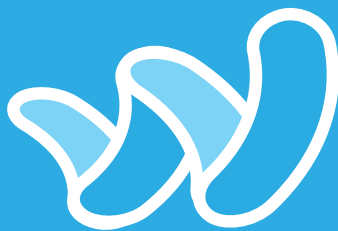




SUMMER FALL 2022 PROGRAM GUIDE

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

#WaterfrontncTO
Serving the Community Since 1991



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




 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 11:00 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 Vyrostocko (rickvyrostkophotography.com).

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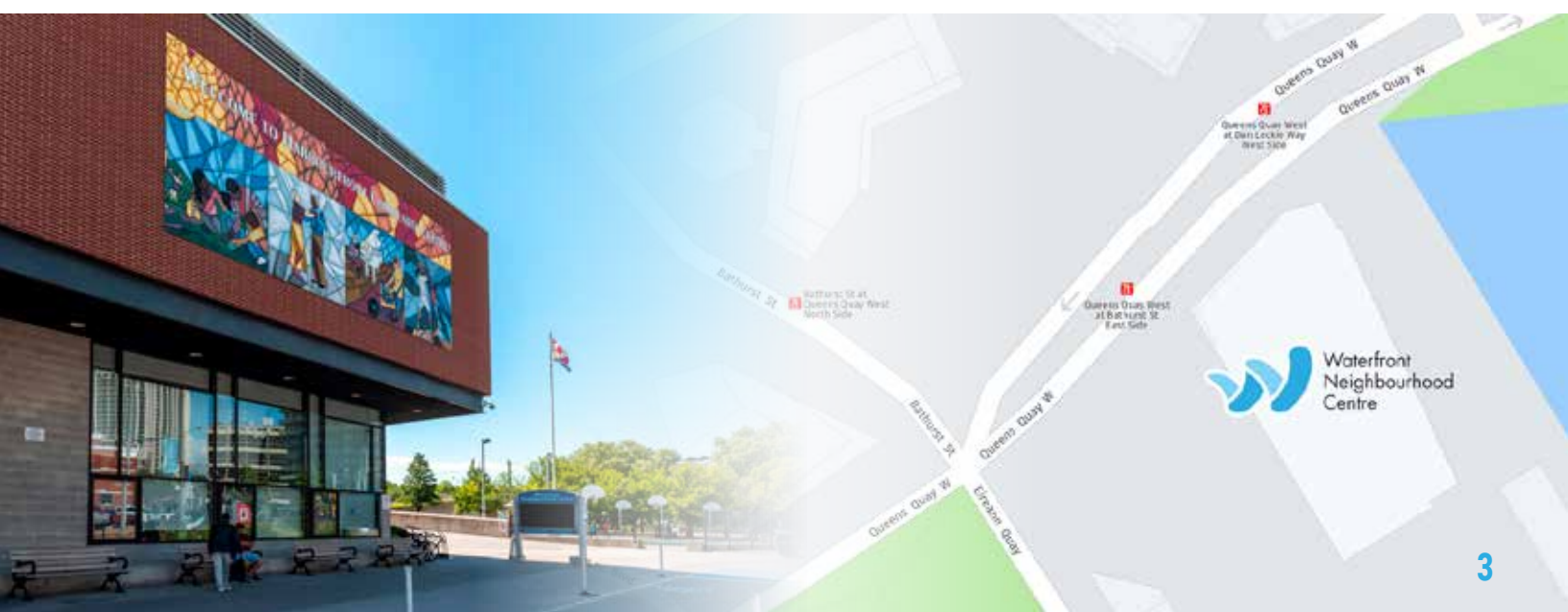
Important Dates

Summer Session 2022

Registration starts: Monday, June 20, 2022
Summer Session: July 4 – August 28 (8 weeks)

Fall Session 2022

Registration starts: Tuesday, September 6, 2022
Fall Session: September 12 – December 11 (13 weeks)



Summer 2022 Registration Dates

Summer Session: July 4 – August 28 (8 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, June 20	Membership & Subsidy Approval/Renewal Day 8:00 am – 7:00 pm
Tuesday, June 21	Family and Children Programs Registration Day 8:00 am – 7:00 pm
Wednesday, June 22	PEEP & PEEP for Tots Registration Session 1 & Session 2 8:00 am - 11:00 am
Thursday, June 23 & Friday June 24	Senior Programs and Adult Fitness 8:00 am – 11:00 am

WNC Closures For Summer Session

Closed – Sat. June 25 & Sun. June 26

Closed – Friday, July 1, Sat. July 2 & Sun. July 3
Canada Day / Weekend

Closed – Monday, August 1 – Civic Day

Closed – August 29 to September 4th - Maintenance
Clean-up Week



Fall 2022 Registration Dates

Fall Session: September 12 – December 11 (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.

Tuesday, September 6	Membership & Subsidy Approval/Renewal Day 8:00 am – 7:00 pm
Wednesday, September 7	Family and Children Programs Registration Day 8:00 am – 7:00 pm
Thursday, September 8	PEEP & PEEP for Tots Registration Session 1 & Session 2 8:00 am - 11:00 am
Friday, September 9	Senior Programs and Adult Fitness 8:00 am – 11:00 am
Saturday, September 10 & Sunday, September 11	General Registration for All Programs 11:00 am – 5:00 pm

WNC Closures For Fall Session

Closed – Monday, Sept 5 – Labour Day
Closed – Monday October 10 - Thanksgiving

Closed – Friday, November 11 - Remembrance Day
Closed – December 17 to January 2, 2023 - Winter Break

30 years
#WaterfrontncTO
Serving the Community Since 1991

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)

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

Manager of Recreation & Program Administration
Chase Tam - 416.392.1509 ext. 341
chase@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.

REGISTRATION INFORMATION

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.



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	Summer Schedule	Price	Fall Schedule	Price
SING WITH ME	0 to 2	# of classes: 8 Jul 8 to Aug 26, 2022	\$50.00	# of classes: 12 Sep 16 to Dec 9, 2022	\$75.00
Share the joy of singing! This music program is for parents/caregivers and their children to learn through the sound of music.	Membership Required.	Fri – 1:00 PM – 2:00 PM		Fri – 1:00 PM – 2:00 PM	
				Nov 11	
Parents must remain.		This is an In-Person program. Program Code 27430F14		Program Code 27440F14	
BABY FAMILY SUPPORT DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE)	0 to 2	# of classes: 15 Jul 4 to Aug 24, 2022	Free	# of classes: 25 Sep 12 to Dec 7, 2022	Free
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! \$2.00 donation is welcome.	Membership Optional.	Mon – 1:00 PM – 3:00 PM Wed – 1:00 PM – 3:00 PM	Drop-In: Yes	Mon – 1:00 PM – 3:00 PM Wed – 1:00 PM – 3:00 PM	Drop-In: Yes
		No Class Aug 1		No Class Oct 10	
Parents must remain.		This is an In-Person program. Program Code 27930F90		Program Code 27940F90	
Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.					
WED EVENING FAMILY DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE)	0 to 6	# of classes: 8 Jul 6 to Aug 24, 2022	Free	# of classes: 13 Sep 14 to Dec 7, 2022	Free
Parents and caregivers are encouraged to bring your children to participate in a fun, friendly, and inclusive environment with various hands-on activities, structured family gym time and a healthy snack! The entire family is welcome (older siblings included)! \$2.00 donation is welcome.	Membership Optional.	Wed – 5:00 PM – 7:00 PM	Drop-In: Yes	Wed – 5:00 PM – 7:00 PM	Drop-In: Yes
		This is an In-Person program. Program Code 27430F03		Program Code 27440F03	
Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.					
Parents must remain.					

