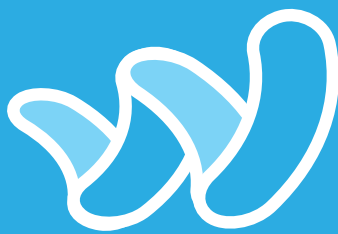




SUMMER & FALL 2024 PROGRAM GUIDE



Waterfront
Neighbourhood
Centre

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

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



BATHURST & QUEENS QUAY

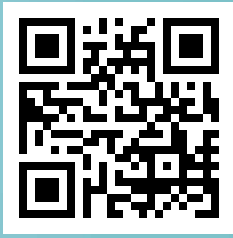
Family · Pre-School · Children · Youth · Seniors · Adult Fitness · Community

Need a place for a birthday party or celebration?

A place for your team meeting or training?

WNC facilities are available for rent.

For information and a virtual 360 tour, visit our website waterfrontnc.ca/rentals or contact Liz Oliveira, Manager, Facility Operations, liz@waterfrontnc.ca



Come Garden With Us!


Community Connect Garden

- Learn how to garden in the City
- Share in the harvest
- No experience needed. All ages welcome!
- Individual and corporate volunteers!
- Hours are flexible, and tasks are tailored to your interests.
- High School students can earn volunteer hours for their graduation requirements!

For more information, contact Chase Tam, chase@waterfrontnc.ca 416.392.1509 | ext.341






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


 info@waterfrontnc.ca

 fb.com/waterfrontnccto

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

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

 416.392.1509

 416.392.1512

 www.waterfrontnc.ca

Hours of Operations

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

Reception Desk is closed for lunch between
1:00 PM - 2:00 PM and closes at 8:00 PM

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

Program information (dates/times/fees/days) are subject to change or be adjusted at time of registration. Photography Credits: WNC Photo Archives, Dominic Chan (dominicchan.ca).

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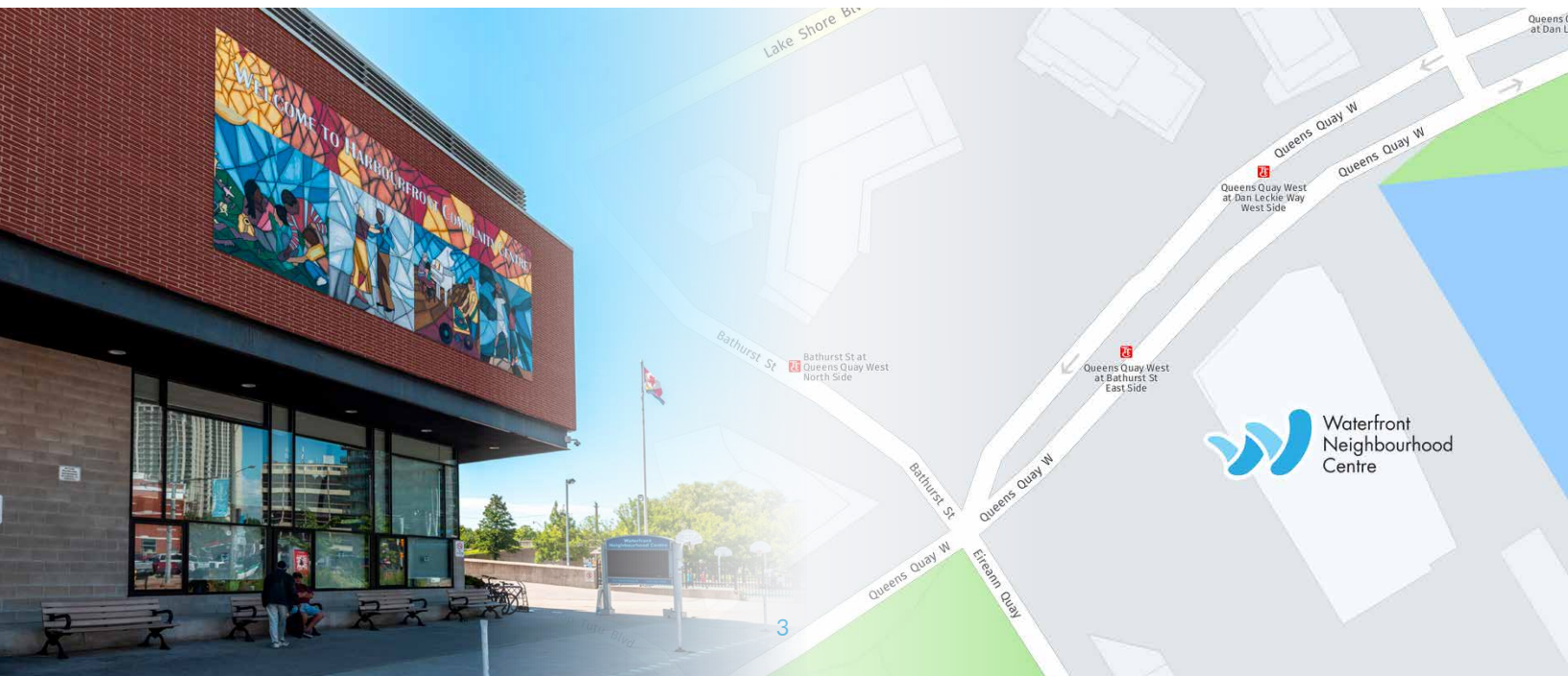
Important Dates

Summer Session 2024

Registration starts: Monday, June 17, 2024
Summer Session: July 2 – August 25 (8 weeks)

Fall Session 2024

Registration starts: Tuesday, September 3, 2024
Fall Session: September 9 – December 15 (14 weeks)



Summer 2024 Registration Dates

Summer Session: July 2 – August 25 (8 weeks)

- ✓ WNC is offering in-person Program Registration only.
- ✓ Registration tickets will be handed out on a first-come, first-served basis for members.
- ✓ Members will be allowed only 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 of options.
- ✓ Members must show a valid membership card during program-specific registration.
- ✓ There is a 10% surcharge on all programs for Non-members and expired membership who don't 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 17	Membership & Subsidy Approval/Renewal Day 8:00 am – 7:00 pm
Tuesday, June 18	Family and Children Programs Registration Day 8:00 am – 7:00 pm
Wednesday, June 19	PEEP & PEEP for Tots Registration Session 1 & Session 2 8:00 am – 7:00 pm
Thursday, June 20	Seniors Programs and Adult Fitness Day 8:00 am – 7:00 pm
Friday, June 21	General Registration for All Programs 8:00 am – 7:00 pm
Mon. June 24 th to Friday, June 28	General Registration for All Programs 8:00 am – 7:00 pm

WNC Closures for Summer Session

Closed – Sat. June 22 – Sunday, June 23
Closed – Sat. June 29 – Sunday, June 30
Closed – Monday, July 1 – Canada Day
Closed – Monday, August 5 – Civic Day
Closed – Monday, August 26 to Sunday, September 3rd – Annual Maintenance Week
Closed – Monday, September 2 – Labour Day

Fall 2024 Registration Dates

Fall Session: September 9 – December 15 (14 weeks)

- ✓ WNC is offering in-person Program Registration only.
- ✓ Registration tickets will be handed out on a first-come, first-served basis for members.
- ✓ Members will be allowed only 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 of options.
- ✓ Members must show a valid membership card during program-specific registration.
- ✓ There is a 10% surcharge on all programs for Non-members and expired membership who don't 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 3	Membership & Subsidy Approval/Renewal Day 8:00 am – 7:00 pm
Wednesday, September 4	Family and Children Programs Registration Day 8:00 am – 7:00 pm
Thursday, September 5	PEEP & PEEP for Tots Registration Session 1 & Session 2 8:00 am – 7:00 pm
Friday, September 6	Seniors Programs and Adult Fitness Day 8:00 am – 7:00 pm
Sat. Sept. 7 - Sun. Sept. 8	General Registration for All Programs 11:00 am - 5:00 pm

WNC Open/Closure for Fall Session

Closed - Monday, September 2 - Labour Day
 Closed - Monday, October 14 - Thanksgiving
 Closed - Monday November 11 - Remembrance Day
 Open - Monday, December 16 to Friday, January 20 - 10:00 am to 6:00 pm
 Closed - Saturday, December 21 to Sunday, January 5th - Holiday Closure
 Open - Monday, January 6 to Friday, January 10 for Program Registration - 8:00 am – 7:00 pm
 Open - Saturday, January 11, and Sunday, January 12 for Program Registration - 11:00 am – 5:00 pm

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 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

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

Supervisor, Youth Programs
Cheyenne Salmon - 416.392.1509 ext. 302
cheyenne@waterfrontnc.ca

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

Manager, Fitness & Recreation Programs:
Chase Tam - 416.392.1509
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

1st week of session	75% of fee refunded (option of cheque or credit).
2nd & 3rd weeks of session	50% of fee refunded (option of cheque or credit).
4 weeks+ of session	No refund or credit will be granted.

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
 - 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.

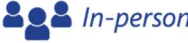
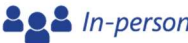


Family programs offer a variety of quality programs for young children and their families/caregivers. We offer both registered and drop-in programming which promotes healthy child development and parent/child relationships through sports, dance, arts, music and play.

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.

