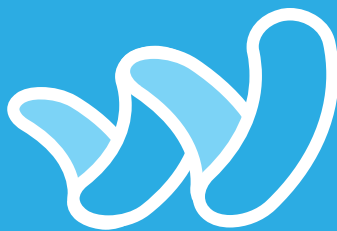




Family · Pre-School · Children · Youth · Seniors · Adult Fitness · Community



Waterfront  
Neighbourhood  
Centre

627 Queens Quay West,  
Toronto, ON M5V 3G3

☎ 416.392.1509

BATHURST & QUEENS QUAY

✉ info@waterfrontnc.ca

🌐 www.waterfrontnc.ca

📘 📷 🐦 WaterfrontncTo

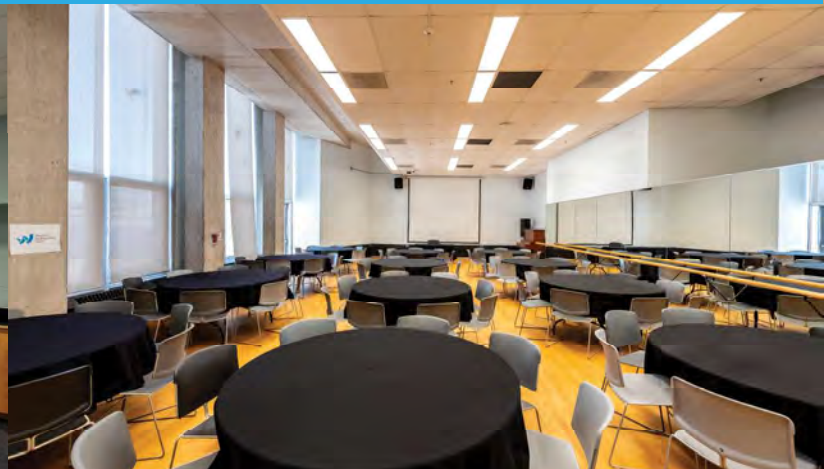
30  
years

#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](mailto: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"> <li>80' x 60' Sprung hardwood floor</li> <li>High ceilings</li> <li>Partition divides room in half</li> <li>Portable stage and curtain backdrop</li> </ul>	<ul style="list-style-type: none"> <li>Built-in sound and lighting systems</li> <li>Projection screen</li> <li>Maximum 288 people per half room</li> <li>Maximum 576 people per full room</li> </ul>	<ul style="list-style-type: none"> <li>Non Profit: \$166/hour + HST</li> <li>Commercial: \$331/hour + HST</li> <li>Arts &amp; Culture: \$249/hour + HST</li> <li>Leagues: \$71/hour + HST</li> </ul>
Outdoor Basketball Courts	<ul style="list-style-type: none"> <li>Rated #1 court in Toronto by CourtHawk.com</li> <li>Rubber court surface and classic backboards</li> <li>Night time lighting</li> </ul>		<ul style="list-style-type: none"> <li>Hourly: \$166 per hour + HST</li> </ul>
Garden Courtyard (Max. 50 people)	<ul style="list-style-type: none"> <li>6.6' x 38.1'</li> <li>BBQ</li> <li>Patio tables and chairs with umbrellas</li> </ul>		<ul style="list-style-type: none"> <li>Non Profit: \$27 per hour + HST</li> <li>Profit: \$83 per hour + HST</li> <li>Arts &amp; Culture: \$56 per hour + HST</li> </ul>

### 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](http://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](mailto:info@waterfrontnc.ca)

 [fb.com/waterfrontnccto](https://fb.com/waterfrontnccto)

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

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

 416.392.1509

 416.392.1512

 [www.waterfrontnc.ca](http://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](http://dominicchan.ca)), Rick Vyrostopko ([rickvyrostkophotography.com](http://rickvyrostkophotography.com)).

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## Important Dates

### Winter Session 2023

Registration starts: Monday, January 9, 2023

Summer Session: January 16 - March 12 (8 weeks)

### Spring Session 2023

Registration starts: Monday, March 13, 2023

Fall Session: March 20 - June 18 (13 weeks)





# Winter 2023 Registration Dates

## Winter Session: January 16 - March 12 (8 weeks)

- ✓ WNC is offering in-person Program Registration only.
- ✓ Registration tickets will be handed at 7:30 am on first-come, first-served basis for members. The registration lineup will be outside of WNC's facility entrance facing west.
- ✓ Members will be allowed only to register themselves and/or a family member plus one other participant and/or friend
- ✓ Please do not forget to join and renew membership prior to registration week.
- ✓ Please make your program wish list options.
- ✓ Members must show a valid membership card during program-specific registration.
- ✓ There is a 10% surcharge on all programs for Non-members and expired membership card at the time of registration.
- ✓ Registration registrant must reach the specified age of the program by the first day of class
- ✓ Parents are required to provide proof of age at the time of registration
- ✓ During program-specific registration times, we will not process any Subsidy Requests, Weight Room and/or WNC memberships.

Monday, January 9<sup>th</sup>  
8:00 am - 7:00 pm

Membership & Subsidy Approval/Renewal Day

Tuesday, January 10<sup>th</sup>  
8:00 am - 7:00 pm

Family and Children Programs Registration Day

Wednesday, January 11<sup>th</sup>  
8:00 am - 7:00 pm

PEEP & PEEP for Tots Registration Session 1 & Session

Thursday, January 12<sup>th</sup>  
8:00 am - 7:00 pm

Senior Programs and Adult Fitness

Friday, January 13<sup>th</sup> 8:00 am - 7:00 pm.,  
Saturday, January 14<sup>th</sup>, and Sunday, January 15<sup>th</sup>  
11:00 am - 5:00 pm

General Registration for All Programs

### Special Dates and Closures

Closed - Saturday December 17<sup>th</sup> and Sunday December 18<sup>th</sup>

Closed - Saturday, December 24<sup>th</sup> to Sunday, January 8<sup>th</sup>

Closed - Monday, February 20<sup>th</sup> for Family Day

**30**  
years  
#WaterfrontncTO  
Serving the Community Since 1991

# Spring 2023 Registration Dates

## Spring Session: March 20 - June 18 (13 weeks)

- ✓ WNC is offering in-person Program Registration only.
- ✓ Registration tickets will be handed at 7:30 am on first-come, first-served basis for members. The registration lineup will be outside of WNC's facility entrance facing west.
- ✓ Members will be allowed only to register themselves and/or a family member plus one other participant and/or friend
- ✓ Please do not forget to join and renew membership prior to registration week.
- ✓ Please make your program wish list options.
- ✓ Members must show a valid membership card during program-specific registration.
- ✓ There is a 10% surcharge on all programs for Non-members and expired membership card at the time of registration.
- ✓ Registration registrant must reach the specified age of the program by the first day of class
- ✓ Parents are required to provide proof of age at the time of registration
- ✓ During program-specific registration times, we will not process any Subsidy Requests, Weight Room and/or WNC memberships.

Monday, March 13 <sup>th</sup> 8:00 am - 7:00 pm	Membership & Subsidy Approval/Renewal Day
Tuesday, March 14 <sup>th</sup> 8:00 am - 7:00 pm	Family and Children Programs Registration Day
Wednesday, March 15 <sup>th</sup> 8:00 am - 7:00 pm	PEEP & PEEP for Tots Registration Session 1 & Session
Thursday, March 16 <sup>th</sup> 8:00 am - 7:00 pm	Senior Programs and Adult Fitness
Friday, March 17 <sup>th</sup> 8:00 am - 7:00 pm	General Registration for All Programs
Saturday, March 18 <sup>th</sup> and Sunday, March 19 <sup>th</sup> 11:00 am - 5:00 pm	General Registration for All Programs

## Special Dates and Closures

Closed - Friday April 7th for Good Friday  
 Closed - Monday April 10th for Easter Monday  
 Closed - Monday May 22nd for Victoria Day

June 19th to July 2nd - Summer Programs Registration  
 Closed July 3 - Canada Day





## 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

<b>1st week of session</b>	75% of fee refunded (option of cheque or credit).
<b>2nd &amp; 3rd weeks of session</b>	50% of fee refunded (option of cheque or credit).
<b>4 weeks+ of session</b>	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](http://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](http://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](mailto:sarah@waterfrontnc.ca)

Supervisor, Youth Programs  
Chanelle Wright - 416.392.1509 ext. 302  
[cwright@waterfrontnc.ca](mailto:cwright@waterfrontnc.ca)

Manager, Senior Community Development Programs:  
Gaby Motta - 416.392.1509 ext. 328  
[gaby@waterfrontnc.ca](mailto:gaby@waterfrontnc.ca)

Manager of Recreation & Program Administration  
Chase Tam - 416.392.1509 ext. 341  
[chase@waterfrontnc.ca](mailto: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	Winter Schedule	Price	Spring Schedule	Price
<b>SING WITH ME</b>  Share the joy of singing! This music program is for parents/caregivers and their children to learn through the sound of music.  Parents must remain.	0 to 2  Membership Required.	# of classes: 8 Jan 20 to Mar 10, 2023  Friday – 1:00 PM – 2:00 PM	\$50	# of classes: 12 Mar 24 to Jun 16, 2023  Friday – 1:00 PM – 2:00 PM  No Class Apr 7 – 1:00 PM – 2:00 PM	\$75
		Program Code 27410F14		Program Code 27420F14	
<b>BABY FAMILY SUPPORT DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE)</b>  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 donation is welcome.	0 to 2  Membership Optional.	# of classes: 15 Jan 16 to Mar 8, 2023  Monday – 1:00 PM – 3:00 PM Wednesday – 1:00 PM – 3:00 PM  No Class Feb 20 – 1:00 PM – 3:00 PM	Free  Drop-In: Yes	# of classes: 24 Mar 20 to Jun 14, 2023  Monday – 1:00 PM – 3:00 PM Wednesday – 1:00 PM – 3:00 PM  No Class Apr 10 – 1:00 PM – 3:00 PM No Class May 22 – 1:00 PM – 3:00 PM	Free  Drop-In: Yes
Parents must remain.		Program Code 27910F90		Program Code 27920F90	
Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.					
<b>WEDNESDAY EVENING FAMILY DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE)</b>  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 donation is welcome.	0 to 6  Membership Optional.	# of classes: 8 Jan 18 to Mar 8, 2023  Wednesday – 5:00 PM – 7:00 PM	Free  Drop-In: Yes	# of classes: 13 Mar 22 to Jun 14, 2023  Wednesday – 5:00 PM – 7:00 PM	Free  Drop-In: Yes
Parents must remain.		Program Code 27410F03		Program Code 27420F03	
Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.					

