



WINTER 2022 PROGRAM GUIDE

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



Waterfront
Neighbourhood
Centre

627 Queens Quay West,
Toronto, ON M5V 3G3

☎ 416.392.1509

BATHURST & QUEENS QUAY

✉ info@waterfrontnc.ca

🌐 www.waterfrontnc.ca

📱 [Facebook](#) [Instagram](#) [Twitter](#) WaterfrontncTo

30
years

#WaterfrontncTO
Serving the Community Since 1991

COVID-19 REMINDER & PROOF OF VACCINATION

Your health is our top priority and in accordance with governmental orders and guidelines, WNC is pleased to announce a carefully planned, comprehensive approach to reopening. We will work together, staff with members to cooperatively improve everyone's well-being. In addition to following government issued guidelines, WNC is taking extra precautions to help our members and staff stay safe and healthy.

- Everyone must physical distance and remain 6 ft or 2 m apart.
- Masks are to be worn at all times while inside the facilities. Individuals can temporarily remove their mask or face covering to engage in a fitness activity should they find it difficult to breathe but need to place it back on after activity is completed.
- You will be screened for COVID-19 related symptoms prior to entering the centre. Unless you have a pre-existing health condition or are in a high-risk group, wearing a face mask will be mandatory upon entry into the building.
- Participants are encouraged to arrive 15 minutes prior to the start of their program to allow for screening time at the main entry point located at the front of the building.
- Upon entering the facility, please sanitize your hands immediately and make good use of our sanitation stations throughout the facility.
- The WNC Code of Conduct applies for both in-person and virtual programming.

If you have COVID-19 SYMPTOMS OF ANY KIND: fever of any degree, cough, runny nose, etc. please do not come to the centre. Seek the help of a medical professional before resuming your visits to WNC. If you test positive for COVID-19 and have visited the centre, please notify us immediately so we can take further action for the safety of our community.

WNC is dedicated to the health and safety of our entire community. We appreciate your help and understanding as we work through this time together.

 **PROOF THAT YOU ARE FULLY VACCINATED AGAINST COVID-19**

 **PERSONAL IDENTIFICATION**

In accordance with the Provincial Mandate issued September 22nd, 2021, Waterfront Neighbourhood Centre will require patrons to show identification and proof of vaccination before they can enter the area, for the following programs and services:

- All Adult & Seniors Fitness Classes
- All Adult & Seniors Sport and Recreation Programs
- Weight Room
- Youth Basketball for Youth 18 years and older
- All rental spaces for meetings and events. Gymnasium included.

Proof of vaccination is not required for the following:


- Children under 12 years old
- Patrons under 18 years actively participating (i.e. not spectators) in organized sports: Examples include: Sports leagues, Organized pick-up sports, Dance classes, Martial arts
- Medical exceptions with a written document from a medical doctor or registered nurse
- Patrons entering the facility solely for washroom use, to make a payment or register for a program





Waterfront Neighbourhood Centre

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

 info@waterfrontnc.ca

 fb.com/waterfrontnccto

 [WaterfrontncTO](https://www.instagram.com/WaterfrontncTO)

 [WaterfrontncTO](https://twitter.com/WaterfrontncTO)

 416.392.1509

 416.392.1512

 www.waterfrontnc.ca

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 11:30 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, Dominic Chan (dominicchan.ca), Rick Vyrosto (rickvyrostkophotography.com).

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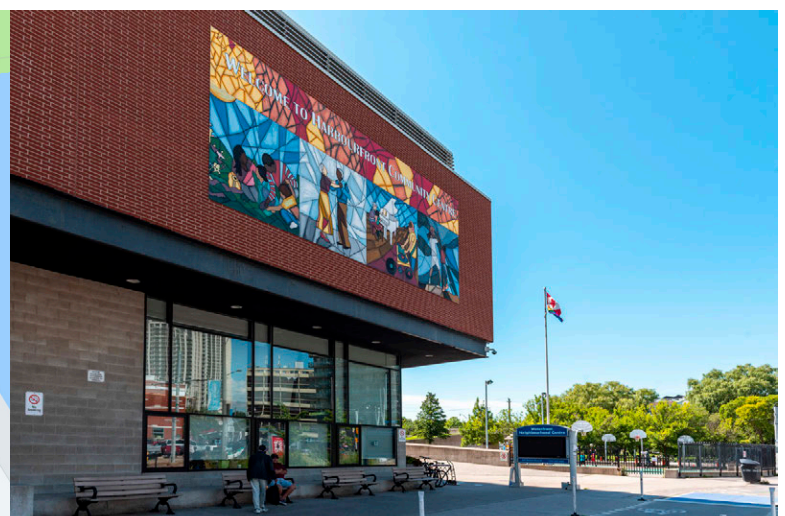
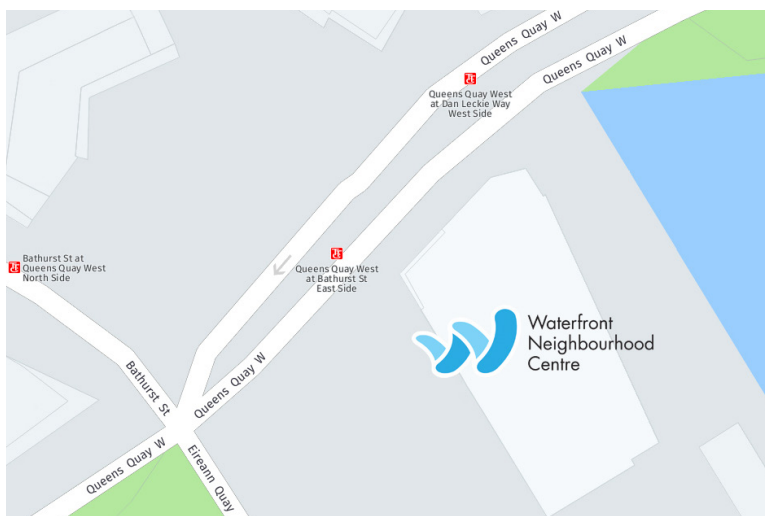
Important Dates

Winter Session 2022

Registration starts: Tuesday, January 4, 2022
Winter Session: January 10th - March 13th (9 weeks)

Spring Session 2022

Registration starts: Monday, March 14, 2022
Spring Session: March 21st - June 19th (13 weeks)



Winter 2022 Registration Dates

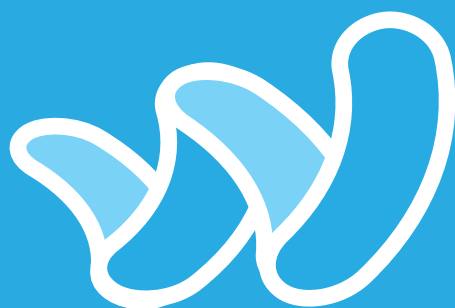
Winter Session: January 10 – March 13 (9 weeks)

- ✓ Members must show a valid membership card during program-specific registration dates in order to receive the Member's fee pricing. Members have priority during the registration times below.
- ✓ There is a 10% surcharge on all programs for Non-members and Members who do not present their valid membership card at the time of registration.
- ✓ Members are only allowed to register themselves and/or a family member plus one other participant and/or family friend.
- ✓ During program-specific registration times, we will not process any Subsidy Requests, Weight Room and/or WNC memberships.
- ✓ 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.

Tuesday, January 4	Membership & Subsidy Approval/Renewal Day 8:00 am – 7:00 pm
Wednesday, January 5	Family and Children Programs Registration Day 8:00 am – 7:00 pm
Thursday, January 6	PEEP & PEEP for Tots Registration Session 1 & Session 2 8:00 am - 11:00 am
Friday, January 7	Senior Programs and Adult Fitness 8:00 am – 11:00 am
Sat. January 8 & Sun. January 9	General Registration for All Programs 11:30 am – 5:00 pm

WNC CLOSURES FOR WINTER SESSION

Closed – Monday, January 3 – New Year
Closed – Monday, February 21 – Family Day



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Neighbourhood
Centre

30
years
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Important Notices for Program Registration

- Program registration is in person only. We do not have online registration at this time.
- 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 Non-members and Members who do not present their valid membership card at the time of registration.
- Members are only allowed to register themselves and/or a family member plus one other participant and/or family friend.
- You can buy a membership any time before any registration period. No new/renewal of memberships will be done the first day 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.

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 non-attendance 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.

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](https://www.facebook.com/WaterfrontncTO)
 Instagram: [@WaterfrontncTO](https://www.instagram.com/WaterfrontncTO)
 Twitter: [@WaterfrontncTO](https://twitter.com/WaterfrontncTO)

REGISTRATION INFORMATION

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 non-members.
- 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.

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: waterfrontnc.ca. We reserve the right to amend fees, cancel, change/postpone and/or combine classes/activities that are listed in the guide.

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 (eg. 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 effective 2014. 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
Chanelle Wright - 416.392.1509 ext. 302
cwright@waterfrontnc.ca

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

Fitness & Recreation Programs:

Reception - 416.392.1509

Info@waterfrontnc.ca

Why 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.

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.

Who can join? Everyone is welcome!

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.

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.

How Can I Join?

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.

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

NSF Cheques

If a cheque is returned NSF for any reason, the client will be notified and withdrawn immediately from the program. The client will be asked to make payment for the program and pay an NSF fee of \$25.00 in order to participate in the desired program.

Membership Annual Fees

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

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.

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.

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.

Age of Participants

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 are required to provide proof of age at the time of registration.

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.


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.

