



SPRING 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

📱 [WaterfrontncTo](#)

30
years

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FACILITY RENTAL



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 		
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.

View or Book WNC Facility Online www.waterfrontnc.ca/rentals
100% of Rental Revenues Support WNC Community Programs and Services

REGISTRATION INFORMATION



Waterfront Neighbourhood Centre

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



info@waterfrontnc.ca



fb.com/waterfrontnccto



WaterfrontncTO



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 11:00 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, Dominic Chan (dominicchan.ca), Rick Vyrostopko (rickvyrostopkophotography.com).

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Important Dates

Spring Session 2022

Registration starts: Monday, March 14, 2022

Spring Session: March 21st - June 19th (13 weeks)

Summer Session 2022

Registration starts: Monday, June 20, 2022

Summer Session: July 4th - August 26th (8 weeks)



Spring 2022 Registration Dates

Spring Session: March 21 – June 19 (13 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.

Monday, March 14	Membership & Subsidy Approval/Renewal Day 8:00 am – 7:00 pm
Tuesday, March 15	Family and Children Programs Registration Day 8:00 am – 7:00 pm
Wednesday, March 16	PEEP & PEEP for Tots Registration Session 1 & Session 2 8:00 am - 11:00 am
Thursday, March 17 & Friday March 18	Senior Programs and Adult Fitness 8:00 am – 11:00 am
Saturday March 19 & Sunday March 20	General Registration for All Programs 11:00 am – 5:00 pm

WNC Closures For Spring Session

Friday, April 15 – Good Friday	Saturday June 25 and Sunday June 26th
Monday, April 18 – Easter Monday	Friday, July 1st – Canada Day
Monday, May 23 – Victoria Day	Saturday, July 2nd and Sunday July 3rd

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.

WATERFRONT NEIGHBOURHOOD CENTRE

P.E.E.P. for Tots

AGE: 2

MONDAYS & TUESDAYS

9:30AM-11:30AM

PEEP FOR TOTS WILL ENCOURAGE YOUR TODDLER TO EXPLORE THEIR SENSE OF WONDER WHILE ENHANCING THEIR SCHOOL READINESS THROUGH ACTIVITIES SUCH AS FINE & GROSS MOTOR SKILLS, SOCIAL & EMOTIONAL WELLBEING, LANGUAGE AND SPEECH DEVELOPMENT. OFFERED IN AN INCLUSIVE, FRIENDLY & STIMULATING ENVIRONMENT!

SESSION ONE:

MARCH 21ST- APRIL 26TH

PRICE: \$266

SESSION TWO:

MAY 2ND- JUNE 14TH

PRICE: \$315

Subsidy &
Payment Plans
Available!

For more information contact Sarah Brisson at
sarah@waterfrontnc.ca or call 416.392.1509 ext 303



Waterfront
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WATERFRONT NEIGHBOURHOOD CENTRE

SING WITH ME

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

DAY: FRIDAYS

DATES: MARCH 25TH-JUNE 17TH

TIME: 1:00PM- 2:00PM

AGES: 0-24 MONTHS

FEE: \$75.00

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



Waterfront
Neighbourhood
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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

MARCH 22ND- JUNE 15TH

\$81

AGES 6-11

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



Waterfront
Neighbourhood
Centre

WATERFRONT NEIGHBOURHOOD CENTRE

JUNIOR SPORTS AND GAMES

DATES: MARCH 22- JUNE 14

TIME: 4:30 - 5:15 PM

AGE: 3-4 YEARS OLD

PRICE: \$62

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

FOR MORE INFORMATION
PLEASE CONTACT SARAH AT
SARAH@WATERFRONTNC.CA
OR CALL 416.392.1509 EX. 303



Waterfront
Neighbourhood
Centre



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.

Programs are subject to change due to local health authority recommendations and / or restrictions. Please check our website for updates.

Description	Age / Membership	Spring	
		Schedule	Price
SING WITH ME Share the joy of singing! This virtual music program is for parents/caregivers and their children to learn through the sound of music. Parents must remain.	0 to 2 Membership Required.	# of classes: 12 Mar 25 to Jun 17, 2022 Friday – 1:00 PM – 2:00 PM No Class Apr 15 – 1:00 PM – 2:00 PM This is an In-Person program. Program Code 27420F14	\$75.00
BABY FAMILY SUPPORT DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE) 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! 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 Please note: spaces are limited and pre-registration is required for all drop-in classes. Spaces will become available every Friday at 12pm for the following week on a first come first serve basis. To pre-register visit: https://registration.waterfrontnc.ca/earlyon/ For more information about pre-registration please email childrenprograms@waterfrontnc.ca . Parents must remain.	0 to 2 Membership Optional.	# of classes: 22 Mar 21 to Jun 15, 2022 Monday – 1:00 PM – 3:00 PM Wednesday – 1:00 PM – 3:00 PM No Class Apr 18 – 1:00 PM – 3:00 PM May 23 – 1:00 PM – 3:00 PM This is an In-Person program. Program Code 27920F90 Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.	Free

FAMILY PROGRAMS

waterfrontnc.ca/family

Description	Age / Membership	Spring	
		Schedule	Price
WEDNESDAY EVENING FAMILY DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE) 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)! 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) Please note: Spaces are limited and pre-registration is required for all drop-in classes. Spaces will become available every Friday at 12pm for the following week on a first come first serve basis. To pre-register visit: https://registration.waterfrontnc.ca/evening/ For more information about pre-registration please email childrenprograms@waterfrontnc.ca . Parents must remain.	0 to 6 Membership Optional.	# of classes: 13 Mar 23 to Jun 15, 2022 Wednesday – 5:00 PM – 7:00 PM	Free
		This is an In-Person program.	
		Program Code 27420F03	
		Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.	
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. Spaces will become available every Friday at 12pm for the following week on a first come first serve basis. To pre-register visit: https://registration.waterfrontnc.ca/guhd/ For more information about pre-registration please email childrenprograms@waterfrontnc.ca . Parents must remain.	2 to 6 Membership Optional.	# of classes: 26 Mar 22 to Jun 16, 2022 Tuesday – 10:00 AM – 12:00 PM Thursday – 10:00 AM – 12:00 PM	Free
		This is an In-Person program.	
		Program Code 24820F10	
		Supported by Growing Up Healthy Downtown Project (GUHD) and funded thanks to the Public Health Agency of Canada (PHAC).	
READY, SET, GROW Come play and learn! This program offers language and gross motor skill development for babies and young toddlers through the use of a wide variety of nursery rhymes. Parents must remain.	8 month to 2 Membership Required.	# of classes: 13 Mar 22 to Jun 14, 2022 Tuesday – 3:00 PM – 3:45 PM This is an In-Person program.	\$62.00
		Program Code 27320F13	



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.

Programs are subject to change due to local health authority recommendations and / or restrictions. Please check our website for updates.