# FAMILY PROGRAMS

waterfrontnc.ca/family

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>NEW! WNC STROLLERS WALKING GROUP (EARLYON CHILD AND FAMILY CENTRE)</b>  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.	0 to 2  Membership Optional.	# of classes: 8 Jan 20 to Mar 10, 2023  Friday – 2:00 PM – 3:00 PM	Free  Drop-In: Yes	# of classes: 12 Mar 24 to Jun 16, 2023  Friday – 2:00 PM – 3:00 PM  No Class Apr 7 – 2:00 PM – 3:00 PM	Free  Drop-In: Yes
It is important to dress accordingly. Program is weather dependent- updates will be on our social media Friday mornings (@waterfrontncTO).					
To RSVP, please email sarah@waterfrontnc.ca by 10am on Friday.					
		Program Code 27410F20		Program Code 27420F20	
Parents must remain.		Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.			
<b>FAMILY DROP-IN PROGRAM (GUHD)</b>  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 donation welcome.	2 to 6  Membership Optional.	# of classes: 16 Jan 17 to Mar 9, 2023  Tuesday – 10:00 AM – 12:00 PM Thursday – 10:00 AM – 12:00 PM	Free  Drop-In: Yes	# of classes: 26 Mar 21 to Jun 15, 2023  Tuesday – 10:00 AM – 12:00 PM Thursday – 10:00 AM – 12:00 PM	Free  Drop-In: Yes
		Program Code 24810F10		Program Code 24820F10	
Parents must remain.		Supported by Growing Up Healthy Downtown Project (GUHD) and funded thanks to the Public Health Agency of Canada (PHAC).			
<b>READY, SET, GROW</b>  Come play and learn! This program offers language and gross motor skill development for crawling or walking babies and young toddlers through the use of a wide variety of nursery rhymes.	8 month to 2  Membership Required.	# of classes: 8 Jan 17 to Mar 7, 2023  Tuesday – 3:00 PM – 3:45 PM	\$38	# of classes: 13 Mar 21 to Jun 13, 2023  Tuesday – 3:00 PM – 3:45 PM	\$62
Parents must remain.		Program Code 27310F13		Program Code 27320F13	



**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.**

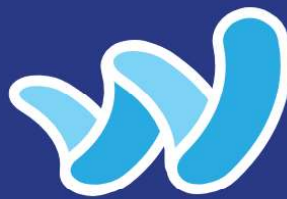




Pick and choose from a variety of programs that foster creativity and exploration among preschool children. These programs are offered for your children so they develop new skills, socialize and build a foundation for an active and healthy lifestyle.

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

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
BALLET AND FAIRY TALES					
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!					
BALLET AND FAIRY TALES – SATURDAY (CLASS 1)	3 to 4	# of classes: 8	\$38	# of classes: 13	\$62
	Membership Required.	Jan 21 to Mar 11, 2023		Mar 25 to Jun 17, 2023	
		Saturday – 12:15 PM – 1:00 PM		Saturday – 12:15 PM – 1:30 PM	
		Program Code 27410C51		Program Code 27420C51	
Parents must remain.					
BALLET AND FAIRY TALES – SUNDAY (CLASS 1)	3 to 4	# of classes: 8	\$38	# of classes: 13	\$62
	Membership Required.	Jan 22 to Mar 12, 2023		Mar 26 to Jun 18, 2023	
		Sunday – 1:30 PM – 2:15 PM		Sunday – 1:30 PM – 2:15 PM	
		Program Code 27410C12		Program Code 27420C12	
Parents must remain.					
LITTLE CHEFS COOKIN IN THE KITCHEN	3 to 4	# of classes: 8	\$115	# of classes: 13	\$187
	Membership Required.	Jan 21 to Mar 11, 2023		Mar 25 to Jun 17, 2023	
		Saturday – 11:00 AM – 12:00 PM		Saturday – 11:00 AM – 12:00 PM	
		Please note: Additional food costs are included in fee.			
Parents must remain.		Program Code 27410P16		Program Code 27420P16	



Waterfront  
Neighbourhood  
Centre

AGES  
3-4 YRS

# LEARN AND PLAY



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

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



WEEK ONE	JULY 3- 7	\$182
WEEK TWO	JULY 10- 14	\$182
WEEK THREE	JULY 17- 21	\$182
WEEK FOUR	JULY 24-28	\$182
WEEK FIVE	AUG 1-4	\$145
WEEK SIX	AUG 7- 11	\$182
WEEK SEVEN	AUG 14-18	\$182
WEEK EIGHT	AUG 21- 25	\$182

SUBSIDY &  
PAYMENT PLANS  
AVAILABLE

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





Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
PEEP FOR TOTS - MONDAY & TUESDAY					
The Pre-Kindergarten Experiences Enrichment Program (PEEP) encourages your toddler to explore their sense of wonder and to have fun while enhancing their school readiness through activities that focus on early development stages, such as fine & gross motor skills, social & emotional wellbeing, cognitive skills, and language & speech development. PEEP for Tots is offered in an inclusive, friendly, and stimulating environment!					
PEEP FOR TOTS - SESSION 1 - MONDAY & TUESDAY	2 to 2	# of classes: 8 Jan 16 to Feb 7, 2023	\$194	# of classes: 11 Mar 20 to Apr 25, 2023	\$266
	Membership Required.	Monday - 9:30 AM - 11:30 AM Tuesday - 9:30 AM - 11:30 AM		Monday - 9:30 AM - 11:30 AM Tuesday - 9:30 AM - 11:30 AM	
	Parents must remain.			No Class Apr 10 - 9:30 AM - 11:30 AM	
		Program Code 27311P02		Program Code 27321P02	
PEEP FOR TOTS- SESSION 2 - MONDAY & TUESDAY	2 to 2	# of classes: 7 Feb 13 to Mar 7, 2023	\$169	# of classes: 13 May 1 to Jun 13, 2023	\$315
	Membership Required.	Monday - 9:30 AM - 11:30 AM Tuesday - 9:30 AM - 11:30 AM		Monday - 9:30 AM - 11:30 AM Tuesday - 9:30 AM - 11:30 AM	
	Parents must remain.	No Class Feb 20 - 9:30 AM - 11:30 AM		No Class May 22 - 9:30 AM - 11:30 AM	
		Program Code 27312P02		Program Code 27322P02	
PEEP -MONDAY, WEDNESDAY & 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!					
PEEP - SESSION 1 MONDAY, WEDNESDAY & FRIDAY	3 to 4	# of classes: 12 Jan 16 to Feb 10, 2023	\$436	# of classes: 16 Mar 20 to Apr 28, 2023	\$581
	Membership Required.	Monday - 9:00 AM - 12:00 PM Wednesday - 9:00 AM - 12:00 PM Friday - 9:00 AM - 12:00 PM		Monday - 9:00 AM - 12:00 PM Wednesday - 9:00 AM - 12:00 PM Friday - 9:00 AM - 12:00 PM	
	Maximum of 10 participants.			No Class Apr 7 - 9:00 AM - 12:00 PM Apr 10 - 9:00 AM - 12:00 PM	
		Program Code 27311P19		Program Code 27321P19	

# PRE-SCHOOL PROGRAMS

waterfrontnc.ca/preschool

Description	Age / Membership	Winter	Spring
		Schedule	Schedule
<b>PEEP – SESSION 2 MONDAY, WEDNESDAY &amp; FRIDAY</b>  Maximum of 10 participants.	3 to 4  Membership Required.	# of classes: 11 Feb 13 to Mar 10, 2023  Monday – 9:00 AM – 12:00 PM Wednesday – 9:00 AM – 12:00 PM Friday – 9:00 AM – 12:00 PM  No Class Feb 20 – 9:00 AM – 12:00 PM	# of classes: 20 May 1 to Jun 16, 2023  Monday – 9:00 AM – 12:00 PM Wednesday – 9:00 AM – 12:00 PM Friday – 9:00 AM – 12:00 PM  No Class May 22 – 9:00 AM – 12:00 PM
		Price \$399  Program Code 27312P20	Price \$726  Program Code 27322P20

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. 30.

## BABY & ME YOGALATES



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

**Mondays**  
11:00 P.M. - 12:00 P.M.

**Winter**  
Jan 16- Mar 6 (\$49)  
Drop-in Class  
\$9.00

**Spring**  
Sept 13- Dec 6 (\$91)  
Drop-in Class  
\$9.00

**For more information:**  
call 416-392-1509  
or contact [chase@waterfrontnc.ca](mailto:chase@waterfrontnc.ca)



## Children's Yoga Classes

Saturdays  
12:45-1:30 pm  
Kids aged 6-11



**Winter**  
Jan 21-Mar 11  
\$38 | 8 Classes

**Spring**  
Mar 25-Jun 17  
\$62 | 13 Classes

**For more information:**  
Call 416-392-1509 or  
Email [chase@waterfrontnc.ca](mailto:chase@waterfrontnc.ca)







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	Winter Schedule	Price	Spring Schedule	Price
<b>MUSICAL THEATRE FOR KIDS</b>	5 to 10	# of classes: 8 Jan 19 to Mar 9, 2023	\$50	# of classes: 13 Mar 23 to Jun 15, 2023	\$81
Singing, Dancing, Acting! Through this interactive dramatic arts program, children will gain self-confidence, self-expression and teambuilding skills while having fun!	Membership Required.	Thursday – 6:30 PM – 7:30 PM		Thursday – 6:30 PM – 7:30 PM	
Parents must remain.		Program Code 27410C37		Program Code 27420C37	
<b>KIDZ FUN CLUB</b>	5 to 10	# of classes: 8 Jan 18 to Mar 8, 2023	\$50	# of classes: 13 Mar 22 to Jun 14, 2023	\$81
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.	Wednesday – 6:30 PM – 7:30 PM		Wednesday – 6:30 PM – 7:30 PM	
Parents must remain.		Program Code 24110C53		Program Code 24120C53	
<b>AFTER SCHOOL DAZE PROGRAM!</b>	5 to 12	# of classes: 44 Jan 9 to Mar 10, 2023	\$72/ week	# of classes: Select Mar 20 to Jun 16, 2023	\$72/ week
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.	Membership Required.	Monday – 3:15 PM – 6:00 PM Tuesday – 3:15 PM – 6:00 PM Wednesday – 3:15 PM – 6:00 PM Thursday – 3:15 PM – 6:00 PM Friday – 3:15 PM – 6:00 PM  No Class Feb 20 – 3:15 PM – 6:00 PM		Monday – 3:15 PM – 6:00 PM Tuesday – 3:15 PM – 6:00 PM Wednesday – 3:15 PM – 6:00 PM Thursday – 3:15 PM – 6:00 PM Friday – 3:15 PM – 6:00 PM  No Class Apr 7 – 3:15 PM – 6:00 PM Apr 10 – 3:15 PM – 5:30 PM May 22 – 3:15 PM – 5:30 PM Jun 2 – 3:15 PM – 5:30 PM	
Program Fees: – \$72/week per child – Late payment: \$20/week – Late pick-up after 6:00 PM: \$1/per minute		Program Code 24110C03		Program Code 24120C03	

