8 Jan 17 Mar 7 Fri 3:30 PM-4:30 PM Free Founded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Senior's Walking Group Fitness, Recreation and Sports Ages 55 + Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Drop-In: Yes No Class Apr 18 Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Ages 55 + Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Ages 55 + Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Ages Start End Day Time Fee Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 11:00 AM-12:00 PM Free Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 11:00 AM-12:00 PM Free	Conton Coords		-	-		L L d	-1111111
Ages 55 + WINTER 2025	-						all, or volleyball.
## In-person Classes Start End Day Time Fee		This program is open to an levels and skill sets, lets have full:					
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Formula in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Formula in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Accessibility – Seniors Accessibility – Seniors Accessibility – Seniors Accessib	-	WINTER	2025				
Drop-In: Yes Classes Start End Day Time Fee	≜_ In-person	Classes	Start	End	Day	Time	Fee
Accessibility - Seniors Active Living Centres. (SALC) SPRING 2025	_	8	Jan 17	Mar 7	Fri	3:30 PM-4:30 PM	Free
Classes Start End Day Time Fee 12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Drop-In: Yes No Class Apr 18 Senior's Walking Group Do you like to walk while being in the company of others? If the answer is YES, then come join WNC's Walking Group and enjoy the sights and sounds of nature at the waterfront. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather. WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Winter 2025 Classes Start End Day Time Fee Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 11:00 AM-12:00 PM Free	Funded in part thanks to Ministry for Seniors and	Drop-In: Yes					
12 Mar 21 Jun 13 Fri 3:30 PM-4:30 PM Free Drop-In: Yes No Class Apr 18 Senior's Walking Group Do you like to walk while being in the company of others? If the answer is YES, then come join WNC's Walking Group and enjoy the sights and sounds of nature at the waterfront. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather. WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Minimum 2025 Classes Start End Day Time Fee Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free	Accessibility - Seniors Active Living Centres. (SALC)	SPRING	2025				
Drop-In: Yes No Class Apr 18 Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Evaluate the waterfront. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather. Classes Start End Day Time Fee Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 11:00 AM-12:00 PM Free 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free		Classes	Start	End	Day	Time	Fee
Senior's Walking Group Fitness, Recreation and Sports Ages 55 + WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Senior's Walking Group and enjoy the sights and sounds of nature at the waterfront. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather. WINTER 2025 Classes Start End Day Time Fee Byan 14 Mar 4 Tue 11:00 AM-12:00 PM Free Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free				Jun 13	Fri	3:30 PM-4:30 PM	Free
Senior's Walking Group Do you like to walk while being in the company of others? If the answer is YES, then come join WNC's Walking Group and enjoy the sights and sounds of nature at the waterfront. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather. WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility − Seniors Active Living Centres. (SALC) MINTER 2025 Classes Start End Day Time Fee Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 11:00 AM-12:00 PM Free 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free		•					
Come join WNC's Walking Group and enjoy the sights and sounds of nature at the waterfront. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather. WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Mary 14 Mary 17 Time Fee Drop-In: Yes SPRING 2025 Classes Start End Day Time 11:00 AM-12:00 PM Free Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 13 Mary 18 Jun 10 Tue 11:00 AM-12:00 PM Free		No Class	Apr 18				
Ages 55 + waterfront. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather. WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) 8 Jan 14 Mar 4 Tue 11:00 AM-12:00 PM Free Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free	Senior's Walking Group				-		
transition indoors in the case of extreme weather. WINTER 2025 Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Seniors Active Living Centres. (SALC) Classes Start End Day Time Fee 11:00 AM-12:00 PM Free Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free		-		_		_	
Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC) Spring 2025 WINTER 2025 Classes Start End Day Time Fee 11:00 AM-12:00 PM Free Drop-In: Yes Spring 2025 Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free	Ages 33 +					_	ear. vvaiks wiii
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) Spring 2025 Classes Start End Day Time Fee 11:00 AM-12:00 PM Free Drop-In: Yes Spring 2025 Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free	♣●♣ In-person	ti di isiti si	1 11140010 11	1 1110 0030	or extreme we	acricii	
Accessibility - Seniors Active Living Centres. (SALC) 8 Jan 14 Mar 4 Tue 11:00 AM-12:00 PM Free Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free	In person	WINTER	2025				
Accessibility – Seniors Active Living Centres. (SALC) 8 Jan 14 Mar 4 Tue 11:00 AM-12:00 PM Free Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free	Funded in part thanks to Ministry for Seniors and	Classes	Start	End	Day	Time	Fee
Drop-In: Yes SPRING 2025 Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free	Accessibility - Seniors Active Living Centres. (SALC)	8	Jan 14	Mar 4	Tue	11:00 AM-12:00 PM	Free
Classes Start End Day Time Fee 13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free		_					
13 Mar 18 Jun 10 Tue 11:00 AM-12:00 PM Free		SPRING	2025				
		Classes	Start	End	Day	Time	Fee
Drop-In: Yes		13	Mar 18	Jun 10	Tue	11:00 AM-12:00 PM	Free
op		Drop-In:	Yes				