FAMILY PROGRAMS

waterfrontnc.ca/family

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
NEW! WNC STROLLERS WALKING GROUP (EARLYON CHILD AND FAMILY CENTRE) Join us for a group "stroll" in the lovely waterfront neighbourhood surrounding our WNC location. This is a great way to get some exercise and fresh air, connect with families and enjoy circle time in a new location outdoors! Meeting place is at WNC at 2:00pm. It is important to dress accordingly. Program is weather dependent- updates will be on our social media Fri mornings (@waterfrontncTO). Parents must remain.	0 to 2 Membership Optional.	# of classes: 8 Jul 8 to Aug 26, 2022 Fri – 2:00 PM – 3:00 PM	Free Drop-In: Yes	# of classes: 12 Sep 16 to Dec 9, 2022 Fri – 2:00 PM – 3:00 PM No Class Nov 11	Free Drop-In: Yes
This is an In-Person program. Program Code 27430F20					
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 much more! \$2.00 donation welcome. Parents must remain.	2 to 6 Membership Optional.	# of classes: 16 Jul 5 to Aug 25, 2022 Tue – 10:00 AM – 12:00 PM Thur – 10:00 AM – 12:00 PM	Free Drop-In: Yes	# of classes: 26 Sep 13 to Dec 8, 2022 Tue – 10:00 AM – 12:00 PM Thur – 10:00 AM – 12:00 PM	Drop-In: Yes
This is an In-Person program. Program Code 24830F10					
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: 8 Jul 5 to Aug 23, 2022 Tue – 3:00 PM – 3:45 PM	\$38.00 Drop-In: Yes	# of classes: 13 Sep 13 to Dec 6, 2022 Tue – 3:00 PM – 3:45 PM	\$62.00
This is an In-Person program. Program Code 27330F13					
Program Code 27440F20					
Program Code 24840F10					
Program Code 27340F13					



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.



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	Summer Schedule	Price	Fall Schedule	Price
TOTS AND ME CREATIVE DANCE	1 to 2	# of classes: 8 Jul 10 to Aug 28, 2022	\$38.00	# of classes: 13 Sep 18 to Dec 11, 2022	\$62.00
Fun for the whole family! Join your children in learning creative dance styles while improving their focus and having fun!	Membership Required.	Sun – 1:30 PM – 2:15 PM		Sun – 3:30 PM – 4:15 PM	
Parents must remain., Maximum of 10 participants.		This is an In-Person program. Program Code 27430P09		Program Code 27440P09	
BALLET AND FAIRY TALES – SAT (CLASS 1)	3 to 4	# of classes: 8 Jul 9 to Aug 27, 2022	\$38.00	# of classes: 13 Sep 17 to Dec 10, 2022	\$62.00
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!	Membership Required.	Sat – 12:30 PM – 1:15 PM		Sat – 12:30 PM – 1:15 PM	
Parents must remain.		This is an In-Person program. Program Code 27430C51		Program Code 27440C51	
BALLET AND FAIRY TALES – SAT (CLASS 2)	3 to 4	Not offered.		# of classes: 13 Sep 17 to Dec 10, 2022	\$62.00
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!	Membership Required.			Sat – 1:30 PM – 2:15 PM	
Parents must remain.		This is an In-Person program.		Program Code 27440C52	
BALLET AND FAIRY TALES – SUN (CLASS 1)	3 to 4	# of classes: 8 Jul 10 to Aug 28, 2022	\$38.00	# of classes: 13 Sep 18 to Dec 11, 2022	\$62.00
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!	Membership Required.	Sun – 12:30 PM – 1:15 PM		Sun – 12:30 PM – 1:15 PM	
Parents must remain.		This is an In-Person program. Program Code 27430C12		Program Code 27440C12	

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: SEPTEMBER 16- DECEMBER 9TH

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
Centre

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

**SUBSIDY
AVAILABLE!**

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

Waterfront
Neighbourhood
Centre

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!

Summer

SESSION ONE:

JULY 4TH-JULY 26TH
PRICE: \$194

Fall

SESSION ONE:

SEPT 12TH-OCT 18TH
PRICE: \$266

SESSION TWO:

AUG 2ND-AUG 23RD
PRICE: \$169

SESSION TWO:

OCT 24TH-DEC 6TH
PRICE: \$339

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

Waterfront
Neighbourhood
Centre

Join us for

P.E.E.P!

Preschool Experiences
Enrichment Program

Ages 3-4 years

FALL 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: Sept 12th- Oct 21st
(No class Oct 10th)
Price: \$617

**Subsidy &
Payment Plans
Available!**

Session 2

Dates: Oct 24th- Dec 9th
(No class Nov 11th)
Price: \$726

Contact:

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

Waterfront
Neighbourhood
Centre

627 Queens Quay W & Bathurst Toronto M5V 3G3

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
BALLET AND FAIRY TALES – SUN (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!	3 to 4 Membership Required.	Not offered. This is an In-Person program.		# of classes: 13 Sep 18 to Dec 11, 2022 Sun – 1:30 PM – 2:15 PM	\$62.00
Parents must remain. Program Code 27440C13					
PEEP FOR TOTS – SESSION 1 – MON & TUE 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!	2 to 2 Membership Required.	# of classes: 8 Jul 4 to Jul 26, 2022 Mon – 9:30 AM – 11:30 AM Tue – 9:30 AM – 11:30 AM This is an In-Person program. Program Code 27331P02	\$194.00 0	# of classes: 11 Sep 12 to Oct 18, 2022 Mon – 9:30 AM – 11:30 AM Tue – 9:30 AM – 11:30 AM No Class Oct 10 Program Code 27341P02	\$266.00
Parents must remain. *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					
PEEP FOR TOTS- SESSION 2 – MON & TUE 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!	2 to 2 Membership Required.	# of classes: 7 Aug 2 to Aug 23, 2022 Mon – 9:30 AM – 11:30 AM Tue – 9:30 AM – 11:30 AM No Class Aug 1 This is an In-Person program. Program Code 27332P02	\$169.00 0	# of classes: 14 Oct 24 to Dec 6, 2022 Mon – 9:30 AM – 11:30 AM Tue – 9:30 AM – 11:30 AM Program Code 27342P02	\$339.00
Parents must remain. *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					
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 Mon – 9:00 AM – 12:00 PM Tue – 9:00 AM – 12:00 PM Wed – 9:00 AM – 12:00 PM Thur – 9:00 AM – 12:00 PM Fri – 9:00 AM – 12:00 PM No Class Aug 1 – 9:00 AM – 12:00 PM This is an In-Person program. Program Code 27430P21		Not offered.	
*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.					

PRE-SCHOOL PROGRAMS

waterfrontnc.ca/preschool

Description	Age / Membership	Summer Schedule	Price	Fall 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.	3 to 4 Membership Required.	# of classes: 8 Jul 9 to Aug 27, 2022 Sat – 11:00 AM – 12:00 PM Please note: Additional food costs are not included in fee, but will be kept at a minimum.	\$50.00	# of classes: 13 Sep 17 to Dec 10, 2022 Sat – 11:00 AM – 12:00 PM	\$81.00
This is an In-Person program. Program Code 27440P16					
PEEP – SESSION 1 MON, WED & FRIDAY Children's development throughout their 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.	Not offered.		# of classes: 17 Sep 12 to Oct 21, 2022 Mon – 9:00 AM – 12:00 PM Wed – 9:00 AM – 12:00 PM Fri – 9:00 AM – 12:00 PM No Class Oct 10	\$617.00
This is an In-Person program. Program Code 27341P19 *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					
PEEP – SESSION 2 MON, WED & FRI 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.	Not offered.		# of classes: 20 Oct 24 to Dec 9, 2022 Mon – 9:00 AM – 12:00 PM Wed – 9:00 AM – 12:00 PM Fri – 9:00 AM – 12:00 PM No Class Nov 11	\$726.00
This is an In-Person program. Program Code 27342P20 *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					
JUNIOR SPORTS & GAMES Children 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.	Not offered.		# of classes: 13 Sep 13 to Dec 6, 2022 Tue – 4:30 PM – 5:15 PM	\$62.00
This is an In-Person program. Program Code 27430P33 Program Code 27440P33					



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.