# CHILDREN PROGRAMS

waterfrontnc.ca/children

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>MARCH BREAK CAMP</b>  WNC offers an action-filled March Break Camp with a variety of engaging activities including science, learning skills from guest instructors, fun and games in the gym, exciting out trips and more!  Minimum of 8 participants required.	5 to 12  Membership Required.	# of classes: 5 Mar 13 to Mar 17, 2023  Monday – 9:30 AM – 4:30 PM Tuesday – 9:30 AM – 4:30 PM Wednesday – 9:30 AM – 4:30 PM Thursday – 9:30 AM – 4:30 PM Friday – 9:30 AM – 4:30 PM  Camp Hours: 9:30AM-4:30PM Extended Care: 8:30AM- 5:30PM (\$35/week) Camp schedule and trip location are subject to change. Please note: Additional trip costs will be kept at a minimum when applicable. Registration Opens: Monday, February 6th, 2023	\$125	Not offered.	
<b>PA DAY CAMP – FEBRUARY 17, 2023 – SKATING FUN!</b>  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!  Minimum of 8 participants required.	5 to 12  Membership Required.	# of classes: 1 Feb 17  Friday – 9:30 AM – 4:30 PM  Program hours: 9:30AM – 4:30PM. Extended care: 8:30AM – 5:30PM (\$7/day) Please note: trip costs are not included in program fees.	\$25	Not offered.	
<b>PA DAY CAMP – JANUARY 13TH, 2023 – ROCK CLIMBING!</b>  WNC offers a full day program on Toronto District School Board scheduled PA Days. These fun-filled programs include activities in the gym, games, and trips to exciting places such as the movies, bowling, skating rinks, swimming pools, and more!  Minimum of 8 participants required.	5 to 12  Membership Required.	# of classes: 1 Jan 13  Friday – 9:30 AM – 4:30 PM  Program hours: 9:30AM – 4:30PM Extended care: 8:30AM – 5:30PM (\$7/day) Please note: Trip costs are not included in program fees.	\$25	Not offered.	



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

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

**Thank You.**



Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>PA DAY CAMP – JUNE 2ND – BOWLING FUN!</b>  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!	5 to 11  Membership Required.	Not offered.		# of classes: 1 Jun 2  Friday – 9:30 AM – 4:30 PM	\$25
Program hours: 9:30AM – 4:30PM. Extended care: 8:30AM – 5:30PM (\$7/day) Please note: trip costs are not included in program fees.					
Minimum of 8 participants required.		Program Code 24120C43			
<b>SUMMER DAZE CAMP</b>  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.	5 to 12  Membership Required.	Not offered.		# of classes: 38 Jul 3 to Aug 24, 2023  Monday – 9:30 AM – 4:30 PM Tuesday – 9:30 AM – 4:30 PM Wednesday – 9:30 AM – 4:30 PM Thursday – 9:30 AM – 4:30 PM Friday – 9:30 AM – 4:30 PM	
		Program Code 20320C45			
Please note: see our Summer Daze Camp Flyer for more details!		Funded in part thanks to the Toronto Star Fresh Air Fund, City of Toronto – Children Services, and Government of Canada – Canada Summer Jobs.			
<b>KIDS IN THE KITCHEN (AGES 5-8)</b>  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!	5 to 8  Membership Required.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday – 6:00 PM – 7:30 PM  No Class Feb 20 – 6:00 PM – 7:30 PM	\$154	# of classes: 11 Mar 20 to Jun 12, 2023  Monday – 6:00 PM – 7:30 PM  No Class Apr 10 – 6:00 PM – 7:30 PM May 22 – 6:00 PM – 7:30 PM	\$242
Parents must remain.		Note: Additional food costs are included in the fee.			
		Program Code 27410C36		Program Code 27420C36	
<b>KIDS IN THE KITCHEN (AGES 9-12)</b>  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!	9 to 12  Membership Required.	# of classes: 8 Jan 17 to Mar 7, 2023  Tuesday – 6:00 PM – 7:30 PM	\$176	# of classes: 13 Mar 21 to Jun 13, 2023  Tuesday – 6:00 PM – 7:30 PM	\$286
Parents must remain.		Note: Additional food costs are included in the fee.			
		Program Code 27410C56		Program Code 27420C56	

# Waterfront Neighbourhood Centre

## 2023 Summer Daze Camp (Ages 5 - 12 years)

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

### 2023 REGISTRATION BEGINS:

**Monday, March 13<sup>th</sup>** - Early Bird registration for current After School Daze Program Parents

**Monday, March 20<sup>th</sup>** - Community Member

**Monday, April 17<sup>th</sup>** - Associate Members (Associates are members living outside of WNC's catchment area).

Priority for camp space will be given to members living in WNC's catchment area prior to April 17<sup>th</sup>, 2023. Proof of Residence (driver's license, utility bill, etc.) and proof of age is required at the time of registration. Registration forms are available at Reception.

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

### Community Member Fee:

Week 1 | July 3 - 7: \$96  
Week 2 | July 10 - 14: \$96  
Week 3 | July 17 - 21 : \$96  
Week 4 | July 24 - 28: \$96  
Week 5 | Aug 1 - 4: \$77  
Week 6 | Aug 7 - 11: \$96  
Week 7 | Aug 14 - 18: \$96  
Week 8 | Aug 21 - 24: \$77

### Weekly Extended Care fee:

Week 1 | ☐ \$34  
Week 2 | ☐ \$34  
Week 3 | ☐ \$34  
Week 4 | ☐ \$34  
Week 5 | ☐ \$28  
Week 6 | ☐ \$34  
Week 7 | ☐ \$34  
Week 8 | ☐ \$28

### Additional Camp Information:

- **Register early and Save!** Camp registration fees increase by 10% as of **Monday, June 5<sup>th</sup>**.
- **Deposit:** A minimum 50% deposit of your total camp fee (including extended care fees) is required at time of registration.
- **Payment deadline:** Camp fees are due in full by **Friday, June 9<sup>th</sup>**. Outstanding payments will result in loss of the camp space.
- **Refunds:** No refunds will be given for cancellations after **Monday, June 5<sup>th</sup>**. Cancellations prior to June 6<sup>th</sup> are subject to a \$10 administrative fee.
- **Camp T-Shirts:** Required one for \$12.00 or two for \$20.00. Subsidy is not applicable.
- **Important:** For income tax purposes, it your responsibility to keep all copies of your monthly receipts provided by the Waterfront Neighbourhood Centre as we no longer issue income tax letters.

### Associate Member Fee:

Week 1 | July 3 - 7: \$167  
Week 2 | July 10 - 14: \$167  
Week 3 | July 17 - 21: \$167  
Week 4 | July 24 - 28: \$167  
Week 5 | Aug 1 - 4: \$134  
Week 6 | Aug 7 - 11: \$167  
Week 7 | Aug 14 - 18: \$167  
Week 8 | Aug 21 - 24: \$134

### Weekly Extended Care fee:

Week 1 | ☐ \$34  
Week 2 | ☐ \$34  
Week 3 | ☐ \$34  
Week 4 | ☐ \$34  
Week 5 | ☐ \$28  
Week 6 | ☐ \$34  
Week 7 | ☐ \$34  
Week 8 | ☐ \$28

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



# Summer DAZE CAMP



Waterfront  
Neighbourhood  
Centre

**AGES 5-12**

## Camp Hours:

9:30am-4:30pm  
(See fees below)

## Extended Care:

8:30am-5:30pm  
(\$34.00 per week)

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.

### COMMUNITY MEMBER FEE: (MEMBERS LIVING IN WNC'S CATCHMENT AREA)

WEEK ONE	JULY 3- 7	\$96
WEEK TWO	JULY 10- 14	\$96
WEEK THREE	JULY 17- 21	\$96
WEEK FOUR	JULY 24-28	\$96
WEEK FIVE	AUG 1-4	\$77
WEEK SIX	AUG 7- 11	\$96
WEEK SEVEN	AUG 14-18	\$96
WEEK EIGHT	AUG 21- 24	\$77



### NON-ASSOCIATE MEMBER FEE: (MEMBERS LIVING OUTSIDE OF WNC'S CATCHMENT AREA)

WEEK ONE	JULY 3- 7	\$167
WEEK TWO	JULY 10- 14	\$167
WEEK THREE	JULY 17- 21	\$167
WEEK FOUR	JULY 24-28	\$167
WEEK FIVE	AUG 1-4	\$134
WEEK SIX	AUG 7- 11	\$167
WEEK SEVEN	AUG 14-18	\$167
WEEK EIGHT	AUG 21- 24	\$134

For more information, contact us :  
[sarah@waterfrontnc.ca](mailto:sarah@waterfrontnc.ca)  
[www.waterfrontnc.ca](http://www.waterfrontnc.ca)

**416 392 1509**

627 Queens Quay West, Toronto, ON M5V 3G3



# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

waterfrontnc.ca/children

## Children's Fitness, Sports & Recreational Programs

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

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>CHILDREN'S BASKETBALL - CLASS 1</b>  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.	3 to 5  Membership Required.	# of classes: 8 Jan 20 to Mar 10, 2023  Friday – 5:45 PM – 6:30 PM		# of classes: 12 Mar 24 to Jun 16, 2023  Friday – 5:45 PM – 6:30 PM  No Class Apr 7 – 5:45 PM – 6:30 PM	\$57
Parents must remain.		Program Code 27410C47		Program Code 27420C47	
<b>CHILDREN'S SOCCER - CLASS 1</b>  Go team go! Come and be a part of our "little" soccer league to have fun, keep active, and stay healthy.	4 to 5  Membership Required.	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday – 12:30 PM – 1:15 PM	\$38	# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 12:30 PM – 1:15 PM	\$62
Parents must remain.		Program Code 27410C28		Program Code 27420C28	
<b>CHILDREN'S SOCCER - CLASS 2</b>  Go team go! Come and be a part of our "little" soccer league to have fun, keep active, and stay healthy!	4 to 5  Membership Required.	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday – 1:30 PM – 2:15 PM	\$38	# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 1:30 PM – 2:15 PM	\$62
Parents must remain.		Program Code 27410C29		Program Code 27420C29	
<b>CHILDREN'S BADMINTON</b>  Our Children's Badminton program encourages children to learn and/or improve their badminton skills while enjoying some friendly competition within an organized and inclusive team setting!	5 to 11  Membership Required.	# of classes: 8 Jan 19 to Mar 9, 2023  Thursday – 3:30 PM – 4:30 PM	\$50	# of classes: 13 Mar 23 to Jun 15, 2023  Thursday – 3:30 PM – 4:30 PM	\$81
Parents must remain.		Program Code 27410S49		Program Code 27420S49	

# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

[waterfrontnc.ca/children](http://waterfrontnc.ca/children)