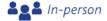
SENIORS PROGRAMS

Program

Tai Chi

Fitness, Recreation and Sports

Ages 55 +

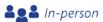


Description & Schedule

Tai Chi is an internal Chinese martial art practiced for defense training, health benefits, and meditation. This class will help you reduce tension, improve flexibility, and increases circulation in your body!

WINTER	2025						
Tai Chi &	Qigong						
Classes	Start	End	Day	Time	Fee		
8	Jan 15	Mar 5	Wed	11:00 AM-12:00 PM	\$20.00		
Drop-In: ۱	Yes - Fee: \$	3.50					
Tai Chi &	Qigong						
Classes	Start	End	Day	Time	Fee		
8	Jan 17	Mar 7	Fri	10:00 AM-11:00 AM	\$20.00		
Drop-In: ۱	Yes - Fee: \$	3.50					
Tai Chi Sv	vord & Kur	ıg Fu Fan					
Classes	Start	End	Day	Time	Fee		
8	Jan 17	Mar 7	Fri	11:15 AM-12:15 PM	\$20.00		
Drop-In: ۱	Yes - Fee: \$	3.50					
SPRING 2	2025						
Tai Chi &	Qigong						
Classes	Start	End	Day	Time	Fee		
13	Mar 19	Jun 11	Wed	11:00 AM-12:00 PM	\$33.00		
Drop-In: ۱	Yes - Fee: \$	3.50					
Tai Chi &	Qigong						
Classes	Start	End	Day	Time	Fee		
12	Mar 21	Jun 13	Fri	10:00 AM-11:00 AM	\$30.00		
Drop-In: ۱	Yes - Fee: \$	3.50					
Tai Chi Sv	vord & Kur	ig Fu Fan					
Classes	Start	End	Day	Time	Fee		
12	Mar 21	Jun 13	Fri	11:15 AM-12:15 PM	\$30.00		
Drop-In: ۱	Yes - Fee: \$	3.50					
No Class	Apr 18						
The 90c a	The 90s are back! This unique 7 mba style combines classis 7 mba dance elements						

Zumba Gold Fitness, Recreation and Sports Ages 55 +



The 80s are back! This unique Zumba style combines classic Zumba dance elements with step aerobics to deliver a killer leg and glute workout. You don't have to break out the old leotard and leg warmers, but we also won't stop you!

WINTER	WINTER 2025						
Classes	Start	End	Day	Time	Fee		
8	Jan 17	Mar 7	Fri	4:30 PM-5:30 PM	\$20.00		
Drop-In:	Drop-In: Yes - Fee: \$3.50						
SPRING 2025							
Classes	Start	End	Day	Time	Fee		
12	Mar 21	Jun 13	Fri	4:30 PM-5:30 PM	\$30.00		
Drop-In: Yes - Fee: \$3.50							
No Class Apr 18 – 4:30 PM – 5:30 PM							





Waterfront Neighbourhood Centre wants to help you stay healthy & active! We have some exciting new instructors teaching the classes that you'll love!

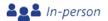
- Fitness Programs
- Recreational Sports
- Weight Room

For information, please contact Chase at 416.392.1509 ext. 341 or chase@waterfrontnc.ca

Programs are subject to change without notice. Please check our website for updates.

Program

Afro-Cuban Dance Art, Dance, Education, Social Ages 18 +



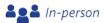
Description & Schedule

Interested in learning the basic fundamentals of Yoruba, Orisha, Congo, Arará, Yukon Macuta, Rumba dance styles? Come get creative and express yourself in an inclusive and welcoming space!

