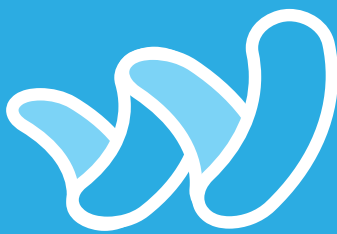




# SUMMER FALL 2023 PROGRAM GUIDE



Waterfront  
Neighbourhood  
Centre

627 Queens Quay West,  
Toronto, ON M5V 3G3  
☎ 416.392.1509

✉ [info@waterfrontnc.ca](mailto:info@waterfrontnc.ca)  
🌐 [www.waterfrontnc.ca](http://www.waterfrontnc.ca)  
📱 [f](#) [i](#) [t](#) WaterfrontncTo



BATHURST & QUEENS QUAY

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



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) or contact Liz Oliveira, Manager, Facility Operations, [liz@waterfrontnc.ca](mailto:liz@waterfrontnc.ca)



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 [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 Vyrosto ([rickvyrostkophotography.com](http://rickvyrostkophotography.com)).

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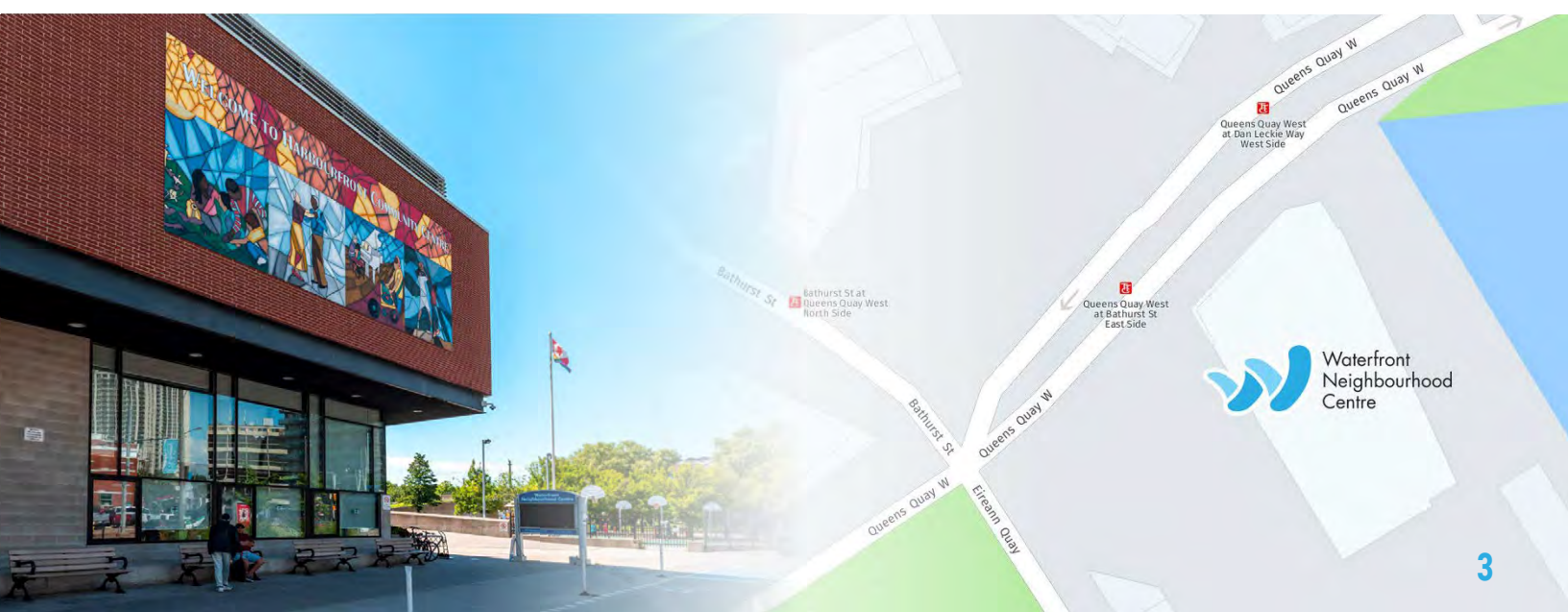
## Important Dates

### Summer Session 2023

Registration starts: Monday, June 19, 2023  
Summer Session: July 4 - August 27 (8 weeks)

### Fall Session 2023

Registration starts: Tuesday, September 5, 2023  
Fall Session: September 11 - December 17 (14 weeks)





# Summer 2023 Registration Dates

## Summer Session: July 4 – August 27 (8 weeks)

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

### Summer Session Registration Dates

Monday, June 19	Membership & Subsidy Approval/Renewal Day 8:00 am – 7:00 pm
Tuesday, June 20	Family and Children Programs Registration Day 8:00 am – 7:00 pm
Wednesday, June 21	Senior Programs and Adult Fitness Day 8:00 am – 7:00 pm
Thursday, June 22	General Registration for All Programs 8:00 am – 7:00 pm
Friday, June 23	General Registration for All Programs 8:00 am – 7:00 pm
Monday June 26 – Friday June 30	General Registration for All Programs 8:00 am – 7:00 pm

### WNC Closures for Summer Session

Closed – Saturday, June 24  
Closed – Sunday, June 25  
Closed – Saturday, July 1 – Canada Day  
Closed – Sunday, July 2  
Closed Monday July 3 - COT Canada Day

Closed - Monday, August 7 - Civic Day  
Closed - Monday, August 28 to Sunday, September 3rd - Annual Maintenance Week  
Closed - Monday, September 4 - Labour Day

## Fall 2023 Registration Dates

### Fall Session: September 11 - December 17 (14 weeks)

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

### Fall Session Registration Dates

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

### WNC Closure for Fall Session

Closed - Monday, October 9 – Thanksgiving

Closed - Saturday, December 23 to Sunday January 7th - Holiday Closure



## Important Notices for Program Registration

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

Website: [waterfrontnc.ca](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.

## Become a WNC Member?

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

## How Can I Join? Everyone is welcome!

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

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

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

## Membership Annual Fees

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

## As a WNC member you can:

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

## WNC Fee Subsidy Information

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

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

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

### For more Fee Subsidy information, please contact:

Supervisor, Children & Family Programs  
Sarah Brisson - 416.392.1509 ext. 303  
[sarah@waterfrontnc.ca](mailto:sarah@waterfrontnc.ca)

Youth Programs (Interim)  
Eneyda Guerra, Assistant Executive Director  
416.392.1509 ext. 302 [eneyda@waterfrontnc.ca](mailto:eneyda@waterfrontnc.ca)

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

Manager, Fitness & Recreation Programs:  
Chase Tam, Manager, Recreation & Program Administration - 416.392.1509  
[chase@waterfrontnc.ca](mailto:chase@waterfrontnc.ca)

## Respectful Environment

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

## Cancellations and Refunds

- Please note that most programs require a minimum of 10 participants in order to operate.
- No refund, credit or transfer will be issued for 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.

## Schedules

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

## Weather Condition/Cancelled Classes

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

Website: [waterfrontnc.ca](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)

## Income Tax Letters

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

## Child Supervision

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

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

## Change Room Access

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

## Use of Personal Image

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

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

## Accident Insurance

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

## Unauthorized Photography/Videography

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

## Community Health

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

## Peanut/Tree nut Products

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

## Personal Information

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

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



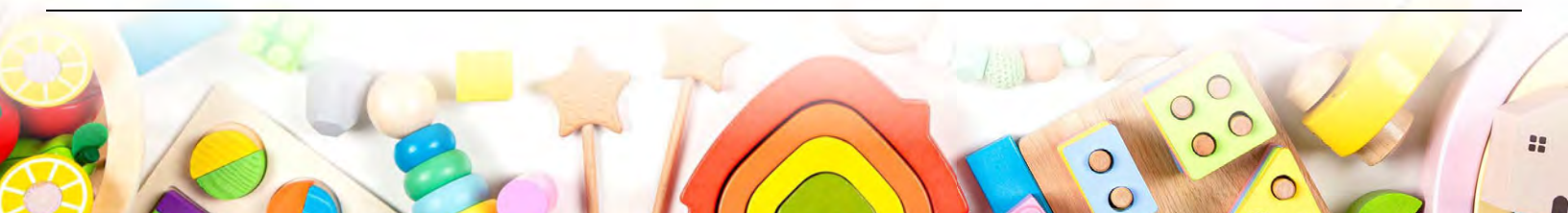


Family programs offer a variety of quality programs for young children and their families/caregivers. We offer both registered and drop-in programming which promotes healthy child development and parent/child relationships through sports, dance, arts, music and play.

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 without notice.  
Please check our website for updates.*

Description	Summer Schedule	Price	Fall Schedule	Price
<b>BABY FAMILY SUPPORT DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE)</b> <b>Ages 0 to 2</b> <p>This program offers the opportunity for caregivers to meet others, participate in group discussions, and to enjoy circle-times, sing-a-longs, story times and more! \$2.00 donation is welcome.</p> <p>Parents must remain.</p>	# of classes: 15 Jul 5 to Aug 23, 2023  Monday – 1:00 PM – 3:00 PM Wednesday – 1:00 PM – 3:00 PM  No Class Aug 7 – 1:00 PM – 3:00 PM  This is an <b>In-Person</b> program.	Free  Drop-In: Yes	# of classes: 25 Sep 11 to Dec 13, 2023  Monday – 1:00 PM – 3:00 PM Wednesday – 1:00 PM – 3:00 PM  No Class Oct 9 – 1:00 PM – 3:00 PM	Free  Drop-In: Yes
<b>FAMILY DROP-IN PROGRAM (GUHD)</b> <b>Ages 2 to 6</b> <p>Parents and caregivers are invited to participate with your children in a fun morning of specialized program activities, including arts &amp; crafts, science, circle times, sensory motor activities, and much more! \$2.00 donation welcome.</p> <p>Parents must remain.</p>	# of classes: 16 Jul 4 to Aug 24, 2023  Tuesday – 10:00 AM – 12:00 PM Thursday – 10:00 AM – 12:00 PM  This is an <b>In-Person</b> program.	Free  Drop-In: Yes	# of classes: 26 Sep 12 to Dec 14, 2023  Tuesday – 10:00 AM – 12:00 PM Thursday – 10:00 AM – 12:00 PM	Drop-In: Yes
<b>READY, SET, GROW</b> <b>Ages 8 month to 2</b> <p>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.</p> <p>Parents must remain.</p>	# of classes: 8 Jul 4 to Aug 22, 2023  Tuesday – 1:00 PM – 2:00 PM  This is an <b>In-Person</b> program.	\$50  Drop-In: Yes Fee: \$9	# of classes: 14 Sep 12 to Dec 12, 2023  Tuesday – 1:00 PM – 2:00 PM	\$88  Drop-In: Yes Fee: \$9