Description	Age / Membership	Spring	
		Schedule	Price
TOTS AND ME CREATIVE DANCE Fun for the whole family! Join your children in learning creative dance styles while improving their focus and having fun! Parents must remain Maximum of 10 participants.	1 to 2 Membership Required.	# of classes: 13 Mar 27 to Jun 19, 2022 Sunday – 4:00 PM – 4:45 PM This is an In-Person program. Program Code 27420P09	\$62.00
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: 13 Mar 26 to Jun 18, 2022 Saturday – 12:30 PM – 1:15 PM This is an In-Person program. Program Code 27420C51	\$62.00
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: 13 Mar 26 to Jun 18, 2022 Saturday – 1:30 PM – 2:15 PM This is an In-Person program. Program Code 27420C52	\$62.00
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: 13 Mar 27 to Jun 19, 2022 Sunday – 12:30 PM – 1:15 PM This is an In-Person program. Program Code 27420C12	\$62.00

PRE-SCHOOL PROGRAMS

waterfrontnc.ca/preschool

Description	Age / Membership	Spring	
		Schedule	Price
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: 13 Mar 27 to Jun 19, 2022 Sunday – 1:30 PM – 2:15 PM This is an In-Person program. Program Code 27420C13	\$62.00
PEEP FOR TOTS – SESSION 1 – MONDAY & TUESDAY 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 must remain.	2 to 2 Membership Required.	# of classes: 11 Mar 21 to Apr 26, 2022 Monday – 9:30 AM – 11:30 AM Tuesday – 9:30 AM – 11:30 AM No Class Apr 18 – 9:30 AM – 11:30 AM *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 This is an In-Person program. Program Code 27321P02	\$266.00
PEEP FOR TOTS- SESSION 2 – MONDAY & 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! Parents must remain.	2 to 2 Membership Required.	# of classes: 13 May 2 to Jun 14, 2022 Monday – 9:30 AM – 11:30 AM Tuesday – 9:30 AM – 11:30 AM No Class May 23 – 9:30 AM – 11:30 AM *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 This is an In-Person program. Program Code 27322P02	\$315.00



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	Spring	
		Schedule	Price
LEARN & PLAY WEEKLY SUMMER PROGRAM Learn and Play is filled with summer fun, exciting activities, and adventurous field trips. We will be learning literacy (Jolly Phonics), numeracy, and creative arts. Your child will be ready and excited for school come fall! Please note: see our Learn and Play Flyer for more details!	3 to 4 Membership Required.	# of classes: 8 Jul 4 to Aug 26, 2022 Monday – Friday 9:00 AM – 12:00 PM *If you are interested in registering more than one child for Learn & Play, a discount for the second child is available. For further details contact sarah@waterfrontnc.ca or call 416.392.1509 ext. 303. This is an In-Person program. Program Code 27420P21	
Funded in part thanks to Toronto Neighbourhood Centres.			
PEEP – SESSION 1 MONDAY, WEDNESDAY & FRIDAY 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! Maximum of 10 participants.	3 to 4 Membership Required.	# of classes: 16 Mar 21 to Apr 29, 2022 Monday – 9:00 AM – 12:00 PM Wednesday – 9:00 AM – 12:00 PM Friday – 9:00 AM – 12:00 PM No Class Apr 15 – 9:00 AM – 12:00 PM Apr 18 – 9:00 AM – 12:00 PM *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 This is an In-Person program. Program Code 27321P19	\$581.00
PEEP – SESSION 2 MONDAY, WEDNESDAY & FRIDAY 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! Maximum of 10 participants.	3 to 4 Membership Required.	# of classes: 20 May 2 to Jun 17, 2022 Monday – 9:00 AM – 12:00 PM Wednesday – 9:00 AM – 12:00 PM Friday – 9:00 AM – 12:00 PM No Class May 23 – 9:00 AM – 12:00 PM *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 This is an In-Person program. Program Code 27322P20	\$726.00

PRE-SCHOOL PROGRAMS

waterfrontnc.ca/preschool

Description	Age / Membership	Spring	
		Schedule	Price
LITTLE CHEFS COOKIN IN THE KITCHEN This hands-on program is a great introduction to how much fun cooking can be! From making salads & smoothies to Kool-Aid playdough & slime. These Junior cooks will want to take over the kitchen at home...beware! Parents must remain. Maximum of 10 participants.	4 to 5 Membership Required.	# of classes: 13 Mar 26 to Jun 18, 2022 Saturday – 11:00 AM – 12:00 PM This is an In-Person program. Program Code 27420P16	\$81.00
CHILDREN'S BASKETBALL - CLASS 1 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. Maximum of 10 participants.	3 to 5 Membership Required.	# of classes: 12 Mar 25 to Jun 17, 2022 Friday – 6:00 PM – 6:45 PM No Class Apr 15 – 6:00 PM – 6:45 PM This is an In-Person program. Program Code 27420P32	\$57.00
JUNIOR SPORTS & GAMES Kids will have fun exploring a variety of sports and cooperative games in this positive, physically active, teambuilding program! Parents must remain.	3 to 4 Membership Required.	# of classes: 13 Mar 22 to Jun 14, 2022 Tuesday – 4:30 PM – 5:15 PM This is an In-Person program. Program Code 27420P33	\$62.00

Join us for

P.E.E.P!

Preschool Experiences Enrichment Program

Ages 3-4 years

SPRING SESSION

Mon, Wed, Fri

9:00am - 12:00pm

P.E.E.P implements school readiness activities which focus on early development stages such as fine & gross motor skills, social & emotional wellbeing, cognitive skills, as well as language & speech development. Offered in an inclusive, friendly & stimulating environment!



Session 1

Dates: March 21st- April 29th
(No class April 15 & 18th)

Price: \$581

Subsidy & Payment Plans Available!

Session 2

Dates: May 2nd- June 17th
(No class May 23rd)

Price: \$726

Contact:

Supervisor of Children's Programs,
Sarah Brisson: 416.392.1509 ext. 303
sarah@waterfrontnc.ca

Waterfront Neighbourhood Centre
827 Queen Quay W & Bathurst Toronto M5V 3C5

WATERFRONT NEIGHBOURHOOD CENTRE

LEARN AND PLAY

AGES 3-4 YEARS

TIME: 9:00AM - 12:00PM

DAYS: MONDAY-FRIDAY

LEARN AND PLAY IS FILLED WITH SUMMER FUN & LEARNING THROUGH SCIENCE EXPERIMENTS, STORY TIME, FUN WITH NUMBERS, GARDENING, CREATIVE ARTS AND MORE! YOUR CHILD WILL BE READY AND EXCITED FOR SCHOOL COME FALL!



Week 1 July 4-8	FEE: \$182
Week 2 July 11-15	FEE: \$182
Week 3 July 18-22	FEE: \$182
Week 4 July 25-29	FEE: \$182
Week 5 August 2-5	FEE: \$145
Week 6 Aug 8-12	FEE: \$182
Week 7 Aug 15-19	FEE: \$182
Week 8 Aug 22-26	FEE: \$182

FOR MORE INFORMATION 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!