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	☑		☑	☑	☑
Audio Equipment	☑	☑	☑	☑	☑
Projection Screen	☑	☑	☑	☑	☑
Ballet Bars	☑				☑
Mirrored Wall(s)	☑	☑			☑
Maximum Capacity (No. of people)	100	80	40	15	40
Gymnasium	<ul style="list-style-type: none">• 80' x 60' Sprung hardwood floor• High ceilings• Partition divides room in half• Portable stage and curtain backdrop	<ul style="list-style-type: none">• Built-in sound and lighting systems• Projection screen• Maximum 288 people per half room• Maximum 576 people per full room	<ul style="list-style-type: none">• Non Profit: \$166/hour + HST• Commercial: \$331/hour + HST• Arts & Culture: \$249/hour + HST• Leagues: \$71/hour + HST		
Outdoor Basketball Courts	<ul style="list-style-type: none">• Rated #1 court in Toronto by CourtHawk.com• Rubber court surface and classic backboards• Night time lighting		<ul style="list-style-type: none">• Hourly: \$166 per hour + HST		<div> Proof of vaccination is required. Please see page 2 for details.</div>
Garden Courtyard (Max. 50 people)	<ul style="list-style-type: none">• 6.6' x 38.1'• BBQ• Patio tables and chairs with umbrellas		<ul style="list-style-type: none">• Non Profit: \$27 per hour + HST• Profit: \$83 per hour + HST• Arts & Culture: \$56 per hour + HST		

Dance Studio / Medium Assembly Rental Rates

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

Assembly 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.

Book Online www.waterfrontnc.ca/rental · 100% of Rental Revenues Support WNC Community Programs and Services

WNC Camps

where memories last forever

- * School PA Days
 - * March Break
 - * Summer Daze Camp (5-12 years)
 - * Youth Summer Leadership (11-15 years)
- See Camp pages for details.



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For more information contact:

Children: Sarah Brisson
childrenprograms@waterfrontnc.ca
416.392.1509 x303

Youth: Chanelle Wright
cwright@waterfrontnc.ca
416.392.1509 x302



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.

Due to COVID-19 restrictions, programs are subject to change. Please check our website for updates.

Description	Age / Membership	Winter Schedule	Price
<p>BABY FAMILY SUPPORT DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE)</p> <p>This program offers the opportunity for caregivers to meet others, participate in group discussions, and to enjoy circle-times, sing-a-longs, story times and more! Please note: spaces are limited and pre-registration is required. For more information about pre-registration please email childrenprograms@waterfrontnc.ca. To accommodate more families we have split the classes into the following two sessions: Session 1: 1:00pm-2:00pm Session 2: 2:00pm-3:00pm</p> <p>Parents must remain.</p>	<p>0 to 2</p> <p>Membership Optional.</p>	<p># of classes: 17 Jan 10 to Mar 9, 2022</p> <p>Monday - 1:00 PM - 3:00 PM Wednesday - 1:00 PM - 3:00 PM</p>	<p>Free</p>
<p>WEDNESDAY EVENING FAMILY DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE)</p> <p>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)! Please note: spaces are limited and pre-registration is required. For more information about pre-registration please email childrenprograms@waterfrontnc.ca.</p> <p>To accommodate more families we have split the classes into the following two sessions: Session 1: 5:00pm-6:00pm (Family Program Space Time) Session 2: 6:00pm-7:00pm (Family Gym Time)</p> <p>Parents must remain.</p>	<p>0 to 6</p> <p>Membership Optional.</p>	<p># of classes: 9 Jan 12 to Mar 9, 2022</p> <p>Wednesday - 5:00 PM - 7:00 PM</p>	<p>Free</p>

This is an **In-Person** program.

Program Code 27910F90

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

This is an **In-Person** program.

Program Code 27410F03

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

FAMILY PROGRAMS

waterfrontnc.ca/family

Description	Age / Membership	Winter Schedule	Price
FAMILY DROP-IN PROGRAM (GUHD) 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 more! Please note: spaces are limited and pre-registration is required for all drop-in classes.	2 to 6 Membership Optional.	# of classes: 18 Jan 11 to Mar 10, 2022 Tuesday - 10:00 AM - 12:00 PM Thursday - 10:00 AM - 12:00 PM	Drop-In: Yes
For more information about pre-registration please email childrenprograms@waterfrontnc.ca . Parents must remain.		This is an In-Person program. Program Code 24810F10 Supported by Growing Up Healthy Downtown Project (GUHD) and funded thanks to the Public Health Agency of Canada (PHAC).	

WATERFRONT NEIGHBOURHOOD CENTRE

SPACES AVAILABLE!

 NOW ACCEPTING ONLINE REGISTRATION!



AGES 5-12!

SUMMER DAZE CAMP

TIME: 9:30AM-4:30PM

EXTENDED CARE: 8:30AM-5:30PM
\$34.00 PER WEEK

COST: \$96.00 (COMMUNITY)
\$167 (NON-ASSOCIATE)

WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6 WEEK 7 WEEK 8	JULY 4 – JULY 8 JULY 11– 15 JULY 18 – 22 JULY 25 – 29 AUGUST 2 – 5 AUG 8 – 12 AUG 15 – 19 AUG 22 – 15
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PLEASE NOTE:

- SUBSIDY IS AVAILABLE
- CAMP IS OPEN TO ASSOCIATE AND NON-ASSOCIATE MEMBERS
- TRIP COSTS NOT INCLUDED

FOR MORE INFORMATION PLEASE CONTACT:
CHILDRENPROGRAMS@WATERFRONTNC.CA



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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.

Due to COVID-19 restrictions, programs are subject to change. Please check our website for updates.

Description	Age / Membership	Winter Schedule	Price
BALLET AND FAIRY TALES - SATURDAY (CLASS 1) 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! Parents must remain.	3 to 4 Membership Required.	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 12:30 PM - 1:15 PM	\$43.00
BALLET AND FAIRY TALES - SATURDAY (CLASS 2) 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! Parents must remain.	3 to 4 Membership Required.	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 1:30 PM - 2:15 PM	\$43.00

This is an **In-Person** program.
Program Code 27410C51

This is an **In-Person** program.
Program Code 27410C52



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.

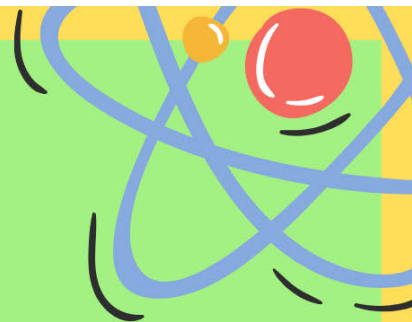
Thank You.

PRE-SCHOOL PROGRAMS

waterfrontnc.ca/preschool

Description	Age / Membership	Winter Schedule	Price
BALLET AND FAIRY TALES - SUNDAY (CLASS 1) 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! Parents must remain.	3 to 4 Membership Required.	# of classes: 9 Jan 16 to Mar 13, 2022 Sunday - 12:30 PM - 1:15 PM This is an In-Person program. Program Code 27410C12	\$43.00
BALLET AND FAIRY TALES - SUNDAY (CLASS 2) 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! Parents must remain.	3 to 4 Membership Required.	# of classes: 9 Jan 16 to Mar 13, 2022 Sunday - 1:30 PM - 2:15 PM This is an In-Person program. Program Code 27410C13	\$43.00
PEEP FOR TOTS - SESSION 1 - TUESDAY Tots get ready... set... for learning fun! 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! *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 Parents must remain.	2 to 2 Membership Required.	# of classes: 4 Jan 11 to Feb 1, 2022 Tuesday - 9:30 AM - 11:30 AM This is an In-Person program. Program Code 27311P02	\$97.00

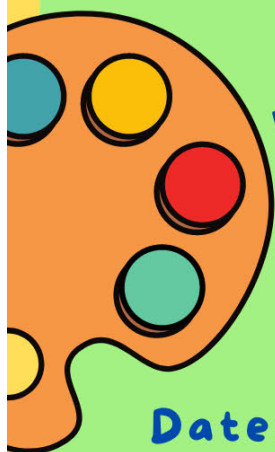
Description	Age / Membership	Winter Schedule	Price
<p>PEEP FOR TOTS- SESSION 2 - TUESDAY</p> <p>Tots get ready... set... for learning fun! The Pre-Kindergarten Experiences Enrichment Program (PEEP) encourages your toddler to explore their sense of wonder and to have fun while enhancing their school readiness 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!</p> <p>Parents must remain.</p>	<p>2 to 2</p> <p>Membership Required.</p>	<p># of classes: 5 Feb 8 to Mar 8, 2022</p> <p>Tuesday - 9:30 AM - 11:30 AM</p> <p>*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</p> <p>This is an In-Person program. Program Code 27312P02</p>	<p>\$121.00</p>
<p>PEEP - SESSION 1 MONDAY, WEDNESDAY & FRIDAY</p> <p>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!</p> <p>Maximum of 10 participants.</p>	<p>3 to 4</p> <p>Membership Required.</p>	<p># of classes: 12 Jan 10 to Feb 4, 2022</p> <p>Monday - 9:00 AM - 12:00 PM Wednesday - 9:00 AM - 12:00 PM Friday - 9:00 AM - 12:00 PM</p> <p>*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</p> <p>This is an In-Person program. Program Code 27311P19</p>	<p>\$436.00</p>
<p>PEEP - SESSION 2 MONDAY, WEDNESDAY & FRIDAY</p> <p>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!</p> <p>Maximum of 10 participants.</p>	<p>3 to 4</p> <p>Membership Required.</p>	<p># of classes: 14 Feb 7 to Mar 11, 2022</p> <p>Monday - 9:00 AM - 12:00 PM Wednesday - 9:00 AM - 12:00 PM Friday - 9:00 AM - 12:00 PM</p> <p>No Class Feb 21 - 9:00 AM - 12:00 PM</p> <p>*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</p> <p>This is an In-Person program. Program Code 27312P20</p>	<p>\$508.00</p>



WATERFRONT NEIGHBOURHOOD CENTRE

MARCH BREAK CAMP 2022

Join us for WNC March Break Camp
with fun and games for everyone! A
week filled with sports, arts and crafts,
science experiments, local excursions
and more!