# FAMILY PROGRAMS

waterfrontnc.ca/family

Description	Summer Schedule	Price	Fall Schedule	Price
<b>SING WITH ME</b> <b>Ages 0 to 2</b>  Share the joy of singing! This music program is for parents/caregivers and their children to learn through the sound of music.	# of classes: 8 Jul 7 to Aug 25, 2023  Friday – 1:00 PM – 2:00 PM	\$50  <i>Drop-In:</i> Yes <i>Fee: \$9.00</i>	# of classes: 14 Sep 15 to Dec 15, 2023  Friday – 1:00 PM – 2:00 PM	\$88  <i>Drop-In:</i> Yes <i>Fee: \$9.00</i>
Parents must remain.	This is an <b>In-Person</b> program.			
<b>WEDNESDAY EVENING FAMILY DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE)</b> <b>Ages 0 to 6</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)! \$2.00 donation is welcome.	# of classes: 8 Jul 5 to Aug 23, 2023  Wednesday – 5:00 PM – 7:00 PM	Free  <i>Drop-In:</i> Yes	# of classes: 14 Sep 13 to Dec 13, 2023  Wednesday – 5:00 PM – 7:00 PM	Free  <i>Drop-In:</i> Yes
Parents must remain.	This is an <b>In-Person</b> program.			
	Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.			
<b>NEW! WNC STROLLERS WALKING GROUP (EARLYON CHILD AND FAMILY CENTRE)</b> <b>Ages 0 to 2</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. 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.	# of classes: 8 Jul 7 to Aug 25, 2023  Friday – 2:00 PM – 3:00 PM	Free  <i>Drop-In:</i> Yes	# of classes: 14 Sep 15 to Dec 15, 2023  Friday – 2:00 PM – 3:00 PM	Free  <i>Drop-In:</i> Yes
Parents must remain.	This is an <b>In-Person</b> program.			
	Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.			



**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 without notice. Please check our website for updates.*

Description	Summer		Fall	
	Schedule	Price	Schedule	Price
<b>BALLET AND FAIRY TALES – SATURDAY (CLASS 1)</b> <b>Ages 3 to 4</b> 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!	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 12:15 PM – 1:00 PM	\$38.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 12:15 PM – 1:00 PM	\$67.00

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

Parents must remain.

<b>BALLET AND FAIRY TALES – SUNDAY (CLASS 1)</b> <b>Ages 3 to 4</b> 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!	# of classes: 8 Jul 9 to Aug 27, 2023  Sunday – 1:45 PM – 2:30 PM	\$38.00	# of classes: 14 Sep 17 to Dec 17, 2023  Sunday – 1:45 PM – 2:30 PM	\$67.00
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This is an **In-Person** program.

Parents must remain.



# PRE-SCHOOL PROGRAMS

waterfrontnc.ca/preschool

Description	Summer Schedule	Price	Fall Schedule	Price
<b>LEARN &amp; PLAY WEEKLY SUMMER PROGRAM</b> <b>Ages 3 to 4</b>  Learn and Play is filled with summer fun, exciting activities, and adventurous field trips. We will be learning literacy (Jolly Phonics), numeracy, and creative arts. Your child will be ready and excited for school come fall!  Please note: see our Learn and Play Flyer for more details!	# of classes: 8 Jul 4 to Aug 25, 2023  Monday – 9:00 AM – 12:00 PM Tuesday – 9:00 AM – 12:00 PM Wednesday – 9:00 AM – 12:00 PM Thursday – 9:00 AM – 12:00 PM Friday – 9:00 AM – 12:00 PM  No Class Aug 7 – 9:00 AM – 12:00 PM		Not offered.	
	This is an <b>In-Person</b> program.  *If you are interested in registering more than one child for Learn & Play, a discount for the second child is available. For further details contact sarah@waterfrontnc.ca or call 416.392.1509 ext. 303.			
<b>LITTLE CHEFS COOKIN IN THE KITCHEN</b> <b>Ages 3 to 4</b>  This hands-on program is a great introduction to how much fun cooking can be! From making salads & smoothies to Kool-Aid playdough & slime. These Junior cooks will want to take over the kitchen at home...beware! Please note: Additional food costs are included in fee.	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 11:00 AM – 12:00 PM	\$115.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 11:00 AM – 12:00 PM	\$200.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>PEEP – MONDAY, WEDNESDAY &amp; FRIDAY</b> <b>Ages 3 to 4</b>  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!  *Subsidy and Payment Plans available. If you are interested in registering more than one child for any of the PEEP Programs, a discount for the second child is available. Contact sarah@waterfrontnc.ca for further details or call 416.392.1509 ext. 303				
<b>SESSION 1</b> This is an <b>In-Person</b> program.	Not offered.		# of classes: 20 Sep 11 to Oct 27, 2023  Monday – 9:00 AM – 12:00 PM Wednesday – 9:00 AM – 12:00 PM Friday – 9:00 AM – 12:00 PM  No Class Oct 9 – 9:00 AM – 12:00 PM	\$726.00
<b>SESSION 2</b> This is an <b>In-Person</b> program.	Not offered.		# of classes: 21 Oct 30 to Dec 15, 2023  Monday – 9:00 AM – 12:00 PM Wednesday – 9:00 AM – 12:00 PM Friday – 9:00 AM – 12:00 PM	\$762.00



Description	Summer Schedule	Price	Fall Schedule	Price
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## PEEP FOR TOTS- MONDAY & TUESDAY

Ages 2 to 2

Tots get ready... set... for learning fun! The Pre-Kindergarten Experiences Enrichment Program (PEEP) encourages your toddler to explore their sense of wonder and to have fun while enhancing their school readiness through activities that focus on early development stages, such as fine & gross motor skills, social & emotional wellbeing, cognitive skills, and language & speech development. PEEP for Tots is offered in an inclusive, friendly, and stimulating environment!

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

<b>SESSION 1</b> This is an <b>In-Person</b> program. Parents must remain.	# of classes: 7 Jul 4 to Jul 25, 2023  Monday – 9:30 AM – 11:30 AM Tuesday – 9:30 AM – 11:30 AM	\$169.00	# of classes: 13 Sep 11 to Oct 24, 2023  Monday – 9:30 AM – 11:30 AM Tuesday – 9:30 AM – 11:30 AM  No Class Oct 9 – 9:30 AM – 11:30 AM	\$315.00
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<b>SESSION 2</b> This is an <b>In-Person</b> program. Parents must remain.	# of classes: 7 Jul 31 to Aug 22, 2023  Monday – 9:30 AM – 11:30 AM Tuesday – 9:30 AM – 11:30 AM  No Class Aug 7 – 9:30 AM – 11:30 AM	\$169.00	# of classes: 14 Oct 30 to Dec 12, 2023  Monday – 9:30 AM – 11:30 AM Tuesday – 9:30 AM – 11:30 AM	\$339.00
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## NEW! READY...SET...LEARN @ HOME!

Ages 3 to 4

Our goal is to provide an interactive learning experience to support your child as they get ready for kindergarten! Through ZOOM, our staff will be facilitating interactive, educational activities that aim to support your child's development in literacy, numeracy, physical health, science and creative arts!

Note: Partial payment plan is available.

<b>SESSION 1</b>  <b>Virtual Programming</b>	Not offered.	# of classes: 14 Sep 12 to Oct 26, 2023  Tuesday – 10:00 AM – 11:00 AM Thursday – 10:00 AM – 11:00 AM	\$141.00
<b>SESSION 2</b>  <b>Virtual Programming</b>	Not offered.	# of classes: 14 Oct 31 to Dec 14, 2023  Tuesday – 10:00 AM – 11:00 AM Thursday – 10:00 AM – 11:00 AM	\$141.00



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

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

**Thank You.**





Waterfront  
Neighbourhood  
Centre

# Summer DAZE CAMP

**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 4- 7	\$77
WEEK TWO	JULY 10- 14	\$96
WEEK THREE	JULY 17- 21	\$96
WEEK FOUR	JULY 24-28	\$96
WEEK FIVE	JULY 31- AUG 4	\$96
WEEK SIX	AUG 8- 11	\$77
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 4- 7	\$134
WEEK TWO	JULY 10- 14	\$167
WEEK THREE	JULY 17- 21	\$167
WEEK FOUR	JULY 24-28	\$167
WEEK FIVE	JULY 31- AUG 4	\$167
WEEK SIX	AUG 8- 11	\$134
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





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

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

Description	Summer Schedule	Price	Fall Schedule	Price
<b>KIDS IN THE KITCHEN</b> <b>Ages 6 to 10</b> <p>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!</p> <p>Note: Additional food costs are included in the fee.</p>				
<b>SESSION 1</b> This is an <b>In-Person</b> program. Parents must remain.	# of classes: 7 Jul 10 to Aug 21, 2023 Monday – 6:00 PM – 7:30 PM	\$100.00	# of classes: 6 Sep 11 to Oct 23, 2023 Monday – 6:00 PM – 7:30 PM No Class Oct 9 – 6:00 PM – 7:30 PM	\$86.00
<b>SESSION 2</b> This is an <b>In-Person</b> program. Parents must remain.	Not offered.		# of classes: 7 Oct 30 to Dec 11, 2023 Monday – 6:00 PM – 7:30 PM	\$100.00
<b>KIDZ FUN CLUB</b> <b>Ages 5 to 10</b> <p>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!</p> <p>Parents must remain.</p>	Not offered.		# of classes: 14 Sep 13 to Dec 13, 2023 Wednesday – 6:00 PM – 7:00 PM	\$88
<b>MUSICAL THEATRE FOR KIDS</b> <b>Ages 5 to 10</b> <p>Singing, Dancing, Acting! Through this interactive dramatic arts program, children will gain self-confidence, self-expression and teambuilding skills while having fun!</p> <p>Parents must remain.</p>	# of classes: 8 Jul 6 to Aug 24, 2023 Thursday – 6:00 PM – 7:00 PM	\$50	# of classes: 14 Sep 14 to Dec 14, 2023 Thursday – 6:00 PM – 7:00 PM	\$88
This is an <b>In-Person</b> program.				