Programs are subject to change due to local health authority recommendations and / or restrictions. Please check our website for updates.

Description	Age / Membership	Spring	
		Schedule	Price
MUSICAL THEATRE FOR KIDS Singing, Dancing, Acting! Through this interactive dramatic arts program, children will gain self-confidence, self-expression and teambuilding skills while having fun!	5 to 10 Membership Required.	# of classes: 11 Mar 21 to Jun 13, 2022 Monday – 6:00 PM – 7:00 PM No Class Apr 18 – 6:00 PM – 7:00 PM May 23 – 6:00 PM – 7:00 PM	\$69.00
Parents must remain.		This is an In-Person program.	
		Program Code 27420C37	
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 11 Membership Required.	# of classes: 6 Mar 26 to Apr 30, 2022 Saturday – 3:30 PM – 5:00 PM	\$56.00
		This is an In-Person program.	
		Program Code 27421C06	
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 11 Membership Required.	# of classes: 7 May 7 to Jun 18, 2022 Saturday – 3:30 PM – 5:00 PM	\$65.00
		This is an In-Person program.	
		Program Code 27422C06	
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!	5 to 9 Membership Required.	# of classes: 13 Mar 26 to Jun 18, 2022 Saturday – 3:00 PM – 3:45 PM	\$62.00
Parents must remain.		This is an In-Person program.	
		Program Code 27420C27	

WATERFRONT NEIGHBOURHOOD CENTRE

**SPACES
AVAILABLE!**

**NOW ACCEPTING
ONLINE
REGISTRATION!**

**COME AND JOIN US FOR SOME
SUMMER FUN THIS YEAR, YOU
WON'T REGRET IT!!**



**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	JULY 4 – JULY 8
WEEK 2	JULY 11– 15
WEEK 3	JULY 18 - 22
WEEK 4	JULY 25 - 29
WEEK 5	AUGUST 2 - 5
WEEK 6	AUG 8 – 12
WEEK 7	AUG 15 - 19
WEEK 8	AUG 22 - 25

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**



Waterfront
Neighbourhood
Centre

Description	Age / Membership	Spring	
		Schedule	Price
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!	5 to 9 Membership Required.	# of classes: 13 Mar 26 to Jun 18, 2022 Saturday – 4:00 PM – 4:45 PM	\$62.00
Parents must remain.		This is an In-Person program. Program Code 27420C26	
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!	5 to 9 Membership Required.	# of classes: 13 Mar 26 to Jun 18, 2022 Saturday – 11:30 AM – 12:15 PM	\$62.00
Parents must remain.		This is an In-Person program. Program Code 27420C31	
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!	5 to 9 Membership Required.	# of classes: 13 Mar 27 to Jun 19, 2022 Sunday – 11:30 AM – 12:15 PM	\$62.00
Parents must remain.		This is an In-Person program. Program Code 27420C32	
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!	6 to 10 Membership Required.	# of classes: 13 Mar 27 to Jun 19, 2022 Sunday – 2:30 PM – 3:30 PM	\$81.00
Parents must remain.		This is an In-Person program. Program Code 27420C22	
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!	7 to 14 Membership Required.	# of classes: 13 Mar 23 to Jun 15, 2022 Wednesday – 5:00 PM – 6:00 PM	\$81.00
Parents must remain.		This is an In-Person program. Program Code 27420C25	
CHILDREN'S SOCCER – CLASS 1 Go team go! Come and be a part of our “little” soccer league to have fun, keep active, and stay healthy.	4 to 5 Membership Required.	# of classes: 13 Mar 26 to Jun 18, 2022 Saturday – 12:30 PM – 1:15 PM	\$62.00
Parents must remain Maximum of 10 participants.		This is an In-Person program. Program Code 27420C28	

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:

Week 1 | July 4- 8: \$96

Week 2 | July 11- 15: \$96

Week 3 | July 18- 22 : \$96

Week 4 | July 25- 29 : \$96

Week 5 | Aug 2- 5: \$77

Week 6 | Aug 8- 12: \$96

Week 7 | Aug 15- 19: \$96

Week 8 | Aug 22- 25: \$77

Weekly Extended Care fee:

Week 1 | □ \$34

Week 2 | □ \$34

Week 3 | □ \$34

Week 4 | □ \$34

Week 5 | □ \$28

Week 6 | □ \$34

Week 7 | □ \$34

Week 8 | □ \$28

Additional Camp Information:

- **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.

- **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.

Associate Member Fee:

Week 1 | July 4- 8: \$167

Week 2 | July 11- 15: \$167

Week 3 | July 18- 22 : \$167

Week 4 | July 25- 29 : \$167

Week 5 | Aug 2- 5: \$134

Week 6 | Aug 8- 12: \$167

Week 7 | Aug 15- 19: \$167

Week 8 | Aug 22- 25: \$134

Weekly Extended Care fee:

Week 1 | □ \$34

Week 2 | □ \$34

Week 3 | □ \$34

Week 4 | □ \$34

Week 5 | □ \$28

Week 6 | □ \$34

Week 7 | □ \$34

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.

Description	Age / Membership	Spring	
		Schedule	Price
CHILDREN'S SOCCER – CLASS 2 Go team go! Come and be a part of our “little” soccer league to have fun, keep active, and stay healthy!	4 to 5 Membership Required.	# of classes: 13 Mar 26 to Jun 18, 2022 Saturday – 1:30 PM – 2:15 PM	\$62.00
Parents must remain. Maximum of 10 participants.		This is an In-Person program. Program Code 27420C29	
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!	5 to 11 Membership Required.	# of classes: 13 Mar 24 to Jun 16, 2022 Thursday – 3:30 PM – 4:15 PM	\$62.00
Parents must remain.		This is an In-Person program. Program Code 27420S49	
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!	5 to 11 Membership Required.	# of classes: 11 Mar 21 to Jun 13, 2022 Monday – 3:30 PM – 4:15 PM No Class Apr 18 – 3:30 PM – 4:15 PM May 23 – 3:30 PM – 4:15 PM	\$52.00
Parents must remain.		This is an In-Person program. Program Code 27420C46	
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!	5 to 12 Membership Required.	# of classes: 11 Mar 21 to Jun 13, 2022 Monday – 4:45 PM – 5:30 PM No Class Apr 18 – 4:45 PM – 5:30 PM May 23 – 4:45 PM – 5:30 PM	\$58 <i>Drop-In: No Fee: \$9</i>
Parents must remain.		This is an In-Person program. Program Code 27420C40	
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!	5 to 12 Membership Required.	# of classes: 13 Mar 26 to Jun 18, 2022 Saturday – 12:45 PM – 1:30 PM	\$69 <i>Drop-In: Yes Fee: \$9.00</i>
Parents must remain.		This program will be available in Hybrid . Program Code 27420A16	