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>CHILDREN'S BALLET- SATURDAY</b>  This class is designed for children interested in learning ballet skills and expanding their repertoire of dance techniques. Come join us on Saturdays and learn ballet in an inclusive and supportive environment!	5 to 9  Membership Required.	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday – 2:00 PM – 2:45 PM	\$38	# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 2:00 PM – 2:45 PM	\$62
Parents must remain.		Program Code 27410C27		Program Code 27420C27	
<b>CHILDREN'S BALLET- SUNDAY</b>  This class is designed for children interested in learning ballet skills and expanding their repertoire of dance techniques. Come join us on Sunday's and learn ballet in an inclusive and supportive environment!	5 to 9  Membership Required.	# of classes: 8 Jan 22 to Mar 12, 2023  Sunday – 2:15 PM – 3:00 PM	\$38	# of classes: 13 Mar 26 to Jun 18, 2023  Sunday – 2:15 PM – 3:00 PM	\$62
Parents must remain.		Program Code 27410C26		Program Code 27420C26	
<b>CHILDREN'S JAZZ</b>  Children will learn the basic fundamentals of jazz dance including a variety of turns, kicks, and jumps while dancing to pop music hits. Come get creative and express yourself in an inclusive and welcoming space!	5 to 9  Membership 10% more for non-member.	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday – 1:00 PM – 2:00 PM	\$50	# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 1:00 PM – 2:00 PM	\$81
Parents must remain.		Program Code 27410C22		Program Code 27420C22	
<b>CHILDREN'S HIP HOP – SATURDAY</b>  Children will learn fundamental hip hop skills, dance, and choreography while working collaboratively with their peers. Come join us on Saturday's and learn hip hop in an energetic, welcoming, and inclusive space!	5 to 9  Membership Required.	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday – 11:30 AM – 12:15 PM	\$38	# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 11:30 AM – 12:15 PM	\$62
Parents must remain.		Program Code 27410C31		Program Code 27420C31	



# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

waterfrontnc.ca/children

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>CHILDREN'S HIP HOP – SUNDAY</b>  Children will learn fundamental hip hop skills, dance, and choreography while working collaboratively with their peers. Come join us on Sunday's and learn hip hop in an energetic, welcoming, and inclusive space!	5 to 9  Membership Required.	# of classes: 8 Jan 22 to Mar 12, 2023  Sunday – 11:30 AM – 12:15 PM	\$38	# of classes: 13 Mar 26 to Jun 18, 2023  Sunday – 11:30 AM – 12:15 PM	\$62
Parents must remain.		Program Code 27410C32		Program Code 27420C32	
<b>FAMILY KARATE – BEGINNERS!</b>  This beginner to intermediate karate class, taught by a third degree black-belt instructor, introduces children to basic karate and self-defense techniques while teaching self-confidence and discipline. Children and their parents/caregivers will have the opportunity to earn their white belt throughout the duration of this program, together!	5 to 12  Membership Required.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday – 4:30 PM – 5:15 PM  No Class Feb 20 – 4:30 PM – 5:15 PM	\$33	# of classes: 11 Mar 20 to Jun 12, 2023  Monday – 4:30 PM – 5:15 PM  No Class Apr 10 – 4:30 PM – 5:15 PM May 22 – 4:30 PM – 5:15 PM	\$52
Parents must remain.		Program Code 27410C40		Program Code 27420C40	
<b>KIDS KARATE – MONDAY – LEVEL 1 &amp; 2</b>  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!	5 to 8  Membership Required.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday – 5:30 PM – 6:15 PM  No Class Feb 20 – 5:30 PM – 6:15 PM	\$33	# of classes: 11 Mar 20 to Jun 12, 2023  Monday – 5:30 PM – 6:15 PM  No Class Apr 10 – 5:30 PM – 6:15 PM May 22 – 5:30 PM – 6:15 PM	\$52
Parents must remain.		Program Code 27410C33		Program Code 27420C33	



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**Thank You.**

# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

waterfrontnc.ca/children

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>KIDS KARATE - TUESDAY - LEVEL 1 &amp; 2 - (AGE 5 - 8)</b>  This beginner to intermediate karate class, taught by a 3rd degree black belt instructor, introduces and builds on basic karate and self-defense techniques while teaching self-confidence, discipline, and respect for others. Children will earn their white belt!	5 to 8  Membership Required.	# of classes: 8 Jan 17 to Mar 7, 2023  Tuesday - 5:30 PM - 6:15 PM		# of classes: 13 Mar 21 to Jun 13, 2023  Tuesday - 5:30 PM - 6:15 PM	\$62
Parents must remain., Maximum of 10 participants.		Program Code 27410C34		Program Code 27420C34	
<b>CHILDREN'S BASKETBALL - CLASS 2</b>  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!	6 to 10  Membership Required.	# of classes: 8 Jan 20 to Mar 10, 2023  Friday - 6:30 PM - 7:15 PM		# of classes: 12 Mar 24 to Jun 16, 2023  Friday - 6:30 PM - 7:15 PM  No Class Apr 7 - 6:30 PM - 7:15 PM	\$57
Parents must remain., Maximum of 10 participants.		Program Code 27410C02		Program Code 27420C02	
<b>CHILDREN'S SOCCER - CLASS 3</b>  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!	6 to 8  Membership Required.	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday - 2:30 PM - 3:15 PM	\$38	# of classes: 13 Mar 25 to Jun 17, 2023  Saturday - 2:30 PM - 3:15 PM	\$62
Parents must remain.		Program Code 27410C30		Program Code 27420C30	
<b>CHILDREN'S TENNIS - BEGINNERS</b>  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!	6 to 11  Membership Required.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday - 3:30 PM - 4:30 PM  No Class Feb 20 - 3:30 PM - 4:30 PM	\$44	# of classes: 11 Mar 20 to Jun 12, 2023  Monday - 3:30 PM - 4:30 PM  No Class Apr 10 - 3:30 PM - 4:30 PM May 22 - 3:30 PM - 4:30 PM	\$69
Parents must remain.		Program Code 27410C46		Program Code 27420C46	

# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

waterfrontnc.ca/children

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>NEW! CHILDREN'S VOLLEYBALL</b>	6 to 11	# of classes: 8 Jan 17 to Mar 7, 2023  Tuesday – 3:30 PM – 4:30 PM	\$50	# of classes: 13 Mar 21 to Jun 13, 2023  Tuesday – 3:30 PM – 4:30 PM	\$81
Our Children's Volleyball program encourages children to learn and/or improve their volleyball skills while enjoying some friendly competition within an organized and inclusive team setting!	Membership Required.				
Parents must remain.		Program Code 27410S		Program Code 27420S	
<b>NEW! CHILDREN'S YOGA</b>	6 to 11	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday – 12:45 PM – 1:30 PM	\$38	# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 12:45 PM – 1:30 PM	\$62
Learn the art of relaxation through deep breathing, stretching and gentle movements while working to build your strength and flexibility. Move, breath and create! All levels are welcome!	Membership Required.				
Parents must remain.		Program Code 27410S		Program Code 27420S	
<b>NEW! TUMBLE KIDZ GYMNASTICS- CLASS 1</b>	6 to 8	Not offered.		# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 2:45 PM – 3:30 PM	\$143
Children will learn basic gymnastic skills as well as develop strength, flexibility, and coordination. In this small group setting, new gymnasts will develop fine and gross motor skills that are transferable to any sport or set of physical activities!	Membership Required.				
Please note: Only 8 spaces available. Proof of age may be required.					
Parents must remain.				Program Code 27420C09	
<b>VISUAL ART CLUB – SESSION 1</b>	6 to 11	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday – 3:00 PM – 4:30 PM	\$74	# of classes: 7 Mar 25 to May 6, 2023  Saturday – 3:00 PM – 2:30 PM	\$65
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.				
		Program Code 27411C06		Program Code 27421C06	
<b>VISUAL ART CLUB – SESSION 2</b>	6 to 11	Not offered.		# of classes: 6 May 13 to Jun 17, 2023  Saturday – 3:00 PM – 4:30 PM	\$56
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.				
				Program Code 27422C06	



# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

waterfrontnc.ca/children

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>NEW! CHILDREN'S JAZZ FUNK</b>  This class is designed for children interested in learning a mix of ballet, jazz, and contemporary skills and expanding their repertoire of dance techniques to pop music hits. Come join us on Saturdays and learn jazz funk in an inclusive and supportive environment!	9 to 11  Membership Required.	# of classes: 8 Jan 22 to Mar 12, 2023  Sunday – 3:00 PM – 3:45 PM	\$38	# of classes: 13 Mar 26 to Jun 18, 2023  Sunday – 3:00 PM – 3:45 PM	\$62
Parents must remain.		Program Code 27410S		Program Code 27420S	
<b>CHILDREN'S SOCCER – CLASS 4</b>  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.	9 to 11  Membership Required.	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday – 3:30 PM – 4:15 PM	\$38	# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 3:30 PM – 4:15 PM	\$62
Parents must remain.		Program Code 2741028		Program Code 2742028	
<b>KIDS KARATE – LEVEL 1 &amp; 2</b>  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!	9 to 12  Membership Required.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday – 6:15 PM – 7:00 PM  No Class Feb 20 – 6:15 PM – 7:00 PM	\$33	# of classes: 11 Mar 20 to Jun 12, 2023  Monday – 6:15 PM – 7:00 PM  No Class Apr 10 – 6:15 PM – 7:00 PM May 22 – 6:15 PM – 7:00 PM	\$52
Parents must remain.		Program Code 27410C05		Program Code 27420C05	
<b>NEW! TUMBLE KIDZ GYMNASTICS- CLASS 2</b>  Children will learn basic gymnastic skills as well as develop strength, flexibility, and coordination. In this small group setting, new gymnasts will develop fine and gross motor skills that are transferable to any sport or set of physical activities!	9 to 11  Please note: Only 8 spaces available. Proof of age may be required.	Not offered.		# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 3:45 PM – 4:30 PM	\$143
Parents must remain.		Program Code 27420C11			

# YOUTH PROGRAMS

waterfrontnc.ca/youth



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

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

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>MULTIMEDIA STUDIO</b>  This program is perfect for anyone interested in becoming an artist, producer, audio engineer, photographer, videographer, or graphic designer! Our highly trained WNC staff are here to teach you all the fundamentals you need to get your creative career started! Maximum three participants per session.	12 to 24  Membership Optional.	# of classes: 8 Jan 16 to Mar 12, 2023  Monday – 3:00 PM – 9:00 PM Saturday – 12:00 PM – 5:00 PM  No Class Feb 20 – 3:00 PM – 9:00 PM	Free	# of classes: 13 Mar 20 to Jun 17, 2023  Monday – 3:00 PM – 9:00 PM Saturday – 12:00 PM – 5:00 PM  No Class Apr 7 – 3:00 PM – 9:00 PM Apr 10 – 3:15 PM – 9:00 PM May 22 – 3:00 PM – 9:00 PM	Free
		Program Code 27510Y40		Program Code 27520Y40	
Space is limited. Registration and session booking is required.		Funded in part thanks to Ports Toronto and Nieuport Aviation.			
<b>YOUTH INFO, SUPPORT &amp; REFERRALS</b>  WNC Youth workers are available to assist youth with any issues they may have. Information, support, and referrals are available each week Monday through Friday.	12 to 24  Membership Optional.	# of classes: 44 Jan 16 to Mar 10, 2023  Monday – 3:30 PM – 8:00 PM Tuesday – 3:30 PM – 8:00 PM Wednesday – 3:30 PM – 8:00 PM Thursday – 3:30 PM – 8:00 PM Friday – 3:30 PM – 8:00 PM  No Class Feb 20 – 3:30 PM – 8:00 PM	Free  Drop-In: Yes	# of classes: 13 Mar 20 to Jun 16, 2023  Monday – 3:30 PM – 8:00 PM Tuesday – 3:30 PM – 8:00 PM Wednesday – 3:30 PM – 8:00 PM Thursday – 3:30 PM – 8:00 PM Friday – 3:30 PM – 8:00 PM  No Class Apr 7 – 3:30 PM – 8:30 PM Apr 10 – 3:30 PM – 8:30 PM May 22 – 3:30 PM – 8:30 PM	Free  Drop-In: Yes
		Program Code 27510Y12		Program Code 27520Y12	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>GET JOBS FOR YOUTH</b>	14 to 24	# of classes: 8 Jan 16 to Mar 9, 2023		# of classes: 23 Mar 20 to Jun 15, 2023	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.	Monday – 6:00 PM – 9:00 PM Tuesday – 6:00 PM – 9:00 PM Thursday – 6:00 PM – 9:00 PM  No Class Feb 20 – 6:00 PM – 9:00 PM		Monday – 6:00 PM – 9:00 PM Tuesday – 6:00 PM – 9:15 PM Thursday – 6:00 PM – 9:00 PM  No Class Apr 10 – 6:00 PM – 9:00 PM May 22 – 6:00 PM – 9:00 PM	
		Program Code 27510Y30		Program Code 27520Y30	

Space is limited and registration is required. Funded in part thanks to the City of Toronto – Community Services Partnership Program.