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

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

Program	Description & Schedule																								
<p>BABIES DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE) Art, Dance, Education, Social Ages 0 to 2</p> <p>Parents must remain.</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the Ontario Ministry of Education - EarlyON Child and Family Centres.</i></p>	<p>This program offers the opportunity for caregivers to meet others, participate in group discussions, and to enjoy circle-times, sing-a-longs, story times, family support and more! \$2.00 donation is welcome.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>15</td> <td>Jul 3</td> <td>Aug 21</td> <td>Mon, Wed</td> <td>1:00 PM-3:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Aug 5 - 1:00 PM - 3:00 PM</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>26</td> <td>Sep 9</td> <td>Dec 11</td> <td>Mon, Wed</td> <td>1:00 PM-3:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Oct 14 - 1:00 PM - 3:00 PM No Class Nov 11 - 1:00 PM - 3:00 PM</p>	Classes	Start	End	Day	Time	Fee	15	Jul 3	Aug 21	Mon, Wed	1:00 PM-3:00 PM	Free	Classes	Start	End	Day	Time	Fee	26	Sep 9	Dec 11	Mon, Wed	1:00 PM-3:00 PM	Free
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<p>NEW! CANTA CONMIGO! Art, Dance, Education, Social Ages 0 to 2</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>Join us for an hour of circle time fun, nursery rhymes, story time & movement...all in Spanish!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 2</td> <td>Aug 20</td> <td>Tue</td> <td>2:15 PM-3:15 PM</td> <td>\$50.00</td> </tr> </tbody> </table> <p>Drop-In: Yes - Fee: \$9.00</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 10</td> <td>Dec 10</td> <td>Tue</td> <td>2:15 PM-3:15 PM</td> <td>\$88.00</td> </tr> </tbody> </table> <p>Drop-In: Yes - Fee: \$9.00</p>	Classes	Start	End	Day	Time	Fee	8	Jul 2	Aug 20	Tue	2:15 PM-3:15 PM	\$50.00	Classes	Start	End	Day	Time	Fee	14	Sep 10	Dec 10	Tue	2:15 PM-3:15 PM	\$88.00
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Thank You.



FAMILY PROGRAMS

Program	Description & Schedule																								
<p>NEW! FAMILY GYM Art, Dance, Education, Social Ages 0 to 12</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>Calling all family members! Need a space to play basketball, ride a scooter, skip, hop, dance? Well we got the Gym for you, the space is yours to use at your own leisure. With a variety of different sports and recreational equipment available, there is sure to be something that interests each family member – no matter the age!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 7</td> <td>Aug 25</td> <td>Sun</td> <td>12:00 PM-2:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 15</td> <td>Dec 15</td> <td>Sun</td> <td>12:00 PM-2:00 PM</td> <td>Free</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 7	Aug 25	Sun	12:00 PM-2:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 15	Dec 15	Sun	12:00 PM-2:00 PM	Free
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<p>NEW! FAMILY GYM NIGHT (EARLYON CHILD AND FAMILY CENTRE) Art, Dance, Education, Social Ages 0 to 6</p> <p>Parents must remain.</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.</i></p>	<p>Join us every Tuesday night for an hour of gross-motor activities, sports games and dancing and more! Fun for the whole family! \$2 donation welcome.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 2</td> <td>Aug 20</td> <td>Tue</td> <td>5:00 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Sep 10</td> <td>Dec 10</td> <td>Tue</td> <td>5:00 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 2	Aug 20	Tue	5:00 PM-6:00 PM	Free	Classes	Start	End	Day	Time	Fee	8	Sep 10	Dec 10	Tue	5:00 PM-6:00 PM	Free
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<p>SING WITH ME Art, Dance, Education, Social Ages 0 to 2</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>Share the joy of singing! This music program is for parents/caregivers and their children to learn through the sound of music.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 5</td> <td>Aug 23</td> <td>Fri</td> <td>1:00 PM-2:00 PM</td> <td>\$50.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$9.00</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 13</td> <td>Dec 13</td> <td>Fri</td> <td>1:00 PM-2:00 PM</td> <td>\$88.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$9.00</p>	Classes	Start	End	Day	Time	Fee	8	Jul 5	Aug 23	Fri	1:00 PM-2:00 PM	\$50.00	Classes	Start	End	Day	Time	Fee	14	Sep 13	Dec 13	Fri	1:00 PM-2:00 PM	\$88.00
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<p>WEDNESDAY EVENING FAMILY DROP-IN PROGRAM (EARLYON CHILD AND FAMILY CENTRE) Art, Dance, Education, Social Ages 0 to 6</p> <p>Parents must remain.</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the Ontario Ministry of Education – EarlyON Child and Family Centres.</i></p>	<p>Parents and caregivers are encouraged to bring your children to participate in a fun, friendly, and inclusive environment with various hands-on activities, structured family gym time and a healthy snack! The entire family is welcome (older siblings included)! \$2.00 donation is welcome.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 3</td> <td>Aug 21</td> <td>Wed</td> <td>5:00 PM-7:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 11</td> <td>Dec 11</td> <td>Wed</td> <td>5:00 PM-7:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 3	Aug 21	Wed	5:00 PM-7:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 11	Dec 11	Wed	5:00 PM-7:00 PM	Free
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Program	Description & Schedule																								
<p>READY, SET, GROW Art, Dance, Education, Social Ages 8 month to 2</p> <p>Parents must remain.</p> <p> In-person</p>	<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>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 2</td> <td>Aug 20</td> <td>Tue</td> <td>1:00 PM-1:45 PM</td> <td>\$38.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$9.00</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 10</td> <td>Dec 10</td> <td>Tue</td> <td>1:00 PM-1:45 PM</td> <td>\$67.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$9.00</p>	Classes	Start	End	Day	Time	Fee	8	Jul 2	Aug 20	Tue	1:00 PM-1:45 PM	\$38.00	Classes	Start	End	Day	Time	Fee	14	Sep 10	Dec 10	Tue	1:00 PM-1:45 PM	\$67.00
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Program	Description & Schedule																								
<p>FAMILY DROP-IN PROGRAM (GROWING UP HEALTHY DOWNTOWN) Art, Dance, Education, Social Ages 2 to 6</p> <p>Parents must remain.</p> <p> In-person</p> <p>Supported by Growing Up Healthy Downtown Project (GUHD) and funded thanks to the Public Health Agency of Canada (PHAC).</p>	<p>Parents and caregivers are invited to participate with your children in a fun morning of specialized program activities, including arts & crafts, science, circle times, sensory motor activities, and much more! \$2.00 donation is welcomed.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>16</td> <td>Jul 2</td> <td>Aug 22</td> <td>Tue, Thur</td> <td>10:00 AM-12:00 PM</td> <td>Donation</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>28</td> <td>Sep 10</td> <td>Dec 12</td> <td>Tue, Thur</td> <td>10:00 AM-12:00 PM</td> <td>Donation</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	16	Jul 2	Aug 22	Tue, Thur	10:00 AM-12:00 PM	Donation	Classes	Start	End	Day	Time	Fee	28	Sep 10	Dec 12	Tue, Thur	10:00 AM-12:00 PM	Donation
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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! Ages 8 months - 2 yrs old.

<p>Summer Tuesdays 1:00-1:45pm July 2- August 22 \$50</p>	<p>Fall Tuesdays 1:00-1:45pm Sept 10 - Dec 10 \$88</p>
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For more information, contact sarah@waterfrontnc.ca or call 416.392.1509 ext. 303

Mindful Movers

THURSDAYS | 5:00 - 5:45 PM | AGES 3-6YEARS



Engage and connect with your little ones in this program! Learn different mindfulness, self-love and gentle movement techniques through a variety of different activities. Yoga, story time, affirmation sing-a-longs and more!

<p>Summer July 4 - Aug 22 \$38</p>	<p>Fall Sept 12- Dec 12 \$67</p>
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For more information contact sarah@waterfrontnc.ca or call 416 392 1509 ext. 303





Mr. Cliff's

Beginner Orchestra

RUNS SUNDAYS SEPTEMBER 15TH - JUNE 15TH

TIME: 3:00 - 4:30PM

**LOCATION: 627 QUEENS QUAY WEST
ASSEMBLY A**

**SOME INSTRUMENTS
PROVIDED FOR A SMALL FEE.**

**\$15 PER CLASS
AGE 7 +**

**HAVE FUN WITH MUSIC IN A
WELCOMING ENVIRONMENT**



- Violin
- Cello
- Upright Bass
- Trombone
- Trumpet
- Clarinet
- Flute
- Keyboard
- Percussion and Steel Pan
- Recorder
- Harmonica
- Ukulele



**FOR MORE INFO: PLEASE CALL CLIFF OJALA
416-874-7159**




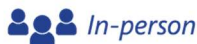

Pick and choose from a variety of programs that foster creativity and exploration among preschool children. These programs are offered for your children so they develop new skills, socialize and build a foundation for an active and healthy lifestyle.

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


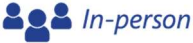
Programs are subject to change without notice. Please check our website for updates.