CHILDREN PROGRAMS

waterfrontnc.ca/children

Description	Age / Membership	Spring	
		Schedule	Price
KIDS IN THE KITCHEN This program offers a hands-on, fun interactive cooking experience with peers. These young cooks will want to take over the kitchen at home... beware! Parents must remain.	5 to 11 Membership Required.	# of classes: 13 Mar 23 to Jun 15, 2022 Wednesday – 6:30 PM – 7:30 PM This is an In-Person program.	\$81.00
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: 11 Mar 21 to Jun 13, 2022 Monday – 5:30 PM – 6:15 PM No Class Apr 18 – 5:30 PM – 6:15 PM May 23 – 5:30 PM – 6:15 PM This is an In-Person program.	\$52
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. Proof of age may be required.	5 to 8 Membership Required.	# of classes: 13 Mar 27 to Jun 19, 2022 Sunday – 12:15 PM – 1:00 PM This is an In-Person program.	\$143
CHILDREN'S BASKETBALL – CLASS 2 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. Maximum of 10 participants.	6 to 10 Membership Required.	# of classes: 12 Mar 25 to Jun 17, 2022 Friday – 6:45 PM – 7:30 PM No Class Apr 15 – 6:45 PM – 7:30 PM This is an In-Person program.	\$62.00
CHILDREN'S SOCCER – CLASS 3 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. Maximum of 10 participants.	6 to 8 Membership Required.	# of classes: 13 Mar 26 to Jun 18, 2022 Saturday – 2:30 PM – 3:15 PM This is an In-Person program.	\$62.00

Description	Age / Membership	Spring	
		Schedule	Price
CHILDREN'S FLOOR HOCKEY You shoot! You score! Calling all the kids who want to play floor hockey and have some fun! No experience is required. Parents must remain. Maximum of 10 participants.	6 to 10 Membership Required.	# of classes: 13 Mar 24 to Jun 16, 2022 Thursday – 4:30 PM – 5:15 PM This is an In-Person program. Program Code 27420C04	\$62.00
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: 13 Mar 22 to Jun 14, 2022 Tuesday – 3:30 PM – 4:30 PM This is an In-Person program. Program Code 27420C17	\$81.00
CHILDREN'S SOCCER – CLASS 4 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. Maximum of 10 participants.	9 to 11 Membership Required.	# of classes: 13 Mar 26 to Jun 18, 2022 Saturday – 3:30 PM – 4:15 PM This is an In-Person program. Program Code 2742028	\$62.00
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: 11 Mar 21 to Jun 13, 2022 Monday – 6:15 PM – 7:00 PM No Class Apr 18 – 6:15 PM – 7:00 PM May 23 – 6:15 PM – 7:00 PM This is an In-Person program. Program Code 27420C05	\$52
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: Only 8 spaces available. Proof of age may be required. Parents must remain.	9 to 11 Membership Required.	# of classes: 13 Mar 27 to Jun 19, 2022 Sunday – 1:15 PM – 2:15 PM This is an In-Person program. Program Code 2742010	\$186
NEW! KIDZ FUN CLUB Each week join us for a new fun club – Chess Club, Science Club, Art Club, Comic Club and more! Bring your own ideas, and discover some new interests with friends!	5 to 11 Membership Required.	# of classes: 13 Mar 24 to Jun 16, 2022 Thursday – 6:30 PM – 7:30 PM This is an In-Person program. Program Code 24120C53	\$81.00

CHILDREN PROGRAMS

waterfrontnc.ca/children

Description	Age / Membership	Spring	
		Schedule	Price
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: 13 Mar 22 to Jun 14, 2022 Tuesday – 6:30 PM – 7:30 PM	\$81.00
		This is an In-Person program.	
		Program Code 27420C25	
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	5 to 12 Membership Required.	# of classes: Select Mar 21 to Jun 17, 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 Apr 15 – 3:15 PM – 5:30 PM Apr 18 – 3:15 PM – 5:30 PM May 23 – 3:15 PM – 5:30 PM Jun 3 – 3:15 PM – 5:30 PM	\$72/week
		This is an In-Person program.	
		Program Code 24120C03	
PA DAY CAMP – JUNE 3RD – LET'S GO SWIMMING! 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! Program hours: 9:30AM – 4:30PM. Extended care: 8:30AM – 5:30PM (\$7/day) Please note: trip costs are not included in program fees. Minimum of 8 participants required.	5 to 11 Membership Required.	# of classes: 1 Jun 3 to Friday – 9:30 AM – 4:30 PM	\$25.00
		This is an In-Person program.	
		Program Code 24120C43	
SUMMER DAZE CAMP 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!	5 to 12 Membership Required.	# of classes: Select Jul 4 to Aug 26, 2022	
		This is an In-Person program.	
		Program Code 20320C45	
		Funded in part thanks to 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.

Programs are subject to change due to local health authority recommendations and / or restrictions. Please check our website for updates.

Description	Age / Membership	Spring	
		Schedule	Price
MULTIMEDIA STUDIO 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.	11 to 24 Membership Optional.	# of classes: 24 Mar 21 to Jun 19, 2022 Sunday – 12:15 PM – 4:45 PM Monday – 3:15 PM – 8:45 PM No Class Apr 18 – 3:15 PM – 8:45 PM May 23 – 3:15 PM – 8:45 PM	Free
		This is an In-Person program.	
		Program Code 27520Y40	
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.	
YOUTH COOKING Join us as we learn to cook and share dinner together. 6 youth maximum per session. Space is limited and registration is required.	12 to 24 Membership Optional.	# of classes: 13 Mar 23 to Jun 15, 2022 Wednesday – 6:00 PM – 8:45 PM	Free
Maximum 6 participants		This is an In-Person program.	
		Program Code 27520Y10	
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.	

YOUTH PROGRAMS

waterfrontnc.ca/youth

Description	Age / Membership	Spring	
		Schedule	Price
YOUTH INFO, SUPPORT & REFERRALS 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.	12 to 24 Membership Optional.	# of classes: 13 Mar 21 to Jun 17, 2022 Monday – Friday 3:30 PM – 8:30 PM No Class Apr 15 – 3:30 PM – 8:30 PM Apr 18 – 3:30 PM – 8:30 PM May 23 – 3:30 PM – 8:30 PM This is an In-Person program. Program Code 27520Y12	Drop-In: Yes
Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
GET JOBS FOR YOUTH 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. Space is limited and registration is required.	14 to 24 Membership Optional.	# of classes: 23 Mar 21 to Jun 17, 2022 Monday – 6:00 PM – 8:45 PM Friday – 6:00 PM – 8:45 PM No Class Apr 15 – 6:00 PM – 8:45 PM Apr 18 – 6:00 PM – 8:45 PM May 23 – 6:00 PM – 8:45 PM This is an In-Person program. Program Code 27520Y30	Free
Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
NEW! YOUTH HOMEWORK HELP 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! Space is limited and registration is required.	14 to 18 Membership Optional.	# of classes: 26 Mar 23 to Jun 16, 2022 Wednesday – 3:00 PM – 6:00 PM Thursday – 3:00 PM – 6:00 PM This is an In-Person program. Program Code 27520Y19	Drop-In: No
Funded in part thanks to the City of Toronto – Community Services Partnership Program.			