<b>NEW! YOUTH AFTERSCHOOL PROGRAM</b>	14 to 19	# of classes: 8 Jan 16 to Mar 10, 2023	Free	# of classes: 13 Mar 20 to Jun 16, 2023	Free
Youth in grades nine to twelve are welcome to join us Monday, Wednesday and Thursday for our Youth 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.	Tuesday – 3:15 PM – 6:00 PM Wednesday – 3:15 PM – 6:00 PM Friday – 3:15 PM – 6:00 PM  No Class Feb 20 – 3:15 PM – 6:00 PM		Tuesday – 3:15 PM – 6:00 PM Wednesday – 3:15 PM – 6:00 PM Friday – 3:15 PM – 6:00 PM  No Class Apr 7 – 3:15 PM – 6:00 PM Apr 10 – 3:15 PM – 6:00 PM May 22 – 3:15 PM – 6:00 PM	
		Program Code 1		Program Code 2	

Space is limited and registration is required. Funded in part thanks to the City of Toronto – Community Services Partnership Program.

<b>YOUTH COOKING</b>	14 to 24	# of classes: 8 Jan 18 to Mar 8, 2023	Free	# of classes: 13 Mar 22 to Jun 14, 2023	Free
Join us as we learn to cook and share dinner together.	Membership Optional.	Wednesday – 6:00 PM – 9:00 PM		Wednesday – 6:00 PM – 9:00 PM	
6 youth maximum per session. Space is limited and registration is required.		Program Code 27510Y10		Program Code 27520Y10	

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





# YOUTH PROGRAMS

waterfrontnc.ca/youth

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>NEW! YOUTH HOMEWORK HELP</b>  Youth Homework Help is a program designed for high school students to gain extra assistance completing homework and assignments while preparing youth for upcoming quizzes and tests. Join us every Wednesday and Thursday evening to get assistance from our WNC Youth Workers. All subjects and areas of study are welcome!	14 to 18  Membership Optional.	# of classes: 18 Jan 18 to Mar 9, 2023  Wednesday – 6:00 PM – 9:00 PM Thursday – 6:00 PM – 9:00 PM	Free	# of classes: 26 Mar 22 to Jun 15, 2023  Wednesday – 6:00 PM – 9:00 PM Thursday – 6:00 PM – 9:00 PM	Free  Drop-In: Yes
		Program Code 27510Y19	Program Code 27520Y19		
Space is limited and registration is required.	Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>NEW! GIRLS SPORTS &amp; HEALTH</b>  This program runs specifically for girl identified youth in grades 6-12 and will focus on empowering girls through sports and fun group activities.	11 to 19  Membership Optional.	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday – 12:00 PM – 2:00 PM	Free	# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 12:00 PM – 2:00 PM	Free
		Program Code 27510Y24	Program Code 27520Y24		
Space is limited and registration is required. Maximum of 10 participants.	Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>NEW! YOUTH BASKETBALL (11-15)</b>  Join us for fun basketball games, drills, and skill building activities!	11 to 15  Membership Optional.	# of classes: 8 Jan 17 to Mar 7, 2023  Tuesday – 5:45 PM – 7:15 PM	Free	# of classes: 13 Mar 21 to Jun 13, 2023  Tuesday – 5:45 PM – 7:15 PM	
		Program Code 27510Y09	Program Code 27520Y09		
Space is limited and registration is required. Proof of age may be required.	Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>YOUTH SPORTS AND RECREATION</b>  Join us for a wide range of fun sports, along with recreational activities, and engage in great conversations with our WNC Youth Workers!	14 to 24  Membership Optional.	# of classes: 8 Jan 16 to Mar 10, 2023  Monday – 6:00 PM – 7:15 PM Wednesday – 6:00 PM – 7:15 PM Friday – 6:00 PM – 7:15 PM  No Class Feb 20 – 6:00 PM – 7:15 PM	Free	# of classes: 13 Mar 20 to Jun 16, 2023  Monday – 6:00 PM – 7:15 PM Wednesday – 6:00 PM – 7:15 PM Friday – 6:00 PM – 7:15 PM  No Class Apr 7 – 6:00 PM – 7:15 PM Apr 10 – 6:00 PM – 7:15 PM May 22 – 6:00 PM – 7:15 PM	Free
		Program Code 27510Y05	Program Code 27520Y05		
Space is limited and registration is required.	Funded in part thanks to the City of Toronto – Community Services Partnership Program.				

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>YOUTH BASKETBALL (16 TO 24)</b>	16 to 24	# of classes: 8 Jan 19 to Mar 9, 2023	Free	# of classes: 13 Mar 23 to Jun 15, 2023	Free
Join us for fun basketball games, drills, and skill building activities!	Membership Optional.	Thursday – 6:00 PM – 9:00 PM		Thursday – 6:00 PM – 9:00 PM	Drop-In: Yes
Space is limited and registration is required. Proof of age may be required.		Program Code 27510Y20		Program Code 27520Y20	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
<b>TWEEN AFTERSCHOOL PROGRAM</b>	11 to 14	# of classes: 8 Jan 16 to Mar 10, 2023	Free	# of classes: 13 Mar 20 to Jun 16, 2023	Free
Youth in grades six to eight are welcome to join us Monday to Friday for our TWEEN Afterschool Program! Receive homework help and participate in fun games, activities, sports, and recreation as well as find opportunities to build and enhance life skills and much more!	Membership Optional.	Monday – 3:15 PM – 6:00 PM Tuesday – 3:15 PM – 6:00 PM Wednesday – 3:15 PM – 6:00 PM Thursday – 3:15 PM – 6:00 PM Friday – 3:15 PM – 6:00 PM  No Class Feb 20 – 3:15 PM – 6:00 PM		Monday – 3:15 PM – 6:00 PM Tuesday – 3:15 PM – 6:00 PM Wednesday – 3:15 PM – 6:00 PM Thursday – 3:15 PM – 6:00 PM Friday – 3:15 PM – 6:00 PM  No Class Apr 7 – 3:15 PM – 6:00 PM Apr 10 – 3:15 PM – 6:00 PM May 22 – 3:15 PM – 6:00 PM	
Space is limited and registration is required.		Program Code 27510Y18		Program Code 27520Y18	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
<b>YOUNG MEN'S GROUP</b>	14 to 24	# of classes: 8 Jan 16 to Mar 6, 2023	Free	# of classes: 12 Mar 20 to Jun 12, 2023	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.	Monday – 6:00 PM – 9:00 PM  No Class Feb 20 – 6:00 PM – 9:00 PM		Monday – 6:00 PM – 9:00 PM  No Class Apr 10 – 6:00 PM – 9:00 PM May 22 – 6:00 PM – 9:00 PM	Drop-In: Yes
Space is limited and registration is required. Maximum of 10 participants.		Program Code 27510Y41		Program Code 27520Y41	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					



# YOUTH PROGRAMS

waterfrontnc.ca/youth

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>YOUNG WOMEN'S GROUP</b>  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!	14 to 24  Membership Optional.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday – 6:00 PM – 9:00 PM  No Class Feb 20 – 6:00 PM – 9:00 PM	Free	# of classes: 11 Mar 20 to Jun 12, 2023  Monday – 6:00 PM – 9:00 PM  No Class Apr 10 – 6:00 PM – 9:00 PM May 22 – 6:00 PM – 9:00 PM	Free
Space is limited and registration is required. Maximum of 10 participants.		Program Code 27510Y42		Program Code 27520Y42	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
<b>YOUTH LOUNGE</b>  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.	14 to 24  Membership Optional.	# of classes: 24 Jan 17 to Mar 10, 2023  Tuesday – 6:00 PM – 9:00 PM Thursday – 6:00 PM – 9:00 PM Friday – 6:00 PM – 9:00 PM	Free	# of classes: 24 Mar 21 to Jun 16, 2023  Tuesday – 6:00 PM – 9:00 PM Thursday – 6:00 PM – 9:00 PM Friday – 6:00 PM – 9:00 PM  No Class Apr 7 – 6:00 PM – 9:00 PM	Free
Space is limited and registration is required.		Program Code 27510Y13		Program Code 27520Y13	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
<b>TWEEN PA DAY CAMP</b>  Looking for something to do on a PA Day? Youth in grades six to eight are welcome to join us for TWEEN PA Day Camp! Be prepared for a number of fun activities and games. Camps will be offered from 10:30 AM to 4:30PM. Trip fees may apply.	11 to 14  Membership Optional.	# of classes: 1 Feb 17 to Feb 17, 2023  Friday – 10:30 AM – 4:30 PM	Free	# of classes: 1 Jun 2 to Jun 2, 2023  Friday – 10:30 AM – 4:30 PM	Free
Space is limited and registration is required. Maximum 30 participants.		Program Code 27510Y07		Program Code 27520Y07	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					
<b>TWEEN COOKING – GRADES 6-8</b>  Want to learn how to cook an amazing meal? Join us for Tween Cooking every Thursday!	11 to 14  Membership Optional.	# of classes: 8 Jan 19 to Mar 9, 2023  Thursday – 3:30 PM – 5:30 PM	Free	# of classes: 13 Mar 23 to Jun 15, 2023  Thursday – 3:30 PM – 5:30 PM	Free
Space is limited. First come first serve.		Program Code 27510Y04		Program Code 27520Y04	
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					



Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>TWEEN MARCH BREAK CAMP</b>  Are you between the ages of 11-14? WNC offers tweens an action-filled March Break Camp with a variety of fun activities such as swimming, skating, art and crafts, workshops, field trips and more! Trip fees may apply.	11 to 14  Membership Required.	# of classes: 5 Mar 13 to Mar 17, 2023  Monday – 10:00 AM – 4:30 PM Tuesday – 10:00 AM – 4:30 PM Wednesday – 10:00 AM – 4:30 PM Thursday – 10:00 AM – 4:30 PM Friday – 10:00 AM – 4:30 PM	Free	Not offered.	
		Program Code 27510Y15			Program Code 27520Y15
Maximum 30 participants.		Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
<b>NEW! YOUTH MARCH BREAK CAMP</b>  Are you between the ages of 14-19? WNC offers tweens an action-filled March Break Camp with a variety of fun activities such as swimming, skating, art and crafts, workshops, field trips and more! Space is limited. Trip fees may apply.	14 to 19	# of classes: 5 Mar 13 to Mar 17, 2023  Monday – 12:00 PM – 5:00 PM Tuesday – 12:00 PM – 5:00 PM Wednesday – 12:00 PM – 5:00 PM Thursday – 12:00 PM – 5:00 PM Friday – 12:00 PM – 5:00 PM	Free	Not offered.	
		Program Code 27510Y21			
Funded in part thanks to the City of Toronto – Community Services Partnership Program.					