WINTER	WINTER 2025						
Afro-Cul	oan Dance	- Class 1					
Classes	Start	End	Day	Time	Fee		
8	Jan 18	Mar 8	Sat	2:45 PM-3:45 PM	\$56.00		
Drop-In:	Yes - Fee:	\$9.00					
Afro-Cul	oan Dance	- Class 2					
Classes	Start	End	Day	Time	Fee		
8	Jan 18	Mar 8	Sat	3:45 PM-4:45 PM	\$56.00		
Drop-In:	Yes - Fee:	\$9.00					
SPRING	2025						
Afro-Cul	oan Dance	- Class 1					
Classes	Start	End	Day	Time	Fee		
13	Mar 22	Jun 14	Sat	2:45 PM-3:45 PM	\$91.00		
Drop-In:	Drop-In: Yes - Fee: \$9.00						
Afro-Cul	Afro-Cuban Dance - Class 2						
Classes	Start	End	Day	Time	Fee		
13	Mar 22	Jun 14	Sat	3:45 PM-4:45 PM	\$91.00		
Drop-In:	Yes - Fee:	\$9.00					
TI: ()							

This fitness dance class will guarantee to get you moving and breaking out a sweat! Come join us for an Afrobeats workout with a Latin twist!

NEW! AfroBeats (Latin Twist) Art, Dance, Education, Social Ages 18 +



WINTER	WINTER 2025						
Classes	Start	End	Day	Time	Fee		
8	Jan 18	Mar 8	Sat	3:30 PM-4:30 PM	\$56.00		
Drop-In:	Drop-In: Yes - Fee: \$9.00						
SPRING	SPRING 2025						
Classes	Start	End	Day	Time	Fee		
13	Mar 22	Jun 14	Sat	3:30 PM-4:30 PM	\$91.00		
Drop-In: Yes - Fee: \$9.00							

WEIGHT ROOM FACILITY

WEIGHT ROOM HOURS OF OPERATION:

Monday - Friday 8:00 AM - 9:00 PM Saturday & Sunday 11:00 AM - 5:00 PM

WOMEN ONLY TIMES: Tuesdays & Thursdays | 6:30 PM - 7:30 PM Saturdays | 11:00 am - 1:00 pm

If you wish to use the Weight Room, please read the following guidelines thoroughly:

- A waiver, assessment & memorandum form must be completed at reception desk prior to use of the Weight Room.
- Members are required to wipe down and disinfect all equipment before and after usage. No exceptions.
- Weights, plates, dumbbells, and accessories must be reracked and returned to their proper storage areas after use.
- Food and beverages are not permitted in the weight room area; Water in tightly closed containers is permitted.

Failure to adhere to the Weight Room guidelines may result in suspension or termination of all Weight Room privileges.

Youth (16 - 24 years)	Adult Members (24+ years):
& Seniors 60+	

\$8.50/month	\$25/month
\$45/6 months	\$124/6 months
\$89.50/ 1 year	\$236/ 1 year
\$6.50 ID card (one-time fee)	\$6.50 ID card (one-time fe

WNC membership is required WNC membership is required.

Weight Room Membership Guidelines:

Weight room members **MUST** have a valid Weight Room membership, ID Access Card & WNC membership. ID Access cards are required to enter the weight room. (replacement ID cards are available for \$6.50 for lost cards).

- Gym bags and jackets are not permitted in the weight room. Please use the lockers located just outside the weight room.
- Gym attire and proper athletic footwear are required.
- Weight room members must have a valid ID card to enter the weight room. Entrance into the weight room without a valid access card is not permitted. Weight room members and/or staff are not permitted to open the weight room door to anyone who does not have their access card present. No exceptions.

Changeroom Access:

Changing in the public space or washroom is not permitted. Please use the changerooms available located at the south end of the building.

Change Rooms close at 5:00 PM on weekends.



Program

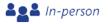
Art Night Out

Art, Dance, Education, Social Ages 18 +



Bollywood Dance

Art, Dance, Education, Social Ages 18 +



NEW! Dance Cardio, Stretch, & Tone Art, Dance, Education, Social Ages 18 +



Description & Schedule

Enjoy a fun night out with your friends and come meet new people by exploring a variety of art styles with the guidance of a professional visual artist! Bring your favourite hot drink and/or cold beverage with you and let's have a fun Art Night Out!

WINTER 2025						
Art Nigh	t Out! - Ag	ges 18+				
Classes	Start	End	Day	Time	Fee	
8	Jan 16	Mar 6	Thur	5:30 PM-7:00 PM	\$84.00	
Drop-In:	Yes - Fee:	\$12.00				
SPRING	2025					
Art Nigh	t Out! - Sp	ring Session	on 1			
Classes	Start	End	Day	Time	Fee	
7	Mar 20	May 1	Thur	5:30 PM-7:00 PM	\$74.00	
Drop-In:	Yes - Fee:	\$12.00				
Art Night Out! - Spring Session 2						
Classes	Start	End	Day	Time	Fee	
6	May 8	Jun 12	Thur	5:30 PM-7:00 PM	\$63.00	
Drop-In:	Yes - Fee:	\$12.00				

This beginner class is designed for adults interested in learning and expanding their repertoire of Bollywood dance techniques. Come join us on Wednesdays to learn Bollywood dance in an inclusive and supportive environment!