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	Summer Schedule	Price	Fall Schedule	Price
MUSICAL THEATRE FOR KIDS	5 to 10	# of classes: 7 Jul 4 to Aug 23, 2022	\$44.00	# of classes: 12 Sep 12 to Dec 5, 2022	\$75.00
Singing, Dancing, Acting! Through this interactive dramatic arts program, children will gain self-confidence, self-expression and teambuilding skills while having fun!	Membership Required.	Mon – 6:00 PM – 7:00 PM		Mon – 6:00 PM – 7:00 PM	
		No Class Aug 1		No Class Oct 10	
Parents must remain.		This is an In-Person program. Program Code 27430C37		Program Code 27440C37	
VISUAL ART CLUB – SESSION 2	6 to 11	Not offered.		# of classes: 6 Nov 5 to Dec 10, 2022	\$56.00
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!	Membership Required.			Sat – 3:00 PM – 4:30 PM	
		This is an In-Person program.		Program Code 27442C06	
HOMEWORK HELP (GRADES 2-8)	7 to 14	Not offered.		# of classes: 13 Sep 14 to Dec 7, 2022	\$81.00
Come and join us on Wed 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!	Membership Required.			Wed – 6:30 PM – 7:30 PM	
Parents must remain.		This is an In-Person program. Program Code 27430C25		Program Code 27440C25	
NEW! KIDZ FUN CLUB	5 to 11	Not offered.		# of classes: 13 Sep 15 to Dec 8, 2022	\$81.00
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!	Membership Required.			Thur – 6:30 PM – 7:30 PM	
		This is an In-Person program.		Program Code 24140C53	

WATERFRONT NEIGHBOURHOOD CENTRE

**SPACES
AVAILABLE!**

**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 (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**
- **TRIP COSTS NOT INCLUDED**
- **REGISTRATION IN-PERSON (FIRST COME FIRST SERVE)**

**FOR MORE INFORMATION PLEASE CONTACT:
SARAH@WATERFRONTNC.CA**



**Waterfront
Neighbourhood
Centre**

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
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.	Not offered.		# of classes: Select Sep 5 to Dec 16, 2022 Mon – 3:15 AM – 6:00 PM Tue – 3:15 AM – 6:00 PM Wed – 3:15 AM – 6:00 PM Thur – 3:15 AM – 6:00 PM Fri – 3:15 AM – 6:00 PM No Class Oct 10 Nov 11 Nov 18	
This is an In-Person program. Program Code 24140C03					
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: 38 Jul 4 to Aug 25, 2022 Mon – 9:30 AM – 4:30 PM Tue – 9:30 AM – 4:30 PM Wed – 9:30 AM – 4:30 PM Thur – 9:30 AM – 4:30 PM Fri – 9:30 AM – 4:30 PM No Class Aug 1 Aug 26		Not offered.	
This is an In-Person program. Program Code 20330C45 Funded in part thanks to the Toronto Star Fresh Air Fund, City of Toronto – Children Services, and Government of Canada – Canada Summer Jobs.					
PA DAY CAMP – NOVEMBER 18, 2022 – SKYZONE! 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! Please note: Additional trip fees may be applicable. Minimum of 8 participants required.	5 to 12 Membership Required.	Not offered.		# of classes: 1 Nov 18 Fri – 9:30 AM – 4:30 PM Program hours: 9:30AM – 4:30PM. Extended care: 8:30AM – 5:30PM (\$7/day)	\$25.00
This is an In-Person program. Program Code 24140C54					

CHILDREN PROGRAMS

waterfrontnc.ca/children



Waterfront Neighbourhood Centre

AFTER SCHOOL DAZE PROGRAM

Fall Session
September 5th - December 16th, 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

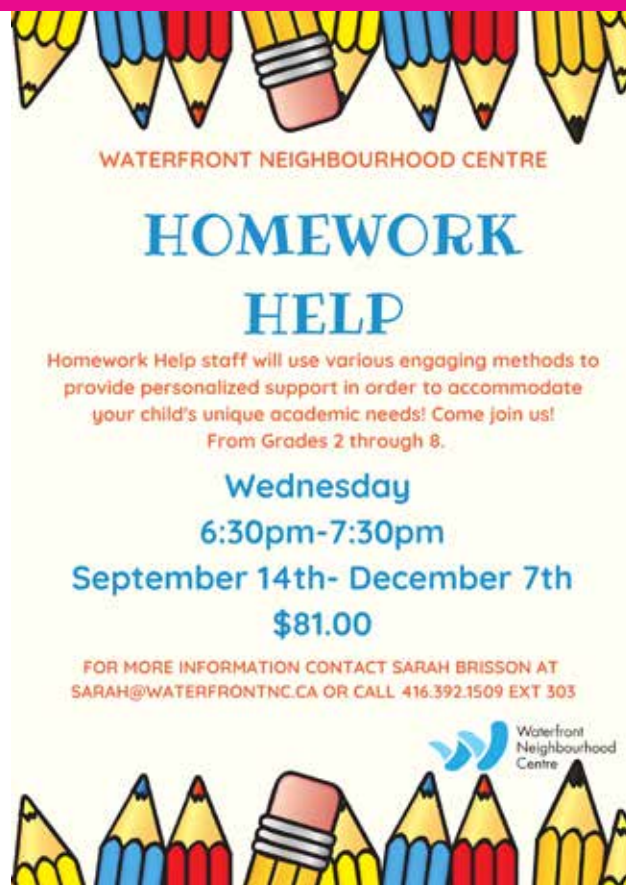
Program Fee:
\$72/week

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

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

Subsidy Available!

Waterfront Neighbourhood Centre



WATERFRONT NEIGHBOURHOOD CENTRE

HOMework HELP

Homework Help staff will use various engaging methods to provide personalized support in order to accommodate your child's unique academic needs! Come join us!
 From Grades 2 through 8.

Wednesday
6:30pm-7:30pm
September 14th- December 7th
\$81.00

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

Waterfront Neighbourhood Centre

Children's Fitness, Sports & Recreational Programs

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

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
CHILDREN'S BASKETBALL - CLASS 1	3 to 5	# of classes: 8 Jul 8 to Aug 26, 2022	\$38.00	# of classes: 12 Sep 16 to Dec 9, 2022	\$57.00
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.	Membership Required.	Fri - 5:45 PM - 6:30 PM		Fri - 5:45 PM - 6:30 PM	
Parents must remain.		This is an In-Person program. Program Code 27430C47		No Class Nov 11 Program Code 27440C47	
CHILDREN'S SOCCER - CLASS 1	4 to 5	# of classes: 8 Jul 9 to Aug 27, 2022	\$38.00	# of classes: 13 Sep 17 to Dec 10, 2022	\$62.00
Go team go! Come and be a part of our "little" soccer league to have fun, keep active, and stay healthy.	Membership Required.	Sat - 12:30 PM - 1:15 PM		Sun - 12:30 PM - 1:15 PM	
Parents must remain.		This is an In-Person program. Program Code 27430C28		Program Code 27440C28	
CHILDREN'S SOCCER - CLASS 2	4 to 5	# of classes: 8 Jul 9 to Aug 27, 2022	\$38.00	# of classes: 13 Sep 17 to Dec 10, 2022	\$62.00
Go team go! Come and be a part of our "little" soccer league to have fun, keep active, and stay healthy!	Membership Required.	Sun - 1:30 PM - 2:15 PM		Sat - 1:30 PM - 2:15 PM	
Parents must remain.		This is an In-Person program. Program Code 27430C29		Program Code 27440C29	

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
CHILDREN'S BADMINTON	5 to 11	# of classes: 8 Jul 7 to Aug 25, 2022	\$38.00	# of classes: 13 Sep 15 to Dec 8, 2022	\$62.00
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!	Membership Required.	Thur – 3:30 PM – 4:15 PM		Thur – 3:30 PM – 4:15 PM	
Parents must remain.		This is an In-Person program. Program Code 27430S49		Program Code 27440S49	
CHILDREN'S BALLET- SATURDAY	5 to 9	# of classes: 8 Jul 9 to Aug 27, 2022	\$38.00	# of classes: 13 Sep 17 to Dec 10, 2022	\$62.00
This class is designed for children interested in learning ballet skills and expanding their repertoire of dance techniques. Come join us on Sat's and learn ballet in an inclusive and supportive environment!	Membership Required.	Sat – 1:30 PM – 2:15 PM		Sat – 3:45 PM – 4:30 PM	
Parents must remain.		This is an In-Person program. Program Code 27430C27		Program Code 27440C27	
CHILDREN'S BALLET- SUNDAY	5 to 9	# of classes: 8 Jul 10 to Aug 28, 2022	\$38.00	# of classes: 13 Sep 18 to Dec 11, 2022	\$62.00
This class is designed for children interested in learning ballet skills and expanding their repertoire of dance techniques. Come join us on Sun's and learn ballet in an inclusive and supportive environment!	Membership Required.	Sun – 2:30 PM – 3:15 PM		Sun – 2:30 PM – 3:15 PM	
Parents must remain.		This is an In-Person program. Program Code 27430C26		Program Code 27440C26	
CHILDREN'S TENNIS – BEGINNERS	5 to 11	# of classes: 7 Jul 4 to Aug 22, 2022	\$33.00	# of classes: 12 Sep 12 to Dec 5, 2022	\$57.00
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 learn and love the game of tennis!	Membership Required.	Mon – 3:30 PM – 4:15 PM		Mon – 3:30 PM – 4:15 PM	
Parents must remain.		No Class Aug 1		No Class Oct 10	
		This is an In-Person program. Program Code 27430C46		Program Code 27440C46	
CHILDREN'S HIP HOP – SATURDAY	5 to 9	# of classes: 8 Jul 9 to Aug 27, 2022	\$38.00	# of classes: 13 Sep 17 to Dec 10, 2022	\$62.00
Children will learn fundamental hip hop skills, dance, and choreography while working collaboratively with their peers. Come join us on Sat's and learn hip hop in an energetic, welcoming, and inclusive space!	Membership Required.	Sat – 11:30 AM – 12:15 PM		Sat – 11:30 AM – 12:15 PM	
Parents must remain.		This is an In-Person program. Program Code 27430C31		Program Code 27440C31	
CHILDREN'S HIP HOP – SUNDAY	5 to 9	# of classes: 8 Jul 10 to Aug 28, 2022	\$38.00	# of classes: 13 Sep 18 to Dec 11, 2022	\$62.00
Children will learn fundamental hip hop skills, dance, and choreography while working collaboratively with their peers. Come join us on Sun's and learn hip hop in an energetic, welcoming, and inclusive space!	Membership Required.	Sun – 11:30 AM – 12:15 PM		Sun – 11:30 AM – 12:15 PM	
Parents must remain.		This is an In-Person program. Program Code 27430C32		Program Code 27440C32	