**YOUNG WOMEN'S GROUP**

transform welcome network  
support assist  
discover recover release  
positive educate sustain  
wisdom share  
balance empower  
confidence care  
renew community heal

**FREE PROGRAM!**  
MONDAYS  
6:00PM-9:00PM  
AGES 14-19

**EMPOWERED WOMEN EMPOWER WOMEN**

YOUNG WOMEN'S GROUP IS DESIGNED TO CREATE A SAFE SPACE FOR YOUNG WOMEN TO LEARN, GROW, SUPPORT, AND MENTOR EACH OTHER! THE PROGRAM WILL FOSTER STRONG AND HEALTHY RELATIONSHIPS BETWEEN YOUNG WOMEN THROUGH A SERIES OF FUN GAMES, ACTIVITIES, EDUCATIONAL WORKSHOPS, TALK CIRCLES, AND MORE!

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

FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT:  
Chanelle Wright at (416) 392 1509 ext. 302 or email CWright@waterfrontnc.ca

**YOUTH BASKETBALL**

16-24 YEARS OLD  
**FREE PROGRAM!**  
THURSDAYS  
6:00PM-9:00PM

Join us every Thursday for fun basketball games, drills and skill building activities!

Space is limited. First come, first serve basis

Proof of age is required, please bring ID

FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT:  
Chanelle Wright at (416) 392 1509 ext. 302 or email CWright@waterfrontnc.ca

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

**WATERFRONTNCYOUTH**



WATERFRONT NEIGHBOURHOOD CENTRE

# SENIORS EVENING DROP-IN PROGRAM

THURSDAYS 5 - 7PM

Join us for a fun filled evening with a variety of weekly activities that include: Crafting, Singing and Dancing, Language Exchange, Movie Nights and more!  
Everyone is welcome.

For more information contact Elizabeth Escobar:  
416.392.1509 ext. 327 | elizabeth@waterfrontnc.ca  
627 Queens Quay West Toronto ON M5V 3G3

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



WATERFRONT NEIGHBOURHOOD CENTRE

# SENIOR SPORTS

Play your favourite sports!  
Badminton, Basketball, or Volleyball.  
This program is open to all levels and skill sets.

FRIDAYS 3:30 - 4:30 P.M.

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

FUNDED IN PART THANKS TO MINISTRY FOR SENIORS AND ACCESSIBILITY -  
SENIORS ACTIVE LIVING CENTRES. (SALC)



Waterfront Neighbourhood Centre

# International Women's Day 2023

Tuesday March 7th, 2023  
5 - 7pm  
In Person and Online

To register contact Elizabeth Escobar at  
416.392.1509 ext. 327 | elizabeth@waterfrontnc.ca  
627 Queens Quay W Toronto ON M5V 3G3



Waterfront Neighbourhood Centre

# EUCHRE & BRIDGE GAMES

Tuesday's  
2:00 PM - 4:00 PM

Come join our Euchre & Bridge  
games group!  
Enjoy a relaxing game and  
spend time socializing with  
others. Everyone is welcome!

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

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





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	Winter Schedule	Price	Spring Schedule	Price
<b>ART STUDIO</b>  This is an open art studio time where everyone is welcome to join. Bring your materials and use this time to start, continue and finish an art project like drawing, painting, scrap-booking, or crocheting. Please note that some supplies are provided and limited for group projects- we encourage you to bring your own materials.	55 +  Membership Required.	# of classes: 8 Jan 20 to Mar 10, 2023  Friday – 11:00 AM – 1:00 PM	Free  Drop-In: Yes	# of classes: 12 Mar 24 to Jun 16, 2023  Friday – 11:00 AM – 1:00 PM  No Class Apr 7 – 11:00 AM – 1:00 PM	Free  Drop-In: Yes
		Program Code 27210S24		Program Code 27220S24	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)					
<b>SENIORS ADVISORY COMMITTEE</b>  The Seniors Advisory Committee its an open space for all seniors. SAC members advocates for seniors' issues, plans special events and shares skills and ideas with the community at large. The committee meets on the third Thursday of every month.	55 +  Membership Required.	# of classes: 2 Jan 26 to Feb 16, 2023  Thursday – 12:00 PM – 1:00 PM  Meet On Jan 26 – 12:00 PM – 1:00 PM Feb 16 – 12:00 PM – 1:00 PM	Free  Drop-In: Yes	# of classes: 4 Mar 23 to Jun 15, 2023  Thursday – 12:00 PM – 1:00 PM  Meet On Mar 23 – 12:00 PM – 1:00 PM Apr 20 – 12:00 PM – 1:00 PM May 18 – 12:00 PM – 1:00 PM	Free  Drop-In: Yes
		Program Code 27210S09		Program Code 27220S09	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)					
<b>SENIORS TECH TALK</b>  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!	55 +  Membership Required.	# of classes: 8 Jan 16 to Mar 6, 2023  Monday – 11:00 AM – 12:00 PM  No Class Feb 20 – 11:00 AM – 12:00 PM	Free  Drop-In: Yes	# of classes: 11 Mar 20 to Jun 12, 2023  Monday – 11:00 AM – 12:00 PM  No Class Apr 10 – 11:00 AM – 12:00 PM May 22 – 11:00 AM – 12:00 PM	Free  Drop-In: Yes
		Program Code 27210S07		Program Code 27220S07	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)					



Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>TAI CHI</b>  Tai Chi is an internal Chinese martial art practiced for defense training, health benefits, and meditation. This class will help you reduce tension, improve flexibility, and increases circulation in your body!	50 +  Membership Required.	# of classes: 8 Jan 20 to Mar 10, 2023  Friday – 10:00 AM – 11:00 AM	\$20  Drop-In: Yes Fee: \$3.50	# of classes: 12 Mar 24 to Jun 16, 2023  Friday – 10:00 AM – 11:00 AM  No Class Apr 7 – 10:00 AM – 11:00 AM	\$30  Drop-In: Yes Fee: \$3.50
		Program Code 27210A08		Program Code 27220A08	
<b>FULL BODY STRENGTHENING</b>  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.	55 +  Membership Required.	# of classes: 8 Jan 18 to Mar 8, 2023  Wednesday – 2:00 PM – 3:00 PM	\$20  Drop-In: Yes Fee: \$3.50	# of classes: 13 Mar 22 to Jun 14, 2023  Wednesday – 2:00 PM – 3:00 PM	\$33  Drop-In: Yes Fee: \$3.50
		Program Code 27210		Program Code 27220	
<b>FUNKY FITNESS</b>  Are you looking for a fun way to gain better balance, more mobility, and greater strength to perform daily tasks? Then this is the class for you!  Maximum of 10 participants.	55 +  Membership Required.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday – 3:15 PM – 4:15 PM  No Class Feb 20 – 3:15 PM – 4:15 PM	\$18  Drop-In: Yes Fee: \$3.50	# of classes: 11 Mar 20 to Jun 12, 2023  Monday – 3:15 PM – 4:15 PM  No Class Apr 10 – 3:15 AM – 4:15 PM May 22 – 3:15 AM – 4:15 PM	\$28  Drop-In: Yes Fee: \$3.50
		Program Code 27210S11		Program Code 27220S11	
<b>GENTLE FITNESS</b>  Relax, stretch, strengthen and tone your body with this gentle full-body workout.  Maximum of 10 participants.	55 +  Membership Required.	# of classes: 8 Jan 18 to Mar 8, 2023  Wednesday – 9:30 AM – 10:30 AM	\$20  Drop-In: Yes Fee: \$3.50	# of classes: 13 Mar 22 to Jun 14, 2023  Wednesday – 9:30 AM – 10:30 AM	\$33  Drop-In: Yes Fee: \$3.50
		Program Code 27210S13		Program Code 27220S13	
<b>GENTLE YOGA (HATHA)</b>  Join our Thursday Yoga class to learn the art of relaxation through deep breathing, stretching and gentle movement while working to build your strength and flexibility. All levels are welcome!	55 +  Membership Required.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday – 9:45 AM – 10:45 AM  No Class Feb 20 – 9:45 AM – 10:45 AM	\$18  Drop-In: Yes Fee: \$3.50	# of classes: 11 Mar 20 to Jun 12, 2023  Monday – 9:45 AM – 10:45 AM  No Class Apr 10 – 9:45 AM – 10:45 AM May 22 – 9:45 AM – 10:45 AM	\$28  Drop-In: Yes Fee: \$3.50
		Program Code 23210A07		Program Code 23220A07	