Program	Description & Schedule																																																												
<p>PEEP FOR TOTS Art, Dance, Education, Social Ages 2 to 2 Parents must remain.</p> <p> <i>In-person</i></p> <p>Financial Assistance 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</p>	<p>The Pre-Kindergarten Experiences Enrichment Program (PEEP) encourages your toddler to explore their sense of wonder and to have fun while enhancing their school readiness through activities that focus on early development stages, such as fine & gross motor skills, social & emotional wellbeing, cognitive skills, and language & speech development. PEEP for Tots is offered in an inclusive, friendly, and stimulating environment! Parents & caregivers will not participate in the program with their child, but must stay on-site.</p> <p>SUMMER 2024</p> <p>Session 1</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Jul 2</td> <td>Jul 23</td> <td>Mon, Tue</td> <td>9:30 AM-11:30 AM</td> <td>\$169.00</td> </tr> </tbody> </table> <p>Session 2</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Jul 29</td> <td>Aug 20</td> <td>Mon, Tue</td> <td>9:30 AM-11:30 AM</td> <td>\$169.00</td> </tr> <tr> <td colspan="6">No Class Aug 5 – 9:30 AM – 11:30 AM</td> </tr> </tbody> </table> <p>FALL 2024</p> <p>Session 1</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>13</td> <td>Sep 9</td> <td>Oct 22</td> <td>Mon, Tue</td> <td>9:30 AM-11:30 AM</td> <td>\$315.00</td> </tr> </tbody> </table> <p>Session 2</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>13</td> <td>Oct 28</td> <td>Dec 10</td> <td>Mon, Tue</td> <td>9:30 AM-11:30 AM</td> <td>\$315.00</td> </tr> <tr> <td colspan="6">No Class Oct 14, Nov 11</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	7	Jul 2	Jul 23	Mon, Tue	9:30 AM-11:30 AM	\$169.00	Classes	Start	End	Day	Time	Fee	7	Jul 29	Aug 20	Mon, Tue	9:30 AM-11:30 AM	\$169.00	No Class Aug 5 – 9:30 AM – 11:30 AM						Classes	Start	End	Day	Time	Fee	13	Sep 9	Oct 22	Mon, Tue	9:30 AM-11:30 AM	\$315.00	Classes	Start	End	Day	Time	Fee	13	Oct 28	Dec 10	Mon, Tue	9:30 AM-11:30 AM	\$315.00	No Class Oct 14, Nov 11					
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<p>LIL' CHEFS COOKING IN THE KITCHEN Art, Dance, Education, Social Ages 3 to 4 Parents must remain.</p> <p> <i>In-person</i></p>	<p>This hands-on program is a great introduction to how much fun cooking can be! Children will learn basic cooking knowledge and skills by learning about healthy eating, different food groups, chopping, mixing and tasting fun! These junior cooks will want to take over the kitchen at home...beware! Please note: Additional food costs are included in fee. Fee Assistance is available upon request.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>11:00 AM-12:00 PM</td> <td>\$114.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 14</td> <td>Sat</td> <td>1:00 PM-2:00 PM</td> <td>\$200.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 6	Aug 24	Sat	11:00 AM-12:00 PM	\$114.00	Classes	Start	End	Day	Time	Fee	14	Sep 14	Dec 14	Sat	1:00 PM-2:00 PM	\$200.00																																				
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PRE-SCHOOL PROGRAMS

Program	Description & Schedule																								
<p>NEW! MINDFUL MOVERS Art, Dance, Education, Social Ages 3 to 6</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>Engage and connect with your little ones in this program! Learn different mindfulness, self-love and gentle movement techniques through a variety of different activities. Yoga, storytime, affirmation sing-a-longs and more!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>5:00 PM-5:45 PM</td> <td>\$38.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$9.00</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>5:00 PM-5:45 PM</td> <td>\$67.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$9.00</p>	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	5:00 PM-5:45 PM	\$38.00	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	5:00 PM-5:45 PM	\$67.00
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<p>PEEP (PRE-SCHOOL EXPERIENCES ENRICHMENT PROGRAM) Art, Dance, Education, Social Ages 3 to 4</p> <p> <i>In-person</i></p> <p>Fee Assistance 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</p>	<p>Children’s development throughout the early years plays a vital role in future academic successes. The Pre-Kindergarten Experiences Enrichment Program (PEEP) implements school readiness activities that focus on supporting early developmental milestones such as the mastery of fine & gross motor skills, social & emotional wellbeing, cognitive skills, and language & speech development. PEEP is offered in an inclusive, friendly & stimulating environment!</p> <p>SUMMER 2024 Not Offered</p> <p>FALL 2024</p> <p>Session 1</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>20</td> <td>Sep 9</td> <td>Oct 25</td> <td>Mon, Wed, Fri</td> <td>9:00 AM-12:00 PM</td> <td>\$726.00</td> </tr> </tbody> </table> <p>Session 2</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>20</td> <td>Oct 28</td> <td>Dec 13</td> <td>Mon, Wed, Fri</td> <td>9:00 AM-12:00 PM</td> <td>\$726.00</td> </tr> </tbody> </table> <p>No Class Oct 14 – 9:00 AM – 12:00 PM No Class Nov 11 – 9:00 AM – 12:00 PM</p>	Classes	Start	End	Day	Time	Fee	20	Sep 9	Oct 25	Mon, Wed, Fri	9:00 AM-12:00 PM	\$726.00	Classes	Start	End	Day	Time	Fee	20	Oct 28	Dec 13	Mon, Wed, Fri	9:00 AM-12:00 PM	\$726.00
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<p>READY, SET, LEARN...@ HOME! Art, Dance, Education, Social Ages 3 to 4</p> <p> <i>Virtual</i></p>	<p>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!</p> <p>SUMMER 2024 Not Offered</p> <p>FALL 2024</p> <p>Session 1</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Sep 14</td> <td>Oct 26</td> <td>Sat</td> <td>10:00 AM-11:30 AM</td> <td>\$182.00</td> </tr> </tbody> </table> <p>Session 2</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Nov 2</td> <td>Dec 14</td> <td>Sat</td> <td>10:00 AM-11:30 AM</td> <td>\$182.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	7	Sep 14	Oct 26	Sat	10:00 AM-11:30 AM	\$182.00	Classes	Start	End	Day	Time	Fee	7	Nov 2	Dec 14	Sat	10:00 AM-11:30 AM	\$182.00
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<p>KIDS CRAFTERNOON Art, Dance, Education, Social Ages 4 to 9</p> <p>Parents must remain.</p> <p> In-person</p>	<p>Help your little Picasso create their own masterpiece! Here children will explore their creativity. They will design, create, and share a variety of unique arts & craft projects!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>1:00 PM-2:00 PM</td> <td>\$50.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$9.00</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 14</td> <td>Sat</td> <td>1:00 PM-2:00 PM</td> <td>\$88.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$9.00</p>	Classes	Start	End	Day	Time	Fee	8	Jul 6	Aug 24	Sat	1:00 PM-2:00 PM	\$50.00	Classes	Start	End	Day	Time	Fee	14	Sep 14	Dec 14	Sat	1:00 PM-2:00 PM	\$88.00
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<p>LEARN AND PLAY! Camps and Special Events Ages 3 to 4</p> <p> In-person</p>	<p>Join us for an unforgettable summer filled with excitement and adventure! With engaging activities, thrilling field trips, and a focus on literacy, numeracy, and creative arts, they'll grow in confidence and curiosity. Join us for a journey of discovery that will leave your child eager and prepared for the upcoming school year!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>Select</td> <td>Jul 2</td> <td>Aug 23</td> <td>Mon, Tue, Wed, Thur, Fri</td> <td>9:00 AM-12:00 PM</td> <td>See flyer for details</td> </tr> </tbody> </table> <p>FALL 2024</p> <p style="text-align: center;">Not Offered</p>	Classes	Start	End	Day	Time	Fee	Select	Jul 2	Aug 23	Mon, Tue, Wed, Thur, Fri	9:00 AM-12:00 PM	See flyer for details												
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Kids Crafternoon
Ages 4-9 yrs Saturdays 1-2pm

Here you and your child(ren) will have fun exploring each other's creativity through art! Together you can design & create your very own masterpiece!

Summer July 6 - Aug 24 \$50
Fall Sept 14 - Dec 14 \$88

For more information contact sarah@waterfrontnc.ca or call 416 392 1509 ext. 303

Waterfront Neighbourhood Centre



WATERFRONT NEIGHBOURHOOD CENTRE

P.E.E.P. for Tots
AGE: 2
MONDAYS & TUESDAYS
9:30AM - 11:30AM

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



Subsidy & Payment Plans Available!

<p>Summer SESSION ONE: JULY 2ND - JULY 23RD PRICE: \$169</p> <p>SESSION TWO: JULY 29TH - AUG 20TH PRICE: \$169</p>	<p>Fall SESSION ONE: SEPT 9TH - OCT 22ND PRICE: \$315</p> <p>SESSION TWO: OCT 28TH - DEC 10TH PRICE: \$315</p>
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For more information contact Sarah Brisson at sarah@waterfrontnc.ca or call 416.392.1509 ext 303

Waterfront Neighbourhood Centre

BE-A-BUD

SEND A KID TO SUMMER DAZE CAMP!

Help us raise our goal of \$5500!



HELP CREATE SPECIAL SUMMER MEMORIES FOR A CHILD IN OUR COMMUNITY!

\$96 SENDS A CHILD TO SUMMER DAY CAMP FOR A FUN-FILLED WEEK!