CHILDREN PROGRAMS

waterfrontnc.ca/children

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
FAMILY KARATE – BEGINNERS!	5 to 12	# of classes: 7 Jul 4 to Aug 22, 2022	\$33.00	# of classes: 12 Sep 12 to Dec 5, 2022	\$57.00
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!	Membership Required.	Mon – 4:45 PM – 5:30 PM		Mon – 4:45 PM – 5:30 PM	
		No Class Aug 1		No Class Oct 10	
		This is an In-Person program.			
Parents must remain.		Program Code 27430C40		Program Code 27440C40	
FAMILY YOGA – BEGINNERS!	5 to 12	# of classes: 8 Jul 9 to Aug 27, 2022	\$38.00	# of classes: 13 Sep 17 to Dec 10, 2022	\$62.00
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!	Membership Required.	Sat – 12:45 PM – 1:30 PM		Sat – 12:45 PM – 1:30 PM	
		This is an In-Person program.			
Parents must remain.		Program Code 27430A16		Program Code 27440A16	
KIDS IN THE KITCHEN- SESSION 1	5 to 11	# of classes: 4 Jul 5 to Jul 26, 2022	\$37.00	# of classes: 6 Sep 13 to Oct 18, 2022	\$56.00
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!	Membership Required.	Tue – 6:00 PM – 7:30 PM		Tue – 6:00 PM – 7:30 PM	
Note: Additional food costs are not included in fee, but will be kept at a minimum.		This is an In-Person program.			
Parents must remain.		Program Code 27430C36		Program Code 27440C36	
KIDS KARATE – LEVEL 1 & 2	5 to 8	# of classes: 7 Jul 4 to Aug 22, 2022	\$33.00	# of classes: 12 Sep 12 to Dec 5, 2022	\$57.00
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!	Membership Required.	Mon – 5:30 PM – 6:15 PM		Mon – 5:30 PM – 6:15 PM	
		No Class Aug 1		No Class Oct 10	
		This is an In-Person program.			
Parents must remain.		Program Code 27430C33		Program Code 27440C33	
CHILDREN'S BASKETBALL – CLASS 2	6 to 10	# of classes: 8 Jul 8 to Aug 26, 2022	\$38.00	# of classes: 12 Sep 16 to Dec 9, 2022	\$57.00
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!	Membership Required.	Fri – 6:30 PM – 7:15 PM		Fri – 6:30 PM – 7:15 PM	
				No Class Nov 11	
Parents must remain., Maximum of 10 participants.		This is an In-Person program.			
		Program Code 27430C02		Program Code 27440C02	

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
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.	Not offered. This is an In-Person program. Program Code 27430C22		# of classes: 13 Sep 17 to Dec 10, 2022 Sat – 2:30 PM – 3:30 PM Program Code 27440C22	\$81.00
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.	6 to 8 Membership Required.	# of classes: 8 Jul 9 to Aug 27, 2022 Sat – 2:30 PM – 3:15 PM This is an In-Person program. Program Code 27430C30	\$38.00	# of classes: 13 Sep 17 to Dec 10, 2022 Sat – 2:30 PM – 3:15 PM Program Code 27440C30	\$62.00
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.	6 to 10 Membership Required.	Not offered. This is an In-Person program.		# of classes: 13 Sep 15 to Dec 8, 2022 Thur – 4:30 PM – 5:15 PM Program Code 27440C04	\$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: 8 Jul 5 to Aug 23, 2022 Tue – 3:30 PM – 4:30 PM This is an In-Person program. Program Code 27430C17	\$50.00	# of classes: 13 Sep 13 to Dec 6, 2022 Tue – 3:30 PM – 4:30 PM Program Code 27440C17	\$81.00
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: 8 Jul 9 to Aug 27, 2022 Sat – 3:00 PM – 4:30 PM This is an In-Person program. Program Code 27431C06	\$74.00	# of classes: 7 Sep 17 to Oct 29, 2022 Sat – 3:00 PM – 4:30 PM Program Code 27441C06	\$65.00
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.	9 to 11 Membership Required.	# of classes: 8 Jul 9 to Aug 27, 2022 Sat – 3:30 PM – 4:15 PM This is an In-Person program. Program Code 27430Z8	\$38.00	# of classes: 13 Sep 17 to Dec 10, 2022 Sat – 3:30 PM – 4:15 PM Program Code 27440Z8	\$62.00
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.	9 to 12 Membership Required.	# of classes: 7 Jul 4 to Aug 22, 2022 Mon – 6:15 PM – 7:00 PM No Class Aug 1 This is an In-Person program. Program Code 27430C05	\$33.00	# of classes: 12 Sep 12 to Dec 5, 2022 Mon – 6:15 PM – 7:00 PM No Class Oct 10 Program Code 27440C05	\$57.00



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

22 For information and registration, please contact Channele at 416.392.1509 ext. 302 or cwright@waterfrontnc.ca

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
GET JOBS FOR YOUTH	14 to 24	# of classes: 23 Jul 4 to Aug 25, 2022	Free	# of classes: 37 Sep 12 to Dec 8, 2022	Free
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.	Membership Optional.	Mon – 5:00 PM – 8:00 PM Tue – 5:00 PM – 8:00 PM Thur – 5:00 PM – 8:00 PM No Class Aug 1		Mon – 5:00 PM – 8:00 PM Tue – 5:00 PM – 8:00 PM Thur – 5:00 PM – 8:00 PM No Class Oct 10 Nov 11	
Space is limited and registration is required.		Program Code 27530Y30		Program Code 27540Y30	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
NEW! YOUTH HOMEWORK HELP	14 to 18	Not offered.		# of classes: 37 Sep 26 to Dec 14, 2022	Free
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 Wed and Thur evening to get assistance from our WNC Youth Workers. All subjects and areas of study are welcome!	Membership Optional.			Mon – 3:30 PM – 6:30 PM Tue – 3:30 PM – 6:30 PM Wed – 3:30 PM – 6:30 PM No Class Oct 10	
Space is limited and registration is required.		This is an In-Person program.		Program Code 27540Y19	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
YOUTH SUMMER DAY CAMP (GRADES 6-11)	11 to 16	# of classes: 38 Jul 4 to Aug 25, 2022		Not offered.	
A great summer program for youth in grades 6-11! This program will help youth build leadership skills through fun teambuilding activities, exciting trips, sports and recreation. Some trip fees may apply.	Membership Not Required.	Mon – 10:30 AM – 5:00 PM Tue – 10:30 AM – 5:00 PM Wed – 10:30 AM – 5:00 PM Thur – 10:30 AM – 5:00 PM Fri – 10:30 AM – 5:00 PM No Class Aug 1			
Limited space available.		This is an In-Person program.		Program Code 27540Y23	
		Program Code 27530Y23		Program Code 27540Y23	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
Funded in part thanks to the Government of Canada - Canada Summer Jobs.					
YOUTH FITNESS AND HEALTH	12 to 24	Not offered.		# of classes: 13 Sep 17 to Dec 11, 2021	Free
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.	Membership Optional.			Sat – 12:15 PM – 1:30 AM	
Important Notes: – Maximum 15 participants – Please bring a refillable water bottle – Please wear comfortable clothing					
Space is limited and registration is required.		This is an In-Person program.		Program Code 27540Y34	
Maximum 15 participants		Funded in part thanks to the City of Toronto – Community Services Partnership Program.			