Description	Age / Membership	Spring	
		Schedule	Price
NEW! GIRLS SPORTS & HEALTH This program runs specifically for girl identified youth in grades 6-12 and will focus on empowering girls through sports and fun group activities. Space is limited and registration is required. Maximum of 10 participants.	11 to 18 Membership Optional.	# of classes: 13 Mar 27 to Jun 19, 2022 Sunday – 12:00 PM – 3:00 PM This is an In-Person program. Program Code 27520Y24	Free
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.	
NEW! YOUTH FITNESS AND HEALTH 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. Important Notes: – Maximum 15 participants – Please bring a refillable water bottle – Please wear comfortable clothing Space is limited and registration is required. Maximum 15 participants	12 to 24 Membership Optional.	# of classes: 12 Mar 26 to Jun 18, 2022 Saturday – 12:00 PM – 3:00 PM No Class Apr 23 – 12:00 PM – 3:00 PM This is an In-Person program. Program Code 27520Y34	Free
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.	
YOUTH BASKETBALL (13-17) Join us for fun basketball games, drills, and skill building activities! Space is limited and registration is required. Proof of age may be required.	13 to 17 Membership Optional.	# of classes: 13 Mar 22 to Jun 14, 2022 Tuesday – 5:45 PM – 7:15 PM This is an In-Person program. Program Code 27520Y09	Free
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.	
YOUTH SPORTS AND RECREATION Join us for a wide range of fun sports, along with recreational activities, and engage in great conversations with our WNC Youth Workers! Space is limited and registration is required. Maximum 20 participants.	14 to 24 Membership Optional.	# of classes: 49 Mar 21 to Jun 17, 2022 Monday, Wednesday, Friday 6:00 PM – 7:15 PM Saturday – 2:00 PM – 5:00 PM No Class Apr 18 – 6:00 PM – 7:15 PM Apr 15 – 6:00 PM – 7:15 PM May 23 – 6:00 PM – 7:15 PM This is an In-Person program. Program Code 27520Y05	Free
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.	

YOUTH PROGRAMS

waterfrontnc.ca/youth

Description	Age / Membership	Spring	
		Schedule	Price
YOUTH BASKETBALL (18 TO 24) Join us for fun basketball games, drills, and skill building activities! Space is limited and registration is required. Proof of age may be required. Maximum 20 participants	18 to 24 Membership Optional.	# of classes: 13 Mar 24 to Jun 16, 2022 Thursday – 6:00 PM – 8:45 PM This is an In-Person program. Program Code 27520Y20	Free <i>Drop-In: No</i>
Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
NEW! TWEEN AFTERSCHOOL PROGRAM 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! Space is limited and registration is required. Maximum of 20 participants.	11 to 14 Membership Optional.	# of classes: 13 Mar 21 to Jun 17, 2022 Monday – Friday 3:15 PM – 5:45 PM No Class Apr 15 – 3:15 PM – 5:45 PM Apr 18 – 3:15 PM – 5:45 PM May 23 – 3:15 PM – 5:45 PM This is an In-Person program. Program Code 27520Y18	Free
Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
NEW! YOUTH COMMUNITY AMBASSADORS 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. Space is limited and registration is required. Maximum 15 participants	12 to 24 Membership Optional.	# of classes: 12 Mar 25 to Jun 17, 2022 Friday – 6:00 PM – 8:45 PM No Class Apr 15 – 6:00 PM – 8:45 PM This is an In-Person program. Program Code 27520Y26	Free
Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
LUNCH TIME LOUNGE – CITY SCHOOL 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! Note: youth must bring their own lunch. Space is limited and registration is required. Maximum 15 participants	14 to 19 Membership Not Required.	# of classes: 13 Mar 21 to Jun 17, 2022 Monday – Friday 12:30 PM – 1:30 PM No Class Apr 15 – 12:30 PM – 1:30 PM Apr 18 – 12:30 PM – 1:30 PM May 23 – 12:30 PM – 1:30 PM This is an In-Person program. Program Code 27520Y02	Free
Funded in part thanks to the City of Toronto – Community Services Partnership Program.			

Description	Age / Membership	Spring	
		Schedule	Price
YOUNG MEN'S GROUP The Young Men's Group is specifically designed for men identified youth between the ages of 14-24. The program will provide young men with fun learning opportunities through games, activities, and workshops, along with mentorship support from our WNC youth workers. Space is limited and registration is required. Maximum of 10 participants.	14 to 24 Membership Optional.	# of classes: 11 Mar 21 to Jun 13, 2022 Monday – 6:00 PM – 8:45 PM No Class Apr 18 – 6:00 PM – 8:45 PM May 23 – 6:00 PM – 8:45 PM This is an In-Person program. Program Code 27520Y41	Drop-In: No
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.	
YOUNG WOMEN'S GROUP The Young Women's Group is designed to create a safe space for women identified youth ages 14- 24 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! Space is limited and registration is required. Maximum of 10 participants.	14 to 19 Membership Optional.	# of classes: 11 Mar 21 to Jun 13, 2022 Monday – 6:00 PM – 8:45 PM No Class Apr 18 – 6:15 PM – 8:45 PM May 23 – 6:15 PM – 8:45 PM This is an In-Person program. Program Code 27520Y42	Free
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.	
YOUTH LOUNGE 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. Space is limited and registration is required. Maximum of 10 participants.	14 to 24 Membership Optional.	# of classes: 38 Mar 22 to Jun 17, 2022 Tuesday – 6:00 PM – 8:45 PM Thursday – 6:00 PM – 8:45 PM Friday – 6:00 PM – 8:45 PM No Class Apr 15 – 6:00 PM – 8:45 PM This is an In-Person program. Program Code 27520Y13	Free
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.	



WATERFRONT NEIGHBOURHOOD CENTRE

HOMEWORK HELP

The Virtual Homework Help program will use the Google Meet platform to provide personalized support in order to accommodate your child's unique academic needs!
From Grades 2 through 8.

Tuesdays
5:00pm-6:00pm
9 weeks
\$56

FOR MORE INFORMATION CONTACT ENEYDA GUERRA AT
ENEYDA@WATERFRONTNC.CA OR CALL 416.392.1509 EXT 319



NEW

FAMILY YOGA & FAMILY KARATE

FOR YOU AND YOUR CHILDREN!



JOIN PERCIVAL IN
FAMILY YOGA - BEGINNERS! (\$69)
SATURDAYS 12:45 PM - 1:30 PM

LEARN THE ART OF RELAXATION THROUGH
DEEP BREATHING, STRETCHING, AND
GENTLE MOVEMENT WHILE WORKING TO
BUILD YOUR STRENGTH AND FLEXIBILITY.
MOVE, BREATHE AND CREATE WITH YOUR
KIDS.