- Donations of \$20 minimum will receive a charitable donation tax receipt.
- WNC accepts Visa, MasterCard, Interac & cash.
- Donations can be made online at: www.waterfrontnc.ca or in person at WNC.
- Money raised through Be A Bud will be applied to 2024 camp fee subsidies.

FOR MORE INFORMATION PLEASE CONTACT SARAH BRISSON AT sarah@waterfrontnc.ca OR CALL 416 392 1509 EXT. 303

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)
REGISTRATION OPENS MARCH 18TH, 2024

WEEK ONE	JULY 2 - 5	\$77
WEEK TWO	JULY 8 - 12	\$96
WEEK THREE	JULY 15 - 19	\$96
WEEK FOUR	JULY 22 - 26	\$96
WEEK FIVE	JULY 29 - AUG 2	\$96
WEEK SIX	AUG 6 - 9	\$77
WEEK SEVEN	AUG 12 - 16	\$96
WEEK EIGHT	AUG 19 - 22	\$77

NON-ASSOCIATE MEMBER FEE:

(MEMBERS LIVING OUTSIDE OF WNC'S CATCHMENT AREA)
REGISTRATION OPENS APRIL 15TH, 2024

WEEK ONE	JULY 2 - 5	\$134
WEEK TWO	JULY 8 - 12	\$167
WEEK THREE	JULY 15 - 19	\$167
WEEK FOUR	JULY 22 - 26	\$167
WEEK FIVE	JULY 29 - AUG 2	\$167
WEEK SIX	AUG 6 - 9	\$134
WEEK SEVEN	AUG 12 - 16	\$167
WEEK EIGHT	AUG 19 - 22	\$134

For more information, contact us: sarah@waterfrontnc.ca www.waterfrontnc.ca

416 392 1509

627 Queens Quay West, Toronto, ON M5V 3G3

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 2 - 5	\$145
WEEK TWO	JULY 8 - 12	\$182
WEEK THREE	JULY 15 - 19	\$182
WEEK FOUR	JULY 22 - 26	\$182
WEEK FIVE	JULY 29 - AUG 2	\$182
WEEK SIX	AUG 6 - 9	\$145
WEEK SEVEN	AUG 12 - 16	\$182
WEEK EIGHT	AUG 19 - 23	\$182

SUBSIDY & PAYMENT PLANS AVAILABLE

FOR MORE INFORMATION CONTACT sarah@waterfrontnc.ca OR CALL 416 392 1509 EXT. 303



Waterfront Neighbourhood Centre

AFTER SCHOOL DAZE PROGRAM

Fall Session

September 3rd - December 20th

Same great After School Program with something special every day!

Children will participate everyday in skill building through homework help, crafts, team building, games, science, exploration, specialty workshops and more!

Program Days:

Monday- Friday

(Excluding PA Days & Holidays)

Program Fee:

\$288/month

Subsidy Available!

Program Time:

3:15pm-6:00pm

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

627 Queens Quay West, Toronto, ON M5V3G3



Waterfront Neighbourhood Centre



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





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






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

Program	Description & Schedule																								
<p>BALLET AND FAIRY TALES Art, Dance, Education, Social Ages 3 to 4</p> <p>Parents must remain.</p> <p> In-person</p>	<p>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!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 7</td> <td>Aug 25</td> <td>Sun</td> <td>11:00 AM-11:45 AM</td> <td>\$38.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 15</td> <td>Sun</td> <td>11:00 AM-11:45 AM</td> <td>\$67.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 7	Aug 25	Sun	11:00 AM-11:45 AM	\$38.00	Classes	Start	End	Day	Time	Fee	14	Sep 14	Dec 15	Sun	11:00 AM-11:45 AM	\$67.00
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<p>AFTER SCHOOL DAZE PROGRAM! Art, Dance, Education, Social Ages 5 to 12</p> <p> In-person</p>	<p>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.</p> <p>Program Fees: - \$72.00/week per child - Late payment: \$20/week - Late pick-up after 6:00 PM: \$1.00/per minute</p> <p>SUMMER 2024</p> <p style="text-align: center;">Not Offered</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>Select</td> <td>Sep 3</td> <td>Dec 20</td> <td>Mon, Tue, Wed, Thur, Fri</td> <td>3:15 PM-6:00 PM</td> <td>\$72.00</td> </tr> </tbody> </table> <p>No Class Sep 27, Oct 11, Oct 14, Nov 11, Nov 15, Nov 29</p>	Classes	Start	End	Day	Time	Fee	Select	Sep 3	Dec 20	Mon, Tue, Wed, Thur, Fri	3:15 PM-6:00 PM	\$72.00												
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CHILDREN PROGRAMS

Program	Description & Schedule																								
<p>CHILDREN'S BALLET Art, Dance, Education, Social Ages 5 to 9</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>This class is designed for children interested in learning ballet skills and expanding their repertoire of dance techniques. Come join us on Saturdays and Sundays to learn ballet in an inclusive and supportive environment! Parents must remain onsite.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>2:45 PM-3:30 PM</td> <td>\$38.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 14</td> <td>Sat</td> <td>2:45 PM-3:30 PM</td> <td>\$67.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 6	Aug 24	Sat	2:45 PM-3:30 PM	\$38.00	Classes	Start	End	Day	Time	Fee	14	Sep 14	Dec 14	Sat	2:45 PM-3:30 PM	\$67.00
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<p>CHILDREN'S HIP HOP Art, Dance, Education, Social Ages 5 to 9</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>Children will learn fundamental hip hop skills, dance, and choreography while working collaboratively with their peers. Come join us on Saturday's and learn hip hop in an energetic, welcoming, and inclusive space! Parents must remain onsite.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 10</td> <td>Aug 24</td> <td>Sat</td> <td>1:45 PM-2:30 PM</td> <td>\$38.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 14</td> <td>Sat</td> <td>1:45 PM-2:30 PM</td> <td>\$67.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 10	Aug 24	Sat	1:45 PM-2:30 PM	\$38.00	Classes	Start	End	Day	Time	Fee	14	Sep 14	Dec 14	Sat	1:45 PM-2:30 PM	\$67.00
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<p>KIDS IN THE KITCHEN Art, Dance, Education, Social Ages 5 to 8</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>This program offers a hands-on, fun interactive cooking experience with peers. Here children will learn about healthy eating, different food groups and be introduced to delicious new flavours. These young cooks will want to take over the kitchen at home... beware!</p> <p>Note: Additional food costs are included in the fee. Fee Assistance available. See reception desk for further details.</p> <p>SUMMER 2024 Not Offered</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>12</td> <td>Sep 9</td> <td>Dec 9</td> <td>Mon</td> <td>6:00 PM-7:30 PM</td> <td>\$172.00</td> </tr> </tbody> </table> <p>No Class Oct 14, Nov 11</p>	Classes	Start	End	Day	Time	Fee	12	Sep 9	Dec 9	Mon	6:00 PM-7:30 PM	\$172.00												
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<p>KIDZ FUN CLUB Art, Dance, Education, Social Ages 5 to 11</p> <p> <i>In-person</i></p>	<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>SUMMER 2024 Not Offered</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 11</td> <td>Dec 11</td> <td>Wed</td> <td>6:00 PM-5:00 PM</td> <td>\$88.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	14	Sep 11	Dec 11	Wed	6:00 PM-5:00 PM	\$88.00												
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<p>MUSICAL THEATRE FOR KIDS Art, Dance, Education, Social Ages 5 to 9</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<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>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>6:00 PM-7:00 PM</td> <td>\$50.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>6:00 PM-7:00 PM</td> <td>\$88.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	6:00 PM-7:00 PM	\$50.00	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	6:00 PM-7:00 PM	\$88.00
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<p>NEW! CHILDREN'S BOLLYWOOD DANCE Art, Dance, Education, Social Ages 6 to 11</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>This beginner class is designed for children interested in learning and expanding their repertoire of Bollywood dance techniques. Come join us on Wednesdays to learn Bollywood dance in an inclusive and supportive environment!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Jul 10</td> <td>Aug 21</td> <td>Wed</td> <td>4:00 PM-5:00 PM</td> <td>\$44.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 11</td> <td>Dec 11</td> <td>Wed</td> <td>4:00 PM-5:00 PM</td> <td>\$88.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	7	Jul 10	Aug 21	Wed	4:00 PM-5:00 PM	\$44.00	Classes	Start	End	Day	Time	Fee	14	Sep 11	Dec 11	Wed	4:00 PM-5:00 PM	\$88.00												
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<p>VISUAL ARTS CLUB Art, Dance, Education, Social Ages 6 to 11</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>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!</p> <p>SUMMER 2024</p> <p>Class 1</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>3:00 PM-4:30 PM</td> <td>\$74.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <p>Class 1</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Sep 14</td> <td>Oct 26</td> <td>Sat</td> <td>3:00 PM-4:30 PM</td> <td>\$65.00</td> </tr> </tbody> </table> <p>Class 2</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Nov 2</td> <td>Dec 14</td> <td>Sat</td> <td>3:00 PM-4:30 PM</td> <td>\$65.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 6	Aug 24	Sat	3:00 PM-4:30 PM	\$74.00	Classes	Start	End	Day	Time	Fee	7	Sep 14	Oct 26	Sat	3:00 PM-4:30 PM	\$65.00	Classes	Start	End	Day	Time	Fee	7	Nov 2	Dec 14	Sat	3:00 PM-4:30 PM	\$65.00
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<p>HOMEWORK CLUB Art, Dance, Education, Social Ages 7 to 12</p> <p> <i>In-person</i></p>	<p>Calling all students! Need to study for an upcoming school test or exam? Do you have a difficult assignment to hand in to your teacher? We can help you! Join the Homework Club, finish your homework on time and have a little fun at the same time.</p> <p>SUMMER 2024</p> <p style="text-align: center;">Not Offered</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>5:00 PM-6:00 PM</td> <td>\$88.00</td> </tr> </tbody> </table> <p>Drop-In: Yes - Fee: \$9.00</p>	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	5:00 PM-6:00 PM	\$88.00																								
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<p>NEW! GLEE CLUB Art, Dance, Education, Social Ages 9 to 12</p> <p> <i>In-person</i></p>	<p>Come sing your heart out! Children will be express their creativity & vocal talents in an inclusive and positive environment. Learn new songs and work towards a final performance for your family and friends!</p> <p>SUMMER 2024</p> <p style="text-align: center;">Not Offered</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 13</td> <td>Dec 13</td> <td>Fri</td> <td>5:00 PM-6:00 PM</td> <td>\$88.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	14	Sep 13	Dec 13	Fri	5:00 PM-6:00 PM	\$88.00																								
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<p>KIDZ KODING Art, Dance, Education, Social Ages 9 to 12</p> <p> <i>In-person</i></p>	<p>This intro to coding program will encourage creativity, critical thinking & problem solving while engaging participants in a variety of different topics that will develop the skills needed to succeed in the digital world!</p> <p>SUMMER 2024</p> <p style="text-align: center;">Not Offered</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 10</td> <td>Dec 10</td> <td>Tue</td> <td>6:00 PM-7:00 PM</td> <td>\$88.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	14	Sep 10	Dec 10	Tue	6:00 PM-7:00 PM	\$88.00																								
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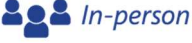
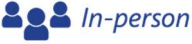
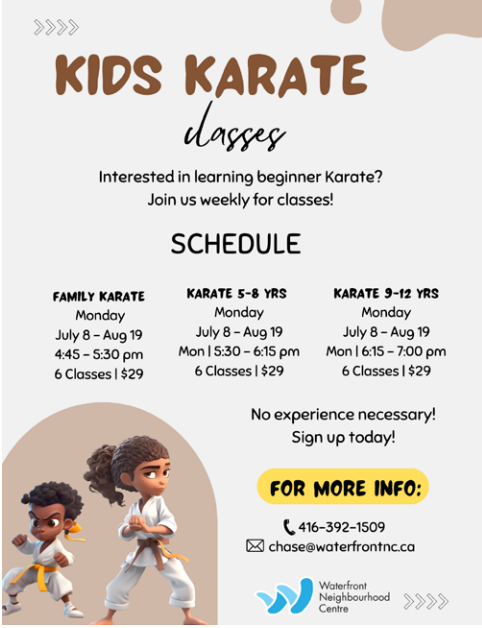
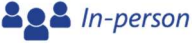
CHILDREN PROGRAMS