YOUTH PROGRAMS

waterfrontnc.ca/youth

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
YOUTH BASKETBALL (13-17)	13 to 17	Not offered.		# of classes: 13 Sep 13 to Dec 6, 2022	Free
Join us for fun basketball games, drills, and skill building activities!	Membership Optional.			Tue – 5:45 PM – 7:15 PM	
Space is limited and registration is required. Proof of age may be required.		This is an In-Person program.		Program Code 27540Y09	
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
YOUTH SPORTS AND RECREATION	14 to 24	# of classes: 8 Jul 7 to Aug 27, 2022	Free	# of classes: 13 Sep 14 to Dec 10, 2022	Free
Join us for a wide range of fun sports, along with recreational activities, and engage in great conversations with our WNC Youth Workers!	Membership Optional.	Thur – 6:00 PM – 8:45 PM Sat – 2:00 PM – 5:00 PM		Wed – 6:00 PM – 7:15 PM Fri – 6:00 PM – 7:15 PM Sat – 2:00 PM – 5:00 PM	
Space is limited and registration is required.				No Class Nov 11	
Maximum 20 participants.		This is an In-Person program.		Program Code 27540Y05	
		Program Code 27530Y05		Program Code 27540Y05	
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
YOUTH BASKETBALL (18 TO 24)	18 to 24	Not offered.		# of classes: 13 Sep 15 to Dec 8, 2022	Free
Join us for fun basketball games, drills, and skill building activities!	Membership Optional.			Thur – 6:00 PM – 8:45 PM	
Space is limited and registration is required. Proof of age may be required.		This is an In-Person program.		Program Code 27540Y20	
Maximum 20 participants		Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
TWEEN AFTERSCHOOL PROGRAM	11 to 14	Not offered.		# of classes: 50 Sep 12 to Jun 16, 2023	Free
Youth in grades six to eight are welcome to join us Mon to Fri 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!	Membership Optional.			Mon – 3:15 PM – 5:45 PM Tue – 3:15 PM – 5:45 PM Wed – 3:15 PM – 5:45 PM Thur – 3:15 PM – 5:45 PM Fri – 3:15 PM – 5:45 PM	
Space is limited and registration is required. Maximum of 20 participants.				No Class Oct 10 Nov 11 Feb 20, 2023 Apr 7, 2023 Apr 10, 2023 May 22, 2023	
		This is an In-Person program.		Program Code 27540Y18	
		Funded in part thanks to the City of Toronto – Community Services Partnership Program.			

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
LUNCH TIME LOUNGE – CITY SCHOOL	14 to 19	Not offered.		# of classes: 13 Sep 12 to Dec 9, 2022	Free
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!	Membership Not Required.			Mon – 12:30 PM – 1:30 PM Tue – 12:30 PM – 1:30 PM Wed – 12:30 PM – 1:30 PM Thur – 12:30 PM – 1:30 PM Fri – 12:30 PM – 1:30 PM	
Note: youth must bring their own lunch. Space is limited and registration is required.				No Class Oct 10 Nov 11	
Maximum 15 participants		This is an In-Person program.		Program Code 27540Y02	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
YOUNG MEN'S GROUP	14 to 24	# of classes: 7 Jul 4 to Aug 22, 2022	Free	# of classes: 12 Sep 12 to Dec 5, 2022	Free
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.	Membership Optional.	Mon – 6:00 PM – 8:45 PM		Mon – 6:00 PM – 8:45 PM	
		No Class Aug 1 – 6:00 PM – 8:45 PM		No Class Oct 10	
Space is limited and registration is required.		This is an In-Person program.		Program Code 27530Y41	
Maximum of 10 participants.		Program Code 27530Y41		Program Code 27540Y41	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
YOUNG WOMEN'S GROUP	14 to 24	# of classes: 7 Jul 4 to Aug 22, 2022	Free	# of classes: 12 Sep 12 to Dec 5, 2022	Free
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!	Membership Optional.	Mon – 6:00 PM – 8:45 PM		Mon – 6:00 PM – 8:45 PM	
		No Class Aug 1		No Class Oct 10	
Space is limited and registration is required.		This is an In-Person program.		Program Code 27530Y42	
Maximum of 10 participants.		Program Code 27530Y42		Program Code 27540Y42	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
YOUTH LOUNGE	14 to 24	# of classes: 8 Jul 5 to Aug 19, 2022	Free	# of classes: 42 Sep 13 to Dec 9, 2022	Free
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.	Membership Optional.	Tue – 6:00 PM – 9:00 PM Fri – 6:00 PM – 9:00 PM	Drop-In: Yes	Tue – 6:00 PM – 8:45 PM Thur – 6:00 PM – 8:45 PM Fri – 6:00 PM – 8:45 PM	Drop-In: Yes
Space is limited and registration is required.				No Class Nov 11	
Maximum of 10 participants.		This is an In-Person program.		Program Code 27530Y13	
		Program Code 27530Y13		Program Code 27540Y13	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					

YOUTH PROGRAMS

waterfrontnc.ca/youth

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
TWEEN LUNCH LOUNGE - WATERFRONT PS STUDENTS	11 to 14	Not offered.		# of classes: 13 Sep 12 to Dec 9, 2022	\$25.00
Nothing to do at lunch? Come and chill in the Youth Room during your lunch! Ping Pong, Pool, PS4, and much more!	Membership Not Required.			Mon - 11:30 AM - 12:30 PM Tue - 11:30 AM - 12:30 PM Wed - 11:30 AM - 12:30 PM Thur - 11:30 AM - 12:30 PM Fri - 11:30 AM - 12:30 PM	
* Grades 6 to 8 * Mon - Fri, September 2022 - June 2023 * Must bring your own lunch * Cost: \$25.00 for the School Year				No Class Oct 10 Nov 11	
Please note: space is limited, on a first come first serve basis.		This is an In-Person program.		Program Code 27540Y06	



Join us for a summer packed with fun activities and trips!

2022

WEEK 1: JULY 4-8

WEEK 2: JULY 11-15

WEEK 3: JULY 18-22

WEEK 4: JULY 25-29

WEEK 5: AUGUST 2-5

WEEK 6: AUGUST 8-12

WEEK 7: AUGUST 15-19

WEEK 8: AUGUST 22-26

**Grades
6 to 11**

LIMITED SPOTS AVAILABLE

Contact Youth Programs, Supervisor
Chanelle Wright to register at (416) 392. 1509 ex. 302
or email cwright@waterfrontnc.ca



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	Summer Schedule	Price	Fall Schedule	Price
ART STUDIO	55 +	# of classes: 8 Jul 8 to Aug 26, 2022	Free	# of classes: 12 Sep 16 to Dec 9, 2022	Free
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 are welcome. Please note that supplies are limited – we encourage you to bring your own materials.	Membership Required.	Fri – 11:00 AM – 12:00 PM	Drop-In: Yes	Fri – 11:00 AM – 12:00 PM	Drop-In: Yes
		No Class Nov 11			
		This is an In-Person program. Program Code 27230S24		Program Code 27240S24	
Maximum of 10 participants.	Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).				
SENIORS ADVISORY COMMITTEE	55 +	# of classes: 2 Jul 21 to Aug 18, 2022	Free	# of classes: 3 Sep 22 to Nov 17, 2022	Free
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 Thur of every month.	Membership Required.	Thur – 12:00 PM – 1:00 PM	Drop-In: Yes	Thur – 12:00 PM – 1:00 PM	Drop-In: Yes
		Meet On Jul 21 Aug 18		Meet On Sep 22 Oct 20 Nov 17	
		This is an In-Person program. Program Code 27230S09		Program Code 27240S09	
Maximum of 10 participants.	Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).				
SENIORS TECH TALK	55 +	# of classes: 7 Jul 4 to Aug 22, 2022	Free	# of classes: 12 Sep 12 to Dec 5, 2022	Free
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!	Membership Required.	Mon – 11:00 AM – 12:00 PM	Drop-In: Yes	Mon – 11:00 AM – 12:00 PM	Drop-In: Yes
		No Class Aug 1		No Class Oct 10	
		This is an In-Person program. Program Code 27230S07		Program Code 27240S07	
Maximum of 10 participants.	Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).				