## Camps and Special Events

Description	Summer Schedule	Price	Fall Schedule	Price
<b>AFTER SCHOOL DAZE PROGRAM!</b> <b>Ages 5 to 12</b>  Each day, children will participate in a specialized activity, as well as enjoy a healthy snack and engage in further skill building through homework help, crafts, team-building, games, science, exploration and more! This program is not offered during the March Break and on PA Days.  Program Fees: - \$72.00/week per child - Late payment: \$20/week - Late pick-up after 6:00 PM: \$1.00/per minute	Not offered.		# of classes: 50 Sep 5 to Jun 14, 2024  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 Oct 9 – 3:15 PM – 6:00 PM Nov 17 – 3:15 PM – 6:00 PM Dec 8 – 3:15 PM – 6:00 PM Jan 19 – 3:15 PM – 6:00 PM Feb 16 – 3:15 PM – 6:00 PM Apr 19 – 3:15 PM – 6:00 PM Jun 7 – 3:15 PM – 6:00 PM	
This is an <b>In-Person</b> program.				
<b>PA DAY CAMP – OCTOBER 6TH – PICNIC AT HIGH PARK (AGE 5 – 12)</b> <b>Ages 5 to 12</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!	Not offered.		# of classes: 1 Oct 6 to Oct 6, 2023  Friday – 9:30 AM – 4:30 PM  Program hours: 9:30AM – 4:30PM. Extended care: 8:30AM – 5:30PM (\$7/day)	\$25.00
Trip fees may apply.				
<b>SUMMER DAZE CAMP</b> <b>Ages 5 to 12</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.	# of classes: 38 Jul 4 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		Not offered.	
Please note: see our Summer Daze Camp Flyer for more details!				
This is an <b>In-Person</b> program.  Funded in part thanks to the Toronto Star Fresh Air Fund, City of Toronto – Children Services, and Government of Canada – Canada Summer Jobs.				





## Fitness, Sports & Recreational Programs

For information, please contact Chase at 416.392.1509 ext. 341 or [chase@waterfrontnc.ca](mailto:chase@waterfrontnc.ca)

Description	Summer Schedule	Price	Fall Schedule	Price
<b>CHILDREN'S BADMINTON</b> <b>Ages 5 to 11</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!	Not offered.		# of classes: 14 Sep 14 to Dec 14, 2023  Thursday – 4:00 PM – 5:00 PM	\$88.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S BALLET- SATURDAY</b> <b>Ages 5 to 9</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!	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 2:30 PM – 3:15 PM	\$38.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 2:30 PM – 3:15 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S BALLET- SUNDAY</b> <b>Ages 5 to 9</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!	# of classes: 8 Jul 9 to Aug 27, 2023  Sunday – 2:45 PM – 3:30 PM	\$38.00	# of classes: 14 Sep 17 to Dec 17, 2023  Sunday – 2:45 PM – 3:30 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			



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

**Thank You.**

# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

waterfrontnc.ca/children

Description	Summer Schedule	Price	Fall Schedule	Price
<b>CHILDREN'S BASKETBALL – FRIDAY-CLASS 1</b> <b>Ages 3 to 5</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.	# of classes: 8 Jul 7 to Aug 25, 2023  Friday – 5:45 PM – 6:30 PM	\$38.00	# of classes: 14 Sep 15 to Dec 15, 2023  Friday – 5:45 PM – 6:30 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S BASKETBALL – FRIDAY-CLASS 2</b> <b>Ages 6 to 10</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!	# of classes: 8 Jul 7 to Aug 25, 2023  Friday – 6:30 PM – 7:15 PM	\$38.00	# of classes: 14 Sep 15 to Dec 15, 2023  Friday – 6:30 PM – 7:15 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S BASKETBALL – MONDAY-CLASS 1</b> <b>Ages 3 to 5</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.	# of classes: 7 Jul 10 to Aug 21, 2023  Monday – 5:45 PM – 6:30 PM  No Class Jul 3 – 5:45 PM – 6:30 PM Aug 7 – 5:45 PM – 6:30 PM	\$33.00	# of classes: 13 Sep 11 to Dec 11, 2023  Monday – 5:45 PM – 6:30 PM  No Class Oct 9 – 5:45 PM – 6:30 PM	\$62.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S BASKETBALL – MONDAY-CLASS 2</b> <b>Ages 6 to 10</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.	# of classes: 6 Jul 10 to Aug 21, 2023  Monday – 6:30 PM – 7:15 PM  No Class Jul 3 – 6:30 PM – 7:15 PM Aug 7 – 6:30 PM – 7:15 PM	\$29.00	# of classes: 13 Sep 11 to Dec 11, 2023  Monday – 6:30 PM – 7:15 PM  No Class Oct 9 – 6:30 PM – 7:15 PM	\$62.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S JAZZ</b> <b>Ages 5 to 9</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!	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 1:15 PM – 2:15 PM	\$50.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 1:15 PM – 2:15 PM	\$88.00
Parents must remain.	This is an <b>In-Person</b> program.			



# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

waterfrontnc.ca/children

Description	Summer Schedule	Price	Fall Schedule	Price
<b>CHILDREN'S SOCCER – CLASS 1</b> <b>Ages 4 to 5</b>  Go team go! Come and be a part of our “little” soccer league to have fun, keep active, and stay healthy.	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 12:30 PM – 1:15 PM	\$38.00	# of classes: 14 Sep 16 to Dec 16, 2023  Sunday – 12:30 PM – 1:15 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S SOCCER – CLASS 2</b> <b>Ages 4 to 5</b>  Go team go! Come and be a part of our “little” soccer league to have fun, keep active, and stay healthy!	# of classes: 8 Jul 8 to Aug 26, 2023  Sunday – 1:30 PM – 2:15 PM	\$38.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 1:30 PM – 2:15 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S SOCCER – CLASS 3</b> <b>Ages 6 to 8</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!	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 2:30 PM – 3:15 PM	\$38.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 2:30 PM – 3:15 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S SOCCER – CLASS 4</b> <b>Ages 9 to 11</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.	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 3:30 PM – 4:15 PM	\$38.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 3:30 PM – 4:15 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S TENNIS – BEGINNERS</b> <b>Ages 6 to 11</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!	Not offered.		# of classes: 13 Sep 11 to Dec 11, 2023  Monday – 3:45 PM – 4:45 PM  No Class Oct 9 – 3:45 PM – 4:45 PM	\$81.00
Parents must remain.	This is an <b>In-Person</b> program.			



# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

waterfrontnc.ca/children

Description	Summer Schedule	Price	Fall Schedule	Price
<b>CHILDREN'S VOLLEYBALL</b> <b>Ages 6 to 11</b>  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!	Not offered.		# of classes: 14 Sep 12 to Dec 12, 2023  Tuesday – 4:00 PM – 5:00 PM	\$88.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S YOGA</b> <b>Ages 6 to 11</b>  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!	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 12:45 PM – 1:30 PM	\$38.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 12:45 PM – 1:30 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S HIP HOP – SATURDAY</b> <b>Ages 5 to 9</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!	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 11:30 AM – 12:15 PM	\$38.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 11:30 AM – 12:15 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>CHILDREN'S HIP HOP – SUNDAY</b> <b>Ages 5 to 9</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!	# of classes: 8 Jul 9 to Aug 27, 2023  Sunday – 11:30 AM – 12:15 PM	\$38.00	# of classes: 14 Sep 17 to Dec 17, 2023  Sunday – 11:30 AM – 12:15 PM	\$67.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>FAMILY KARATE – BEGINNERS!</b> <b>Ages 5 to 12</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!	# of classes: 6 Jul 10 to Aug 21, 2023  Monday – 4:45 PM – 5:30 PM  No Class Jul 3 – 4:45 PM – 5:30 PM Aug 7 – 4:45 PM – 5:30 PM	\$29.00	# of classes: 13 Sep 11 to Dec 11, 2023  Monday – 4:45 PM – 5:30 PM  No Class Oct 9 – 4:45 PM – 5:30 PM	\$62.00
Parents must remain.	This is an <b>In-Person</b> program.			



# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

waterfrontnc.ca/children

Description	Summer		Fall	
	Schedule	Price	Schedule	Price
<b>KIDS KARATE – MONDAY- LEVEL 1 &amp; 2</b> <b>Ages 9 to 12</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!	# of classes: 6 Jul 10 to Aug 21, 2023  Monday – 6:15 PM – 7:00 PM  No Class Jul 3 – 6:15 PM – 7:00 PM Aug 7 – 6:15 PM – 7:00 PM	\$29.00	# of classes: 13 Sep 11 to Dec 11, 2023  Monday – 6:15 PM – 7:00 PM  No Class Oct 9 – 6:15 PM – 7:00 PM	\$62.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>KIDS KARATE – MONDAY – LEVEL 1 &amp; 2</b> <b>Ages 5 to 8</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!	# of classes: 6 Jul 10 to Aug 21, 2023  Monday – 5:30 PM – 6:15 PM  No Class Jul 3 – 5:30 PM – 6:15 PM Aug 7 – 5:30 PM – 6:15 PM	\$29.00	# of classes: 13 Sep 11 to Dec 11, 2023  Monday – 5:30 PM – 6:15 PM  No Class Oct 9 – 5:30 PM – 6:15 PM	\$62.00
Parents must remain.	This is an <b>In-Person</b> program.			
<b>KIDS KARATE – TUESDAY – LEVEL 1 &amp; 2 – (AGE 5 – 8)</b> <b>Ages 5 to 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!	Not offered.		# of classes: 14 Sep 12 to Dec 12, 2023  Tuesday – 5:30 PM – 6:15 PM	\$67.00
Parents must remain., Maximum of 10 participants.	This is an <b>In-Person</b> program.			
<b>NEW! SALSA &amp; MERENGUE, CHA CHA &amp; CONGO</b> <b>Ages 5 to 10</b>  Children will learn the basic fundamentals of Salsa, Merengue, Chachacha, Mambo, and Mozambique Conga dance styles. Come get creative and express yourself in an inclusive and welcoming space!	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 12:30 PM – 1:30 PM	\$50.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 12:30 PM – 1:30 PM	\$88.00
Parents must remain.	This is an <b>In-Person</b> program.			





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 4- 7	\$145
WEEK TWO	JULY 10- 14	\$182
WEEK THREE	JULY 17- 21	\$182
WEEK FOUR	JULY 24-28	\$182
WEEK FIVE	JULY 31- AUG 4	\$182
WEEK SIX	AUG 8- 11	\$145
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



Waterfront Neighbourhood Centre

# Ready, Set, Grow!



Come play and learn! This program offers language and gross motor skill development for crawling or walking babies and young toddlers!