WINTER 2025						
Classes	Start	End	Day	Time	Fee	
8	Jan 15	Mar 5	Wed	6:30 PM-7:30 PM	\$56.00	
Drop-In: Yes - Fee: \$9.00						
SPRING 2025						
Bollywood Dance (Ages 18 yrs+)						
Classes	Start	End	Day	Time	Fee	
13	Mar 19	Jun 11	Wed	6:30 PM-7:30 PM	\$91.00	
Drop-In: Yes - Fee: \$9.00						

This class is designed for adults 18+ interested in a full body dance cardio workout that incorporates lots of stretching and body conditioning!

WINTER 2025							
Classes	Start	End	Day	Time	Fee		
8	Jan 18	Mar 8	Sat	1:00 PM-2:00 PM	\$56.00		
Drop-In: Yes - Fee: \$9.00							
SPRING 2025							
Classes	Start	End	Day	Time	Fee		
13	Mar 22	Jun 14	Sat	1:00 PM-2:00 PM	\$91.00		
Drop-In: Yes - Fee: \$9.00							



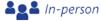
Waterfront Neighbourhood Centre is a peanut/tree nut free environment.

Please do not bring any peanut/tree nut or products containing peanut/ tree nut into our centre or playground area.

Thank You.

Program

Dance Mix Sundays
Art, Dance, Education, Social
Ages 18 +



Description & Schedule

This class is designed for adults 18+ interested in learning a new style every week! Get a taste of everything from jazz to contemporary and jazz funk to hip hop! Dancing weekly to a variety of pop tunes, come join us on Sundays for a great mind body workout in a fun, supportive class! No dance experience necessary.

WINTER 2025

Dance I	Mix	Sunda	ys –	Ages	18+
---------	-----	-------	------	------	-----

Classes Start End Day Time Fee 8 Jan 19 Mar 9 Sun 11:30 AM-12:30 PM \$56.00

Drop-In: Yes - Fee: \$9.00

SPRING 2025

Dance Mix Sundays - Ages 18+

 Classes
 Start
 End
 Day
 Time
 Fee

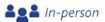
 13
 Mar 23
 Jun 15
 Sun
 11:30 AM-12:30 PM
 \$91.00

Drop-In: Yes - Fee: \$9.00

This class is designed for adults 18+ interested in learning basic movements rooted in modern street dances like Jazz Funk, Lyrical Jazz and Hip Hop! Dancing weekly to a variety of pop tunes, come join us on Sundays for a great mind body workout in a fun, supportive class! No dance experience necessary.

Pop Jazz Dance

Art, Dance, Education, Social Ages 18 +



WINTER 2025

Ages 18+

 Classes
 Start
 End
 Day
 Time
 Fee

 8
 Jan 19
 Mar 9
 Sun
 12:45 PM-1:45 PM
 \$56.00

Drop-In: Yes - Fee: \$9.00

SPRING 2025

Ages 18+

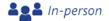
 Classes
 Start
 End
 Day
 Time
 Fee

 13
 Mar 23
 Jun 15
 Sun
 12:45 PM-1:45 PM
 \$91.00

Drop-In: Yes - Fee: \$9.00



Baby and Me Yogalates (Post-Natal) Fitness, Recreation and Sports Ages 0 to 1



Try out something new and fun for you and your baby! This fusion of Yoga and Pilates incorporates interaction with your baby (up to 12 months) while increasing your own core strength, reducing stress, and re-energizing you!