Fitness, Sports & Recreational Programs

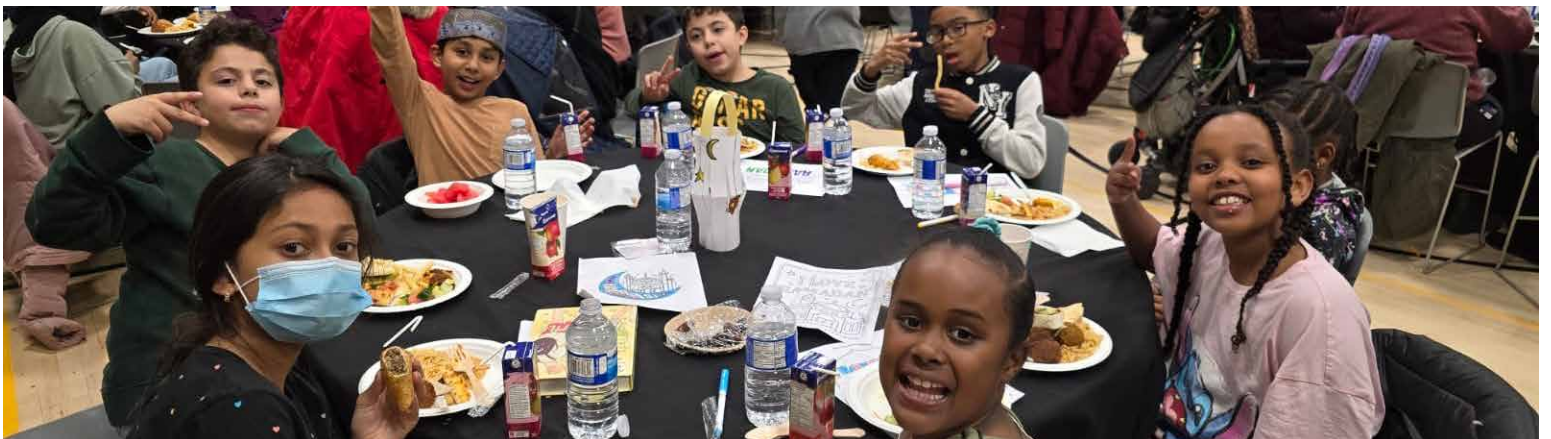
For information, please contact Chase at 416.392.1509 ext. 341 or chase@waterfrontnc.ca

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<p>CHILDREN'S BASKETBALL – AGES 3 TO 5 YRS. Fitness, Recreation and Sports Ages 3 to 5</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>Want to learn how to make the perfect jump shot? Join us for an exciting game of basketball. Practice dribbling, shooting hoops, and ball handling. Parents are to remain onsite.</p> <p>SUMMER 2024</p> <p>Mondays</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>6</td> <td>Jul 8</td> <td>Aug 19</td> <td>Mon</td> <td>5:45 PM-6:30 PM</td> <td>\$29.00</td> </tr> </tbody> </table> <p>Fridays</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 5</td> <td>Aug 23</td> <td>Fri</td> <td>5:45 PM-6:30 PM</td> <td>\$38.00</td> </tr> <tr> <td colspan="6">No Class Aug 5 – 5:45 PM – 6:30 PM</td> </tr> </tbody> </table> <p>FALL 2024</p> <p>Mondays</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>12</td> <td>Sep 9</td> <td>Dec 9</td> <td>Mon</td> <td>5:45 PM-6:30 PM</td> <td>\$57.00</td> </tr> </tbody> </table> <p>Fridays</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 13</td> <td>Dec 13</td> <td>Fri</td> <td>5:45 PM-6:30 PM</td> <td>\$67.00</td> </tr> <tr> <td colspan="6">No Class Oct 14 – 5:45 PM – 6:30 PM</td> </tr> <tr> <td colspan="6">No Class Nov 11 – 5:45 PM – 6:30 PM</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	6	Jul 8	Aug 19	Mon	5:45 PM-6:30 PM	\$29.00	Classes	Start	End	Day	Time	Fee	8	Jul 5	Aug 23	Fri	5:45 PM-6:30 PM	\$38.00	No Class Aug 5 – 5:45 PM – 6:30 PM						Classes	Start	End	Day	Time	Fee	12	Sep 9	Dec 9	Mon	5:45 PM-6:30 PM	\$57.00	Classes	Start	End	Day	Time	Fee	14	Sep 13	Dec 13	Fri	5:45 PM-6:30 PM	\$67.00	No Class Oct 14 – 5:45 PM – 6:30 PM						No Class Nov 11 – 5:45 PM – 6:30 PM					
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<p>CHILDREN'S SOCCER – AGES 4 TO 10 YRS. Fitness, Recreation and Sports Ages 4 to 10</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>Go team go! This beginner class will teach kids basic soccer fundamentals and drills while having fun and staying active! Parents must remain onsite.</p> <p>SUMMER 2024</p> <p>4-5 yrs</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>12:30 PM-1:15 PM</td> <td>\$38.00</td> </tr> </tbody> </table> <p>6-10 yrs</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>1:30 PM-2:15 PM</td> <td>\$38.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <p style="text-align: center;">Not Offered</p>	Classes	Start	End	Day	Time	Fee	8	Jul 6	Aug 24	Sat	12:30 PM-1:15 PM	\$38.00	Classes	Start	End	Day	Time	Fee	8	Jul 6	Aug 24	Sat	1:30 PM-2:15 PM	\$38.00																																										
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<p>NEW! CHILDREN'S FLOOR HOCKEY Fitness, Recreation and Sports Ages 5 to 10</p> <p>Parents must remain.</p> <p> <i>In-person</i></p>	<p>An introduction to floor hockey will teach children to stick handle, pass, and shoot! Overall, children will learn to play and engage in friendly competition. The goal of this program is to help children learn and love the game of hockey! Parents must remain onsite.</p> <p>SUMMER 2024</p> <p style="text-align: center;">Not Offered</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>4:00 PM-5:00 PM</td> <td>\$88.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	4:00 PM-5:00 PM	\$88.00																																																						
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CHILDREN PROGRAMS