**Summer**

**Tuesdays**

July 4- August 22  
\$50

**Fall**

**Tuesdays**

Sept 12 - Dec 12  
\$88

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

JOIN US FOR ONLINE SCHOOL READINESS FUN!

## READY...SET...LEARN AT HOME!



**FALL  
SESSION!**



### PROGRAM DETAILS:

Our staff will be facilitating interactive educational activities via ZOOM that will enhance your child's development in literacy, numeracy, physical health, creative arts, and social-emotional well being, all in time for their first day of Kindergarten! 10 children per class.

### FALL PROGRAM DATES:

#### Session 1:

September 12th- October 26th

#### FEE:

\$141

#### Session 2:

October 31st - December 14th

#### FEE:

\$141

#### AGES:

3 - 4 years

#### DAYS OF THE WEEK:

Tuesday & Thursday

#### CLASS TIME:

10:00 am - 11:00 am

SUBSIDY  
AVAILABLE  
UPON  
REQUEST

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



WATERFRONT NEIGHBOURHOOD CENTRE

## SING WITH ME

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

**DAY: FRIDAYS**

**TIME: 1:00PM- 2:00PM**

**AGES: 0-24 MONTHS**

**SUMMER: JULY 7 - AUGUST 25**

**FEE: \$50**

**FALL: SEPTEMBER 15- DECEMBER 15TH**

**FEE: \$88.00**

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





# CHILDREN PROGRAMS (Fitness / Sports / Recreational)

waterfrontnc.ca/children

Description	Summer Schedule	Price	Fall Schedule	Price
<b>NEW! TUMBLE KIDZ GYMNASTICS- CLASS 1 (AGES 6 TO 8)</b> <b>Ages 6 to 8</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!  Please note: Only 8 spaces available. Proof of age may be required.  Parents must remain.	Not offered.		# of classes: 14 Sep 17 to Dec 17, 2023  Sunday – 12:00 PM – 12:45 PM	\$200.00
This is an <b>In-Person</b> program.				
<b>NEW! TUMBLE KIDZ GYMNASTICS- CLASS 2</b> <b>Ages 9 to 11</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!  Please note: Only 8 spaces available. Proof of age may be required.  Parents must remain.	Not offered.		# of classes: 14 Sep 17 to Dec 17, 2023  Sunday – 1:00 PM – 1:45 PM	\$200
This is an <b>In-Person</b> program.				
<b>VISUAL ART CLUB – SESSION 1</b> <b>Ages 6 to 12</b>  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!	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 3:00 PM – 4:30 PM	\$74.00	# of classes: 7 Sep 16 to Oct 28, 2023  Saturday – 3:00 PM – 4:30 PM	\$65.00
This is an <b>In-Person</b> program.				
<b>VISUAL ART CLUB – SESSION 2</b> <b>Ages 6 to 12</b>  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!	Not offered.		# of classes: 7 Nov 4 to Dec 16, 2023  Saturday – 3:00 PM – 4:30 PM	\$65.00
This is an <b>In-Person</b> program.				



**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.**

## ROOM 13 MULTIMEDIA STUDIO FOR YOUTH AGES 12 - 24 YRS

Perfect for anyone interested in becoming an artist, producer, photographer, videographer or graphic designer!

MONDAYS FROM 3 PM TO 8 PM

SATURDAYS FROM 12 PM TO 5 PM

For more info  
contact 416-392-1509

Funded in part thanks to Ports Toronto & Nieuport Aviation-Community Connect Garden & Room 13 Multimedia Studio for Youth



## YOUTH HOMEWORK HELP AGES 14 -18

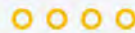
WE'RE HERE TO HELP YOU!

TUESDAY &  
WEDNESDAYS

4 PM TO 6 PM

- BIOLOGY
- PHYSICS
- MATHEMATICS
- ENGLISH

REGISTER NOW



FOR MORE INFORMATION  
CONTACT 416-392-1509



## ZUMBA CLASSES

Join us every Friday for our Adult Zumba (18+) and Zumba Gold (55+) classes! Enjoy a cardio focused class designed to give you a boost of energy and work up a serious sweat!

### ZUMBA (18+)

Summer | July 7- Aug 25  
8 Classes | \$56  
5:45-6:45 pm

Fall | Sept 15- Dec 15  
14 Classes | \$98  
5:45-6:45 pm

### ZUMBA GOLD (55+)

Summer | July 7- Aug 25  
8 Classes | \$20  
4:30-5:30 pm

Fall | Sept 15- Dec 15  
14 Classes | \$35  
4:30-5:30 pm



For more info:

416-392-1509

chase@waterfrontnc.ca

## Seniors Dance Class



Interested in learning basic jazz and hip hop dance? Join us weekly for our seniors and older adults 55+ dance class!

### Summer

3:45-4:45 pm  
July 9- Aug 27  
\$20 | 8 Classes

### Fall

3:45-4:45 pm  
Sept 16- Dec 16  
\$35 | 14 Classes

Drop-in | \$3.50

For more info:

416-392-1509

chase@waterfrontnc.ca







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

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

Description	Summer Schedule	Price	Fall Schedule	Price
<b>GET JOBS FOR YOUTH</b> <b>Ages 14 to 24</b> <p>Need a job? Don't know where to start? Get Jobs for Youth is an online program that hosts employment readiness workshops to help youth with writing resumes and cover letters, job hunting, interview prep, and more! This program will operate online and can also be offered in-person based on the needs of each youth.</p>	<p># of classes: 19 Jul 4 to Aug 24, 2023</p> <p>Monday – 6:00 PM – 9:00 PM Tuesday – 6:00 PM – 9:00 PM Thursday – 6:00 PM – 9:00 PM</p> <p>No Class Aug 7 – 6:00 PM – 9:00 PM Jul 3 – 6:00 PM – 9:00 PM</p>	<p>Free</p> <p>Drop-In: Yes</p>	<p># of classes: 41 Sep 11 to Dec 14, 2023</p> <p>Monday – 6:00 PM – 9:00 PM Tuesday – 6:00 PM – 9:00 PM Thursday – 6:00 PM – 9:00 PM</p> <p>No Class Oct 9 – 6:00 PM – 9:00 PM</p>	<p>Free</p> <p>Drop-In: Yes</p>
<p>Space is limited and registration is required.</p>	Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
<b>MULTIMEDIA STUDIO</b> <b>Ages 12 to 24</b> <p>This program is perfect for anyone interested in becoming an artist, producer, audio engineer, photographer, videographer, or graphic designer! Our highly trained WNC staff are here to teach you all the fundamentals you need to get your creative career started! Maximum three participants per session.</p>	<p># of classes: 14 Jul 10 to Aug 26, 2023</p> <p>Monday – 3:00 PM – 8:00 PM Saturday – 12:00 PM – 5:00 PM</p> <p>No Class Jul 3 – 3:00 PM – 8:00 PM Aug 7 – 3:00 PM – 8:00 PM</p>	<p>Free</p> <p>Drop-In: Yes</p>	<p># of classes: 27 Sep 11 to Dec 16, 2023</p> <p>Monday – 3:00 PM – 8:00 PM Saturday – 12:00 PM – 5:00 PM</p> <p>No Class Oct 9 – 3:00 PM – 8:00 PM</p>	<p>Free</p> <p>Drop-In: Yes</p>
<p>Space is limited. Registration and session booking is required.</p>	This is an <b>In-Person</b> program.			
<p>Space is limited. Registration and session booking is required.</p>	Funded in part thanks to Ports Toronto and Nieuport Aviation – Community Connect Garden and Room 13 Multimedia Studio for Youth			



# YOUTH PROGRAMS

waterfrontnc.ca/youth

Description	Summer Schedule	Price	Fall Schedule	Price
<b>TWEEN AFTERSCHOOL PROGRAM</b> <b>Ages 11 to 14</b>  Youth in grades six to eight are welcome to join us Monday to Friday for our TWEEN Afterschool Program! Receive homework help and participate in fun games, activities, sports, and recreation as well as find opportunities to build and enhance life skills and much more!  Space is limited and registration is required.	Not offered.		# of classes: 50 Sep 11 to Dec 22, 2023  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 Oct 9 – 3:15 PM – 6:00 PM Oct 6 – 3:15 PM – 6:00 PM Nov 17 – 3:15 PM – 6:00 PM Dec 8 – 3:15 PM – 6:00 PM	Free
This is an <b>In-Person</b> program.				
Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>YOUNG MEN'S GROUP</b> <b>Ages 14 to 24</b>  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.	# of classes: 7 Jul 10 to Aug 21, 2023  Monday – 6:00 PM – 9:00 PM  No Class Jul 3 – 6:00 PM – 9:00 PM Aug 7 – 6:00 PM – 9:00 PM	Free  <i>Drop-In:</i> Yes	# of classes: 13 Sep 11 to Dec 18, 2023  Monday – 6:00 PM – 9:00 PM  No Class Oct 9 – 6:00 PM – 9:00 PM	Free  <i>Drop-In:</i> Yes
Space is limited and registration is required.	This is an <b>In-Person</b> program.			
Maximum of 10 participants.	Funded in part thanks to the City of Toronto – Community Services Partnership Program.			
<b>YOUNG WOMEN'S GROUP</b> <b>Ages 14 to 24</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!	# of classes: 7 Jul 10 to Aug 21, 2023  Monday – 6:00 PM – 9:00 PM  No Class Aug 7 – 6:00 PM – 9:00 PM Jul 3 – 6:00 PM – 9:00 PM	Free  <i>Drop-In:</i> Yes	# of classes: 14 Sep 11 to Dec 18, 2023  Monday – 6:00 PM – 9:00 PM  No Class Oct 9 – 6:00 PM – 9:00 PM	Free  <i>Drop-In:</i> Yes
Space is limited and registration is required.	This is an <b>In-Person</b> program.			
Funded in part thanks to the City of Toronto – Community Services Partnership Program.				