WINTER 2025

Baby and Me Yogalates (Post-Natal) - Ages 0 - 1 yrs

Classes Start End Day Time Fee
7 Jan 13 Mar 3 Mon 11:00 AM-12:00 PM \$49.00

Drop-In: Yes - Fee: \$9.00

No Class Feb 17 - 11:00 AM - 12:00 PM

SPRING 2025

Baby and Me Yogalates (Post-Natal) - Ages 0 - 1 yrs

 Classes
 Start
 End
 Day
 Time
 Fee

 11
 Mar 17
 Jun 9
 Mon
 11:00 AM-12:00 PM
 \$77.00

Drop-In: Yes - Fee: \$9.00 No Class Apr 21, May 19

					Watern	oritric.ca/addit
Program	Descript	ion & Sche	dule			
Baby and Me Yogalates (Pre-Natal) Fitness, Recreation and Sports Ages 18 +	This fusion of Yoga and Pilates incorporates body movement, mobility, and breathing to help support you during pregnancy. Join us weekly for this new and exciting class!					
	WINTER	R 2025				
≜ ≜ In-person	Classes	Start	End	Day	Time	Fee
•	7	Jan 13	Mar 3	Mon	12:15 PM-1:15 PM	\$49.00
	Drop-In:	Yes - Fee:	\$9.00			
	No Class	s Feb 17 -	12:15 PM	- 1:15 PM		
	SPRING	2025				
	Classes	Start	End	Day	Time	Fee
	11	Mar 17	Jun 9	Mon	12:15 PM-1:15 PM	\$77.00
	Drop-In:	Yes - Fee:	\$9.00			
	No Class	Apr 21, M	lay 19			
Body Sculpt & Condition Fitness, Recreation and Sports Ages 18 +	your end	•	is is a sup	er fun and e	and strengthen your body nergizing class so please be	
♣_♣ In-person	WINTER	R 2025				
	Classes	Start	End	Day	Time	Fee
	8	Jan 14	Mar 4	Tue	6:30 PM-7:30 PM	\$56.00
	Drop-In:	Yes - Fee:	\$9.00			
	SPRING	2025				
	Classes	Start	End	Day	Time	Fee
	13	Mar 18	Jun 10	Tue	6:30 PM-7:30 PM	\$91.00
	Drop-In:	Yes - Fee:	\$9.00			
Co-Ed Badminton Fitness, Recreation and Sports Ages 18 +	Come and enjoy recreational sports at WNC! Spaces are limited; first come, first serve. 24 players maximum. Get a number (place holder) at 6:30 pm. Wrist band sales begin at 7:00 PM. Placeholders (numbers) must be traded in for wrist band purchase by 7:30 pm (or your spot will be forfeited). All wristband sales will end by 8:00 PM. Our 10-visit punch card is non-transferable. Capacity: 24 people total. Teams will rotate.					
	WINTER	R 2025				
	Co-Ed B	adminton	- Adult (18	3+ yrs)		
	Classes	Start	End	Day	Time	Fee
	8	Jan 14	Mar 4	Tue	7:30 PM-9:15 PM	
		Yes - Fee:	\$4.50			
	SPRING					
		adminton ·		-		_
	Classes	Start	End	Day	Time	Fee
	13 Dran In	Mar 18 Yes - Fee:	Jun 10	Tue	7:30 PM-9:15 PM	
					NO. 0 11 11 1 6	
Co-Ed Pickleball Fitness, Recreation and Sports Ages 18 +	Come and enjoy recreational sports at WNC! Spaces are limited; first come, first serve 24 players maximum. Get a number (place holder) at 1:00 pm. Wrist band sales begin at 2:00 PM. Placeholders (numbers) must be traded in for wrist band purchase by 2:30 pm (or your spot will be forfeited). All wristband sales will end by 3:00 PM. Our 10-visi punch card is non-transferable. Capacity: 24 people total. Teams will rotate.					band sales begin d purchase by 2:30 00 PM. Our 10-visit
	WINTER	R 2025				
	Classes	Start	End	Day	Time	Fee
	8	Jan 18	Mar 8	Sat	2:30 PM-4:15 PM	,
	•	Yes - Fee:		Jul	2.551111 1.151111	
	SPRING		÷ 1.50			
	Classes	Start	End	Day	Time	Fee
	Select	Mar 23	Jun 15	Sat	2:30 PM-4:15 PM	
	D !	V	¢4.50		··	