Waterfront Neighbourhood Centre

BOARD GAMES & FUN

Join us for an afternoon of playing games!
Let's play Scrabble, Chess, Dominoes,
Snakes and Ladders, Puzzles & more!
Everyone is welcome to attend!

Thursdays
1:00 PM - 3:00 PM
Free



For more information contact
Elizabeth Escobar - Seniors Program Worker
416.392.1509 ext.327 | elizabeth@waterfrontnc.ca
627 Queens Quay W Toronto ON M5V 3G3

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



WATERFRONT NEIGHBOURHOOD CENTRE

MEN'S COFFEE SOCIAL



Tuesday's 1:00 - 2:00 pm
A meeting place where older men can
play cards, games and participate in
group discussions.

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

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



Waterfront Neighbourhood Centre

Seniors Art Studio 60

This is an open art studio where everyone
is welcome to join.
Bring your own materials and use this
time to start, continue or finish an art
project like drawing, painting, scrap-
booking, crocheting or more.
Limited Art Supplies available.

Every Friday
11am - 12pm

For more information and to register contact
Elizabeth Escobar - Seniors Program Worker
416.392.1509 ext 327 | elizabeth@waterfrontnc.ca
627 Queens Quay West Toronto ON M5V 3G3

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



Waterfront Neighbourhood Centre

Women's Circle

Thursday's
11:00-12:00 pm

A welcoming space for growth,
discovery, discussion and inspiration.
Weekly topics on health, wellness,
world headlines, community issues
and more.

FOR MORE INFORMATION CONTACT ELIZABETH:
416.392.1509 ext 327 | elizabeth@waterfrontnc.ca
627 Queens Quay West Toronto, ON M5V3G3



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

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
FULL BODY STRENGTHENING	55 +	# of classes: 8 Jul 6 to Aug 24, 2022	\$20.00	# of classes: 13 Sep 14 to Dec 7, 2022	\$33.00
Joining our Full Body Strengthening Workout class will provide you with great health benefits. This is an opportunity for you to train all your muscles in one workout; no muscles left behind! This full body workout class will also incorporate a range of deep breathing exercises to train your functional strength and cardiovascular health.	Membership Required.	Wed – 2:00 PM – 3:00 PM	Drop-In: Yes Fee: \$3.50	Wed – 2:00 PM – 3:00 PM	Drop-In: Yes Fee: \$3.50
Maximum of 10 participants		Program Code 27230		Program Code 27240	
FUNKY FITNESS	55 +	# of classes: 7 Jul 4 to Aug 22, 2022	\$17.50	# of classes: 12 Sep 12 to Dec 5, 2022	\$30.00
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!	Membership Required.	Mon – 3:15 PM – 4:15 PM No Class Aug 1	Drop-In: Yes Fee: \$3.50	Mon – 3:15 PM – 4:15 PM No Class Oct 10	Drop-In: Yes Fee: \$3.50
Maximum of 10 participants.		Program Code 27230S11		Program Code 27240S11	
GENTLE FITNESS	55 +	# of classes: 8 Jul 6 to Aug 24, 2022	\$20.00	# of classes: 13 Sep 14 to Dec 7, 2022	\$33.00
Relax, stretch, strengthen and tone your body with this gentle full-body workout.	Membership Required.	Wed – 9:30 AM – 10:30 AM	Drop-In: Yes Fee: \$3.5	Wed – 9:30 AM – 10:30 AM	Drop-In: Yes Fee: \$3.50
Maximum of 10 participants.		Program Code 27230S13		Program Code 27240S13	
NEW! GENTLE YOGA (HATHA)	55 +	# of classes: 8 Jul 7 to Aug 25, 2022	\$20.00	# of classes: 13 Sep 15 to Dec 8, 2022	\$33.00
Join our Thur 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!	Membership Required.	Thur – 5:00 PM – 6:00 PM	Drop-In: Yes Fee: \$3.5	Thur – 5:00 PM – 6:00 PM	Drop-In: Yes Fee: \$3.50
Maximum of 10 participants.		Program Code 23230A07		Program Code 23240A07	
SENIOR SPORTS	55 +	# of classes: 8 Jul 8 to Aug 26, 2022	Free	# of classes: 12 Sep 16 to Dec 9, 2022	Free
Come out 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!	Membership Required.	Fri – 3:30 PM – 4:30 PM	Drop-In: Yes	Fri – 3:30 PM – 4:30 PM	Drop-In: Yes
			No Class Nov 11		
		This is an In-Person program.			
		Program Code 27230S41		Program Code 27240S41	
		Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).			
SENIORS WALKING GROUP	55 +	# of classes: 8 Jul 5 to Aug 23, 2022	Free	# of classes: 13 Sep 13 to Dec 6, 2022	Free
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.	Membership Required.	Tue – 11:00 AM – 12:00 PM	Drop-In: Yes	Tue – 11:00 AM – 12:00 PM	Drop-In: Yes
		This is an In-Person program.			
		Program Code 27230S32		Program Code 27240S32	
		Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).			

SENIORS PROGRAMS

waterfrontnc.ca/seniors

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
TAI CHI	55 +	# of classes: 8 Jul 6 to Aug 24, 2022	\$20.00	# of classes: 13 Sep 14 to Dec 7, 2022	\$33.00
This class helps to reduce tension, improves flexibility, and increases circulation.	Membership Required.	Wed – 11:00 AM – 12:00 PM	Drop-In: Yes Fee: \$3.50	Wed – 11:00 AM – 12:00 PM	Drop-In: Yes Fee: \$3.50
Maximum of 10 participants.		Program Code 27230S23		Program Code 27240S23	
ZUMBA GOLD	55 +	# of classes: 8 Jul 8 to Aug 26, 2022	\$20.00	# of classes: 12 Sep 16 to Dec 9, 2022	\$30.00
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!	Membership Required.	Fri – 4:30 PM – 5:30 PM	Drop-In: Yes Fee: \$3.50	Fri – 4:30 PM – 5:30 PM No Class Nov 11 – 4:30 PM – 5:30 PM	Drop-In: Yes Fee: \$3.50
Maximum of 10 participants.		Program Code 27230S42		Program Code 27240S42	
AFTERNOON TEA AND SOCIAL	55 +	# of classes: 7 Jul 4 to Aug 22, 2022	Free	# of classes: 12 Sep 12 to Dec 5, 2022	Free
Come meet new people, make new friends, have a laugh, enjoy conversations, dance parties, games, BINGO, documentaries, movies, & much much more!	Membership Required.	Mon – 1:00 PM – 3:00 PM No Class Aug 1 – 1:00 PM – 3:00 PM	Drop-In: Yes	Mon – 1:00 PM – 3:00 PM No Class Oct 10	Drop-In: Yes
Maximum of 10 participants.		This is an In-Person program. Program Code 27230S05		Program Code 27240S05	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).					
BAKING FOR FUN	55 +	# of classes: 8 Jul 6 to Aug 24, 2022	Free	# of classes: 13 Sep 14 to Dec 7, 2022	Free
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.	Membership Required.	Wed – 1:00 PM – 2:30 PM	Drop-In: Yes	Wed – 1:00 PM – 2:30 PM	Drop-In: Yes
Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.		This is an In-Person program. Program Code 27230W14		Program Code 27240W14	
Maximum of 10 participants.		Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).			
BOARD GAMES AND FUN!	55 +	# of classes: 8 Jul 7 to Aug 25, 2022	Free	# of classes: 13 Sep 15 to Dec 8, 2022	Free
Join us for a fun afternoon of playing board games including Scrabble, Chess, Dominoes, puzzles & much more! Everyone is welcome to attend!	Membership Required.	Thur – 1:00 PM – 3:00 PM	Drop-In: Yes	Thur – 1:00 PM – 3:00 PM	Drop-In: Yes
		This is an In-Person program. Program Code 27230S20		Program Code 27240S20	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).					