Description	Summer Schedule	Price	Fall Schedule	Price
<b>NEW! YOUTH AFTERSCHOOL PROGRAM</b> <b>Ages 14 to 19</b>  Youth in grades nine to twelve are welcome to join us Mondays, and Fridays 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!  Space is limited and registration is required.	Not offered.		# of classes: 24 Sep 11 to Dec 22, 2023  Monday – 3:15 AM – 6:00 PM Friday – 3:15 AM – 6:00 PM  No Class Oct 9 – 3:15 AM – 6:00 PM Oct 6 – 3:15 AM – 6:00 PM Nov 17 – 3:15 AM – 6:00 PM Dec 8 – 3:15 AM – 6:00 PM	Free
This is an <b>In-Person</b> program.  Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>YOUTH COOKING</b> <b>Ages 14 to 24</b>  Join us as we learn to cook and share dinner together.  Space is limited and registration is required.	# of classes: 8 Jul 5 to Aug 23, 2023  Wednesday – 6:00 PM – 9:00 PM	Free  <i>Drop-In:</i> Yes	# of classes: 14 Sep 13 to Dec 13, 2023  Wednesday – 6:00 PM – 9:00 PM	Free  <i>Drop-In:</i> Yes
This is an <b>In-Person</b> program.  Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>NEW! YOUTH HOMEWORK HELP</b> <b>Ages 14 to 18</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!  Space is limited and registration is required.	Not offered.		# of classes: 28 Sep 12 to Dec 13, 2023  Tuesday – 4:00 PM – 7:00 PM Wednesday – 4:00 PM – 7:00 PM	Free  <i>Drop-In:</i> Yes
This is an <b>In-Person</b> program.  Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>YOUTH INFO, SUPPORT &amp; REFERRALS</b> <b>Ages 11 to 24</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.	# of classes: 38 Jul 4 to Aug 25, 2023  Monday – 3:00 PM – 8:00 PM Tuesday – 3:00 PM – 8:00 PM Wednesday – 3:00 PM – 8:00 PM Thursday – 3:00 PM – 8:00 PM Friday – 3:00 PM – 8:00 PM  No Class Aug 7 – 3:00 PM – 8:00 PM	Free  <i>Drop-In:</i> Yes	# of classes: 50 Sep 11 to Dec 15, 2023  Monday – 3:00 PM – 8:00 PM Tuesday – 3:00 PM – 8:00 PM Wednesday – 3:00 PM – 8:00 PM Thursday – 3:00 PM – 8:00 PM Friday – 3:00 PM – 8:00 PM  No Class Oct 9 – 3:00 PM – 8:00 PM	Free  <i>Drop-In:</i> Yes
This is an <b>In-Person</b> program.  Funded in part thanks to the City of Toronto – Community Services Partnership Program.				

# YOUTH PROGRAMS

waterfrontnc.ca/youth

Description	Summer Schedule	Price	Fall Schedule	Price
<b>YOUTH LEADERS IN TRAINING (YLIT)</b> <b>Ages 13 to 17</b>  We are looking for youth to participate in our Youth Leaders in Training (YLIT) Program. Youth will have the opportunity to participate in a 2- week series of workshops and trainings that will focus on building quality leadership skills, with an additional focus placed on employment readiness. They will then participate in a 1 week placement at WNC within different program departments; Community Garden, Children and Family Programs, Summer Camp, Seniors Programs and Community Development.	# of classes: 15 Jul 10 to Jul 28, 2023  Monday – 10:00 AM – 3:00 PM Tuesday – 10:00 AM – 3:00 PM Wednesday – 10:00 AM – 3:00 PM Thursday – 10:00 AM – 3:00 PM	\$25.00	Not offered.	
This is an <b>In-Person</b> program.				
Spaces are limited: 10 participants max. Maximum of 10 participants.	Funded in part thanks to the City of Toronto – Community Services Partnership Program., Government of Canada – Canada Summer Jobs.			
<b>YOUTH LOUNGE</b> <b>Ages 14 to 24</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.	# of classes: 16 Jul 4 to Aug 25, 2023  Tuesday – 6:00 PM – 9:00 PM Friday – 6:00 PM – 9:00 PM	Free  Drop-In: Yes	# of classes: 28 Sep 12 to Dec 15, 2023  Tuesday – 6:00 PM – 9:00 PM Friday – 6:00 PM – 9:00 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program.				
Space is limited and registration is required.	Funded in part thanks to the City of Toronto – Community Services Partnership Program.			

## Camps and Special Events

Description	Summer Schedule	Price	Fall Schedule	Price
<b>TWEEN PA DAY CAMPS</b> <b>Ages 11 to 14</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. Space is limited and registration is required. Maximum 25 participants.	Not offered.		# of classes: 3 Oct 6 to Dec 8, 2023  Friday – 10:30 AM – 4:30 PM  Meet On Oct 6 – 10:30 AM – 4:30 PM Nov 17 – 10:30 AM – 4:30 PM Dec 8 – 10:30 AM – 4:30 PM	Free
This is an <b>In-Person</b> program.				
Maximum 25 participants.	Funded in part thanks to the City of Toronto – Community Services Partnership Program.			



## Fitness, Sports & Recreational Programs

Description	Summer Schedule	Price	Fall Schedule	Price
<b>NEW! AFRO-CUBAN, MAMBO, MERENGUE</b> <b>Ages 11 to 15</b> <p>Youth will learn the basic fundamentals of Salsa, Merengue, Chachacha, Mambo, and Mozambique Conga dance styles. Come get creative and express yourself in an inclusive and welcoming space!</p> <p>Maximum of 10 participants.</p>	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 1:30 PM – 2:30 PM	\$50.00   	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 1:30 PM – 2:30 PM	\$88.00   
This is an <b>In-Person</b> program. Financial Assistance is available. Please see reception desk.				
<b>GIRLS SPORTS &amp; HEALTH</b> <b>Ages 11 to 19</b> <p>This program runs specifically for girl identified youth in grades 6-12 and will focus on empowering girls through sports and fun group activities. Space is limited and registration is required.</p> <p>Maximum of 10 participants.</p>	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 12:00 PM – 2:00 PM  No Class Jul 1 – 12:00 PM – 2:00 PM	Free  Drop-In: Yes	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 12:00 PM – 2:00 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program. Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>NEW! YOUTH BASKETBALL (11-15)</b> <b>Ages 11 to 15</b> <p>Join us for fun basketball games, drills, and skill building activities!</p> <p>Space is limited and registration is required. Proof of age may be required.</p>	# of classes: 8 Jul 4 to Aug 22, 2023  Tuesday – 6:00 PM – 7:15 PM	Free  Drop-In: Yes	# of classes: 14 Sep 12 to Dec 12, 2023  Tuesday – 6:00 PM – 7:15 PM  No Class Oct 9 – 6:00 PM – 7:15 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program. Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>YOUTH BASKETBALL (16 TO 24)</b> <b>Ages 16 to 24</b> <p>Join us for fun basketball games, drills, and skill building activities!</p> <p>Space is limited and registration is required. Proof of age is required.</p>	# of classes: 8 Jul 6 to Aug 24, 2023  Thursday – 6:00 PM – 9:00 PM	Free  Drop-In: Yes	# of classes: 14 Sep 14 to Dec 14, 2023  Thursday – 6:00 PM – 9:00 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program. Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>YOUTH SPORTS AND RECREATION</b> <b>Ages 14 to 24</b> <p>Join us for a wide range of fun sports, along with recreational activities, and engage in great conversations with our WNC Youth Workers!</p> <p>Space is limited and registration is required.</p>	# of classes: 24 Jul 5 to Aug 25, 2023  Monday – 6:00 PM – 7:30 PM Wednesday – 6:00 PM – 7:30 PM Friday – 6:00 PM – 7:30 PM	Free  Drop-In: Yes	# of classes: 39 Sep 11 to Dec 15, 2023  Monday – 6:00 PM – 7:30 PM Wednesday – 6:00 PM – 7:30 PM Friday – 6:00 PM – 7:30 PM  No Class Oct 9 – 6:00 PM – 7:30 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program. Funded in part thanks to the City of Toronto – Community Services Partnership Program.				



Waterfront Neighbourhood Centre

# Women's Circle

Thursday's  
11:00-12:00 pm

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

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



Waterfront  
Neighbourhood  
Centre

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Seniors Active Living Centres

WATERFRONT NEIGHBOURHOOD CENTRE

# MEN'S COFFEE SOCIAL



Tuesday's 1:00 - 2:00 pm

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

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

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Waterfront  
Neighbourhood  
Centre

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](mailto:elizabeth@waterfrontnc.ca)  
627 Queens Quay West Toronto ON M5V 3G3

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Neighbourhood  
Centre

WATERFRONT NEIGHBOURHOOD CENTRE

# SENIORS EVENING DROP-IN PROGRAM

THURSDAYS 4:30 - 6PM

Join us for a fun filled evening with  
a variety of weekly activities that  
include: Crafting, Learning French  
and Spanish, Movie Nights,  
Walking outdoors and more!  
Everyone is welcome.

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

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Waterfront  
Neighbourhood  
Centre





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

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

Description	Summer Schedule	Price	Fall Schedule	Price
<b>AFTERNOON TEA AND SOCIAL</b> <b>Ages 55 +</b> <p>Come meet new people, make new friends, have a laugh, enjoy conversations, dance parties, games, documentaries, movies, &amp; much more!</p>	# of classes: 6 Jul 10 to Aug 21, 2023  Monday – 1:00 PM – 3:00 PM  No Class Jul 3 – 1:00 PM – 3:00 PM Aug 7 – 1:00 PM – 3:00 PM	Free  Drop-In: Yes	# of classes: 13 Sep 11 to Dec 11, 2023  Monday – 1:00 PM – 3:00 PM  No Class Oct 9 – 1:00 PM – 3:00 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program.  Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)				
<b>ART STUDIO</b> <b>Ages 55 +</b> <p>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.</p>	# of classes: 8 Jul 7 to Aug 25, 2023  Friday – 11:00 AM – 1:00 PM	Free  Drop-In: Yes	# of classes: 14 Sep 15 to Dec 15, 2023  Friday – 11:00 AM – 1:00 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program.  Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)				
<b>BAKING FOR FUN</b> <b>Ages 55 +</b> <p>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.</p>	# of classes: 8 Jul 5 to Aug 23, 2023  Wednesday – 12:30 PM – 2:00 PM	Free  Drop-In: Yes	# of classes: 14 Sep 13 to Dec 13, 2023  Wednesday – 12:30 PM – 2:00 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program.  Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)				