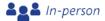
Drop-In: Yes - Fee: \$4.50

Program	Description & Schedule						
Co-Ed Volleyball Fitness, Recreation and Sports Ages 18 +	Come and enjoy recreational sports at WNC! Spaces are limited; first come, first serve. 30 players maximum. Get a number (place holder) at 6:30 pm. Wrist band sales begin at 7:00 PM. Placeholders (numbers) must be traded in for wrist band purchase by 7:30 pm (or your spot will be forfeited). All wristband sales will end by 8:00 PM. Our 10-visit punch card is non-transferable. Capacity: 24 people total. Teams will rotate.						
	WINTER 2025						
	Co-Ed Volleyball - Adult (18+ yrs)	_					
	Classes Start End Day Time 15 Jan 13 Mar 5 Mon, Wed 7:30 PM-9: Drop-In: Yes – Fee: \$4.50	Fee :15 PM					
	No Class Feb 17						
	SPRING 2025						
	Co-Ed Volleyball - Adult (18+ yrs)	_					
	Classes Start End Day Time 24 Mar 17 Jun 11 Mon, Wed 7:30 PM-9: Drop-In: Yes – Fee: \$4.50	Fee 15 PM					
	No Class Apr 21, May 19						
Pilates Fitness, Recreation and Sports Ages 18 +	This is an open mat Pilates class for people of all fitness lever focus on the core body. Pilates will support improvements better posture, flattening and tightening of your abs, and in being! Mats are provided upon request. You are welcome to	in flexibility and strength, ncrease your sense of well-					
Le In-person	WINTER 2025						
	Classes Start End Day Time 8 Jan 18 Mar 8 Sat 12:45 PM-: Drop-In: Yes – Fee: \$9.00 SPRING 2025	Fee 1:45 PM \$56.00					
	Classes Start End Day Time	Fee					
	13 Mar 22 Jun 14 Sat 12:45 PM-: Drop-In: Yes – Fee: \$9.00						
Women's Self-Defense Fitness, Recreation and Sports Ages 18 +	Come join us weekly for our Women's Self-Defense class! Taught by a third degree black-belt in martial arts, this class will focus on self-defense techniques, strength, stamina, and confidence. You will learn to project strength, to pack power into a kick or a punch, to identify vulnerable pressure points on an attacker, and to quickly deploy combinations of techniques to prevent "freezing" in threatening situations.						
	WINTER 2025	Γ					
	Classes Start End Day Time 8 Jan 16 Mar 6 Thur 6:00 PM-7: Drop-In: Yes – Fee: \$9.00	Fee :00 PM \$56.00					
	SPRING 2025						
	Classes Start End Day Time 13 Mar 20 Jun 12 Thur 6:00 PM-7:	Fee :00 PM \$91.00					
NEW! Yoga Fitness, Recreation and Sports Ages 18 +	Drop-In: Yes – Fee: \$9.00 Join our Saturday Yoga classes and learn the art of relaxation through deep breathing, stretching, and gentle movement while working to build your strength and flexibility. All levels are welcome!						
	WINTER 2025						
In-person		Fee 12:30 PM \$56.00					
	Drop-In: Yes - Fee: \$9.00 SPRING 2025						
	Classes Start End Day Time 13 Mar 22 Jun 14 Sat 11:30 AM-	Fee 12:30 PM \$91.00					
	Drop-In: Yes - Fee: \$9.00						

Program

Zumba

Fitness, Recreation and Sports Ages 18 +



Description & Schedule

A total workout combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Get a boost of energy and a serious dose of awesome each time you attend class!

WINTER 2025							
Monday							
Classes	Start	End	Day	Time	Fee		
7	Jan 13	Mar 3	Mon	7:15 PM-8:15 PM	\$49.00		
Drop-In: Y	'es - Fee: \$	9.00					
Friday							
Classes	Start	End	Day	Time	Fee		
8	Jan 17	Mar 7	Fri	5:45 PM-6:45 PM	\$56.00		
Drop-In: Y	'es - Fee: \$	9.00					
No Class Feb 17 - 7:15 PM - 8:15 PM							
SPRING 2025							
Monday							
Classes	Start	End	Day	Time	Fee		
11	Mar 17	Jun 9	Mon	5:45 PM-6:45 PM	\$77.00		
Drop-In: Yes - Fee: \$9.00							
Friday							
Classes	Start	End	Day	Time	Fee		
12	Mar 21	Jun 13	Fri	5:45 PM-6:45 PM	\$84.00		
Drop-In: Y	'es - Fee: \$	9.00					
No Class Apr 18, Apr 21, May 19							



WOMEN'S SELF DEFENSE

Join us weekly for our new Women's Self-Defense class!

Taught by a third degree black-belt, this class will help build strength, stamina, confidence, and selfdefense techniques!

WINTER

SPRING

Thursdays
6:00- 7:00 pm
Jan 16- Mar 6
8 Classes | \$56
Drop-in: \$9.00
Thursdays
6:00- 7:00 pm
Mar 20- Jun 12
13 Classes | \$91
Drop-in: \$9.00

n. \$7.00 Diop-in.

For more info

중 416-392-1509
⊜ chase@waterfrontnc.ca



JOIN US EVERY SUNDAY TO LEARN BASIC MOVEMENTS ROOTED IN MODERN STREET DANCES LIKE JAZZ FUNK, LYRICAL JAZZ AND HIP HOP!

WINTER

SUNDAYS 12:45 PM - 1:45 PM JAN 19 - MAR 9 \$56 | 8 CLASSES DROP-IN | \$9



SPRING

SUNDAYS 12:45 PM - 1:45 PM MAR 23 - JUN 15 \$91 | 13 CLASSES DROP-IN | \$9

FOR MORE INFO: & 416-392-1509 CHASE@WATERFRONTNC.CA



DANCE MIX JUNDAYJ
Open to Adults 11.