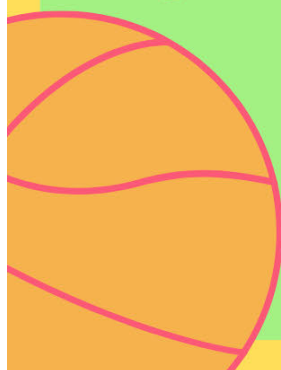
Dates: Monday March 14- Friday March 18
Ages: 5-12
Time: 9:30am-4:30pm
Fee: \$125.00

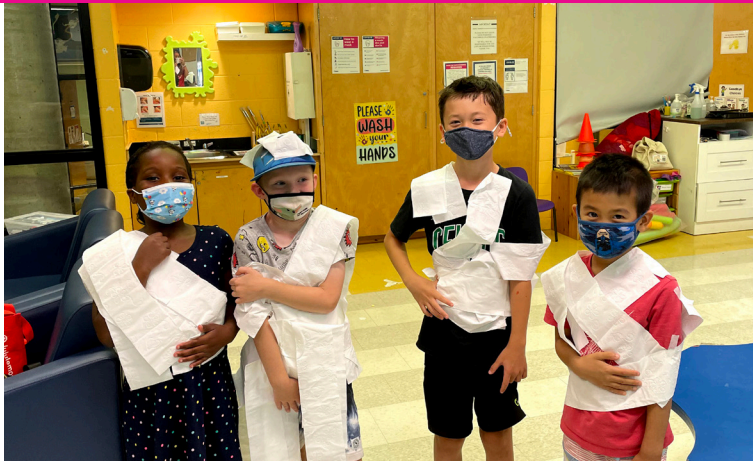
Extended 8:30am-5:30pm
Care: \$34.00/ week

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



Waterfront
Neighbourhood
Centre





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

*Due to COVID-19 restrictions, programs are subject to change.
Please check our website for updates.*

Description	Age / Membership	Winter Schedule	Price
VISUAL ART CLUB - SESSION 1 The Visual Art Club encourages children to explore a variety of art styles, while learning different techniques and skills with the guidance of a professional visual artist!	6 to 12 Membership Required.	# of classes: 4 Jan 15 to Feb 5, 2022 Saturday - 3:30 PM - 5:00 PM This is an In-Person program. Program Code 27411C06	\$37.00
VISUAL ART CLUB - SESSION 2 The Visual Art Club encourages children to explore a variety of art styles, while learning different techniques and skills with the guidance of a professional visual artist!	6 to 12 Membership Required.	# of classes: 5 Feb 12 to Mar 12, 2022 Saturday - 3:30 PM - 5:00 PM This is an In-Person program. Program Code 27412C06	\$46.00
CHILDREN'S BALLET- SATURDAY (CLASS 1) This class is designed for children interested in learning ballet skills and expanding their repertoire of dance techniques. Come join us on Saturday's and learn ballet in an inclusive and supportive environment! Parents must remain.	5 to 9 Membership Required.	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 3:00 PM - 3:45 PM This is an In-Person program. Program Code 27410C27	\$43.00
CHILDREN'S BALLET- SATURDAY (CLASS 2) This class is designed for children interested in learning ballet skills and expanding their repertoire of dance techniques. Come join us on Saturday's and learn ballet in an inclusive and supportive environment! Parents must remain.	5 to 9 Membership Required.	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 4:00 PM - 4:45 PM This is an In-Person program. Program Code 27410C26	\$43.00

CHILDREN PROGRAMS

waterfrontnc.ca/children

Description	Age / Membership	Winter Schedule	Price
CHILDREN'S HIP HOP - SATURDAY Children will learn fundamental hip hop skills, dance, and choreography while working collaboratively with their peers. Come join us on Saturday's and learn hip hop in an energetic, welcoming, and inclusive space! Parents must remain.	5 to 9 Membership Required.	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 11:30 AM - 12:15 PM This is an In-Person program. Program Code 27410C31	\$43.00
CHILDREN'S HIP HOP - SUNDAY Children will learn fundamental hip hop skills, dance, and choreography while working collaboratively with their peers. Come join us on Sunday's and learn hip hop in an energetic, welcoming, and inclusive space! Parents must remain.	5 to 9 Membership Required.	# of classes: 9 Jan 16 to Mar 13, 2022 Sunday - 11:30 AM - 12:15 PM This is an In-Person program. Program Code 27410C32	\$43.00
CHILDREN'S JAZZ Children will learn the basics of jazz dance including practicing turns, kicks, and leap steps along with learning popular rhythm techniques and engaging in fun expression. Come get creative and practice jazz in an inclusive and welcoming space! Parents must remain.	6 to 10 Membership Required.	# of classes: 9 Jan 16 to Mar 13, 2022 Sunday - 2:30 PM - 3:30 PM This is an In-Person program. Program Code 27410C22	\$56.00
HOMEWORK HELP (GRADES 2-8) Come and join us on Wednesday evenings to receive homework help in a supportive and inclusive environment. WNC Staff and volunteer leaders assist students with homework completion and challenging school assignments. All subjects and areas of study are welcome! Subsidy is available. Parents must remain.	7 to 14 Membership Required.	# of classes: 9 Jan 12 to Mar 9, 2022 Wednesday - 6:30 PM - 7:30 PM This is an In-Person program. Program Code 27410C25	\$56.00
CHILDREN'S SOCCER - CLASS A Go team go! Come and be a part of our "little" soccer league to have fun, keep active, and stay healthy. Parents must remain.	4 to 5 Membership Required.	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 12:30 PM - 1:15 PM This is an In-Person program. Program Code 27410C28	\$43.00
CHILDREN'S SOCCER - CLASS B Go team go! Come and be a part of our "little" soccer league to have fun, keep active, and stay healthy. Parents must remain.	4 to 5 Membership Required.	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 1:30 PM - 2:15 PM This is an In-Person program. Program Code 27410C29	\$43.00

Description	Age / Membership	Winter Schedule	Price
CHILDREN'S BADMINTON Our Children's Badminton program encourages children to learn and/or improve their badminton skills while enjoying some friendly competition within an organized and inclusive team setting. Parents must remain.	5 to 11 Membership Required.	# of classes: 9 Jan 13 to Mar 10, 2022 Thursday - 3:30 PM - 4:15 PM This is an In-Person program. Program Code 27410S49	\$43.00
CHILDREN'S TENNIS - BEGINNERS An introduction to tennis will teach children to serve and properly hit a forehand, backhand, and volley. Overall, children will learn to serve and rally over the net and engage in friendly competition. The goal of this program is to help children to learn and love the game of tennis! Parents must remain.	5 to 11 Membership Required.	# of classes: 8 Jan 10 to Mar 7, 2022 Monday - 3:30 PM - 4:15 PM No Class Feb 21 - 3:30 PM - 4:15 PM This is an In-Person program. Program Code 27410C46	\$38.00
NEW! FAMILY KARATE - BEGINNERS! This beginner to intermediate karate class, taught by a third degree black-belt instructor, introduces children to basic karate and self-defense techniques while teaching self-confidence and discipline. Children and their parents/caregivers will have the opportunity to earn their white belt throughout the duration of this program, together! Parents must remain.	5 to 12 Membership Required.	# of classes: 8 Jan 10 to Mar 7, 2022 Monday - 4:45 PM - 5:30 PM No Class Feb 21 - 4:45 PM - 5:30 PM This is an In-Person program. Program Code 27410C40	\$38.00
NEW! FAMILY YOGA - BEGINNERS! Learn the art of relaxation through deep breathing, stretching and gentle movements while working to build your strength and flexibility alongside your children. Move, breath and create with your kids! All levels are welcome! Parents must remain.	5 to 12 Membership Required.	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 12:45 PM - 1:30 PM This is an In-Person program. Program Code 27410A16	\$48.00 <i>Drop-In: Yes Fee: \$9</i>
KIDS KARATE – LEVEL 1 & 2 This beginner to intermediate karate class, taught by a third degree black-belt instructor, introduces children to basic karate and self-defense techniques while teaching self-confidence and discipline. Children will earn their white belt throughout the duration of this program! Parents must remain. Maximum of 10 participants.	5 to 8 Membership Required.	# of classes: 8 Jan 10 to Mar 7, 2022 Monday - 5:30 PM - 6:15 PM No Class Feb 21 - 5:30 PM - 6:15 PM This is an In-Person program. Program Code 27410C33	\$38.00

CHILDREN PROGRAMS

waterfrontnc.ca/children

Description	Age / Membership	Winter Schedule	Price
TUMBLE KIDZ GYMNASTICS 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! Please note: only 8 spaces available.	5 to 8 Membership Required.	# of classes: 9 Jan 16 to Mar 13, 2022 Sunday - 12:15 PM - 1:00 PM This is an In-Person program. Program Code 27410C09	\$99.00
CHILDREN'S SOCCER - CLASS C Go team go! Come out and enjoy a great game of soccer! Learn some fancy footwork and soccer drills while having fun as a team. Parents must remain.	6 to 8 Membership Required.	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 2:30 PM - 3:15 PM This is an In-Person program. Program Code 27410C30	\$43.00
MULTI-SPORTS FOR CHANGE Multi-Sports for Change creates opportunities for social change, team-building and leadership through fun, organized sports and co-operative games.	6 to 11 Membership Required.	# of classes: 9 Jan 11 to Mar 8, 2022 Tuesday - 3:30 PM - 4:30 PM This is an In-Person program. Program Code 27410C17	\$56.00
CHILDREN'S SOCCER - CLASS D Go team go! Come out and enjoy a great game of soccer! Learn some fancy footwork and soccer drills while having fun as a team. Parents must remain.	9 to 11	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 3:30 PM - 4:15 PM This is an In-Person program. Program Code 2741028	\$43.00
NEW! KIDS KARATE - LEVEL 1 & 2 This beginner to intermediate karate class, taught by a third degree black-belt instructor, introduces children to basic karate and self-defense techniques while teaching self-confidence and discipline. Children will earn their white belt throughout the duration of this program! Parents must remain. Maximum of 10 participants.	9 to 12 Membership Required.	# of classes: 8 Jan 10 to Mar 7, 2022 Monday - 6:15 PM - 7:00 PM No Class Feb 21 - 6:15 PM - 7:00 PM This is an In-Person program. Program Code 27410C05	\$38.00



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.