JOIN JUDITH IN
FAMILY KARATE - BEGINNERS! (\$58)
MONDAYS 4:45 PM - 5:30 PM

KARATE TAUGHT BY A THIRD DEGREE
BLACK BELT INSTRUCTOR, INTRODUCES
CHILDREN TO BASIC KARATE AND SELF-
DEFENSE TECHNIQUES WHILE TEACHING
SELF-CONFIDENCE AND DISCIPLINE.

PARENTS MUST REMAIN ONSITE.
DROP-IN IS AVAILABLE FOR \$9.

To register please
contact reception
416-392-1509
reception@waterfrontnc.ca



Waterfront Neighbourhood Centre

AFTER SCHOOL DAZE PROGRAM

New!

Spring Session
March 21st - June 17th, 2022

Same great After School Program with
something special every day!

Participate everyday in skill building through
homework help, crafts, team building, games,
science, exploration and more!

Program Days:
Monday- Friday

Program Fee:
\$72/week

Program Time:
3:15pm-6:00pm

Subsidy Available!

Contact: Sarah Brisson, Supervisor Children's Programs
416.392.1509 ext. 303 sarah@waterfrontnc.ca

WATERFRONT NEIGHBORHOOD CENTRE

VISUAL ART CLUB

WITH LULA

DAY:
SATURDAYS

TIME:
3:30PM-5:00PM

AGES:
6 - 11

SESSION 1:
MAR 26- APR 30
PRICE:
\$56

SESSION 2:
MAY 7- JUNE 18
PRICE:
\$65

LEARN FROM THE BEST!
OUR VISUAL ART CLUB INSTRUCTOR LULA, HOLDS A BACHELOR IN ILLUSTRATIONS AND DESIGN FROM OCAD UNIVERSITY. ART IS HER PASSION, AND SHE IS EXCITED TO SHARE HER EXPERTISE AND SHOW YOU MANY NEW SKILLS AND TECHNIQUES ALONG THE WAY!

For inquiries please contact
sarah@waterfrontnc.ca
or 416.392.1509 ext. 303



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.

Programs are subject to change due to local health authority recommendations and / or restrictions. Please check our website for updates.

Description	Age / Membership	Spring	
		Schedule	Price
ART STUDIO This is an open art studio time where everyone is welcome to join. Bring your materials and use this time to start/continue/finish an art project like drawing, painting, scrap-booking, or crocheting. Individual and Group Projects welcome. Please note that supplies are not provided – we welcome donated art materials to share with others during the studio time. Pre-register 1 day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509. Maximum of 10 participants.	55 + Membership Required.	# of classes: 12 Mar 25 to Jun 17, 2022 Friday – 11:00 AM – 12:00 PM No Class Apr 15 – 11:00 AM – 12:00 PM This is an In-Person program. Program Code 27220S24	Free <i>Drop-In: Yes</i>
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.			
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 Apr 21 to Jun 16, 2022 Thursday – 12:00 PM – 1:00 PM Meet On Apr 21 – 12:00 PM – 1:00 PM May 19 – 12:00 PM – 1:00 PM Jun 16 – 12:00 PM – 1:00 PM This is an In-Person program. Program Code 27220S09	Free
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.			

SENIORS PROGRAMS

waterfrontnc.ca/seniors

Description	Age / Membership	Spring	
		Schedule	Price
SENIORS TECH TALK A friendly forum to talk about technology in all it's aspects. Having trouble navigating the applications on your device? We are here to help you! Understand and learn how to overcome these situations. Bring your device in and let's have a look together, we believe it's never too late to learn! Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509. Maximum of 10 participants.	55 + Membership Required.	# of classes: 11 Mar 21 to Jun 13, 2022 Monday – 11:00 AM – 12:00 PM No Class Apr 18 – 11:00 AM – 12:00 PM May 23 – 11:00 AM – 12:00 PM This is an In-Person program. Program Code 27220S07	Free
		Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.	
FUNKY FITNESS 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! Maximum of 10 participants.	55 + Membership Required.	# of classes: 11 Mar 21 to Jun 13, 2022 Monday – 3:15 PM – 4:15 PM No Class Apr 18 – 3:15 AM – 4:15 PM May 23 – 3:15 AM – 4:15 PM This program will be available in Hybrid . Program Code 27220S11	\$28 <i>Drop-In: Yes</i> <i>Fee: \$3.50</i>
GENTLE FITNESS Relax, stretch, strengthen and tone your body with this gentle full-body workout. Maximum of 10 participants.	55 + Membership Required.	# of classes: 13 Mar 23 to Jun 15, 2022 Wednesday – 9:30 AM – 10:30 AM This program will be available in Hybrid . Program Code 27220S13	\$33 <i>Drop-In: Yes</i> <i>Fee: \$3.50</i>
NEW! GENTLE YOGA (HATHA) Join our Thursday 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! Maximum of 10 participants.	55 + Membership Required.	# of classes: 13 Mar 24 to Jun 16, 2022 Thursday – 5:00 PM – 6:00 PM This program will be available in Hybrid . Program Code 23220A07	\$33 <i>Drop-In: Yes</i> <i>Fee: \$3.50</i>



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.