Program	Description & Schedule					
CHILDREN'S BASKETBALL - AGES 6 TO 10 YRS. Fitness, Recreation and Sports Ages 6 to 10 Parents must remain.  <i>In-person</i>	Want to learn how to make the perfect jump shot? Join us for an exciting game of basketball. Practice dribbling, shooting hoops, and ball handling. Parents must remain onsite.					
	SUMMER 2024					
Mondays						
<i>Classes</i>	<i>Start</i>	<i>End</i>	<i>Day</i>	<i>Time</i>	<i>Fee</i>	
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14	Dec 13	Dec 13	Fri	6:30 PM-7:15 PM	\$67.00	
No Class Oct 14, Nov 11						





Camps and Special Events

Program	Description & Schedule																																																
<p>P.A. DAY CAMP Camps and Special Events Ages 5 to 12</p> <p>Minimum of 8 participants required.</p> <p> <i>In-person</i></p>	<p>WNC offers a full day program on Toronto District School Board scheduled PA Days. These fun-filled days include activities in the gym, games, and trips to exciting places such as the movies, bowling, skating rinks and swimming pools! Trip fees may apply. Trip locations are subject to change.</p> <p>Program hours: 9:30AM – 4:30PM. Extended care: 8:30AM – 5:30PM (\$7/day)</p> <p>SUMMER 2024</p> <p style="text-align: center;">Not Offered</p> <p>FALL 2024</p> <table border="1" data-bbox="568 909 1585 1207"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Sep 27</td> <td></td> <td>Fri</td> <td>9:30 AM-4:30 PM</td> <td>\$25.00</td> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> <tr> <td>1</td> <td>Oct 11</td> <td></td> <td>Fri</td> <td>9:30 AM-4:30 PM</td> <td>\$25.00</td> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> <tr> <td>1</td> <td>Nov 15</td> <td></td> <td>Fri</td> <td>9:30 AM-4:30 PM</td> <td>\$25.00</td> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> <tr> <td>1</td> <td>Nov 29</td> <td></td> <td>Fri</td> <td>9:30 AM-4:30 PM</td> <td>\$25.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	1	Sep 27		Fri	9:30 AM-4:30 PM	\$25.00	Classes	Start	End	Day	Time	Fee	1	Oct 11		Fri	9:30 AM-4:30 PM	\$25.00	Classes	Start	End	Day	Time	Fee	1	Nov 15		Fri	9:30 AM-4:30 PM	\$25.00	Classes	Start	End	Day	Time	Fee	1	Nov 29		Fri	9:30 AM-4:30 PM	\$25.00
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<p>SUMMER DAZE CAMP Camps and Special Events Ages 5 to 12</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the Toronto Star Fresh Air Fund, City of Toronto – Children Services, and Government of Canada – Canada Summer Jobs.</i></p>	<p>Summer is a time to relax, have fun and, most importantly, it is a time to learn and grow! The WNC Summer Daze Camp provides an enriching camp experience that offers a variety of fun activities and day trips.</p> <p>Please note: see our Summer Daze Camp Flyer for more details!</p> <p>SUMMER 2024</p> <table border="1" data-bbox="568 1455 1585 1556"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>Select</td> <td>Jul 2</td> <td>Aug 22</td> <td>Mon, Tue, Wed, Thur, Fri</td> <td>9:30 AM-4:30 AM</td> <td>See flyer for details</td> </tr> </tbody> </table> <p>FALL 2024</p> <p style="text-align: center;">Not Offered</p>	Classes	Start	End	Day	Time	Fee	Select	Jul 2	Aug 22	Mon, Tue, Wed, Thur, Fri	9:30 AM-4:30 AM	See flyer for details																																				
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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.

YOUTH LOUNGE

MONDAY-FRIDAY

6PM-9PM

A great place to hang, have fun and make new friends! Join us for Fun games and exciting activities!

For Registration and more info please contact
 Cheyenne - Supervisor of Youth Programs
 (416)392-1509 ext.302 or
 Cheyenne@waterfrontnc.ca

Location: Waterfront Neighbourhood Centre 627 Queens Quay West



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

YOUTH

BASKETBALL

REGISTRATION IS REQUIRED TO PARTICIPATE
 JOIN US FOR FUN BASKETBALL GAMES, DRILLS AND
 SKILL BUILDING ACTIVITIES



TUESDAY
11-15 YEARS OLD

AND

THURSDAY
16-24 YEARS OLD

FOR REGISTRATION AND MORE INFO PLEASE CONTACT
 CHEYENNE SUPERVISOR OF YOUTH PROGRAMS

(416)392-1509 EXT.302 OR CHEYENNE@WATERFRONTNC.CA

LOCATION: WATERFRONT NEIGHBOURHOOD CENTER 627 QUEENS QUAY WEST

MULTIMEDIA STUDIO

MONDAY, THURSDAY, FRIDAY

3pm-8pm

Ages 12-24

3 people per session



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 the

Location: 627 Queens Quay W.

NIEUPOORT AVIATION

For registration and more information
 Please contact Cheyenne - Supervisor of Youth Programs
 (416)392-1509 ext. 302 or Cheyenne@waterfrontnc.ca
 Funded In Part Thanks to Ports Toronto and Nieuport Aviation

PORTS TORONTO

YOUTH COOKING PROGRAM



JOIN US TO LEARN HOW TO COOK AND SHARE DINNER TOGETHER!
 COOK DIVERSE RECIPES AND CREATE FOOD CHALLENGES!

AGES 14-24

WEDNESDAY'S

6:00PM-9:00PM

FOR REGISTRATION AND MORE INFORMATION, PLEASE CONTACT
 CHEYENNE - SUPERVISOR OF YOUTH PROGRAMS
 (416)392-1509 EXT. 302 CHEYENNE@WATERFRONTNC.CA



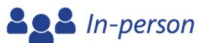
Funded in part thanks to the City of Toronto Community Services Partnership Program





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!

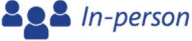

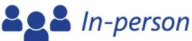
For information, please contact Cheyenne at 416.392.1509 ext. 304 or cheyenne@waterfrontnc.ca

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

Program	Description & Schedule												
<p>TWEEN AFTER SCHOOL PROGRAM (GRADES 6 TO 8) Art, Dance, Education, Social Ages 11 to 14</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>The Tween After School Program is for youth in Grades 6 to 8, ages 11 - 14 yrs. Youth are welcome to join us for Multimedia Monday, Table Talk Tuesday, Wellness Wednesday, Tech Thursday, and Lounge Fridays! Come and participate in fun and exciting activities including arts and craft, sports and recreation and life- skills workshops! Space is limited and registration is required. Not offered on PA Days.</p> <p>SUMMER 2024 Not Offered</p> <p>FALL 2024 Ages 11-14</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>50</td> <td>Sep 9</td> <td>Dec 20</td> <td>Mon, Tue, Wed, Thur, Fri</td> <td>3:30 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>No Class Oct 14, Nov 11</p>	Classes	Start	End	Day	Time	Fee	50	Sep 9	Dec 20	Mon, Tue, Wed, Thur, Fri	3:30 PM-6:00 PM	Free
Classes	Start	End	Day	Time	Fee								
50	Sep 9	Dec 20	Mon, Tue, Wed, Thur, Fri	3:30 PM-6:00 PM	Free								
<p>TWEEN LUNCH PROGRAM Art, Dance, Education, Social Ages 11 to 14</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>Come and have lunch with us in the Youth Lounge from Monday to Friday from 11:30am to 12:30pm. We provide nutritious snacks, fun activities, and mentorship opportunities. There is a one-time payment of \$30 for the entire school-year. Space is limited and registration is required.</p> <p>SUMMER 2024 Not Offered</p> <p>FALL 2024 Ages 11-14</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>50</td> <td>Sep 9</td> <td>Dec 20</td> <td>Mon, Tue, Wed, Thur, Fri</td> <td>11:30 AM-12:30 PM</td> <td>\$30.00</td> </tr> </tbody> </table> <p>No Class Oct 14, Nov 11</p>	Classes	Start	End	Day	Time	Fee	50	Sep 9	Dec 20	Mon, Tue, Wed, Thur, Fri	11:30 AM-12:30 PM	\$30.00
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<p>TWEEN PA DAY CAMP Art, Dance, Education, Social Ages 11 to 14</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>Youth in Grades 6 to 8 are welcome to join us for our Tween PA Day Camp. Come prepared to participate in fun games and activities! Camps will be offered from 10:30am- until 4:30pm. Trip fees may apply. Space is limited and Registration is required. (Maximum 25 Participants).</p> <p>SUMMER 2024 Not Offered</p> <p>FALL 2024 Ages 11-14</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>4</td> <td></td> <td></td> <td>Fri</td> <td>10:30 AM-4:30 AM</td> <td>Free</td> </tr> </tbody> </table> <p>Meet On Sep 27, Oct 11, Nov 15, Nov 29</p>	Classes	Start	End	Day	Time	Fee	4			Fri	10:30 AM-4:30 AM	Free
Classes	Start	End	Day	Time	Fee								
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YOUTH PROGRAMS