Description	Age / Membership	Winter Schedule	Price
KIDZ GYMNASTICS This program offers a unique and fun way to experience movement! Children will learn jumps, leaps, rolls, and become familiar with the foundational skills of gymnastics. Please note: spaces are limited to 8 spots per class. Proof of age may be required. Parents must remain.	9 to 11 Membership Required.	# of classes: 9 Jan 16 to Mar 13, 2022 Sunday - 1:15 PM - 2:15 PM This is an In-Person program. Program Code 2741010	\$129.00
NEW! HAPPY HEARTS, HEALTHY MINDS This mindfulness-based program will help in improving resilience, self-regulation and self-esteem. Providing age-appropriate strategies to decrease stress and anxiety, this program will create a sense of calm in children of all ages. Weekly activities will include practicing breathing techniques, yoga, journaling and more!	6 to 11 Membership Required.	# of classes: 9 Jan 11 to Mar 8, 2022 Tuesday - 6:30 PM - 7:30 PM This is an In-Person program. Program Code 27410C25	\$56.00
AFTER SCHOOL DAZE PROGRAM! 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, team-building, 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 Maximum of 12 participants.	5 to 12 Membership Required.	# of classes: 47 Jan 3 to Mar 11, 2022 Monday - 3:15 PM - 6:00 PM Tuesday - 3:15 PM - 6:00 PM Wednesday - 3:15 PM - 6:00 PM Thursday - 3:15 PM - 6:00 PM Friday - 3:15 PM - 6:00 PM No Class Jan 14 - 3:15 PM - 6:00 PM Feb 18 - 3:15 PM - 6:00 PM Feb 21 - 3:15 PM - 6:00 PM This is an In-Person program. Program Code 24110C03	\$72/wk
PA DAY CAMP - JANUARY 14TH - ROCK CLIMBING! WNC offers a full day program on Toronto District School Board scheduled PA Days. These fun-filled programs include activities in the gym, games, and trips to exciting places such as the movies, bowling, skating rinks, swimming pools, and more! Program hours: 9:30AM - 4:30PM Extended care: 8:30AM - 5:30PM (\$7/day) Please note: trip costs are not included in program fees.	5 to 12 Membership Required.	# of classes: 1 Jan 14 Friday - 9:30 AM - 4:30 PM This is an In-Person program. Program Code 24110C41	\$25.00



WATERFRONT NEIGHBOURHOOD CENTRE

CHILDREN'S SOCCER

SATURDAYS

JANUARY 15- MARCH 12

\$43.00

GO TEAM GO! COME AND ENJOY A GREAT GAME OF SOCCER. LEARN SOME FANCY FOOTWORK AND SOCCER DRILLS WHILE HAVING FUN!

CLASS A

AGES 4-5

12:30PM-1:15 PM

CLASS B

AGES 4-5

1:30PM-2:15 PM

CLASS C

AGES 6-8

2:30PM-3:15 PM

CLASS D

AGES 9-11

3:30PM-4:15 PM

FOR MORE INFORMATION CONTACT SARAH BRISSON
SARAH@WATERFRONTNC.CA OR 416.392.1509 EXT 303



Waterfront
Neighbourhood
Centre

WATERFRONT NEIGHBOURHOOD CENTRE

BALLET & FAIRY TALES



AGE 3-4 YEARS

\$43.00

THIS BALLET CLASS EXPLORES THE WORLD OF FAIRY TALES THROUGH MOVEMENT, WHILE PREPARING CHILDREN FOR BALLET DANCE TRAINING. GIVE YOUR LITTLE ONES THE CHANCE TO SPARK THEIR IMAGINATION AND LEARN TO DANCE IN THE FUN CONTEXT OF ALL OF THE TIMELESS STORIES THAT ALL CHILDREN LOVE!

SATURDAY (CLASS 1)

12:30PM-1:15PM

JAN 15- MARCH 12

SATURDAY (CLASS 2)

1:30PM-2:15PM

JAN 15- MARCH 12

SUNDAY (CLASS 1)

12:30PM-1:15PM

JAN 16- MARCH 13

SUNDAY (CLASS 2)

1:30PM-2:15PM

JAN 16- MARCH 13



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



Waterfront
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Centre

WATERFRONT NEIGHBOURHOOD CENTRE

Happy Hearts, Healthy Minds



This mindfulness-based program will help improve resilience, self-regulation and self-esteem. Providing age-appropriate strategies to decrease stress, and anxiety; this program will create a sense of calm in children of all ages. Weekly activities will include breathing techniques, yoga, journaling and more!

TUESDAYS

6:30-7:30PM

JANUARY 11TH- MARCH 8TH

\$56.00

AGES 6-11

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



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WATERFRONT NEIGHBOURHOOD CENTRE

CHILDREN'S DANCE PROGRAMS



CHILDREN'S HIP HOP (SATURDAY)

AGES 5-9

JANUARY 15- MARCH 12

11:30AM-12:15 PM

\$43.00

CHILDREN'S BALLET SATURDAY (CLASS A)

AGES 5-9

JANUARY 15- MARCH 12

3:00PM-3:45PM

\$43.00

CHILDREN'S JAZZ (SUNDAY)

AGES 6-10

JANUARY 16- MARCH 13

2:30PM- 3:30PM

\$56.00

CHILDREN'S HIP HOP (SUNDAY)

AGES 5-9

JANUARY 16- MARCH 13

11:30AM-12:15 PM

\$43.00

CHILDREN'S BALLET SATURDAY (CLASS B)

AGES 5-9

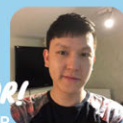
JANUARY 15- MARCH 12

4:00PM-4:45PM

\$43.00

MEET YOUR INSTRUCTOR!

DAVID IS A FREELANCE DANCER, MUSICAL THEATRE PERFORMER AND GRADUATE OF GEORGE BROWN COLLEGE IN DANCE PERFORMANCE. HE HAS WORKED WITH LOWER OSSINGTON THEATRE, ISMAILOVA THEATRE OF DANCE, XING DANCE THEATRE AND MORE!



FOR MORE INFORMATION CONTACT SARAH BRISSON AT
SARAH@WATERFRONTNC.CA OR 416.392.1509 EXT 303



Waterfront
Neighbourhood
Centre

Description	Age / Membership	Winter Schedule	Price
Minimum of 8 participants required.			
<p>PA DAY CAMP - FEBRUARY 18, 2022 - BOWLING FUN!</p> <p>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!</p> <p>Program hours: 9:30AM - 4:30PM. Extended care: 8:30AM - 5:30PM (\$7/day) Please note: trip costs are not included in program fees.</p>	<p>5 to 12</p> <p>Membership Required.</p>	<p># of classes: 1 Feb 18</p> <p>Friday - 9:30 AM - 4:30 PM</p>	<p>\$25.00</p>
<p>This is an In-Person program. Program Code 27410C42</p>			
Minimum of 8 participants required.			
<p>MARCH BREAK CAMP</p> <p>WNC offers an action-filled March Break Camp with a variety of engaging activities including science, learning skills from guest instructors, fun and games in the gym, exciting out trips and more!</p> <p>Camp Hours: 9:30AM-4:30PM Extended Care: 8:30AM- 5:30PM (\$35/week) Camp schedule and trip location are subject to change. Please note: Only 20 spots are available! Additional trip costs will be kept at a minimum when applicable. Registration Opens: Monday, February 7th, 2022</p>	<p>5 to 12</p> <p>Membership Required.</p>	<p># of classes: 5 Mar 14 to Mar 18, 2022</p> <p>Monday - 9:30 AM - 4:30 PM Tuesday - 9:30 AM - 4:30 PM Wednesday - 9:30 AM - 4:30 PM Thursday - 9:30 AM - 4:30 PM Friday - 9:30 AM - 4:30 PM</p>	<p>\$125.00</p>
<p>This is an In-Person program. Program Code 24110C44</p>			
Minimum of 8 participants required.			
<p>SUMMER DAZE CAMP</p> <p>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.</p> <p>Please note: see our Summer Daze Camp Flyer for more details!</p>	<p>5 to 12</p> <p>Membership Required.</p>	<p>July to August 2022</p>	<p>This is an In-Person program. Program Code 20310C45</p> <p>Funded in part thanks to the Toronto Star Fresh Air Fund, City of Toronto – Children Services, and Government of Canada – Canada Summer Jobs.</p>

Waterfront Neighbourhood Centre

2022 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.