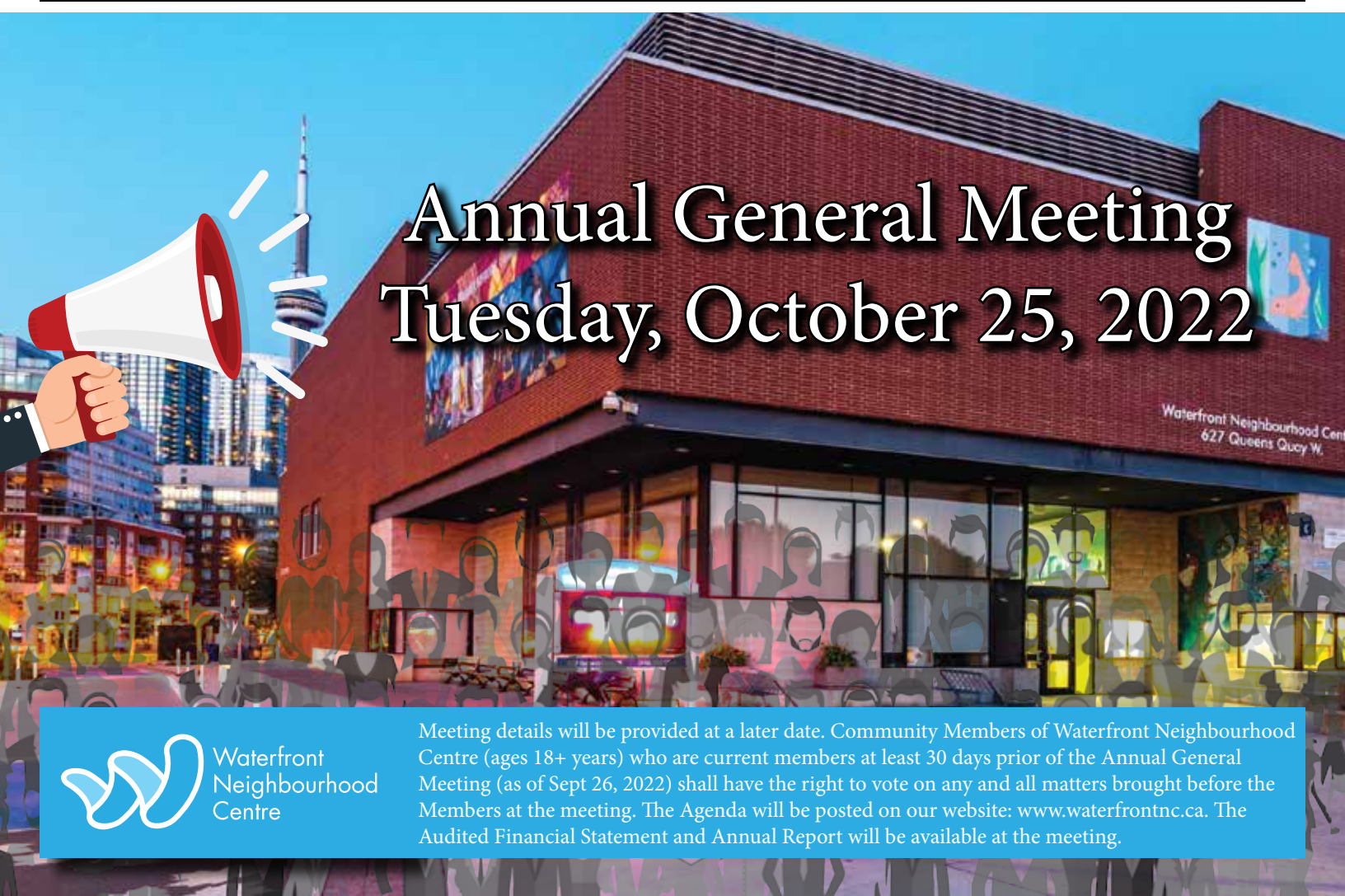
Description	Age / Membership	Spring	
		Schedule	Price
NEW! SENIOR SPORTS Come and play your favourite sports such as badminton, basketball, or volleyball. This program is open to all levels and skill sets, so come out and have some fun! Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.	55 + Membership Required.	# of classes: 12 Mar 25 to Jun 17, 2022 Friday – 3:30 PM – 4:30 PM No Class Apr 15 – 3:30 PM – 4:30 PM	Free <i>Drop-In: No</i>
		This is an In-Person program. Program Code 27220S41	
		Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.	
SENIORS WALKING GROUP 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.	55 + Membership Required.	# of classes: 13 Mar 22 to Jun 14, 2022 Tuesday – 11:00 AM – 12:00 PM	Free <i>Drop-In: No</i>
		This is an In-Person program. Program Code 27220S32	
		Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.	
TAI CHI This class helps to reduce tension, improves flexibility, and increases circulation.	55 + Membership Required.	# of classes: 13 Mar 23 to Jun 15, 2022 Wednesday – 11:00 AM – 12:00 PM	\$33 <i>Drop-In: Yes</i> <i>Fee: \$3.50</i>
Maximum of 10 participants.		This program will be available in Hybrid . Program Code 27220S23	
ZUMBA GOLD 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!	55 + Membership Required.	# of classes: 12 Mar 25 to Jun 17, 2022 Friday – 4:30 PM – 5:30 PM No Class Apr 15 – 4:30 PM – 5:30 PM	\$30 <i>Drop-In: Yes</i> <i>Fee: \$3.50</i>
Maximum of 10 participants.		This program will be available in Hybrid . Program Code 27220S42	

SENIORS PROGRAMS

waterfrontnc.ca/seniors

Description	Age / Membership	Spring	
		Schedule	Price
AFTERNOON TEA AND SOCIAL Come meet new people, make friends, enjoy conversations, dance parties, games, BINGO, documentaries, movies, & much more! Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509. Maximum of 10 participants.	55 + Membership Required.	# of classes: 11 Mar 21 to Jun 13, 2022 Monday – 1:00 PM – 3:00 PM No Class Apr 18 – 1:00 PM – 3:00 PM May 23 – 1:00 PM – 3:00 PM This is an In-Person program. Program Code 27220S05	Free
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.			
NEW! BAKING FOR FUN 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. Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509. Max of 5 participants	55 + Membership Required.	# of classes: 13 Mar 23 to Jun 15, 2022 Wednesday – 1:00 PM – 2:30 PM This is an In-Person program. Program Code 27220W14	Free
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.			
BOARD GAMES AND FUN! Join us for an afternoon of playing board games including Scrabble, chess, dominoes, puzzles & more! Everyone is welcome to attend! Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509. Maximum of 10 participants.	55 + Membership Required.	# of classes: 13 Mar 24 to Jun 16, 2022 Thursday – 1:00 PM – 3:00 PM This is an In-Person program. Program Code 27220S20	Free <i>Drop-In: No</i>
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.			
EUCHRE AND BRIDGE GAMES Come join our Euchre & Bridge games group! Enjoy a relaxing game and spend time socializing with others. Everyone is welcome! This program is volunteer run and supported by our WNC staff. Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509. Maximum of 10 participants.	55 + Membership Required.	# of classes: 13 Mar 22 to Jun 14, 2022 Tuesday – 2:00 PM – 4:00 PM This is an In-Person program. Program Code 27220S10	Free <i>Drop-In: No</i>
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.			

Description	Age / Membership	Spring	
		Schedule	Price
MEN'S COFFEE SOCIAL This is a meeting place where older men can play games, meet new people, participate in group social activities, discussions & more! Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509. Maximum of 10 participants.	55 + Membership Required.	# of classes: 13 Mar 22 to Jun 14, 2022 Tuesday – 1:00 PM – 2:00 PM This is an In-Person program. Program Code 27220W05	Free <i>Drop-In: No</i>
WOMEN'S CIRCLE The Women's Circle is a space for women to inspire each other and our communities. 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. Maximum of 10 participants.	55 + Membership Required.	# of classes: 13 Mar 24 to Jun 16, 2022 Thursday – 11:00 AM – 12:00 PM This is an In-Person program. Program Code 27220W13	Free <i>Drop-In: No</i>
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.			



Annual General Meeting Tuesday, October 25, 2022



Meeting details will be provided at a later date. Community Members of Waterfront Neighbourhood Centre (ages 18+ years) who are current members at least 30 days prior of the Annual General Meeting (as of Sept 26, 2022) shall have the right to vote on any and all matters brought before the Members at the meeting. The Agenda will be posted on our website: www.waterfrontnc.ca. The Audited Financial Statement and Annual Report will be available at the meeting.