Program	Description & Schedule																								
<p>MULTIMEDIA STUDIO Art, Dance, Education, Social Ages 12 to 24</p> <p>Max. 15 participants</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to Ports Toronto and Nieuport Aviation - Community Connect Garden and Room 13 Multimedia Studio for Youth</i></p>	<p>The Multimedia Studio is a practical program where you can learn hands on with our highly skilled WNC staff! This program is great for those interested in becoming a recording artist, producer, audio engineer, photographer, videographer, or graphic designer. Learn all the fundamentals you need to launch your creative career! Registration is required.</p> <p>SUMMER 2024 Ages 14-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>20</td> <td>Jul 4</td> <td>Aug 23</td> <td>Mon, Thur, Fri</td> <td>3:00 PM-8:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Aug 5</p> <p>FALL 2024 Ages 14-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>40</td> <td>Sep 9</td> <td>Dec 13</td> <td>Mon, Thur, Fri</td> <td>3:00 PM-8:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>No Class Oct 14</p>	Classes	Start	End	Day	Time	Fee	20	Jul 4	Aug 23	Mon, Thur, Fri	3:00 PM-8:00 PM	Free	Classes	Start	End	Day	Time	Fee	40	Sep 9	Dec 13	Mon, Thur, Fri	3:00 PM-8:00 PM	Free
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<p>NEW! FUSION - NEWCOMER YOUTH PROGRAM Art, Dance, Education, Social Ages 14 to 24</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>As the population of Newcomer Youth continues to increase, we are excited to announce the launch of Fusion Friday's. Join us for a chance to connect with peers, access resources, and enjoy time with friends. Our Youth Workers are available to provide support in areas such as job searching, exploring new opportunities, and building social connections. Don't miss out on the chance to enhance your experience as a newcomer with us.</p> <p>SUMMER 2024 Ages 14-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 5</td> <td>Aug 23</td> <td>Fri</td> <td>6:00 PM-9:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024 Ages 14-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 13</td> <td>Dec 13</td> <td>Fri</td> <td>6:00 PM-9:00 PM</td> <td>Free</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 5	Aug 23	Fri	6:00 PM-9:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 13	Dec 13	Fri	6:00 PM-9:00 PM	Free
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<p>GET JOBS FOR YOUTH Art, Dance, Education, Social Ages 14 to 24</p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>Need a Job? Don't Know where to start? Get Jobs for Youth is offered online and in-person. This program hosts employment readiness workshops to help youth with writing resumes and cover letters, job hunting, interview prep and more! Registration is required.</p> <p>SUMMER 2024 Ages 14 to 24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Jul 2</td> <td>Aug 20</td> <td>Mon, Tue</td> <td>6:00 PM-9:00 PM</td> <td>See flyer for details</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Jul 1, Aug 5</p> <p>FALL 2024 Ages 14 to 24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>27</td> <td>Sep 9</td> <td>Dec 10</td> <td>Mon, Tue</td> <td>6:00 PM-9:00 PM</td> <td>See flyer for details</td> </tr> </tbody> </table> <p>No Class Oct 14</p>	Classes	Start	End	Day	Time	Fee	14	Jul 2	Aug 20	Mon, Tue	6:00 PM-9:00 PM	See flyer for details	Classes	Start	End	Day	Time	Fee	27	Sep 9	Dec 10	Mon, Tue	6:00 PM-9:00 PM	See flyer for details
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Program	Description & Schedule												
<p>NEW! MULTIMEDIA STUDIO SUMMER MENTORSHIP Art, Dance, Education, Social Ages 14 to 24</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to Ports Toronto and Nieuport Aviation - Community Connect Garden and Room 13 Multimedia Studio for Youth</i></p>	<p>If you have a passion for all things multimedia and are eager to create, innovate, and explore opportunities in the industry, then this mentorship experience is perfect for you! Join us for our Multimedia Summer Mentorship where you will enhance your skills, network with industry professionals, and collaborate with the Multimedia Studio program Workers on an end-of-summer performance.</p> <p>SUMMER 2024 Ages 14-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>22</td> <td>Jul 4</td> <td>Aug 23</td> <td>Mon, Thur, Fri</td> <td>12:30 PM-3:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Aug 5</p> <p>FALL 2024 Not Offered</p>	Classes	Start	End	Day	Time	Fee	22	Jul 4	Aug 23	Mon, Thur, Fri	12:30 PM-3:30 PM	Free
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<p>YOUNG WOMEN'S GROUP Art, Dance, Education, Social Ages 14 to 24</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>The Young Women's Group is designed specifically for women identified youth ages 14 to 24. These young women will learn how to foster healthy relationships through engagement activities, educational opportunities, collaborative discussions and be provided with mentorship from our WNC Youth Workers. Space is limited and Registration is required.</p> <p>SUMMER 2024 Ages 14-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Jul 8</td> <td>Aug 19</td> <td>Mon</td> <td>1:00 PM-4:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Aug 5</p> <p>FALL 2024 Not Offered</p>	Classes	Start	End	Day	Time	Fee	7	Jul 8	Aug 19	Mon	1:00 PM-4:00 PM	Free
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<p>NEW! YOUTH AFTERSCHOOL PROGRAM Art, Dance, Education, Social Ages 14 to 19</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>The Youth Afterschool Program offers a safe and welcoming environment where you can enhance your social and leadership skills, receive mentorship from our dedicated Youth Workers, and have the opportunity to earn community service hours. Join us every Monday, Wednesday, and Friday for light snacks, homework help, and guidance in exploring various career and skill development opportunities. Don't miss out on this valuable opportunity for growth and support!</p> <p>SUMMER 2024 Not Offered</p> <p>FALL 2024 Ages 14-19</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>40</td> <td>Sep 9</td> <td>Dec 20</td> <td>Mon, Wed, Fri</td> <td>3:00 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>No Class Oct 14, Nov 11</p>	Classes	Start	End	Day	Time	Fee	40	Sep 9	Dec 20	Mon, Wed, Fri	3:00 PM-6:00 PM	Free
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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.

YOUTH PROGRAMS

Program
NEW! YOUTH BAKING
 Art, Dance, Education, Social
Ages 14 to 24

 *In-person*

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

Description & Schedule
 Come join us for our exciting new program centered around baking delicious sweets and treats from around the globe. This program is in high-demand among the youth in our cooking program! Whether it's cakes, brownies, or cookies, our baking program will enhance youth's baking skills and introduce them to new, trendy recipes that will satisfy their taste buds.

SUMMER 2024
Ages 14-24

Classes	Start	End	Day	Time	Fee
7	Jul 8	Aug 19	Mon	6:00 PM-9:00 PM	Free

Drop-In: Yes
 No Class Aug 5

FALL 2024
Ages 14-24

Classes	Start	End	Day	Time	Fee
12	Sep 9	Dec 9	Mon	6:00 PM-9:00 PM	Free

No Class Oct 14, Nov 11

Program
YOUTH COOKING
 Art, Dance, Education, Social
Ages 14 to 24

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

Description & Schedule
 Join us as we learn to cook and share dinner together! Partake in cooking challenges and learn diverse recipes from all over the world!
 Space is limited and registration is required.

SUMMER 2024
Ages 14-24

Classes	Start	End	Day	Time	Fee
8	Jul 3	Aug 21	Wed	6:00 PM-9:00 PM	Free

Drop-In: Yes

FALL 2024
Ages 14-24

Classes	Start	End	Day	Time	Fee
14	Sep 11	Dec 11	Wed	6:00 PM-9:00 PM	Free

Drop-In: Yes



TWEEN PROGRAMS

FOR TWEENS (GR. 6-8) AGES 11-14



Lunch Program
 Monday - Friday
 11:30am - 12:30pm
 Fee: \$30



After School Program
 Monday - Friday
 3:30pm - 6pm



Camps
 P.A Day - March Break -
 Summer Camp



To Register and for more information, please contact Cheyenne - Supervisor of Youth Programs
 E: Cheyenne@waterfrontnc.ca or T:(416)392-1509 ext.302