2022 REGISTRATION BEGINS:

Monday, March 14th - Early Bird registration for current After School Daze Program Parents

Monday, March 21st - Community Member

Tuesday, April 19th - 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 19th, 2022. 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 and online at www.waterfrontnc.ca

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

Community Member Fee:	Weekly Extended Care fee:	Additional Camp Information:
Week 1 July 4- 8: \$96	Week 1 ☐ \$34	<ul style="list-style-type: none"> • Register early and Save! Camp registration fees increase by 10% as of Monday, June 6th. • Deposit: 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 10th. Outstanding payments will result in loss of the camp space.
Week 2 July 11- 15: \$96	Week 2 ☐ \$34	
Week 3 July 18- 22 : \$96	Week 3 ☐ \$34	
Week 4 July 25- 29 : \$96	Week 4 ☐ \$34	
Week 5 Aug 2- 5: \$77	Week 5 ☐ \$28	
Week 6 Aug 8- 12: \$96	Week 6 ☐ \$34	
Week 7 Aug 15- 19: \$96	Week 7 ☐ \$34	
Week 8 Aug 22- 25: \$77	Week 8 ☐ \$28	
Associate Member Fee:	Weekly Extended Care fee:	<ul style="list-style-type: none"> • Refunds: No refunds will be given for cancellations after Monday, June 6th. Cancellations prior to June 6th are subject to a \$10 administrative fee. • Camp T-Shirts: Required one for \$12.00 or two for \$20.00. Subsidy is not applicable. • Important: For income tax purposes, it your responsibility to keep all copies of your monthly receipts provided by the Waterfront Neighbourhood Centre as we no longer issue income tax letters.
Week 1 July 4- 8: \$167	Week 1 ☐ \$34	
Week 2 July 11- 15: \$167	Week 2 ☐ \$34	
Week 3 July 18- 22 : \$167	Week 3 ☐ \$34	
Week 4 July 25- 29 : \$167	Week 4 ☐ \$34	
Week 5 Aug 2- 5: \$134	Week 5 ☐ \$28	
Week 6 Aug 8- 12: \$167	Week 6 ☐ \$34	
Week 7 Aug 15- 19: \$167	Week 7 ☐ \$34	
Week 8 Aug 22- 25: \$134	Week 8 ☐ \$28	

We appreciate the financial support provided by our generous donors: The Toronto Star Fresh Air Fund, City of Toronto Children Services, and Government of Canada - Canada Summer Jobs.




Youth programs focus on leadership, employment, health and wellness. Youth workers provide teens with opportunities to increase their leadership skills, connect with employers in the community and acquire employable skills. Youth workers support teens with self-growth and enhancing life skills through a variety of activities. Youth Health and Wellness classes provide teens with the opportunity to be active and gain knowledge on ways to incorporate healthy habits into their life. The Multimedia Studio is a free music recording program that gives youth access to state-of-the-art recording equipment and professional instruction so they can write and perform their own unique music.



Due to COVID-19 restrictions, programs are subject to change. Please check our website for updates.

Description	Age / Membership	Winter Schedule	Price
<p>MULTIMEDIA STUDIO</p> <p>This program is perfect for anyone interested in becoming an artist, producer, audio engineer, photographer, videographer, or graphic designer! Our highly trained WNC staff are here to teach you all the fundamentals you need to get your creative career started! Maximum three participants per session. Space is limited. Registration and session booking is required.</p> <p>To register contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or 416.392.1509 ext.302</p>	<p>12 to 24</p> <p>Membership Optional.</p>	<p># of classes: 26 Jan 10 to Mar 13, 2022</p> <p>Monday - 3:00 PM - 8:30 PM Thursday - 6:00 PM - 8:30 PM Sunday - 12:00 PM - 5:00 PM</p> <p>No Class Feb 21 - 3:00 PM - 8:30 PM</p>	<p>Free</p>
<p>YOUTH INFO, SUPPORT & REFERRALS</p> <p>WNC Youth workers are available to assist youth with any issues they may have. Information, support, and referrals are available each week Monday through Friday.</p> <p>Contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or call at 416.392.1509. Ext 302 to book an appointment.</p>	<p>12 to 24</p> <p>Membership Optional.</p>	<p># of classes: 44 Jan 10 to Mar 11, 2022</p> <p>Monday - 3:30 PM - 8:00 PM Tuesday - 3:30 PM - 8:00 PM Wednesday - 3:30 PM - 8:00 PM Thursday - 3:30 PM - 8:00 PM Friday - 3:30 PM - 8:00 PM</p> <p>No Class Feb 21 - 3:30 PM - 8:00 PM</p>	<p>Free</p> <p><i>Drop-In: Yes</i></p>
<p>This is an In-Person program. Program Code 27510Y40</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>			
<p>This is an In-Person program. Program Code 27510Y12</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>			

YOUTH PROGRAMS

waterfrontnc.ca/youth

Description	Age / Membership	Winter Schedule	Price
<p>NEW! YOUTH HOMEWORK HELP</p> <p>Youth Homework Help is a program designed for high school students to gain extra assistance completing homework and assignments while preparing youth for upcoming quizzes and tests. Join us every Wednesday and Thursday evening to get assistance from our WNC Youth Workers. All subjects and areas of study are welcome!</p> <p>Space is limited and registration is required.</p>	<p>14 to 18</p> <p>Membership Optional.</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>	<p># of classes: 18 Jan 12 to Mar 10, 2022</p> <p>Wednesday - 3:00 PM - 6:00 PM Thursday - 3:00 PM - 6:00 PM</p> <p>This is an In-Person program. Program Code 27510Y19</p>	<p>Free</p>
<p>GET JOBS FOR YOUTH</p> <p>Need a job? Don't know where to start? Get Jobs for Youth is an online program that hosts employment readiness workshops to help youth with writing resumes and cover letters, job hunting, interview prep, and more! This program will operate in-person and can also be offered virtually based on the needs of each youth.</p> <p>Space is limited and registration is required.</p>	<p>14 to 29</p> <p>Membership Optional.</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>	<p># of classes: 17 Jan 10 to Mar 10, 2022</p> <p>Monday - 5:30 PM - 8:30 PM Thursday - 5:30 PM - 8:30 PM</p> <p>No Class Feb 21 - 5:30 PM - 8:30 PM</p> <p>This is an In-Person program. Program Code 27510Y30</p>	
<p>NEW! GIRLS SPORTS & HEALTH</p> <p>This program runs specifically for girls in grades 6-12 and will focus on empowering girls through sports and fun group activities.</p> <p>Space is limited and registration is required.</p> <p>Maximum of 10 participants.</p>	<p>11 to 18</p> <p>Membership Optional.</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>	<p># of classes: 9 Jan 16 to Mar 13, 2022</p> <p>Sunday - 12:30 PM - 2:30 PM</p> <p>This is an In-Person program. Program Code 27510Y24</p>	<p>Free</p>
<p>NEW! YOUTH FITNESS AND HEALTH</p> <p>Youth Fitness and Health is a program designed to keep youth fit, active, and healthy! Youth ages 12-24 are welcome to join our Youth Fitness instructor for a variety of fitness activities.</p> <p>Important Notes:</p> <ul style="list-style-type: none"> - Maximum 15 participants - Please bring a refillable water bottle - Please wear comfortable clothing - In accordance with City of Toronto COVID-19 Mandatory Vaccination Policy, proof of full vaccination must be provided for those ages 18+ <p>Space is limited and registration is required.</p>	<p>12 to 24</p> <p>Membership Optional.</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>	<p># of classes: 9 Jan 15 to Mar 12, 2022</p> <p>Saturday - 12:00 PM - 3:00 PM</p> <div>  <p>Proof of vaccination is required. Please see page 2 for details.</p> </div> <p>This is an In-Person program. Program Code 27510Y34</p>	<p>Free</p>

Description	Age / Membership	Winter Schedule	Price
<p>YOUTH SPORTS AND RECREATION</p> <p>Join us for a wide range of fun sports, along with recreational activities, and engage in great conversations with our WNC Youth Workers! In accordance with City of Toronto COVID-19 Mandatory Vaccination Policy, proof of full vaccination must be provided for those 18+ Space is limited and registration is required. To register contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or 416.392.1509 ext.302</p> <p>Maximum 20 participants.</p>	<p>12 to 24</p> <p>Membership Optional.</p>	<p># of classes: 9 Jan 15 to Mar 12, 2022</p> <p>Saturday - 2:00 PM - 5:00 PM</p> <p> Proof of vaccination is required. Please see page 2 for details.</p> <p>This is an In-Person program. Program Code 27510Y05</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>	<p>Free</p>
<p>YOUTH BASKETBALL</p> <p>Join us for fun basketball games, drills, and skill building activities! In accordance with City of Toronto COVID-19 Mandatory Vaccination Policy, proof of full vaccination must be provided for those ages 18+ Space is limited and registration is required. Proof of age may be required. 20 youth maximum per session. To register contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or 416.392.1509 ext.302</p> <p>Maximum 20 participants</p>	<p>14 to 24</p> <p>Membership Optional.</p>	<p># of classes: 9 Jan 13 to Mar 10, 2022</p> <p>Thursday - 6:00 PM - 8:30 PM</p> <p> Proof of vaccination is required. Please see page 2 for details.</p> <p>This is an In-Person program. Program Code 27510Y09</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>	<p>Free</p>
<p>NEW! TWEEN AFTERSCHOOL PROGRAM</p> <p>Youth in grades six to eight are welcome to join us Monday to Friday for our TWEEN Afterschool Program! Receive homework help and participate in fun games, activities, sports, and recreation as well as find opportunities to build and enhance life skills and much more!</p> <p>Space is limited and registration is required. Maximum of 20 participants. To register contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or 416.392.1509 ext.302</p>	<p>11 to 14</p> <p>Membership Optional.</p>	<p># of classes: 42 Jan 10 to Mar 11, 2022</p> <p>Monday - 3:15 PM - 6:00 PM Tuesday - 3:15 PM - 6:00 PM Wednesday - 3:15 PM - 6:00 PM Thursday - 3:15 PM - 6:00 PM Friday - 3:15 PM - 6:00 PM</p> <p>No Class Jan 14 - 3:15 PM - 6:00 PM Feb 18 - 3:15 PM - 6:00 PM Feb 21 - 3:15 PM - 6:00 PM</p> <p>This is an In-Person program. Program Code 27510Y18</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>	<p>Free</p>