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>NEW! PILATES FOR SENIORS</b>  This is an open mat Pilates class for people of all fitness levels. In this class you will focus on the core body. Pilates will support improvements in flexibility and strength, better posture, flattening and tightening of your abs, and increase your sense of well-being!  Mats are provided upon request. You are welcome to bring your own.	55 +	# of classes: 8 Jan 22 to Mar 12, 2023  Sunday – 11:00 AM – 12:00 PM	\$20  <i>Drop-In: Yes</i> <i>Fee: \$3.50</i>	# of classes: 13 Mar 26 to Jun 18, 2023  Sunday – 11:00 AM – 12:00 PM	\$33  <i>Drop-In: Yes</i> <i>Fee: \$3.50</i>
Maximum of 10 participants.		Program Code 2721		Program Code 2722	
<b>SENIOR SPORTS</b>  Come out and play your favourite sports such as badminton, basketball, or volleyball. This program is open to all levels and skill sets, lets have fun!	55 +  Membership Required.	# of classes: 8 Jan 20 to Mar 10, 2023  Friday – 3:30 PM – 4:30 PM	Free  <i>Drop-In: Yes</i>	# of classes: 13 Mar 24 to Jun 16, 2023  Friday – 3:30 PM – 4:30 PM  No Class Apr 7 – 3:30 PM – 4:30 PM	Free  <i>Drop-In: Yes</i>
		Program Code 27210S41		Program Code 27220S41	
		Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)			
<b>SENIORS WALKING GROUP</b>  Do you like to walk while being in the company of others? If the answer is YES, then come join WNC's Walking Group and enjoy the sights and sounds of nature in the city. Participants should wear appropriate clothing and footwear. Walks will transition indoors in the case of extreme weather.	55 +  Membership Required.	# of classes: 8 Jan 17 to Mar 7, 2023  Tuesday – 11:00 AM – 12:00 PM	Free  <i>Drop-In: Yes</i>	# of classes: 13 Mar 21 to Jun 13, 2023  Tuesday – 11:00 AM – 12:00 PM	Free  <i>Drop-In: Yes</i>
		Program Code 27210S32		Program Code 27220S32	
		Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)			
<b>TAI CHI</b>  This class helps to reduce tension, improves flexibility, and increases circulation.	55 +  Membership Required.	# of classes: 8 Jan 18 to Mar 8, 2023  Wednesday – 11:00 AM – 12:00 PM	\$20  <i>Drop-In: Yes</i> <i>Fee: \$3.50</i>	# of classes: 13 Mar 22 to Jun 14, 2023  Wednesday – 11:00 AM – 12:00 PM	\$33  <i>Drop-In: Yes</i> <i>Fee: \$3.50</i>
		Program Code 27210S23		Program Code 27220S23	

# SENIORS PROGRAMS

waterfrontnc.ca/seniors

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>ZUMBA GOLD</b>  The 80s are back! This unique Zumba style combines classic Zumba dance elements with step aerobics to deliver a killer leg and glute workout. You don't have to break out the old leotard and leg warmers, but we also won't stop you!	55 +  Membership Required.	# of classes: 8 Jan 20 to Mar 10, 2023  Friday – 4:30 PM – 5:30 PM	\$20  Drop-In: Yes Fee: \$3.50	# of classes: 12 Mar 24 to Jun 16, 2023  Friday – 4:30 PM – 5:30 PM  No Class Apr 7 – 4:30 PM – 5:30 PM	\$30  Drop-In: Yes Fee: \$3.50
		Program Code 27210S42		Program Code 27220S42	
<b>AFTERNOON TEA AND SOCIAL</b>  Come meet new people, make new friends, have a laugh, enjoy conversations, dance parties, games, documentaries, movies, & much more!	55 +  Membership Required.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday – 1:00 PM – 3:00 PM  No Class Feb 20 – 1:00 PM – 3:00 PM	Free  Drop-In: Yes	# of classes: 11 Mar 20 to Jun 12, 2023  Monday – 1:00 PM – 3:00 PM  No Class Apr 10 – 1:00 PM – 3:00 PM No Class May 22 – 1:00 PM – 3:00 PM	Free  Drop-In: Yes
		Program Code 27210S05		Program Code 27220S05	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)					
<b>BAKING FOR FUN</b>  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.	55 +  Membership Required.	# of classes: 8 Jan 18 to Mar 8, 2023  Wednesday – 12:30 PM – 2:00 PM	Free  Drop-In: Yes	# of classes: 13 Mar 22 to Jun 14, 2023  Wednesday – 12:30 PM – 2:00 PM	Free  Drop-In: Yes
		Program Code 27210W14		Program Code 27220W14	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)					
<b>BOARD GAMES AND FUN!</b>  Join us for a fun afternoon of playing board games including Scrabble, Chess, Dominoes, puzzles & much more! Everyone is welcome to attend!	55 +  Membership Required.	# of classes: 8 Jan 19 to Mar 9, 2023  Thursday – 1:00 PM – 3:00 PM	Free  Drop-In: Yes	# of classes: 13 Mar 23 to Jun 15, 2023  Thursday – 1:00 PM – 3:00 PM	Free  Drop-In: Yes
		Program Code 27210S20		Program Code 27220S20	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)					



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

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

**Thank You.**



Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>EUCHRE AND BRIDGE GAMES</b>	55 +	# of classes: 8 Jan 17 to Mar 7, 2023	Free	# of classes: 13 Mar 21 to Jun 13, 2023	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. Volunteers needed!	Membership Required.	Tuesday – 2:00 PM – 4:00 PM	Drop-In: Yes	Tuesday – 2:00 PM – 4:00 PM	Drop-In: Yes
		Program Code 27210S10		Program Code 27220S10	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)					
<b>MEN'S COFFEE SOCIAL</b>	55 +	# of classes: 8 Jan 17 to Mar 7, 2023	Free	# of classes: 13 Mar 21 to Jun 13, 2023	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.	Tuesday – 1:00 PM – 2:00 PM	Drop-In: Yes	Tuesday – 1:00 PM – 2:00 PM	Drop-In: Yes
		Program Code 27210W05		Program Code 27220W05	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)					
<b>WOMEN'S CIRCLE</b>	55 +	# of classes: 8 Jan 19 to Mar 9, 2023	Free	# of classes: 13 Mar 23 to Jun 15, 2023	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.	Thursday – 11:00 AM – 12:00 PM	Drop-In: Yes	Thursday – 11:00 AM – 12:00 PM	Drop-In: Yes
		Program Code 27210W13		Program Code 27220W13	
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)					





JOIN US EVERY TUESDAY FOR:  
**BODY SCULPT  
& CONDITION**

**6:30-7:30 PM  
ADULTS 18+**

**WINTER & SPRING  
SCHEDULE**

Jan 17-Mar 7 (\$56) Mar 21-Jun 13 (\$91)

Drop-ins Class (\$9)

**FOR MORE INFORMATION:**

Contact 416-392-1509 or  
Email [chase@waterfrontnc.ca](mailto:chase@waterfrontnc.ca)



# DANCE MIX SUNDAYS

*Open to Adults 18+*

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

SUNDAYS  
12:30 - 1:30 PM



WINTER

SPRING

JAN 22 - MAR 12

MAR 26 - JUN 18

\$56 | 8 CLASSES

\$91 | 13 CLASSES

DROP-IN | \$9

FOR MORE INFO:

416-392-1509

✉ [CHASE@WATERFRONTNC.CA](mailto:CHASE@WATERFRONTNC.CA)



JOIN US WEEKLY FOR...

## BEGINNER CONTEMPORARY

ADULTS 18+

JOIN US EVERY SATURDAY FOR  
BEGINNER CONTEMPORARY CLASSES  
FOR ADULTS 18+. NO EXPERIENCE  
NECESSARY!

### Class Schedule

SATURDAYS  
3:45-4:45 PM

WINTER  
JAN 21 - MAR 11

PRICE  
\$56 (8 CLASSES)

SPRING  
MAR 25 - JUN 17

PRICE  
\$91 (13 CLASSES)

DROP-IN  
\$9/CLASS

**FOR MORE INFORMATION:**

CALL RECEPTION AT 416-392-1509  
OR  
EMAIL [CHASE@WATERFRONTNC.CA](mailto:CHASE@WATERFRONTNC.CA)



# PILATES

*Classes*



Join us every Sunday for a workout to help  
increase your core strength, balance, and  
flexibility!

*Winter*

*Spring*

Pilates (18+)	Pilates for Seniors (55+)	Pilates (18+)	Pilates for Seniors (55+)
12:15-1:15 pm	11 am-12 pm	12:15-1:15 pm	11 pm-12 pm
Jan 22-Mar 12	Jan 22-Mar 12	Mar 26-Jun 18	Mar 26-Jun 18
8 Classes   \$56	8 Classes   \$20	13 Classes   \$91	13 Classes   \$33

For more info:

416-392-1509 or

✉ [chase@waterfrontnc.ca](mailto:chase@waterfrontnc.ca)





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	Winter Schedule	Price	Spring Schedule	Price
<b>NEW! BEGINNER CONTEMPORARY</b>  This class is designed for adults 18+ interested in learning a mix of ballet, jazz, and modern skills and expanding their repertoire of dance techniques. Come join us on Saturdays and learn contemporary in an inclusive and supportive environment!	18 +	# of classes: 8 Jan 21 to Mar 11, 2023  Saturday – 3:00 PM – 4:00 PM	\$56  Drop-In: Yes Fee: \$9	# of classes: 13 Mar 25 to Jun 17, 2023  Saturday – 3:00 PM – 4:00 PM	\$91  Drop-In: Yes Fee: \$9
		Program Code 2321		Program Code 2322	
<b>NEW! DANCE MIX SUNDAYS</b>  This class is designed for adults 18+ interested in learning a new style every week! Get a taste of everything from jazz to contemporary and jazz funk to hip hop! Dancing weekly to a variety of pop tunes, come join us on Sundays for a great mind body workout in a fun, supportive class! No dance experience necessary.	18 +	# of classes: 8 Jan 22 to Mar 12, 2023  Sunday – 12:30 PM – 1:30 PM	\$56  Drop-In: Yes Fee: \$9	# of classes: 13 Mar 26 to Jun 18, 2023  Sunday – 12:30 PM – 1:30 PM	\$91  Drop-In: Yes Fee: \$9
		Program Code 2321		Program Code 2322	
<b>BABY AND ME YOGALATES</b>  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!	0 to 1  Membership Required.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday – 11:00 AM – 12:00 PM  No Class Feb 20 – 11:00 AM – 12:00 PM	\$49  Drop-In: Yes Fee: \$9	# of classes: 11 Mar 20 to Jun 12, 2023  Monday – 11:00 AM – 12:00 PM	\$77  Drop-In: Yes Fee: \$9
Maximum of 10 participants.		Program Code 27410F11		Program Code 27420F11	