# SENIORS PROGRAMS

waterfrontnc.ca/seniors

Description	Summer Schedule	Price	Fall Schedule	Price
<b>BOARD GAMES AND FUN!</b> <b>Ages 55 +</b>  Join us for a fun afternoon of playing board games including Scrabble, Chess, Dominoes, puzzles & much more! Everyone is welcome to attend!	# of classes: 8 Jul 6 to Aug 24, 2023  Thursday – 1:00 PM – 3:00 PM  This is an <b>In-Person</b> program.  Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)	Free  Drop-In: Yes	# of classes: 14 Sep 14 to Dec 14, 2023  Thursday – 1:00 PM – 3:00 PM  Drop-In: Yes	Free  Drop-In: Yes
<b>EUCHRE AND BRIDGE GAMES</b> <b>Ages 55 +</b>  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!	# of classes: 8 Jul 4 to Aug 22, 2023  Tuesday – 2:00 PM – 4:00 PM  This is an <b>In-Person</b> program.  Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)	Free  Drop-In: Yes	# of classes: 14 Sep 12 to Dec 12, 2023  Tuesday – 2:00 PM – 4:00 PM  Drop-In: Yes	Free  Drop-In: Yes
<b>MEN'S COFFEE SOCIAL</b> <b>Ages 55 +</b>  This is a meeting place where older adult men can play games, meet new people, participate in group social activities, discussions & more!	# of classes: 8 Jul 4 to Aug 22, 2023  Tuesday – 1:00 PM – 2:00 PM  This is an <b>In-Person</b> program.  Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)	Free  Drop-In: Yes	# of classes: 14 Sep 12 to Dec 12, 2023  Tuesday – 1:00 PM – 2:00 PM  Drop-In: Yes	Free  Drop-In: Yes
<b>NEW! SENIORS ACT OUT</b> <b>Ages 55 +</b>  Seniors Act Out (A Cultural Exploration for Seniors in Performing Arts) provides free, accessible programming that teaches fundamental skills in the performance arts and theatre with a strong focus on building cultural awareness and celebrating differences to meet the diversified needs of community members. Come learn and develop your skills in performing, acting, building sets, making props, designing costumes and more with the guidance of a Drama Coach!	# of classes: 8 Jul 6 to Aug 24, 2023  Thursday – 3:15 PM – 4:45 PM  This is an <b>In-Person</b> program.  This program will also be delivered in select Toronto Community Housing Buildings (TCHC) supporting local senior community residents of all abilities.  Funded in part thanks to the Government of Canada's Employment and Social Development Canada – New Horizons for Seniors Program (NHSP).	Free  Drop-In: Yes	# of classes: 14 Sep 14 to Dec 14, 2023  Thursday – 3:15 PM – 4:45 PM  Drop-In: Yes	Free  Drop-In: Yes
<b>SENIORS ADVISORY COMMITTEE</b> <b>Ages 55 +</b>  Every third Thursday of every month, the Seniors Advisory Committee meet to discuss and share their program ideas, address program and senior community needs, plan special events, share their skills and learn from one another to further support the senior community at large. Join us. We look forward to hearing from you!	# of classes: 2 Jul 20 to Aug 17, 2023  Thursday – 12:00 PM – 1:00 PM  Meet On Jul 20 – 12:00 PM – 1:00 PM Aug 17 – 12:00 PM – 1:00 PM  This is an <b>In-Person</b> program.  Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)	Free  Drop-In: Yes	# of classes: 4 Sep 21 to Dec 14, 2023  Thursday – 12:00 PM – 1:00 PM  Meet On Sep 21 – 12:00 PM – 1:00 PM Oct 19 – 12:00 PM – 1:00 PM Nov 16 – 12:00 PM – 1:00 PM Dec 14 – 12:00 PM – 1:00 PM	Free  Drop-In: Yes



Description	Summer Schedule	Price	Fall Schedule	Price
<b>NEW! SENIORS DANCE</b> <b>Ages 55 +</b>  This class will explore the basic fundamentals of various dance styles and teach seniors to experience dance in a fun and welcoming way. Dance styles will include basic jazz technique and hip hop movement. Dance combinations will be simple and fun and feature nostalgic hits from the 1970s-2000s. Come get creative and express yourself in an inclusive and welcoming space!	# of classes: 8 Jul 9 to Aug 27, 2023  Sunday – 3:45 PM – 4:45 PM	\$20.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50	# of classes: 14 Sep 17 to Dec 17, 2023  Sunday – 3:45 PM – 4:45 PM	\$35.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50
This is an <b>In-Person</b> program.				
<b>NEW! SENIORS EVENING DROP-IN PROGRAM</b> <b>Ages 55 +</b>  Join us for a fun filled evening with a variety of weekly activities that include; Crafting, Singing and Dancing, Movie Nights, Walks outdoors and more. Everyone is welcome!	# of classes: 8 Jul 6 to Aug 24, 2023  Thursday – 4:30 PM – 6:00 PM	Free  <i>Drop-In:</i> Yes	# of classes: 14 Sep 14 to Dec 14, 2023  Thursday – 4:30 PM – 6:00 PM	Free  <i>Drop-In:</i> Yes
This is an <b>In-Person</b> program.				
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)				
<b>NEW! SENIORS SUMMER DAY CAMP-AFTERNOON</b> <b>Ages 55 to 55 +</b>  Come and have a fun filled afternoon doing games and arts & craft. Class will take place outdoors (WNC Grounds )  Maximum of 8 participants	# of classes: 5 Jun 19 to Jun 23, 2023  Monday – 12:00 PM – 4:30 PM Tuesday – 12:00 PM – 4:30 PM Wednesday – 12:00 PM – 4:30 PM Thursday – 12:00 PM – 4:30 PM Friday – 12:00 PM – 4:30 PM  Meet On Jun 19 – 12:00 PM – 4:30 PM Jun 20 – 12:00 PM – 4:30 PM Jun 21 – 12:00 PM – 4:30 PM Jun 22 – 12:00 PM – 4:30 PM Jun 23 – 12:00 PM – 4:30 PM	Free	Not offered.	
This is an <b>In-Person</b> program.				
Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>SENIORS TECH TALK</b> <b>Ages 55 +</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!	# of classes: 6 Jul 10 to Aug 21, 2023  Monday – 11:00 AM – 12:00 PM  No Class Jul 3 – 11:00 AM – 12:00 PM Aug 7 – 11:00 AM – 12:00 PM	Free  <i>Drop-In:</i> Yes	# of classes: 13 Sep 11 to Dec 11, 2023  Monday – 11:00 AM – 12:00 PM  No Class Oct 9 – 11:00 AM – 12:00 PM	Free  <i>Drop-In:</i> Yes
This is an <b>In-Person</b> program.				
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)				

# SENIORS PROGRAMS

waterfrontnc.ca/seniors

Description	Summer Schedule	Price	Fall Schedule	Price
<b>STRONGER TOGETHER 2SLGBTQ+ &amp; ALLY</b> <b>Ages 55 +</b> <p>Join us for some fun activities and games, coffee chats with friends of the community, and so much more!</p>	# of classes: 4 Jul 11 to Aug 22, 2023  Tuesday – 4:30 PM – 6:00 PM  Meet On Jul 11 – 4:30 PM – 6:00 PM Jul 25 – 4:30 PM – 6:00 PM Aug 8 – 4:30 PM – 6:00 PM Aug 22 – 4:30 PM – 6:00 PM	Free  Drop-In: Yes	# of classes: 7 Sep 19 to Dec 12, 2023  Tuesday – 4:30 PM – 6:00 PM  Meet On Sep 19 – 4:30 PM – 6:00 PM Oct 3 – 4:30 PM – 6:00 PM Oct 17 – 4:30 PM – 6:00 PM Oct 31 – 4:30 PM – 6:00 PM Nov 14 – 4:30 PM – 6:00 PM Nov 28 – 4:30 PM – 6:00 PM Dec 12 – 4:30 PM – 6:00 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program.				
<b>WOMEN'S CIRCLE</b> <b>Ages 55 +</b> <p>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.</p>	# of classes: 8 Jul 6 to Aug 24, 2023  Thursday – 11:00 AM – 12:00 PM	Free  Drop-In: Yes	# of classes: 14 Sep 14 to Dec 14, 2023  Thursday – 11:00 AM – 12:00 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program.				
Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)				



## Fitness, Sports & Recreational Programs

Description	Summer Schedule	Price	Fall Schedule	Price
<b>FULL BODY STRENGTHENING</b> <b>Ages 55 +</b> <p>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.</p>	# of classes: 8 Jul 5 to Aug 23, 2023  Wednesday – 2:00 PM – 3:00 PM	\$20.00  Drop-In: Yes Fee: \$3.50	# of classes: 14 Sep 13 to Dec 13, 2023  Wednesday – 2:00 PM – 3:00 PM	\$35.00  Drop-In: Yes Fee: \$3.50
This is an <b>In-Person</b> program.				



Description	Summer Schedule	Price	Fall Schedule	Price
<b>FULL BODY STRENGTHENING PLUS</b> <b>Ages 55 +</b>  Joining our Full Body Strengthening Plus 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. This class is the intermediate level to the Full Body Strengthening class.	# of classes: 8 Jul 5 to Aug 23, 2023  Wednesday – 3:15 PM – 4:15 PM	\$20.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50	# of classes: 14 Sep 13 to Dec 13, 2023  Wednesday – 3:15 PM – 4:15 PM	\$35.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50
	This is an <b>In-Person</b> program.			
<b>FUNKY FITNESS</b> <b>Ages 55 +</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	# of classes: 6 Jul 10 to Aug 21, 2023  Monday – 3:15 PM – 4:15 PM  No Class Jul 3 – 3:15 PM – 4:15 PM Aug 7 – 3:15 PM – 4:15 PM	\$15.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50	# of classes: 13 Sep 11 to Dec 11, 2023  Monday – 3:15 PM – 4:15 PM  No Class Oct 9 – 3:15 PM – 4:15 PM	\$33.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50
	This is an <b>In-Person</b> program.			
<b>GENTLE FITNESS</b> <b>Ages 55 +</b>  Relax, stretch, strengthen and tone your body with this gentle full-body workout.	# of classes: 8 Jul 5 to Aug 23, 2023  Wednesday – 9:30 AM – 10:30 AM	\$20.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50	# of classes: 14 Sep 13 to Dec 13, 2023  Wednesday – 9:30 AM – 10:30 AM	\$35.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50
	This is an <b>In-Person</b> program.			
<b>GENTLE YOGA (HATHA)</b> <b>Ages 55 +</b>  Join our Monday 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!	# of classes: 6 Jul 10 to Aug 21, 2023  Monday – 9:45 AM – 10:45 AM  No Class Jul 3 – 9:45 AM – 10:45 AM Aug 7 – 9:45 AM – 10:45 AM	\$15.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50	# of classes: 13 Sep 11 to Dec 11, 2023  Monday – 9:45 AM – 10:45 AM  No Class Oct 9 – 9:45 AM – 10:45 AM	\$33.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50
	This is an <b>In-Person</b> program.			
<b>PILATES FOR SENIORS</b> <b>Ages 55 +</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. Maximum of 10 participants.	# of classes: 8 Jul 9 to Aug 27, 2023  Sunday – 11:00 AM – 12:00 PM	\$20.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50	# of classes: 14 Sep 17 to Dec 17, 2023  Sunday – 11:00 AM – 12:00 PM	\$35.00  <i>Drop-In:</i> Yes <i>Fee:</i> \$3.50
	This is an <b>In-Person</b> program.			