YOUTH PROGRAMS

waterfrontnc.ca/youth

Description	Age / Membership	Winter Schedule	Price
<p>NEW! YOUTH COMMUNITY AMBASSADORS</p> <p>Are you interested in helping your community? Would you like to be involved in learning new skills? In this program, youth will coordinate neighbourhood events, fundraisers, and create new youth community initiatives.</p> <p>Space is limited and registration is required.</p> <p>To register contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or 416.392.1509 ext.302</p> <p>Maximum 15 participants</p>	<p>12 to 24</p> <p>Membership Optional.</p>	<p># of classes: 4 Jan 18 to Mar 1, 2022</p> <p>Tuesday - 6:00 PM - 8:30 PM</p> <p>Meet On Jan 18 - 6:00 PM - 8:30 PM Feb 1 - 6:00 PM - 8:30 PM Feb 15 - 6:00 PM - 8:30 PM Mar 1 - 6:00 PM - 8:30 PM</p> <p>This is an In-Person program. Program Code 27510Y26</p>	<p>Free</p>
<p>LUNCH TIME LOUNGE - CITY SCHOOL</p> <p>Nothing to do at lunch? Come and hangout in the WNC Youth Room during your lunch! Participate in fun games and activities as well as access computers to help with your homework. All City School Students are welcome!</p> <p>Note: youth must bring your own lunch.</p> <p>Space is limited and registration is required.</p> <p>To register contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or 416.392.1509 ext.302</p> <p>Maximum 15 participants</p>	<p>14 to 19</p> <p>Membership Not Required.</p>	<p># of classes: 42 Jan 10 to Mar 11, 2022</p> <p>Monday - 12:30 PM - 1:30 PM Tuesday - 12:30 PM - 1:30 PM Wednesday - 12:30 PM - 1:30 PM Thursday - 12:30 PM - 1:30 PM Friday - 12:30 PM - 1:30 PM</p> <p>No Class Feb 2 - 12:30 PM - 1:30 PM Feb 18 - 12:30 PM - 1:30 PM Feb 21 - 12:30 PM - 1:30 PM</p> <p>This is an In-Person program. Program Code 27510Y02</p>	<p>Free</p>
<p>YOUNG MEN'S GROUP</p> <p>The Young Men's Group is specifically designed for young men between the ages of 15-19. The program will provide young men with fun learning opportunities through games, activities, and workshops, along with mentorship support from our WNC youth workers.</p> <p>Space is limited and registration is required.</p> <p>To register contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or 416.392.1509 ext.302</p> <p>Maximum of 10 participants.</p>	<p>14 to 19</p> <p>Membership Optional.</p>	<p># of classes: 5 Jan 11 to Mar 8, 2022</p> <p>Tuesday - 6:00 PM - 8:30 PM</p> <p>Meet On Jan 11 - 6:00 PM - 8:30 PM Jan 25 - 6:00 PM - 8:30 PM Feb 8 - 6:00 PM - 8:30 PM Feb 22 - 6:00 PM - 8:30 PM Mar 8 - 6:00 PM - 8:30 PM</p> <p>This is an In-Person program. Program Code 27510Y41</p>	<p>Free</p>

Description	Age / Membership	Winter Schedule	Price
<p>YOUNG WOMEN'S GROUP</p> <p>The Young Women's Group is designed to create a safe space for young women ages 14-19 to learn, grow, support, and mentor one another! The program will foster strong and healthy relationships between young women through a series of fun games, activities, educational workshops, talk circles, and more!</p> <p>Space is limited and registration is required. To register contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or 416.392.1509 ext.302</p> <p>Maximum of 10 participants.</p>	<p>14 to 19</p> <p>Membership Optional.</p>	<p># of classes: 5 Jan 11 to Mar 8, 2022</p> <p>Tuesday - 6:00 PM - 8:30 PM</p> <p>Meet On Jan 11 - 6:00 PM - 8:30 PM Jan 25 - 6:00 PM - 8:30 PM Feb 8 - 6:00 AM - 6:30 PM Feb 22 - 6:00 PM - 8:30 PM Mar 8 - 6:00 PM - 8:30 PM</p> <p>This is an In-Person program. Program Code 27510Y42</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>	<p>Free</p>
<p>YOUTH LOUNGE</p> <p>The Youth Lounge is a great place to hang, have fun, and make new friends! Each session will be filled with plenty of fun games and exciting activities lead by our incredible WNC youth workers.</p> <p>Space is limited and registration is required. To register contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or 416.392.1509 ext.302</p> <p>Maximum of 10 participants.</p>	<p>14 to 24</p> <p>Membership Optional.</p>	<p># of classes: 17 Jan 10 to Mar 11, 2022</p> <p>Monday - 6:00 PM - 8:30 PM Friday - 6:00 PM - 8:30 PM</p> <p>No Class Feb 21 - 1:00 PM - 5:00 PM</p> <p>This is an In-Person program. Program Code 27510Y13</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>	<p>Free</p>
<p>TWEEN PA DAY CAMP</p> <p>Looking for something to do on a PA Day? Youth in grades six to eight are welcome to join us for TWEEN PA Day Camp! Be prepared for a number of fun activities and games. Camps will be offered from 11:00 AM to 5:00PM.</p> <p>Space is limited and registration is required. To register contact our Youth Programs Supervisor Chanelle at cwright@waterfrontnc.ca or 416.392.1509 ext.302</p> <p>Maximum 20 participants.</p>	<p>11 to 14</p> <p>Membership Optional.</p>	<p># of classes: 2 Jan 14 to Feb 18, 2022</p> <p>Friday - 11:00 AM - 5:00 PM</p> <p>Meet On Jan 14 - 11:00 AM - 5:00 PM Feb 18 - 11:00 AM - 5:00 PM</p> <p>This is an In-Person program. Program Code 27510Y07</p> <p>Funded in part thanks to the City of Toronto – Community Services Partnership Program.</p>	<p>Free</p>

SENIORS PROGRAMS

waterfrontnc.ca/seniors



Waterfront Neighbourhood Centre is in the heart of an active adult lifestyle community! We offer a wide range of programs specifically designed for older adults 55+. WNC is proud to be recognized as an official Senior Active Living Centre by the Province of Ontario, Ministry of Seniors Affairs.



Proof of vaccination is required for all fitness programs. Please see page 2 for details.

Due to COVID-19 restrictions, programs are subject to change. Please check our website for updates.

Description	Age / Membership	Winter Schedule	Price
SENIORS ADVISORY COMMITTEE This program is open to all seniors! The Seniors Advisory Committee advocates for seniors' issues, plans special events, and shares skills and ideas with the community. The committee meets on the third Thursday of every month. Maximum of 10 participants.	55 + Membership Required.	# of classes: 3 Jan 20 to Mar 10, 2022 Thursday - 10:00 AM - 11:00 AM Meet On Jan 20 - 10:00 AM - 11:00 AM Meet On Feb 17 - 10:00 AM - 11:00 AM Meet On Mar 10 - 10:00 AM - 11:00 AM This is an In-Person program.	Free
WOMEN'S CIRCLE The Women's Circle is a space for women to inspire each other and our communities. There is an open mic during each session and we will address together topics of community issues and concerns. Community Leaders/Members will share their stories and legacies throughout the program. Additionally, come be part of the planning for International Women's Day 2022. Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.	55 + Membership Required.	# of classes: 9 Jan 13 to Mar 10, 2022 Thursday - 11:00 AM - 12:00 PM This is an In-Person program. Program Code 27210W13	Free
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.		Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.	

Description	Age / Membership	Winter Schedule	Price
<p>NEW! COMPUTER BASICS FOR SENIORS</p> <p>Learn about computer basics such as tech issues, internet usage, email and social media navigation (including Facebook, Instagram & Twitter) all through using software applications on your smartphone, iPad, or tablet. It's never too late to learn! iPads and Tablets are available to borrow.</p> <p>Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.</p> <p>Maximum of 10 participants.</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 8 Jan 10 to Mar 7, 2022</p> <p>Monday - 11:00 AM - 12:00 PM</p> <p>No Class Feb 21 - 11:00 AM - 12:00 PM</p> <p>This is an In-Person program. Program Code 27210S07</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.</p>	<p>Free</p>
<p>TAI CHI</p> <p>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!</p>	<p>50 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 12 to Mar 9, 2022</p> <p>Wednesday - 11:00 AM - 12:00 PM</p> <p>This is an In-Person program. Program Code 27210A08</p>	<p>\$23</p> <p><i>Drop-In: Yes Fee: \$3.50</i></p>
<p>FUNKY FITNESS</p> <p>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!</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 10 to Mar 7, 2022</p> <p>Monday - 3:15 PM - 4:15 PM</p> <p>No Class Feb 21 - 3:15 PM - 4:15 PM</p> <p>This is an In-Person program. Program Code 27210S11</p>	<p>\$23</p> <p><i>Drop-In: Yes Fee: \$3.50</i></p>
<p>GENTLE FITNESS</p> <p>Relax, stretch, strengthen and tone your body with this gentle full-body workout.</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 12 to Mar 9, 2022</p> <p>Wednesday - 9:30 AM - 10:30 AM</p> <p>This is an In-Person program. Program Code 27210S13</p>	<p>\$23</p> <p><i>Drop-In: Yes Fee: \$3.50</i></p>
<p>NEW! GENTLE YOGA (HATHA)</p> <p>Join our Thursday night 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!</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 13 to Mar 10, 2022</p> <p>Thursday - 5:00 PM - 6:00 PM</p> <p>This is an In-Person program. Program Code 23210A07</p>	<p>\$23</p> <p><i>Drop-In: Yes Fee: \$3.50</i></p>