# ADULT FITNESS & FUN

waterfrontnc.ca/adult

Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>BODY SCULPT AND CONDITION</b>  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!	18 +  Membership Required.	# of classes: 8 Jan 17 to Mar 7, 2023  Tuesday – 6:30 PM – 7:30 PM	\$56  Drop-In: Yes Fee: \$9	# of classes: 13 Mar 21 to Jun 13, 2023  Tuesday – 6:30 PM – 7:30 PM	\$91  Drop-In: Yes Fee: \$9
Maximum of 10 participants.		Program Code 23210A02		Program Code 23220A02	
<b>CO-ED ADULT BADMINTON</b>  Come and enjoy recreational sports at WNC! Spaces are limited; first come, first serve. 24 players maximum.  Capacity: 24 people total. Teams will rotate.	18 +  Membership Required.	# of classes: 8 Jan 17 to Mar 7, 2023  Tuesday – 7:30 PM – 9:15 PM	Drop-In: Yes Fee: \$4.50	# of classes: 13 Mar 21 to Jun 13, 2023  Tuesday – 7:30 PM – 9:15 PM	Drop-In: Yes Fee: \$4.50
		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.			
		Program Code 25510A03		Program Code 25520A03	
<b>CO-ED VOLLEYBALL</b>  Come and enjoy recreational sports at WNC! Spaces are limited; first come first serve. 30 players maximum.  Capacity: 30 people total. Teams will rotate.	18 +  Membership Required.	# of classes: 15 Jan 16 to Mar 8, 2023  Monday – 7:30 PM – 9:15 PM Wednesday – 7:30 PM – 9:15 PM  No Class Feb 20 – 7:30 PM – 9:15 PM	Drop-In: Yes Fee: \$4.50	# of classes: 24 Mar 20 to Jun 14, 2023  Monday – 7:30 PM – 9:15 PM Wednesday – 7:30 PM – 9:15 PM  No Class Apr 10 – 7:30 PM – 9:15 PM May 22 – 7:30 PM – 9:15 PM	Drop-In: Yes Fee: \$4.50
		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.			
		Program Code 23210A06		Program Code 23220A06	
<b>NEW! PILATES</b>  This is an open mat Pilates class for people of all fitness levels. In this class you will focus on the core body. Pilates will support improvements in flexibility and strength, better posture, flattening and tightening of your abs, and increase your sense of well-being!	18 +  Membership Required.	# of classes: 8 Jan 22 to Mar 12, 2023  Sunday – 12:15 PM – 1:15 PM	\$56  Drop-In: Yes Fee: \$9	# of classes: 13 Mar 26 to Jun 18, 2023  Sunday – 12:15 PM – 1:15 PM	\$91  Drop-In: Yes Fee: \$9
Maximum of 10 participants.		Mats are provided upon request. You are welcome to bring your own.			
		Program Code 23210A19		Program Code 23220A19	



Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>NEW! T.I.M.E PROGRAM</b>					
T.I.M.E., offered in partnership with Toronto Rehabilitation Institute, is a modified exercise program suitable for adults with mobility issues who can walk at least 10 metres and may use a cane or walker. Exercises are designed to increase strength, balance, and mobility.					
<b>NEW! T.I.M.E PROGRAM- CLASS 1- SESSION 1</b>	18 +  Membership Required.  Maximum of 6 participants.	# of classes: 16 Jan 17 to Mar 9, 2023  Tuesday – 12:15 PM – 1:15 PM Thursday – 12:15 PM – 1:15 PM  Program Code 23211A01	\$176	# of classes: 12 Mar 21 to Apr 27, 2023  Tuesday – 11:00 AM – 12:00 PM Thursday – 11:00 AM – 12:00 PM  Program Code 23221A01	\$132
<b>NEW! T.I.M.E PROGRAM- CLASS 1- SESSION 2</b>	18 +  Maximum 6 participants.	Not offered.		# of classes: 12 May 9 to Jun 15, 2023  Tuesday – 11:00 AM – 12:00 PM Thursday – 11:00 AM – 12:00 PM  Program Code 23222A01	\$132
<b>NEW! T.I.M.E PROGRAM-CLASS 2- SESSION 1</b>	18 +  Membership Required.  Maximum 6 participants.	# of classes: 16 Jan 17 to Mar 9, 2023  Tuesday – 12:15 PM – 1:15 PM Thursday – 12:15 PM – 1:15 PM  Program Code 23211A13	\$176	# of classes: 12 Mar 21 to Apr 27, 2023  Tuesday – 12:15 PM – 1:15 PM Thursday – 12:15 PM – 1:15 PM  Program Code 23221A13	\$132
<b>NEW! T.I.M.E PROGRAM- CLASS 2- SESSION 2</b>	18 +  Membership Required.  Maximum 6 participants.	Not offered.		# of classes: 12 May 9 to Jun 15, 2023  Tuesday – 12:15 PM – 1:15 PM Thursday – 12:15 PM – 1:15 PM  Program Code 23222A13	\$132

# WEIGHT ROOM FACILITY

## WEIGHT ROOM HOURS OF OPERATION:

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

Saturday & Sunday 12:00 PM - 5:00PM

## WOMEN ONLY TIMES:

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

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

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

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

\$5.00/daily drop-in

\$8.50/month

\$45/6 months

\$89.50/ 1 year

\$6.50 ID card

WNC membership is required

### Weight Room Guidelines:

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

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

### Change Room Access:

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

### Change Rooms close at 5:00 PM on weekends.

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



Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>YOGA – SATURDAY</b>	18 +	# of classes: 8 Jan 21 to Mar 11, 2023	\$56	# of classes: 13 Mar 25 to Jun 17, 2023	\$91
Join our Saturday Yoga classes and learn the art of relaxation through deep breathing, stretching, and gentle movement while working to build your strength and flexibility. All levels are welcome!	Membership Required.	Saturday – 11:30 AM – 12:30 PM	Drop-In: Yes Fee: \$9	Saturday – 11:30 AM – 12:30 PM	Drop-In: Yes Fee: \$9
		Program Code 23210A14		Program Code 23220A14	
<b>ZUMBA</b>	18 +	# of classes: 8 Jan 20 to Mar 10, 2023	\$56	# of classes: 12 Mar 24 to Jun 16, 2023	\$84
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.	Friday – 5:45 PM – 6:45 PM	Drop-In: Yes Fee: \$9	Friday – 5:45 PM – 6:45 PM	Drop-In: Yes Fee: \$9
				No Class Apr 7 – 5:45 PM – 6:45 PM	
		Program Code 23210A12		Program Code 23220A12	
Maximum of 10 participants.					
<b>ART NIGHT OUT! SESSION 1</b>	18 +	# of classes: 8 Jan 19 to Mar 11, 2023	\$84	# of classes: 7 Mar 23 to May 4, 2023	\$74
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.	Thursday – 5:30 PM – 7:00 PM	Drop-In: Yes Fee: \$9	Thursday – 5:30 PM – 7:00 PM	Drop-In: Yes Fee: \$9
		Program Code 23211A15		Program Code 23221A15	
Maximum of 10 participants.					
<b>ART NIGHT OUT! SESSION 2</b>	18 +	Not offered.		# of classes: 6 May 11 to Jun 15, 2023	\$63
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.			Thursday – 5:30 PM – 7:00 PM	Drop-In: Yes Fee: \$9
				Program Code 23222A15	
Maximum of 10 participants.					



## 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**

**(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](http://waterfrontnc.ca/rentals)





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	Winter Schedule	Price	Spring Schedule	Price
<b>INDIVIDUAL SUPPORT &amp; REFERRAL SERVICE</b>  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.	55 +  Membership Not Required.	# of classes: 9 Jan 17 to Mar 14, 2023  Tuesday – 2:00 PM – 4:00 PM	Free	# of classes: 13 Apr 4 to Jun 13, 2023  Tuesday – 2:00 PM – 4:00 PM	Free
By appointment only. Please contact: gaby@waterfrontnc.ca Program Code 27210W12                      Program Code 27220W12					
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)					
<b>WATERFRONT GOOD FOOD MARKET</b>  The Good Food Market offers fresh, in-season vegetables and fruits at reasonable prices. We accept cash & e-transfer. Everyone is welcome!	All  Membership Not Required.	# of classes: 9 Jan 18 to Mar 8, 2023  Wednesday – 4:00 PM – 6:00 PM	Free  Drop-In: Yes	# of classes: 13 Mar 22 to Jun 14, 2023  Wednesday – 4:00 PM – 6:00 PM	Free  Drop-In: Yes
Located at 25 Bishop Tutu Blv. We will only be accepting pre-orders for deliveries (to seniors, those with disabilities, those self-isolating or with high-risk immune systems, and living in the neighbourhood). Everyone else—please come on in and shop around! Pre-orders for delivery are accepted until midnight every Tuesday. To pre-order, please provide us with the following information: Full Name, Phone #, Address (and Buzzer number if needed). Just make sure you are home on Wednesday after 1:00 pm to receive your order!					
Please email waterfrontgoodfood@gmail.com for any questions or to pre-order. Program Code 90010W10                      Program Code 90020W10					



# 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](mailto:jun@waterfrontnc.ca)

Waterfront Neighbourhood Centre

# International Women's Day 2023

Tuesday March 7th, 2023

5 - 7pm

In Person and Online

To register contact Elizabeth Escobar at  
416.392.1509 ext. 327 | [elizabeth@waterfrontnc.ca](mailto:elizabeth@waterfrontnc.ca)  
627 Queens Quay W Toronto ON M5V 3G3



## *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](mailto:Chase@waterfrontnc.ca) 416.392.1509 | ext.341





Description	Age / Membership	Winter Schedule	Price	Spring Schedule	Price
<b>COMMUNITY KITCHEN PROGRAM</b>  Join us for an evening of socializing and cooking together! Develop your cooking skills, learn, and share nutritional recipes, all while preparing delicious and affordable meals together as a group.  Pre-register one day prior to attending programs to secure your spot with Elizabeth: elizabeth@waterfrontnc.ca or 416-392-1509.	18 +  Membership Required.	# of classes: 4 Jan 17 to Feb 28, 2023  Tuesday – 4:30 PM – 6:00 PM  Meet On Jan 17 – 4:30 PM – 6:00 PM Jan 31 – 4:30 PM – 6:00 PM Feb 14 – 4:30 PM – 6:00 PM Feb 28 – 4:30 PM – 6:00 PM	Free	# of classes: 7 Mar 21 to Jun 13, 2023  Tuesday – 4:30 PM – 6:00 PM  Meet On Mar 21 – 4:30 PM – 6:00 PM Apr 4 – 4:30 PM – 6:00 PM Apr 18 – 4:30 PM – 6:00 PM May 2 – 4:30 PM – 6:00 PM May 16 – 4:30 PM – 6:00 PM May 30 – 4:30 PM – 6:00 PM Jun 13 – 4:30 PM – 6:00 PM	Free
		Program Code 27210W02		Program Code 27220W02	
Maximum of 10 participants.		Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
<b>COMMUNITY KNITTING AND CROCHET GROUP</b>  Join us for a casual evening of knitting/crocheting and yarn crafts. We share patterns, lessons, and conversation. Bring your own supplies – some supplies may be available. Everyone is welcome!	18 to 18 +  Membership Required.	# of classes: 8 Jan 19 to Mar 9, 2023  Thursday – 6:30 PM – 8:00 PM	Free  Drop-In: Yes	# of classes: 13 Mar 23 to Jun 15, 2023  Thursday – 6:30 PM – 8:00 PM	Free  Drop-In: Yes
		Program Code 25010W04		Program Code 25020W04	
<b>NEW! STRONGER TOGETHER-SENIORS, YOUTH 2SLGBTQ &amp; ALLY</b>  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.	55 +  Membership Required.	# of classes: 7 Jan 16 to Mar 6, 2023  Monday – 5:30 PM – 7:00 PM  No Class Feb 20 – 5:30 PM – 7:00 PM	Free  Drop-In: Yes	Not offered.	
		Program Code 27210S44			
Contact: Jun Emperador – jun@waterfrontnc.ca  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

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

## WNC Community Grocery Drive

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

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

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

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

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

**627 Queens Quay W, Toronto ON M5V3G3  
416.392.1509 | [charity@waterfrontnc.ca](mailto:charity@waterfrontnc.ca)**



Waterfront Neighbourhood Centre  
**CHARITABLE FUND**