Join us every Sunday and learn a new style (or mix of styles) every week!



WINTER

SUNDAYS 11:30-12:30 PM JAN 19 - MAR 9 \$56 | 8 CLASSES

SPRING

SUNDAYS 11:30-12:30 PM MAR 23 - JUN 15 \$91 | 13 CLASSES

DROP-IN | \$9

FOR MORE THFO

416-392-1509
☑ CHASE@WATERFRONTNC.CA





VOLUNTEERS NEEDED

Volunteering at WNC is fun and rewarding!

Whether mentoring youth, assisting in programs, helping at community events or working on a special project—we have a place for you!

Bring your interests and talent to WNC and we'll put them to good use.

- Community Connect Gardens
- WNC Clothing Bank
- Community Projects
- Family, Children, Youth, Seniors Programs



- Recreation & Sports
- Youth Mentorship

Please visit our website for application details: www.waterfrontnc.ca

WATERFRONT NEIGHBOURHOOD CENTRE

MEN'S COFFEE SOCIAL



Tuesday's 1:00 - 3:00 pm

A meeting place where senior men can play cards, games and participate in group discussions.

FOR MORE INFORMATION CONTACT
Elizabeth Escobar - Seniors Program Worker
416.392.1509 ext 327 | elizabeth@waterfrontnc.ca
627 Queens Quay West Toronto, ON M5V3G3

Funded in part thanks to the Ontario Ministry for Seniors & Accessibility -Seniors Active Living Centres

Waterfront

Neighbourhood



COME CHANNEL YOUR INNER SUPERSTAR!

POPSTARS PROGRAM COMBINES SINGING PRACTICE WITH DYNAMIC CHOREOGRAPHY, ALLOWING PARTICIPANTS TO PERFORM CHART-TOPPING HITS FROM TODAY'S BIGGEST ARTISTS. WHETHER YOU'RE A SEASONED SINGER OR JUST STARTING OUT, COME EXPRESS YOURSELF AND SHINE LIKE A POPSTARI

> FRIDAYS 5:00-6:00PM AGES 9-12

WINTER
JAN 17TH - MARCH 7TH

SPRING MARCH 21ST - JUNE 13TH \$81

FOR MORE INFORMATION CONTACT: Sarah@Waterfrontnc.ca or Call 416 392 1509 Ext. 303



COMMUNITY DEVELOPMENT PROGRAMS



Waterfront Neighbourhood Centre exercises to create safe spaces and supportive activities for the diverse communities in the Waterfront! We offer a number of community services including a clothing program, information and referral program, as well other community activities and special events.

Programs are subject to change without notice. Please check our website for updates.

Progra	

Community Kitchen Program

Art, Dance, Education, Social Ages 18 +



Funded in part thanks to the City of Toronto – Community Services Partnership Program.

Description & Schedule

Join us for an evening of socializing and cooking together! Develop your cooking skills, learn, and share nutritional recipes, all while preparing delicious and affordable meals together as a group. Pre-register one day prior to attending programs to secure your spot.

WINTER 2025

Classes Start End Day Time Fee
4 Jan 14 Feb 25 Tue 4:30 PM-6:00 PM Free

Drop-In: Yes

Meet On Jan 14, Jan 28, Feb 11, Feb 25

SPRING 2025

Classes Start End Day Time Fee

7 Mar 18 Jun 10 Tue 4:30 PM-6:00 PM Free

Drop-In: Yes

Meet On Mar 18, Apr 1, Apr 15, Apr 29, May 13, May 27, Jun 10

NEW! ESL - English as a Second Language-Conversation Circle

Art, Dance, Education, Social

Ages 18 +



Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC) ESL-Conversational Circle- is being held every week. Learn and share communication strategies when for everyday life. All are welcome.

WINTER 2025

Classes Start End Day Time Fee

8 Jan 21 Mar 4 Tue 9:00 AM-10:30 AM Free

Drop-In: Yes

Meet On Jan 21, Feb 4, Feb 18, Mar 4

SPRING 2025

Classes Start End Day Time Fee

12 Mar 25 Jun 3 Tue 9:00 AM-10:30 AM Free

Drop-In: Yes

Meet On Mar 25, Apr 8, Apr 22, May 6, May 20, Jun 3

Individual Support & Referral Service Art, Dance, Education, Social

Art, Dance, Education, Social Ages 18 +

22 In-person

We are always here to help connect you with the resources you need: Affordable Housing, Neighbourhood Programs, Food Access, Clothing, Education, Health Promotion, Health Issues, Legal Services, as well as Adults, Seniors, and Family Services & more.