SENIORS PROGRAMS

waterfrontnc.ca/seniors

Description	Age / Membership	Winter Schedule	Price
<p>NEW! SENIOR SPORTS</p> <p>Come and play your favourite sports such as badminton, basketball, and/or volleyball. This program is open to all levels and skillsets, so come out and have some fun!</p> <p>Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 14 to Mar 11, 2022</p> <p>Friday - 3:30 PM - 4:30 PM</p> <p>This is an In-Person program. Program Code 27210S41</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.</p>	<p>Free</p>
<p>NEW! SENIORS WALKING GROUP</p> <p>Do you like to get outside while being in the company of others? If the answer is YES, then come join The Walking Group and enjoy the sights and sounds of nature and the city. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather.</p> <p>Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 11 to Mar 8, 2022</p> <p>Tuesday - 11:00 AM - 12:00 PM</p> <p>This is an In-Person program. Program Code 27210S32</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.</p>	<p>Free</p>
<p>ZUMBA GOLD</p> <p>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!</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 14 to Mar 11, 2022</p> <p>Friday - 10:00 AM - 11:00 AM</p> <p>This is an In-Person program. Program Code 27210S42</p>	<p>\$23</p> <p><i>Drop-In: Yes Fee: \$3.50</i></p>
<p>AFTERNOON TEA AND SOCIAL</p> <p>Come meet new people, make friends, enjoy conversations, dance parties, games, BINGO, documentaries, movies, & much more! WNC offers workshops once per month that will cover a variety of health and wellness topics.</p> <p>Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.</p> <p>Maximum of 10 participants.</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 8 Jan 10 to Mar 7, 2022</p> <p>Monday - 1:00 PM - 3:00 PM</p> <p>No Class Feb 21 - 1:00 PM - 3:00 PM</p> <p>This is an In-Person program. Program Code 27210S05</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.</p>	<p>Free</p>

Description	Age / Membership	Winter Schedule	Price
<p>BAKING FOR FUN</p> <p>Interested in Baking? If the answer is YES, then come to our Baking for Fun program! Bake some cakes, muffins and other delicious and healthy treats in a fun and inclusive setting.</p> <p>Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.</p> <p>Max of 5 participants</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 12 to Mar 9, 2022</p> <p>Wednesday - 3:15 PM - 4:30 PM</p>	<p>Free</p>
<p>This is an In-Person program. Program Code 27210W14</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.</p>			
<p>EUCHRE AND BRIDGE GAMES</p> <p>Come join our Euchre & Bridge games group! Enjoy a relaxing morning game and spend time socializing with others. Everyone is welcome! This program is volunteer run and supported by our WNC staff.</p> <p>Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 11 to Mar 8, 2022</p> <p>Tuesday - 2:00 PM - 4:00 PM</p>	<p>Free</p>
<p>This is an In-Person program. Program Code 27210S10</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.</p>			
<p>NEW! MEN'S SOCIAL GROUP</p> <p>This FREE group is a meeting place where older men can play games, meet new people, participate in group social activities, discussions & more!</p> <p>Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.</p> <p>Maximum of 10 participants.</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 11 to Mar 8, 2022</p> <p>Tuesday - 1:00 PM - 2:00 PM</p>	<p>Free</p>
<p>This is an In-Person program. Program Code 27210W05</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.</p>			
<p>OLDER ADULT GAMES</p> <p>Join us for an afternoon of playing board games including Scrabble, chess, dominoes, puzzles & more! Everyone is welcome to attend!</p> <p>Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.</p> <p>Maximum of 10 participants.</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 13 to Mar 10, 2022</p> <p>Thursday - 1:00 PM - 3:00 PM</p>	<p>Free</p>
<p>This is an In-Person program. Program Code 27210S20</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.</p>			

Music Lessons



BEGINNER, ADVANCED & PRIVATE LESSONS

CHILDREN AGES 7 YRS. TO SENIORS

TUESDAY TO FRIDAY: 3:30-8:00 PM

FEE: \$10 FOR 1/2 HOUR

INSTRUMENTS:

VIOLIN & CELLO, PERCUSSION, GUITAR,
5 STRING BANJO, MANDOLIN
(no wind/brass instruments)

BEGINNER PIANO LESSONS!

**LEARN TO PLAY AN ORCHESTRA INSTRUMENTS
RENTALS ARE AVAILABLE**

**FOR INFORMATION AND TO REGISTER, PLEASE
CONTACT CLIFF OJALA 416.874.7159**



Come Garden with us!

Community Connect Garden

***Learn how to garden in the City**

***Share in the harvest**

***No experience needed. All ages welcome!**

***We welcome individual and
corporate volunteers!
Hours are flexible, and tasks
are tailored to your interests.
High School students can
earn volunteer hours for their
graduation requirements!**

**For more information, contact Eneyda:
Eneyda@waterfrontnc.ca 416.392.1509 | ext.319**





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



Proof of vaccination is required.
Please see page 2 for details.

*Due to COVID-19 restrictions, programs are subject to change.
Please check our website for updates.*

Description	Age / Membership	Winter Schedule	Price
BABY AND ME YOGALATES 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! Maximum of 10 participants.	0 to 1 Membership Required.	# of classes: 9 Jan 11 to Mar 8, 2022 Tuesday - 9:45 AM - 10:45 AM	\$63 <i>Drop-In: Yes Fee: \$9.00</i>
BODY SCULPT AND CONDITION Body Sculpt and Condition will help tone and strengthen your body while improving your endurance! This is a super fun and energizing class so please be prepared to sweat! All levels are welcome. Maximum of 10 participants.	18 + Membership Required.	# of classes: 9 Jan 11 to Mar 8, 2022 Tuesday - 6:30 PM - 7:30 PM	\$63 <i>Drop-In: Yes Fee: \$9</i>
CO-ED ADULT BADMINTON Come and enjoy recreational sports at WNC! Spaces are limited; first come, first serve. 16 players maximum. Wrist band sales begin at 7:00 PM. All participants must register by 8:00 PM. Our 10-visit punch card is non-transferable. Capacity: 16 people total. Only 8 people will be allowed in the gym at a time; teams will rotate.	18 + Membership Required.	# of classes: 9 Jan 11 to Mar 8, 2022 Tuesday - 7:30 PM - 9:15 PM	<i>Drop-In: Yes Fee: \$4.50</i>

This is an **In-Person** program.
Program Code 27410F11

This is an **In-Person** program.
Program Code 23210A02

This is an **In-Person** program.
Program Code 25510A03

WEIGHT ROOM FACILITY

Weight Room Hours of Operation:

Monday - Friday 9:30 AM - 9:00 PM

Saturday & Sunday 11:30 AM - 5:00PM

Women only times:

Tuesday/Thursday 6:30 PM - 7:30 PM & Saturdays 12:00 pm - 1:00 pm

If you wish to use the Weight Room, you must pre-book a time slot with Reception in advanced.

Please read the following guidelines thoroughly:

- A waiver, assessment & memorandum form must be completed at reception desk prior to use of the Weight Room.
- Only 2 people will be allowed to use the weight room at a maximum allotted time slot of 1 hour.
- Upon entering weight room, please sanitize your hands immediately and make good use of our sanitation stations throughout the facility during your workouts. Wash your hands with soap and warm water for at least 30 seconds prior to entering into the facility and for good measure wash them again as you leave.
- You are required to wipe down and disinfect all equipment after usage. No exceptions. Anyone not adhering to these guidelines will no-longer be able to access the premises.
- Face masks are not required while inside the gym facility, and/or during physical activity. However, masks are to be worn when walking through/entering the building premises.
- You may pre-book a maximum of 3 time slots throughout each week

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

\$5.00/daily drop-in
\$8.50/month
\$45/6 months
\$89.50/ 1 year
\$6.50 ID card
WNC membership is required

Adult Members (24+ years):

\$5.00/daily drop-in
\$25/month
\$124/6 months
\$236/ 1 year
\$6.50 ID card
WNC membership is required

Weight Room Guidelines:

Weight room members **MUST** have a valid Weight Room membership, ID Access Card & WNC membership. Please sign up and pay the onetime \$6.50 fee for the ID Access Card (replacement ID cards for lost cards are \$6.50).

- Gym bags and jackets are not permitted in the weight room.
- Gym attire and proper athletic footwear required.
- Failure to adhere to the rules of the Weight Room could lead to permanent suspension of all Weight Room privileges.

Change Room Access:

Changing in the public space or washroom is not permitted. You must use the Change Room.

Change Rooms close at 5:00 PM on weekends.

WNC has an ID Access Card system in place for access to the change rooms. Cards may be purchased at reception for \$6.50.



Proof of Vaccination is required.
Please see page 2 for details.