# SENIORS PROGRAMS

waterfrontnc.ca/seniors

Description	Summer Schedule	Price	Fall Schedule	Price
<b>SENIOR SPORTS</b> <b>Ages 55 +</b> <p>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!</p>	# of classes: 8 Jul 7 to Aug 25, 2023  Friday – 3:30 PM – 4:30 PM	Free  Drop-In: Yes	# of classes: 14 Sep 15 to Dec 15, 2023  Friday – 3:30 PM – 4:30 PM	Free  Drop-In: Yes
	This is an <b>In-Person</b> program.  Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)			
<b>SENIORS WALKING GROUP</b> <b>Ages 55 +</b> <p>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.</p>	# of classes: 8 Jul 4 to Aug 22, 2023  Tuesday – 11:00 AM – 12:00 PM	Free  Drop-In: Yes	# of classes: 14 Sep 12 to Dec 12, 2023  Tuesday – 11:00 AM – 12:00 PM	Free  Drop-In: Yes
	This is an <b>In-Person</b> program.  Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)			
<b>TAI CHI- FRIDAYS</b> <b>Ages 55 +</b> <p>Tai Chi is an internal Chinese martial art practiced for defense training, health benefits, and meditation. This class will help you reduce tension, improve flexibility, and increases circulation in your body!</p>	# of classes: 8 Jul 7 to Aug 25, 2023  Friday – 10:00 AM – 11:00 AM	\$20.00  Drop-In: Yes Fee: \$3.50	# of classes: 14 Sep 15 to Dec 15, 2023  Friday – 10:00 AM – 11:00 AM	\$35.00  Drop-In: Yes Fee: \$3.50
	This is an <b>In-Person</b> program.			
<b>TAI CHI- WEDNESDAYS</b> <b>Ages 55 +</b> <p>This class helps to reduce tension, improves flexibility, and increases circulation.</p>	# of classes: 8 Jul 5 to Aug 23, 2023  Wednesday – 11:00 AM – 12:00 PM	\$20.00  Drop-In: Yes Fee: \$3.50	# of classes: 14 Sep 13 to Dec 13, 2023  Wednesday – 11:00 AM – 12:00 PM	\$35.00  Drop-In: Yes Fee: \$3.50
	This is an <b>In-Person</b> program.			
<b>ZUMBA GOLD</b> <b>Ages 55 +</b> <p>The 80s are back! This unique Zumba style combines classic Zumba dance elements with step aerobics to deliver a killer leg and glute workout. You don't have to break out the old leotard and leg warmers, but we also won't stop you!</p>	# of classes: 8 Jul 7 to Aug 25, 2023  Friday – 4:30 PM – 5:30 PM	\$20.00  Drop-In: Yes Fee: \$3.50	# of classes: 14 Sep 15 to Dec 15, 2023  Friday – 4:30 PM – 5:30 PM	\$35.00  Drop-In: Yes Fee: \$3.50
	This is an <b>In-Person</b> program.			

## Annual General Meeting In Fall 2023

Community Members of Waterfront Neighbourhood Centre (ages 18+ years) who are current members at least 30 days prior of the Annual General Meeting shall have the right to vote on any and all matters brought before the Members at the meeting. The date and agenda will be posted on our website: [www.waterfrontnc.ca](http://www.waterfrontnc.ca). The Audited Financial Statement and Annual Report will be available at the meeting.







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 without notice.  
Please check our website for updates.*

Description	Summer Schedule	Price	Fall Schedule	Price
<b>ART NIGHT OUT! SESSION 1</b> <b>Ages 18 +</b> <p>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!</p> <p>Maximum of 10 participants.</p>	# of classes: 8 Jul 6 to Aug 24, 2023 Thursday – 5:30 PM – 7:00 PM	\$84.00 Drop-In: Yes Fee: \$9.00	# of classes: 7 Sep 14 to Oct 26, 2023 Thursday – 5:30 PM – 7:00 PM	\$74.00 Drop-In: Yes Fee: \$9.00
This is an <b>In-Person</b> program.				
<b>ART NIGHT OUT! SESSION 2</b> <b>Ages 18 +</b> <p>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!</p> <p>Maximum of 10 participants.</p>	Not offered.		# of classes: 7 Nov 2 to Dec 14, 2023 Thursday – 5:30 PM – 7:00 PM	\$74.00 Drop-In: Yes Fee: \$9.00
This is an <b>In-Person</b> program.				
<b>DANCE MIX SUNDAYS</b> <b>Ages 18 +</b> <p>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.</p>	# of classes: 8 Jul 9 to Aug 27, 2023 Sunday – 12:30 PM – 1:30 PM	\$56.00 Drop-In: Yes Fee: \$9.00	# of classes: 14 Sep 17 to Dec 17, 2023 Sunday – 12:30 PM – 1:30 PM	\$98.00 Drop-In: Yes Fee: \$9.00
This is an <b>In-Person</b> program.				



# WEIGHT ROOM FACILITY

## WEIGHT ROOM HOURS OF OPERATION:

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

## WOMEN ONLY TIMES:

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

**If you wish to use the Weight Room, 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.

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

\$8.50/month  
\$45/6 months  
\$89.50/ 1 year  
\$6.50 ID card

**Adult Members (24+ years):**

\$25/month  
\$124/6 months  
\$236/ 1 year  
\$6.50 ID card

WNC membership is required    WNC membership is required.

## Weight Room Membership Guidelines:

Weight room members **MUST** have a valid Weight Room membership, ID Access Card & WNC membership. 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.



Waterfront  
Neighbourhood  
Centre





## Fitness, Sports & Recreational Programs

Description	Summer Schedule	Price	Fall Schedule	Price
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**ADULT DROP-IN SPORTS 10 VISIT PUNCH CARD****Ages 18 +**

Come and enjoy non-competitive recreational sports at WNC! Spaces are limited, first come first serve. Sign up for a WNC membership and save 10%!

Adult membership \$8/year for community members | \$11/year for associate members | 10 visit card for \$34. Non-members pay \$38

Adult Drop-in Sports Drop-in Fee: \$4.50 for members | \$5.50 for non-members.

Important Note: All participants must register before 8:00 pm for all adult sports. After 8:00 pm there will be no admittance. Due to the overwhelming attendance, 1 participant can only purchase 1 wristband. Punch cards are available for purchase but are non-transferable – no exceptions.

Capacity limits vary between sports.

**NEW! AFRO-CUBAN DANCE - CLASS 1****Ages 18 +**

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

# of classes: 8  
Jul 8 to Aug 26, 2023

Saturday – 2:45 PM – 3:45 PM

\$56.00

Drop-In:  
Yes  
Fee:  
\$9.00

# of classes: 14  
Sep 16 to Dec 16, 2023

Saturday – 2:45 PM – 3:45 PM

\$98.00

Drop-In:  
Yes  
Fee:  
\$9.00

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

**NEW! AFRO-CUBAN DANCE - CLASS 2****Ages 18 +**

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

# of classes: 8  
Jul 8 to Aug 26, 2023

Saturday – 3:45 PM – 4:45 PM

\$56.00

Drop-In:  
Yes  
Fee:  
\$9.00

# of classes: 14  
Sep 16 to Dec 16, 2023

Saturday – 3:45 PM – 4:45 PM

\$98.00

Drop-In:  
Yes  
Fee:  
\$9.00

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

**BABY AND ME YOGALATES****Ages 0 to 1**

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

# of classes: 6  
Jul 10 to Aug 21, 2023

Monday – 11:00 AM – 12:00 PM

No Class  
Jul 3 – 11:00 AM – 12:00 PM  
Aug 7 – 11:00 AM – 12:00 PM

\$42.00

Drop-In:  
Yes  
Fee:  
\$9.00

# of classes: 13  
Sep 11 to Dec 11, 2023

Monday – 11:00 AM – 12:00 PM

No Class  
Oct 9 – 11:00 AM – 12:00 PM

\$91.00

Drop-In:  
Yes  
Fee:  
\$9.00

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

# ADULT FITNESS & FUN

waterfrontnc.ca/adult

Description	Summer Schedule	Price	Fall Schedule	Price
<b>BEGINNER CONTEMPORARY</b> <b>Ages 18 +</b> <p>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!</p>	# of classes: 8 Jul 8 to Aug 26, 2023  Saturday – 3:30 PM – 4:30 PM	\$56.00  Drop-In: Yes Fee: \$9.00	# of classes: 14 Sep 16 to Dec 16, 2023  Saturday – 3:30 PM – 4:30 PM	\$98.00  Drop-In: Yes Fee: \$9.00
This is an <b>In-Person</b> program.				
<b>BODY SCULPT AND CONDITION</b> <b>Ages 18 +</b> <p>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!</p>	# of classes: 8 Jul 4 to Aug 22, 2023  Tuesday – 6:30 PM – 7:30 PM	\$56.00  Drop-In: Yes Fee: \$9.00	# of classes: 14 Sep 12 to Dec 12, 2023  Tuesday – 6:30 PM – 7:30 PM	\$98.00  Drop-In: Yes Fee: \$9.00
This is an <b>In-Person</b> program.				
<b>CO-ED ADULT BADMINTON</b> <b>Ages 18 +</b> <p>Come and enjoy recreational sports at WNC! Spaces are limited; first come, first serve. 24 players maximum. Wrist band sales begin at 7:00 PM. All participants must register by 8:00 PM. Our 10-visit punch card is non-transferable. Capacity: 24 people total. Teams will rotate.</p>	# of classes: 8 Jul 4 to Aug 22, 2023  Tuesday – 7:30 PM – 9:15 PM	Drop-In: Yes Fee: \$4.50	# of classes: 14 Sep 12 to Dec 12, 2023  Tuesday – 7:30 PM – 9:15 PM	Drop-In: Yes Fee: \$4.50
This is an <b>In-Person</b> program.				
<b>CO-ED VOLLEYBALL</b> <b>Ages 18 +</b> <p>Come and enjoy recreational sports at WNC! Spaces are limited; first come first serve. 30 players maximum. Wrist band sales will begin at 7:00 PM. All participants must register by 8:00 PM. Our 10-visit punch card is non-transferable. Capacity: 30 people total. Teams will rotate.</p>	# of classes: 14 Jul 5 to Aug 23, 2023  Monday – 7:30 PM – 9:15 PM Wednesday – 7:30 PM – 9:15 PM  No Class Jul 3 – 7:30 PM – 9:15 PM Aug 7 – 7:30 PM – 9:15 PM	Drop-In: Yes Fee: \$4.50	# of classes: 27 Sep 11 to Dec 13, 2023  Monday – 7:30 PM – 9:15 PM Wednesday – 7:30 PM – 9:15 PM  No Class Oct 9 – 7:30 PM – 9:15 PM	Drop-In: Yes Fee: \$4.50
This is an <b>In-Person</b> program.				
<b>DROP-IN FITNESS 10 VISIT CARD</b> <b>Ages 18 +</b> <p>Adult and Seniors 10 Visit Card. Non-members pay 10% more! Adult fitness visit cards only allow admittance to adult fitness classes. Senior fitness visit cards only allow admittance to senior fitness classes.</p> <p>Adult Programs: 10 Visit Card \$77 for members   \$85 Non-members. (Senior/Students get 50% discount)  Senior Programs: 10 Visit Card: \$28 for Members   Non-members \$30.25</p> <p>Capacity limits vary between classes.</p>				