By appointment only. Please contact: Seniors Program Worker -

Elizabeth@waterfrontnc.ca or Manager, Seniors Programs and Community

Development – gaby@waterfrontnc.ca

WINTER 2025

Classes	Start	End	Day	Time	Fee		
8	Jan 17	Mar 6	Wed	11:00 AM-3:00 PM	Free		
SPRING 2025							
Classes	Start	End	Day	Time	Fee		
13	Mar 20	Jun 12	Wed	11:00 AM-3:00 PM	Free		



RUNS SUNDAYS JANUARY 19TH - JUNE 15TH
TIME: 3:00 - 4:30PM
LOCATION: 627 QUEENS QUAY WEST
ASSEMBLY A

SOME INSTRUMENTS
PROVIDED FOR A SMALL FEE.

\$15 PER CLASS AGE 7 + HAVE <u>FUN</u> WITH MUSIC IN A WELCOMING ENVIRONMENT



- Cello
- Upright Bass
- Trombone
- Trumpet
- Clarinet
- Flute
- Kevboard
- Percussion and Steel Pan
- Recorder
- Harmonica
- Ukulele

FOR MORE INFO: PLEASE CALL CLIFF OJALA 416-874-7159



YOUR TEACHER

Canadian Senior Teaching Artist, Annemarie Cabri, will lead the classes. She is a recognized expert in her field, from a career on stage as a performer, director, and well-loved community choreographer teaching all ages and abilities.

YOUR PROGRAM

Silver Swans® classes for beginners as well as those with prior experience dance in a welcoming community. The program is based on research into dance practice for the older adult. Classes are taught by Silver Swans® licensees who have been trained by the Royal Academy of Dance. Join a class today for your joy!

INSPIRING Silver Swans® LOCATIONS Waterfront Neighbourhood Centre 627 Queen's Quay West, Toronto

> Stockyards Village 1980 St. Clair West, Toronto







PLANNING AN EVENT?

WATERFRONT NEIGHBOURHOOD CENTRE FACILITIES ARE AVAILABLE FOR SOCIAL OR BUSINESS FUNCTIONS. For more information and to book space, please contact Liz Oliveira, Manager, Facility Operations, liz@waterfrontnc.ca | 416.392.1509 x329

	Dance Studio	Medium Assembly	Assembly Room A	Assembly Room B	Assembly Room C
Waterfront View	②		⊘	Ø	⊘
Audio Equipment	Ø	②	Θ	②	②
Projection Screen	Ø	⊗	⊗	⊘	⊘
Ballet Bars	Ø				⊗
Mirrored Wall(s)	Ø	⊗			⊘
Maximum Capacity No. of people)	100	80	40	15	40
Gymnasium	 80' x 60' Sprung hardwood floor High ceilings Partition divides room in half Portable stage and curtain backdrop 		Built-in sound and ligh Projection screen Maximum 288 people room Maximum 576 people	per half Output Description:	on Profit: \$166/hour + HST ommercial: \$331/hour + HST rts & Culture: \$249/hour + HST eagues: \$71/hour + HST
Outdoor Basketball Courts		Toronto by CourtHawk.co ace and classic backboard		у: \$166 per hour + нsт	
Garden Courtyard (Max. 50 people)	6.6' x 38.1'BBQPatio tables and c	hairs with umbrellas	 Profit: 	Profit: \$27 per hour + H : \$83 per hour + HST & Culture: \$56 per hou	

Studio / Medium Assembly Rental Rates

- Non Profit: \$27 per hour + HST
- Profit: \$83 per hour + HST
- Arts & Culture: \$56 per hour + HST

embly Room A, B, and C Rental Rates

- Non Profit: \$17 per hour + HST
- Profit: \$39 per hour + HST
- Arts & Culture: \$28 per hour + HST

Please note all rentals before or after regular hours of operation are subject to additional staff fee of \$50 per hour.



Because no one should ever go to bed hungry.

WNC Community Grocey Drive

Food Cards gratefully accepted at WNC. Donations can be made in person, by telephone or online at https://waterfrontnc.ca/donate

The Waterfront Neighbourhood Centre Charitable Fund (WNCCF) is a registered charity, which accepts donations on behalf of the Waterfront Neighbourhood Centre. Monetary donations of \$20 or more made through the WNCCF receive charitable tax receipts at the end of the year. Please make out cheques to WNCCF. Only donations made through WNCCF are eligible for a charitable tax receipt.