Waterfront
Neighbourhood
Centre



Description	Age / Membership	Winter Schedule	Price
<p>CO-ED VOLLEYBALL</p> <p>Come and enjoy recreational sports at WNC! Spaces are limited; first come first serve. 24 players maximum. Wrist band sales begin at 7:00 PM. All participants must register by 8:00 PM. Our 10-visit punch card is non-transferable. Capacity: 24 people total. Only 8 people allowed in the gym at a time, teams will rotate.</p>	<p>18 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 10 to Mar 9, 2022</p> <p>Monday - 7:30 PM - 9:15 PM Wednesday - 7:30 PM - 9:15 PM</p> <p>No Class Feb 21 - 7:30 PM - 9:15 PM</p> <p>This is an In-Person program. Program Code 23210A06</p>	<p><i>Drop-In: Yes</i> <i>Fee: \$4.50</i></p>
<p>NEW! PILATES</p> <p>This is an open Mat Pilates class for people of all fitness levels. In this class you will focus on the core body. Pilates will support improvements in flexibility and strength, better posture, flattening and tightening of your abs, and increase your sense of well-being. Mats are provided upon request. You are welcome to bring your own.</p> <p>Maximum of 10 participants.</p>	<p>18 +</p> <p>Membership Required.</p>	<p># of classes: 8 Jan 10 to Mar 7, 2022</p> <p>Monday - 6:15 PM - 7:15 PM</p> <p>No Class Feb 21 - 6:15 PM - 7:15 PM</p> <p>This is an In-Person program. Program Code 23210A19</p>	<p>\$56</p> <p><i>Drop-In: Yes</i> <i>Fee: \$9.00</i></p>
<p>NEW! PRE & POST NATAL PILATES</p> <p>Stay strong and healthy throughout every stage of your pregnancy. Pre and Postnatal Pilates creates a sense of centring, alignment, and balance for your body by building postural awareness throughout your pregnancy and postpartum recovery.</p> <p>Maximum of 10 participants.</p>	<p>18 +</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 16 to Mar 13, 2022</p> <p>Sunday - 3:45 PM - 4:45 PM</p> <p>This is an In-Person program. Program Code 23210A17</p>	<p>\$63</p> <p><i>Drop-In: Yes</i> <i>Fee: \$9</i></p>
<p>TAI CHI</p> <p>Tai Chi is an internal Chinese martial art practiced for defence training, health benefits, and meditation. This class will help you reduce tension, improve flexibility, and increase circulation in your body!</p> <p>Maximum of 10 participants.</p>	<p>18 to 50</p> <p>Membership Required.</p>	<p># of classes: 9 Jan 11 to Mar 8, 2022</p> <p>Tuesday - 6:00 PM - 7:00 PM</p> <p>This is an In-Person program. Program Code 27210A08</p>	<p>\$63</p> <p><i>Drop-In: Yes</i> <i>Fee: \$9</i></p>

ADULT FITNESS & FUN

waterfrontnc.ca/adult

Description	Age / Membership	Winter Schedule	Price
NEW! WOMEN'S SELF-DEFENSE Our Women's Self-Defense class, taught by a third degree black-belt in martial arts, focuses not only on teaching self-defense techniques, but also on growing the strength, stamina, muscle memory, and confidence to practice effective self-defense. You will learn to project your 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. Maximum of 10 participants.	18 + Membership Required.	# of classes: 9 Jan 12 to Mar 9, 2022 Wednesday - 6:30 PM - 7:30 PM This is an In-Person program. Program Code 23210A18	\$63 <i>Drop-In: Yes</i> <i>Fee: \$9</i>
YOGA - SATURDAY 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!	18 + Membership Required.	# of classes: 9 Jan 15 to Mar 12, 2022 Saturday - 11:30 AM - 12:30 PM This is an In-Person program. Program Code 23210A14	\$63 <i>Drop-In: Yes</i> <i>Fee: \$9</i>
YOGA - THURSDAY Join our Thursday night 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!	18 + Membership Required.	# of classes: 9 Jan 13 to Mar 10, 2022 Thursday - 6:30 PM - 7:30 PM This is an In-Person program. Program Code 23210A09	\$63 <i>Drop-In: Yes</i> <i>Fee: \$9</i>
ZUMBA 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!	18 + Membership Required.	# of classes: 9 Jan 14 to Mar 11, 2022 Friday - 6:30 PM - 7:30 PM This is an In-Person program. Program Code 23210A12	\$63 <i>Drop-In: Yes</i> <i>Fee: \$9</i>
NEW! ART NIGHT OUT! 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!	19 to 45 Membership Required.	# of classes: 9 Jan 13 to Mar 10, 2022 Thursday - 5:30 PM - 7:00 PM This is an In-Person program. Program Code 23211A15	\$95 <i>Drop-In: Yes</i> <i>Fee: \$9</i>



Waterfront Neighbourhood Centre strives to create a safe and supportive place where everyone is welcome! We offer a number of community services including a clothing program, visiting program, phone support as well as a number of community programs.

*Due to COVID-19 restrictions, programs are subject to change.
Please check our website for updates.*

Description	Age / Membership	Winter Schedule	Price
<p>WNC INDIVIDUAL SUPPORT & REFERRAL SERVICE</p> <p>We always are 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.</p> <p>This program is offered by appointment only after 2:00 pm.</p>	<p>55 +</p> <p>Membership Not Required.</p>	<p># of classes: 9 Jan 10 to Mar 7, 2022</p> <p>Tuesday - 2:00 PM - 4:00 PM</p>	<p>Free</p>
<p>This is an In-Person program. Program Code 27210W12</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.</p>			
<p>WATERFRONT GOOD FOOD MARKET</p> <p>The Good Food Market offers fresh, in-season vegetables and fruits at reasonable prices. We accept cash & e-transfer. Everyone is welcome! We will only be accepting pre-orders for deliveries (to seniors, those with disabilities, those self-isolating or with high-risk immune systems, and living in the neighbourhood). Everyone else—please come on in and shop around! Pre-orders for delivery are accepted until midnight every Tuesday. To pre-order, please provide us with the following information: Full Name, Phone #, Address (and Buzzer number if needed). Just make sure you are home on Wednesday after 1:00 pm to receive your order! Please email waterfrontgoodfood@gmail.com for any questions or to pre-order.</p> <p>3 shoppers at the time.</p>	<p>All</p> <p>Membership Not Required.</p>	<p># of classes: 9 Jan 12 to Mar 9, 2022</p> <p>Wednesday - 3:00 PM - 4:30 PM</p>	<p>Free</p> <p><i>Drop-In: Yes</i></p>
<p>This is an In-Person program. Program Code 90010W10</p>			

LGBTQ2S+ LET'S CONNECT

Inviting all Lesbian, Gay, Bisexual, Trans, Queer Identifying Folks and Allies to drop in and connect together in an inclusive and welcoming space!

Last Thursday of every Month

3:15 - 4:15pm

January 27th

February 24th

March 31st



For more information contact Elizabeth:
416 392 1509 ext.326 / elizabeth@waterfrontnc.ca



Waterfront
Neighbourhood
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Description	Age / Membership	Winter Schedule	Price
<p>NEW! A GATHERING PLACE - MEDICINE WHEEL GARDEN</p> <p>The Medicine Wheel Garden is a new project for seniors and the general community. All participants will learn about Indigenous Histories as well as traditional teachings around the principles of the Medicine Wheel. Participants and volunteers will be involved in maintaining the gardens to beautify our Indigenous healing space. Other activities will include Indigenous centred ceremonies, Horticultural Therapy, community events, workshops, and discussions on the Truth and Reconciliation 94 Calls to Action.</p> <p>Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.</p> <p>Maximum of 10 participants.</p>	<p>55 +</p> <p>Membership Required.</p>	<p># of classes: 18 Jan 12 to Mar 11, 2022</p> <p>Wednesday - 1:00 PM - 3:00 PM Friday - 1:00 PM - 3:00 PM</p>	<p>Free</p>
<p>COMMUNITY KITCHEN PROGRAM</p> <p>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.</p> <p>Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.</p> <p>Maximum of 10 participants.</p>	<p>18 +</p> <p>Membership Required.</p>	<p># of classes: 5 Jan 11 to Mar 1, 2022</p> <p>Tuesday - 4:30 PM - 6:00 PM</p> <p>Meet On Jan 11 - 4:30 PM - 6:00 PM Jan 25 - 4:30 PM - 6:00 PM Feb 8 - 4:30 PM - 6:00 PM Feb 22 - 4:30 PM - 6:00 PM Mar 1 - 4:30 PM - 6:00 PM</p>	<p>Free</p>

This is an **In-Person** program.

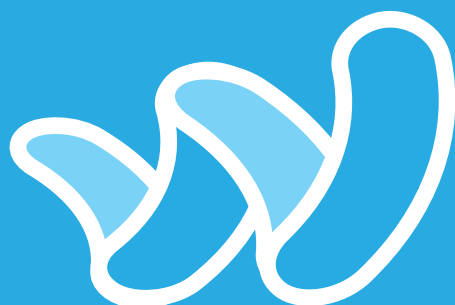
Program Code 27210S30

Funded in part thanks to the Government of Canada's Employment and Social Development Canada – New Horizons for Seniors Program (NHSP).

This is an **In-Person** program.

Program Code 27210W02

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



Waterfront
Neighbourhood
Centre

30
years
#WaterfrontncTO
Serving the Community Since 1991

WATERFRONT NEIGHBOURHOOD CENTRE

A graphic featuring two large, stylized hands in a reddish-brown color, palms facing each other and holding a large red heart. The heart is the central focus, and the hands are positioned behind it, creating a sense of support and care. The entire graphic is set against a light green background.

WNC Community Grocery Drive

**Because no one should ever
go to bed hungry.**

**Help us raise \$5,000 for grocery
cards that will be provided to
waterfront families & neighbours!**

**Food Cards gratefully accepted at WNC.
Donations can be made in person, by telephone or
online at:**

<https://donation.waterfrontnc.ca/>

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.

**627 Queens Quay W, Toronto ON M5V3G3
416.392.1509 | charity@waterfrontnc.ca**



Waterfront Neighbourhood Centre
CHARITABLE FUND