WEIGHT ROOM FACILITY

WEIGHT ROOM HOURS OF OPERATION:

Monday - Friday 8:00 AM - 9:00 PM

Saturday & Sunday 12:00 PM - 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,
Please read the following guidelines thoroughly:

- A waiver, assessment & memorandum form must be completed at reception desk prior to use of the Weight Room.
- 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.

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

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.

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





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

Programs are subject to change due to local health authority recommendations and / or restrictions. Please check our website for updates.

Description	Age / Membership	Spring	
		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: 13 Mar 22 to Jun 14, 2022 Tuesday – 9:45 AM – 10:45 AM	\$91 <i>Drop-In: Yes</i> <i>Fee: \$9.00</i>
		This program will be available in Hybrid .	
		Program Code 27420F11	
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: 13 Mar 22 to Jun 14, 2022 Tuesday – 6:30 PM – 7:30 PM	\$91 <i>Drop-In: Yes</i> <i>Fee: \$9.00</i>
		This program will be available in Hybrid .	
		Program Code 23220A02	
NEW! CARDIO SELF-DEFENSE Our Cardio 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: 13 Mar 23 to Jun 15, 2022 Wednesday – 6:30 PM – 7:30 PM	\$91 <i>Drop-In: Yes</i> <i>Fee: \$9.00</i>
		This program will be available in Hybrid .	
		Program Code 23220A18	
CO-ED ADULT BADMINTON 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. Teams will rotate.	18 + Membership Required.	# of classes: 13 Mar 22 to Jun 14, 2022 Tuesday – 7:30 PM – 9:15 PM	<i>Drop-In: Yes</i> <i>Fee: \$4.50</i>
		This is an In-Person program.	
		Program Code 25520A03	

ADULT FITNESS & FUN

waterfrontnc.ca/adult

Description	Age / Membership	Spring	
		Schedule	Price
CO-ED VOLLEYBALL Come and enjoy recreational sports at WNC! Spaces are limited; first come first serve. 30 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: 30 people total. Teams will rotate.	18 + Membership Required.	# of classes: 11 Mar 21 to Jun 15, 2022 Monday – 7:30 PM – 9:15 PM Wednesday – 7:30 PM – 9:15 PM No Class Apr 18 – 7:30 PM – 9:15 PM May 23 – 7:30 PM – 9:15 PM	Drop-In: Yes Fee: \$4.50
		This is an In-Person program.	
		Program Code 23220A06	
NEW! FULL BODY STRENGTHENING WORKOUT Joining our Full Body Strengthening Workout class will provide 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. Maximum of 10 participants.	18 + Membership Required.	# of classes: 13 Mar 23 to Jun 19, 2022 Sunday – 11:00 AM – 12:00 PM Wednesday – 2:00 PM – 3:00 PM	\$91 Drop-In: \$9 Fee: \$9
		This program will be available in Hybrid .	
		Program Code 23220A20	
TAI CHI 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! Maximum of 10 participants.	18 to 50 Membership Required.	# of classes: 13 Mar 23 to Jun 15, 2021 Tuesday – 10:00 AM – 11:00 AM	\$91 Drop-In: Yes Fee: \$9.00
		This program will be available in Hybrid .	
		Program Code 27220A08	
NEW! VINYASA FLOW YOGA Vinyasa Yoga helps improves energy levels while promoting relaxation and lowering stress levels. It also helps build muscle strength while improving your fitness. Maximum of 10 participants.	18 + Membership Required.	# of classes: 12 Mar 25 to Jun 17, 2022 Friday – 9:30 AM – 10:30 AM No Class Apr 15 – 9:30 AM – 10:30 AM	\$84 Drop-In: \$9.00 Fee: \$9.00
		This program will be available in Hybrid .	
		Program Code 23220A21	
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: 13 Mar 26 to Jun 18, 2022 Saturday – 11:30 AM – 12:30 PM	\$91 Drop-In: Yes Fee: \$9.00
		This program will be available in Hybrid .	
		Program Code 23220A14	

Description	Age / Membership	Spring	
		Schedule	Price
YOGA - THURSDAY Join our Thursday night Yoga class and learn about 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: 13 Mar 24 to Jun 16, 2022 Thursday – 6:30 PM – 7:30 PM	\$91 <i>Drop-In: Yes</i> <i>Fee: \$9.00</i>
		This program will be available in Hybrid . Program Code 23220A09	
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: 12 Mar 23 to Jun 15, 2022 Friday – 5:45 PM – 6:45 PM	\$84 <i>Drop-In: Yes</i> <i>Fee: \$9.00</i>
Maximum of 10 participants.		This program will be available in Hybrid . Program Code 23220A12	
ART NIGHT OUT! SESSION 1 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: 7 Mar 24 to May 5, 2022 Thursday – 5:30 PM – 7:00 PM	\$74 <i>Drop-In: Yes</i> <i>Fee: \$9.00</i>
Maximum of 10 participants.		This is an In-Person program. Program Code 23221A15	
ART NIGHT OUT! SESSION 2 Let's have some fun together by exploring a variety of art styles with the guidance of a professional visual artist! Bring a friend with you! Feel free to also bring your favourite hot drink and/or cold beverage with you and let's have some art fun!	19 to 45 Membership Required.	# of classes: 6 May 12 to Jun 16, 2022 Thursday – 5:30 PM – 7:00 PM	\$63 <i>Drop-In: Yes</i> <i>Fee: \$9.00</i>
Maximum of 10 participants.		This is an In-Person program. Program Code 23222A15	



Do you know WNC facilities are available for rent for meetings and functions?

For information and a virtual 360 tour, visit waterfrontnc.ca/rentals

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 647-221-0477**



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 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.

Programs are subject to change due to local health authority recommendations and / or restrictions. Please check our website for updates.

Description	Age / Membership	Spring	
		Schedule	Price
INDIVIDUAL SUPPORT & REFERRAL SERVICE 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.	55 + Membership Not Required.	# of classes: 13 Mar 21 to Jun 17, 2022 No Class Apr 15 – 12:00 AM – 12:00 AM Apr 18 – 12:00 AM – 12:00 AM May 23 – 12:00 AM – 12:00 AM This is an In-Person program. Program Code 27220W12	Free
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres.			
COMMUNITY KITCHEN PROGRAM 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 with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509. Maximum of 10 participants.	18 + Membership Required.	# of classes: 6 Mar 29 to Jun 7, 2022 Tuesday – 4:30 PM – 6:00 PM Meet On Mar 29 – 4:30 PM – 6:00 PM Apr 12 – 4:30 PM – 6:00 PM Apr 26 – 4:30 PM – 6:00 PM May 10 – 4:30 PM – 6:00 PM May 24 – 4:30 PM – 6:00 PM Jun 7 – 4:30 PM – 6:00 PM This is an In-Person program. Program Code 27220W02	Free
Funded in part thanks to the City of Toronto – Community Services Partnership Program.			

WATERFRONT NEIGHBOURHOOD CENTRE



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