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
EUCHRE AND BRIDGE GAMES	55 +	# of classes: 8 Jul 5 to Aug 23, 2022	Free	# of classes: 13 Sep 13 to Dec 6, 2022	Free
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.	Membership Required.	Tue – 2:00 PM – 4:00 PM	Drop-In: Yes	Tue – 2:00 PM – 4:00 PM	Drop-In: Yes
		This is an In-Person program.			
		Program Code 27230S10	Program Code 27240S10		
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).					
MEN'S COFFEE SOCIAL	55 +	# of classes: 8 Jul 5 to Aug 23, 2022	Free	# of classes: 13 Sep 13 to Dec 6, 2022	Free
This is a meeting place where older adult men can play games, meet new people, participate in group social activities, discussions & more!	Membership Required.	Tue – 1:00 PM – 2:00 PM	Drop-In: Yes	Tue – 1:00 PM – 2:00 PM	Drop-In: Yes
		This is an In-Person program.			
		Program Code 27230W05	Program Code 27240W05		
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).					
WOMEN'S CIRCLE	55 +	# of classes: 8 Jul 7 to Aug 25, 2022	Free	# of classes: 13 Sep 15 to Dec 8, 2022	Free
The Women's Circle is a welcoming space for women to inspire each other and our communities. Weekly topic discussions include health, wellness, world headlines, community issues and more.	Membership Required.	Thur – 11:00 AM – 12:00 PM	Drop-In: Yes	Thur – 11:00 AM – 12:00 PM	Drop-In: Yes
		This is an In-Person program.			
		Program Code 27230W13	Program Code 27240W13		
Maximum of 10 participants.	Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres (SALC).				



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.



Body Strengthening Classes

Join our Body Strengthening classes to help strengthen your muscles, work up a sweat, and infuse deep breathing exercises to train your functional strength and cardiovascular health!

WHOLE BODY STRENGTHENING (18+)

SUNDAYS
11:00 AM - 12:00 PM

JULY 10-AUG 28 (\$56)
SEPT 18- DEC 11 (\$91)

FULL BODY STRENGTHENING (55+)

WEDNESDAYS
2:00 - 3:00 PM

JULY 6-AUG 24 (\$20)
SEPT 14- DEC 7 (\$33)

FOR MORE INFORMATION, VISIT WWW.WATERFRONTNC.CA
OR CONTACT RECEPTION AT 416-392-1509



Yoga

All Levels Welcome!

Join our yoga classes and learn the art of relaxation through deep breathing, stretching, and gentle movement while working to build your strength and flexibility.

Baby and Me Yogalates

Tuesdays 9:45-10:45 am
July 8-Aug 26 (\$56)
Sept 13- Dec 6 (\$91)

Gentle (Hatha) Yoga (55+)

Thursdays 5:00-6:00 pm
July 7-Aug 25 (\$20)
Sept 15-Dec 8 (\$33)

Thursday Yoga (18+)

Thursdays 6:30-7:30 pm
July 8-Aug 26 (\$56)
Sept 15- Dec 8 (\$91)

Saturday Yoga (18+)

Saturdays 11:30 am-12:30 pm
July 9-Aug 27 (\$56)
Sept 17- Dec 10 (\$91)

Family Yoga

Saturdays 12:45-1:30 pm
July 9-Aug 27 (\$38)
Sept 17- Dec 10 (\$62)

FOR MORE INFORMATION, VISIT
WWW.WATERFRONTNC.CA OR
CONTACT RECEPTION AT 416-392-1509



Waterfront
Neighbourhood
Centre

ART NIGHT OUT

ENJOY A FUN NIGHT OUT WITH FRIENDS, MEET NEW PEOPLE, AND CREATE SOME ART USING A VARIETY OF ART STYLES UNDER THE GUIDANCE OF OUR RESIDENT ARTIST, LULA!

BRING YOUR FAVOURITE HOT DRINK OR COLD BEVERAGE AND LET'S HAVE A FUN ART NIGHT OUT! (18+)

JOIN US

THURSDAYS 5:30-7:00 PM

SUMMER

JULY 7-AUG 25 (\$84)

FALL

SEPT 15- OCT 27 (\$74)
NOV 3- DEC 8 (\$63)

FOR MORE INFORMATION:
VISIT WWW.WATERFRONTNC.CA
OR CONTACT RECEPTION AT 416-392-1509



Waterfront
Neighbourhood
Centre

NEW

FAMILY YOGA & FAMILY KARATE

FOR YOU AND YOUR CHILDREN!



JOIN ADJEI IN
FAMILY YOGA - BEGINNERS!
JUL 9 - AUG 27 (\$38)
SEPT 17 - DEC 10 (\$62)
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!
JUL 11-AUG 22 (\$33)
SEPT 12 -DEC 5 (\$57)
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.

For more information,
contact reception
416-392-1509



Waterfront
Neighbourhood
Centre



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	Summer Schedule	Price	Fall Schedule	Price
ADULT DROP-IN SPORTS 10 VISIT PUNCH CARD Come and enjoy non-competitive recreational sports at WNC! Spaces are limited, first come first serve. Sign up for a WNC membership and save 10%! Capacity limits vary between sports.	18 + Membership Required.	Adult membership \$8/year for community members \$11/year for associate members 10 visit card for \$34. Non-members pay \$38 Adult Drop -In Sports Drop in Fee: \$4.50 for members \$5.50 for non-members. Important Note: All participants must register before 8:00 pm for all adult sports. After 8:00 pm there will be no admittance. Due to the overwhelming attendance, 1 participant can only purchase 1 wristband. Punch cards are available for purchase but are non-transferable – no exceptions.			
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: 8 Jul 5 to Aug 23, 2022 Tue – 9:45 AM – 10:45 AM	\$56.00 Drop-In: Yes Fee: \$9.00	# of classes: 13 Sep 13 to Dec 6, 2022 Tue – 9:45 AM – 10:45 AM	\$91.00 Drop-In: Yes Fee: \$9.00
		Program Code 27430F11		Program Code 27440F11	
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: 8 Jul 5 to Aug 23, 2022 Tue – 6:30 PM – 7:30 PM	\$56.00 Drop-In: Yes Fee: \$9.00	# of classes: 13 Sep 13 to Dec 6, 2022 Tue – 6:30 PM – 7:30 PM	\$91.00 Drop-In: Yes Fee: \$9.00
		Program Code 23230A02		Program Code 23240A02	
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: 8 Jul 6 to Aug 24, 2022 Wed – 6:30 PM – 7:30 PM	\$56.00 Drop-In: Yes Fee: \$9.00	# of classes: 13 Sep 14 to Dec 7, 2022 Wed – 6:30 PM – 7:30 PM	\$91.00 Drop-In: Yes Fee: \$9.00
		Program Code 23230A18		Program Code 23240A18	

ADULT FITNESS & FUN

waterfrontnc.ca/adult

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
CO-ED ADULT BADMINTON Come and enjoy recreational sports at WNC! Spaces are limited; first come, first serve. 24 players maximum. Numbers will be distributed at 5:30 pm and 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: 8 Jul 5 to Aug 23, 2022 Tue – 7:30 PM – 9:15 PM This is an In-Person program. Program Code 25530A03	\$4.50 <i>Drop-In:</i> Yes <i>Fee:</i> \$4.50	# of classes: 13 Sep 13 to Dec 6, 2022 Tue – 7:30 PM – 9:15 PM Program Code 25540A03	<i>Drop-In:</i> Yes <i>Fee:</i> \$4.50
CO-ED VOLLEYBALL Come and enjoy recreational sports at WNC! Spaces are limited; first come first serve. 30 players maximum. Numbers will be given out at 5:30 pm and wrist band sales will 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: 15 Jul 4 to Aug 24, 2022 Mon – 7:30 PM – 9:15 PM Wed – 7:30 PM – 9:15 PM No Class Aug 1 This is an In-Person program. Program Code 23230A06	<i>Drop-In:</i> Yes <i>Fee:</i> \$4.50	# of classes: 25 Sep 12 to Dec 7, 2022 Mon – 7:30 PM – 9:15 PM Wed – 7:30 PM – 9:15 PM No Class Oct 10 Program Code 23240A06	<i>Drop-In:</i> Yes <i>Fee:</i> \$4.50
DROP-IN FITNESS 10 VISIT CARD Adult and Seniors 10 Visit Card. Non-members pay 10% more! Adult fitness visit cards only allow admittance to adult fitness classes. Senior fitness visit cards only allow admittance to senior fitness classes. Capacity limits vary between classes.	18 + Membership Required.	Adult Programs: 10 Visit Card \$77 for members \$85 Non-members. (Senior/Students get 50% discount) Senior Programs: 10 Visit Card: \$28 for Members Non-members \$30.25			
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 54 Membership Required.	# of classes: 7 Jul 4 to Aug 22, 2022 Mon – 5:00 PM – 6:00 PM No Class Aug 1 Program Code 27230A08	\$49.00 <i>Drop-In:</i> Yes <i>Fee:</i> \$9.00	# of classes: 12 Sep 12 to Dec 5, 2022 Mon – 5:00 PM – 6:00 PM No Class Oct 10 Program Code 27240A08	\$84.00 <i>Drop-In:</i> Yes <i>Fee:</i> \$9.00
NEW! VINYASA FLOW YOGA Vinyasa Flow Yoga helps improve 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: 8 Jul 8 to Aug 26, 2022 Fri – 9:30 AM – 10:30 AM Program Code 23230A21	\$56.00 <i>Drop-In:</i> Yes <i>Fee:</i> \$9.00	# of classes: 12 Sep 16 to Dec 9, 2022 Fri – 9:30 AM – 10:30 AM No Class Nov 11 Program Code 23240A21	\$84.00 <i>Drop-In:</i> Yes <i>Fee:</i> \$9.00