Description	Summer Schedule	Price	Fall Schedule	Price
<b>PILATES</b> <b>Ages 18 +</b> <p>This is an open mat Pilates class for people of all fitness levels. In this class you will focus on the core body. Pilates will support improvements in flexibility and strength, better posture, flattening and tightening of your abs, and increase your sense of well-being!</p> <p>Mats are provided upon request. You are welcome to bring your own.</p>	# of classes: 8 Jul 9 to Aug 27, 2023 Sunday – 12:15 PM – 1:15 PM	\$56.00 Drop-In: Yes Fee: \$9.00	# of classes: 14 Sep 17 to Sep 17, 2023 Sunday – 12:15 PM – 1:15 PM	\$98.00 Drop-In: Yes Fee: \$9.00
This is an <b>In-Person</b> program.				
<b>YOGA – SATURDAY</b> <b>Ages 18 +</b> <p>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!</p>	# of classes: 8 Jul 8 to Aug 26, 2023 Saturday – 11:30 AM – 12:30 PM	\$56.00 Drop-In: Yes Fee: \$9.00	# of classes: 14 Sep 16 to Dec 16, 2023 Saturday – 11:30 AM – 12:30 PM	\$98.00 Drop-In: Yes Fee: \$9.00
This is an <b>In-Person</b> program.				
<b>ZUMBA</b> <b>Ages 18 +</b> <p>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!</p>	# of classes: 8 Jul 7 to Aug 25, 2023 Friday – 5:45 PM – 6:45 PM	\$56.00 Drop-In: Yes Fee: \$9.00	# of classes: 14 Sep 15 to Dec 15, 2023 Friday – 5:45 PM – 6:45 PM	\$98.00 Drop-In: Yes Fee: \$9.00
This is an <b>In-Person</b> program.				

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 3:30-4:30 PM

SUMMER	PRICE
JULY 8- AUG 26	\$56   8 CLASSES
FALL	PRICE
SEPT 16- DEC 15	\$98   14 CLASSES

DROP-IN \$9/CLASS

FOR MORE INFORMATION:  
CALL RECEPTION AT 416-392-1509  
OR  
EMAIL CHASE@WATERFRONTNC.CA



## PILATES

*Classes*



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

Summer	Fall
<b>Pilates (18+)</b> 12:15-1:15 pm July 9-Aug 27 8 Classes   \$56	<b>Pilates for Seniors (55+)</b> 11 am-12 pm July 9-Aug 27 8 Classes   \$20
<b>Pilates (18+)</b> 12:15-1:15 pm Sept 17-Dec 17 14 Classes   \$98	<b>Pilates for Seniors (55+)</b> 11 pm-12 pm Sept 17-Dec 17 14 Classes   \$35

For more info:  
416-392-1509 or  
chase@waterfrontnc.ca




# WEEKLY Afro Cuban Dance Classes

SATURDAYS



## Salsa & Merengue, Cha Cha & Congo (5-11 yrs)

July 8 - Aug 26  
12:30 - 1:30 pm  
\$50 | 8 Classes

Sept 16 - Dec 16  
12:30 - 1:30 pm  
\$88 | 14 Classes

## Afro-Cuban, Mambo, Merengue (11-15 yrs)

July 8 - Aug 26  
1:30 - 2:30 pm  
\$50 | 8 Classes

Sept 16 - Dec 16  
1:30 - 2:30 pm  
\$88 | 14 Classes

## Afro-Cuban Dance (18-)

July 8 - Aug 26  
2:45 - 3:45 pm  
\$56 | 8 Classes

Sept 16 - Dec 16  
2:45 - 3:45 pm  
\$98 | 14 Classes

## Afro-Cuban Dance (18-)

July 8 - Aug 26  
3:45 - 4:45 pm  
\$56 | 8 Classes

Sept 16 - Dec 16  
3:45 - 4:45 pm  
\$98 | 14 Classes

For more information:

416-392-1509

or

chase@waterfrontnc.ca



# TAI CHI CLASSES

AGES 55+

Looking to lower stress levels and improve concentration, balance, and coordination? Join us every Wednesday and Friday for Tai Chi classes!

## WEDNESDAYS

11 am - 12 pm  
July 5 - Aug 23  
8 Classes | \$20

## FRIDAYS

10 am - 11 am  
July 7 - Aug 25  
14 Classes | \$20

SUMMER

FALL

11 am - 12 pm  
Sept 13 - Dec 13  
14 Classes | \$35

10 am - 11 am  
Sept 15 - Dec 15  
14 Classes | \$35



For more info, contact:  
416-392-1509  
chase@waterfrontnc.ca

# BABY & ME YOGALATES



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

## Mondays

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

## Summer

July 10 - Aug 21 (\$42)  
Drop-in Class  
\$9.00

## Fall

Sept 11 - Dec 11 (\$91)  
Drop-in Class  
\$9.00

For more information:

call 416-392-1509  
or contact 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



SUMMER

FALL

JULY 9 - AUG 27  
\$56 | 8 CLASSES

SEPT 17 - DEC 17  
\$98 | 14 CLASSES

DROP-IN | \$9

FOR MORE INFO:

416-392-1509  
CHASE@WATERFRONTNC.CA







## 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



**Waterfront Neighborhood Centre**

# **COMMUNITY KNITTING AND CROCHET GROUP**

**Free Drop-In Thursdays – 6:30 – 8:00 PM**  
**Location: Family Room**



**Join us for a casual evening of knitting/crocheting and  
yarn crafts. Bring your own supplies.  
Everyone 18 years and over is welcome!**

**Some supplies may be available.**

**For more information contact Reception**  
**416 392 1509 | [reception@waterfrontnc.ca](mailto:reception@waterfrontnc.ca)**  
**627 Queens Quay West Toronto ON M5V 3G3**



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

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

Description	Summer		Fall	
	Schedule	Price	Schedule	Price
<b>COMMUNITY KITCHEN PROGRAM</b> <b>Ages 18 +</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.  Maximum of 10 participants.	# of classes: 4 Jul 4 to Aug 15, 2023  Tuesday – 4:30 PM – 6:00 PM  Meet On Jul 4 – 4:30 PM – 6:00 PM Jul 18 – 4:30 PM – 6:00 PM Aug 1 – 4:30 PM – 6:00 PM Aug 15 – 4:30 PM – 6:00 PM	Free	# of classes: 7 Sep 12 to Dec 5, 2023  Tuesday – 4:30 PM – 6:00 PM  Meet On Sep 12 – 4:30 PM – 6:00 PM Sep 26 – 4:30 PM – 6:00 PM Oct 10 – 4:30 PM – 6:00 PM Oct 24 – 4:30 PM – 6:00 PM Nov 7 – 4:30 PM – 6:00 PM Nov 21 – 4:30 PM – 6:00 PM Dec 5 – 4:30 PM – 6:00 PM	Free
This is an <b>In-Person</b> program.  Funded in part thanks to the City of Toronto – Community Services Partnership Program.				
<b>COMMUNITY KNITTING AND CROCHET GROUP</b> <b>Ages 18 +</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!	# of classes: 8 Jul 6 to Aug 24, 2023  Thursday – 6:30 PM – 8:00 PM	Free  Drop-In: Yes	# of classes: 14 Sep 14 to Dec 14, 2023  Thursday – 6:30 PM – 8:00 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program.				
<b>INDIVIDUAL SUPPORT &amp; REFERRAL SERVICE</b> <b>Ages 18 +</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. By appointment only. Please contact: gaby@waterfrontnc.ca	# of classes: 8 Jul 5 to Aug 23, 2023  Wednesday – 11:00 AM – 3:00 PM	Free  Drop-In: Yes	# of classes: 14 Sep 13 to Dec 13, 2023  Wednesday – 11:00 AM – 3:00 PM	Free  Drop-In: Yes
This is an <b>In-Person</b> program.  Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)				



# COMMUNITY DEVELOPMENT PROGRAMS

waterfrontnc.ca/community

Description	Summer		Fall	
	Schedule	Price	Schedule	Price
<b>WATERFRONT GOOD FOOD MARKET</b> <b>All Ages</b>	# of classes: 8 Jul 5 to Aug 23, 2023	Free	# of classes: 15 Sep 6 to Dec 20, 2023	Free
	Wednesday – 4:00 PM – 6:00 PM	Drop-In: Yes	Wednesday – 4:00 PM – 6:00 PM	Drop-In: Yes

The Good Food Market offers fresh, in-season vegetables and fruits at reasonable prices.

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

We accept cash & e-transfer. Everyone is welcome!

Located at 25 Bishop Tutu Blvd. 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](mailto:waterfrontgoodfood@gmail.com) for any questions or to pre-order.



## 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





# Music Together®

Fun with Music Together

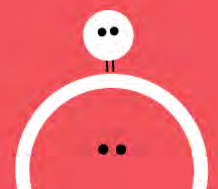


**A lifetime of music begins here®**

Assembly Room A  
Waterfront Neighbourhood Centre  
627 Queens Quay East M5V3G3



[funwithmusictogether.ca](https://funwithmusictogether.ca)





# WATERFRONT NEIGHBOURHOOD CENTRE



## WNC Community Grocery Drive

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

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

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

<https://waterfrontnc.ca/donate>



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

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



Waterfront Neighbourhood Centre  
**CHARITABLE FUND**