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
WHOLE BODY STRENGTHENING WORKOUT	18 +	# of classes: 8 Jul 10 to Aug 28, 2022	\$56.00	# of classes: 13 Sep 18 to Dec 11, 2022	\$91.00
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.	Membership Required.	Sun – 11:00 AM – 12:00 PM	Drop-In: Yes Fee: \$9.00	Sun – 11:00 AM – 12:00 PM	Drop-In: Yes Fee: \$9.00
		Program Code 23230A20		Program Code 23240A20	
Maximum of 10 participants.					
YOGA – SAT	18 +	# of classes: 8 Jul 9 to Aug 27, 2022	\$56.00	# of classes: 13 Sep 17 to Dec 10, 2022	\$91.00
Join our Sat 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!	Membership Required.	Sat – 11:30 AM – 12:30 PM	Drop-In: Yes Fee: \$9.00	Sat – 11:30 AM – 12:30 PM	Drop-In: Yes Fee: \$9.00
		Program Code 23230A14		Program Code 23240A14	
YOGA – THUR	18 +	# of classes: 8 Jul 7 to Aug 25, 2022	\$56.00	# of classes: 13 Sep 15 to Dec 8, 2022	\$91.00
Join our Thur 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!	Membership Required.	Thur – 6:30 PM – 7:30 PM	Drop-In: Yes Fee: \$9.00	Thur – 6:30 PM – 7:30 PM	Drop-In: Yes Fee: \$9.00
		Program Code 23230A09		Program Code 23240A09	
ZUMBA	18 +	# of classes: 8 Jul 8 to Aug 26, 2022	\$56.00	# of classes: 12 Sep 16 to Dec 9, 2022	\$84.00
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!	Membership Required.	Fri – 5:45 PM – 6:45 PM	Drop-In: Yes Fee: \$9.00	Fri – 5:45 PM – 6:45 PM	Drop-In: Yes Fee: \$9.00
				No Class Nov 11 – 5:45 PM – 6:45 PM	
Maximum of 10 participants.		Program Code 23230A12		Program Code 23240A12	
ART NIGHT OUT! SESSION 1	18 +	# of classes: 8 Jul 7 to Aug 25, 2022	\$84.00	# of classes: 7 Sep 15 to Oct 27, 2022	\$74.00
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!	Membership Required.	Thur – 5:30 PM – 7:00 PM	Drop-In: Yes Fee: \$9.00	Thur – 5:30 PM – 7:00 PM	Drop-In: Yes Fee: \$9.00
		This is an In-Person program. Program Code 23231A15		Program Code 23241A15	
Maximum of 10 participants.					
ART NIGHT OUT! SESSION 2	18 +	Not offered.		# of classes: 6 Nov 3 to Dec 8, 2022	\$63.00
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!	Membership Required.			Thur – 5:30 PM – 7:00 PM	Drop-In: Yes Fee: \$9.00
		This is an In-Person program.		Program Code 23242A15	
Maximum of 10 participants.					

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

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.

Description	Age / Membership	Summer Schedule	Price	Fall Schedule	Price
WEIGHT ROOM (SEE FLYER)	18 +	Weight Room Guidelines:			
Weight room members MUST have a valid Weight Room membership, ID Access Card and WNC membership. Please sign up and pay the one-time \$6.50 fee for the ID Access Card (replacement ID Access Cards for lost cards are \$6.50). Gym bags and jackets are not permitted in the room. Change Rooms close at 5:00 pm on weekends	Membership Required.	<ul style="list-style-type: none">Weight room members MUST have a valid Weight Room membership.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.We have lockers located near the Weight Room and in the Change Rooms to lock up your valuables.Please bring your own lock. These lockers are for daily use only. WNC is not responsible for lost or stolen items.			
Women Only Weight Room times have changed:		Change Room Access			
<ul style="list-style-type: none">Tues/Thurs: 6:30-7:30pmSats: 12:00-1:00pm		<ul style="list-style-type: none">Changing in the public space or washroom is not permitted. You must use the Change Room.WNC has an ID Access Card system in place for access to the Change Rooms. Cards may be purchased at Reception for \$6.50.			
We ask participants to respect the schedule.					

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 Chase Tam:
Chase@waterfrontnc.ca 416.392.1509 | ext.341



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**



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

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



STRONGER TOGETHER **SENIORS, YOUTH 2SLGBTQ & ALLY**

Mondays

5:30 - 7:00

Join us for conversations,
games, workshops, guest
speakers and more.



**You are not alone! Stronger together -
Seniors, Youth 2SLGBTQ & Ally bring
folks together to develop strong
connections through Peer to Peer
Interactions.**



For more information contact:

Jun Emperador

416.392.1509 ext. 326 | jun@waterfrontnc.ca

627 Queens Quay W Toronto ON M5V 3G3



Waterfront
Neighbourhood
Centre

Funded in part thanks to the Government of
Canada- New Horizons for Seniors Program



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	Summer Schedule	Price	Fall Schedule	Price
INDIVIDUAL SUPPORT & REFERRAL SERVICE	55 +	# of classes: 8 Jul 4 to Aug 26, 2022	Free	# of classes: 13 Sep 12 to Dec 9, 2022	Free
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.	Membership Not Required.	No Class Aug 1	Drop-In: Yes	No Class Oct 10 Nov 11	
		This is an In-Person program. Program Code 27230W12		Program Code 27240W12	
By appointment only.	Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)				
COMMUNITY KITCHEN PROGRAM	18 +	# of classes: 4 Jul 12 to Aug 23, 2022	Free	# of classes: 7 Sep 13 to Dec 6, 2022	Free
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.	Membership Required.	Tue – 4:30 PM – 6:00 PM		Tue – 4:30 PM – 6:00 PM	
Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.		Meet On Jul 12 Jul 26 Aug 9 Aug 23		Meet On Sep 13 Sep 27 Oct 11 Oct 25 Nov 8 Nov 22 Dec 6	
Maximum of 10 participants.		This is an In-Person program. Program Code 27230W02		Program Code 27240W02	
	Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
NEW! STRONGER TOGETHER- SENIORS, YOUTH 2SLGBTQ & ALLY	55 +	# of classes: 7 Jul 4 to Aug 22, 2022	Free	# of classes: 12 Sep 12 to Dec 5, 2022	Free
Stronger Together is a program for Seniors, Youth, 2SLGBTQ and Ally which will provide opportunities for people to develop strong connections through Peer to Peer interactions. Participants will have the opportunity to document their experience using various art mediums like painting, storytelling or photography which will be showcase at the end of program. As well as recreation based activities such as bingo, games, karaoke and more. Contact: Jun Emperador – jun@waterfrontnc.ca	Membership Required.	Mon – 5:30 PM – 7:00 PM	Drop-In: Yes	Mon – 5:30 PM – 7:00 PM	Drop-In: Yes
		No Class Aug 1		No Class Oct 10	
		Program Code 27230S44		Program Code 27240S44	
Parents must remain.	Funded in part thanks to the Government of Canada’s Employment and Social Development Canada – New Horizons for Seniors Program (NHSP).				

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