Light Snacks Provided

Location: Waterfront Neighbourhood Centre 627
 Queens Quay West


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



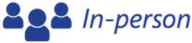
Program	Description & Schedule																								
<p>YOUTH HOMEWORK HELP Art, Dance, Education, Social Ages 14 to 18</p> <p> In-person</p> <p>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</p>	<p>Youth Homework Help is a program designed for High School Students to gain extra assistance completing their homework and assignments while preparing youth for upcoming quizzes and test. Join us every Wednesday and Thursday evening to get assistance from our WNC Youth Workers. Space is limited and registration is required.</p> <p>SUMMER 2024 Not Offered</p> <p>FALL 2024 Ages 14-19</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>26</td> <td>Sep 10</td> <td>Dec 11</td> <td>Tue, Wed</td> <td>4:00 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	26	Sep 10	Dec 11	Tue, Wed	4:00 PM-6:00 PM	Free												
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<p>YOUTH LOUNGE Art, Dance, Education, Social Ages 14 to 24</p> <p> In-person</p> <p>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</p>	<p>Come and hang out with us at the WNC Youth Lounge where we offer a range of activities and life -skills workshops. Youth Lounge is a great space for youth to meet new peers, make memories and build new friendships! Our WNC Youth Staff Team will ensure that each session is filled with fun and exciting learning opportunities! Space is limited and Registration is required.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>38</td> <td>Jul 2</td> <td>Aug 23</td> <td>Mon, Tue, Wed, Thur, Fri</td> <td>6:00 PM-9:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Jul 1, Aug 5</p> <p>FALL 2024 Ages 14-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>50</td> <td>Sep 9</td> <td>Dec 13</td> <td>Mon, Tue, Wed, Thur, Fri</td> <td>6:00 PM-9:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>No Class Oct 14, Nov 11</p>	Classes	Start	End	Day	Time	Fee	38	Jul 2	Aug 23	Mon, Tue, Wed, Thur, Fri	6:00 PM-9:00 PM	Free	Classes	Start	End	Day	Time	Fee	50	Sep 9	Dec 13	Mon, Tue, Wed, Thur, Fri	6:00 PM-9:00 PM	Free
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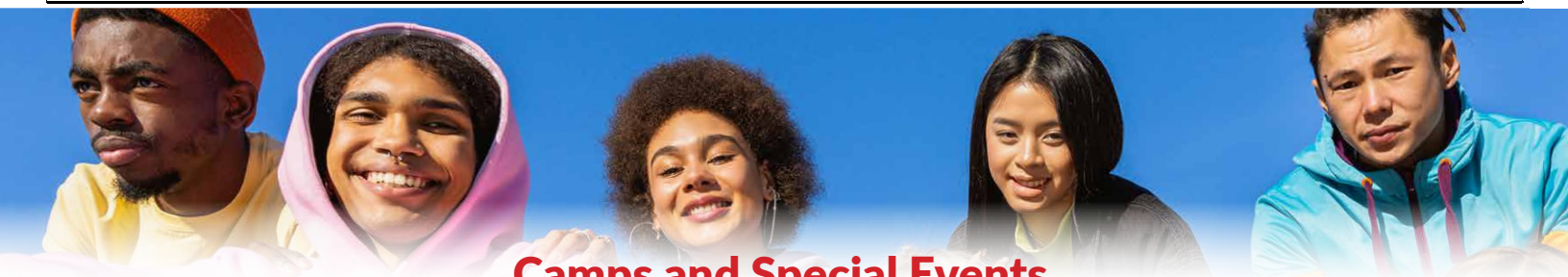


Fitness, Sports & Recreational Programs


Program	Description & Schedule																								
<p>YOUTH BASKETBALL Fitness, Recreation and Sports Ages 11 to 15</p> <p> In-person</p> <p>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</p>	<p>Come join us Tuesday Evenings for fun basketball games, drills and skill building activities! Space is limited and Registration is required.</p> <p>SUMMER 2024 Ages 11-15</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 2</td> <td>Aug 20</td> <td>Tue</td> <td>6:00 PM-7:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024 Ages 11-15</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 10</td> <td>Dec 10</td> <td>Tue</td> <td>6:00 PM-7:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 2	Aug 20	Tue	6:00 PM-7:30 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 10	Dec 10	Tue	6:00 PM-7:30 PM	Free
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Program	Description & Schedule																								
<p>YOUTH SPORTS AND RECREATION Fitness, Recreation and Sports Ages 14 to 24</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>Join us for a wide range of fun sports and recreational activities while engaging in great conversations with our WNC Youth Staff Team! Space is limited and Registration is required.</p> <p>SUMMER 2024 Ages 14-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>22</td> <td>Jul 3</td> <td>Aug 23</td> <td>Mon, Wed, Fri</td> <td>6:00 PM-7:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Aug 5</p> <p>FALL 2024 Ages 14-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>40</td> <td>Sep 9</td> <td>Dec 13</td> <td>Mon, Wed, Fri</td> <td>6:00 PM-7:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>No Class Oct 14, Nov 11</p>	Classes	Start	End	Day	Time	Fee	22	Jul 3	Aug 23	Mon, Wed, Fri	6:00 PM-7:30 PM	Free	Classes	Start	End	Day	Time	Fee	40	Sep 9	Dec 13	Mon, Wed, Fri	6:00 PM-7:30 PM	Free
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<p>YOUTH BASKETBALL Fitness, Recreation and Sports Ages 16 to 24</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>Come join us Thursday evenings for fun basketball games, drills and skill building activities! Space is limited and Registration is required.</p> <p>SUMMER 2024 Ages 16-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>6:00 PM-9:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024 Ages 16-24</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>6:00 PM-9:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	6:00 PM-9:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	6:00 PM-9:00 PM	Free
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Camps and Special Events



Program	Description & Schedule												
<p>TWEEN SUMMER CAMP Camps and Special Events Ages 11 to 14</p> <p>30</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>Please re-write Description: Tween Summer Camp offers a variety of skill building, fun and educational activities for youth ages 11-14 looking for a place to socialize and enjoy their summer! Tween Summer Space is limited and registration is required</p> <p>SUMMER 2024 Ages 11-14</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>38</td> <td>Jul 2</td> <td>Aug 23</td> <td>Mon, Tue, Wed, Thur, Fri</td> <td>10:30 AM-4:30 AM</td> <td>See flyer for details</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Aug 5</p> <p>FALL 2024</p> <p style="text-align: center;">Not Offered</p>	Classes	Start	End	Day	Time	Fee	38	Jul 2	Aug 23	Mon, Tue, Wed, Thur, Fri	10:30 AM-4:30 AM	See flyer for details
Classes	Start	End	Day	Time	Fee								
38	Jul 2	Aug 23	Mon, Tue, Wed, Thur, Fri	10:30 AM-4:30 AM	See flyer for details								



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+.





For information, please contact Elizabeth at 416.392.1509 ext. 327 or elizabeth@waterfrontnc.ca




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

Program	Description & Schedule																								
<p>NEW! ESL - ENGLISH AS A SECOND LANGUAGE-CONVERSATION CIRCLE Art, Dance, Education, Social Ages 18 +</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC)</i></p>	<p>ESL-Conversational Circle- is being held twice a month. Learn and share communication strategies when for everyday life. All are welcome.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>4</td> <td>Jul 2</td> <td>Aug 13</td> <td>Tue</td> <td>4:30 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes Meet On Jul 2, Jul 16, Jul 30, Aug 14</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Sep 17</td> <td>Dec 10</td> <td>Tue</td> <td>4:30 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Meet On Sep 17, Oct 1, Oct 15, Oct 29, Nov 12, Nov 26, Dec 10</p>	Classes	Start	End	Day	Time	Fee	4	Jul 2	Aug 13	Tue	4:30 PM-6:00 PM	Free	Classes	Start	End	Day	Time	Fee	7	Sep 17	Dec 10	Tue	4:30 PM-6:00 PM	Free
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<p>AFTERNOON TEA & SOCIAL Art, Dance, Education, Social Ages 55 +</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to Ministry for Seniors and Accessibility - Seniors Active Living Centres. (SALC)</i></p>	<p>Come meet new people, make new friends, have a laugh, & enjoy fun and meaningful conversations & so much more!</p> <p>SUMMER 2024</p> <p>Summer</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>6</td> <td>Jul 8</td> <td>Aug 19</td> <td>Mon</td> <td>1:00 PM-3:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Jul 1, Aug 5</p> <p>FALL 2024</p> <p>Fall</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>12</td> <td>Sep 9</td> <td>Dec 9</td> <td>Mon</td> <td>1:00 PM-3:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Oct 14, Nov 11</p>	Classes	Start	End	Day	Time	Fee	6	Jul 8	Aug 19	Mon	1:00 PM-3:00 PM	Free	Classes	Start	End	Day	Time	Fee	12	Sep 9	Dec 9	Mon	1:00 PM-3:00 PM	Free
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SENIORS PROGRAMS

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<p>ART STUDIO Art, Dance, Education, Social Ages 55 +</p> <p> In-person</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<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> <p>SUMMER 2024</p> <p>Art Studio-</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 5</td> <td>Aug 23</td> <td>Fri</td> <td>11:00 AM-1:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <p>Fall Colors!</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 13</td> <td>Dec 13</td> <td>Fri</td> <td>11:00 AM-1:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 5	Aug 23	Fri	11:00 AM-1:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 13	Dec 13	Fri	11:00 AM-1:00 PM	Free
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<p>BAKING FOR FUN Art, Dance, Education, Social Ages 55 +</p> <p> In-person</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<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> <p>SUMMER 2024</p> <p>Cool Recipes!</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 3</td> <td>Aug 21</td> <td>Wed</td> <td>12:30 PM-2:00 PM</td> <td>See flyer for details</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 11</td> <td>Dec 11</td> <td>Wed</td> <td>12:30 PM-2:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 3	Aug 21	Wed	12:30 PM-2:00 PM	See flyer for details	Classes	Start	End	Day	Time	Fee	14	Sep 11	Dec 11	Wed	12:30 PM-2:00 PM	Free
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<p>BOARD GAMES & FUN! Art, Dance, Education, Social Ages 55 +</p> <p> In-person</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<p>Join us for a fun afternoon of playing board games including Scrabble, Chess, Dominoes, puzzles & much more! Everyone is welcome to attend!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>1:00 PM-3:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>1:00 PM-3:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	1:00 PM-3:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	1:00 PM-3:00 PM	Free
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<p>CARD GAMES AND SOCIAL Art, Dance, Education, Social Ages 55 +</p> <p> In-person</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<p>Join us for a fun time playing cards and meeting new people. We will be playing games like UNO, Crazy 8's, Slap Jack, Memory Cards and more. All are welcome.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 2</td> <td>Aug 20</td> <td>Tue</td> <td>2:00 PM-4:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 10</td> <td>Dec 10</td> <td>Tue</td> <td>2:00 PM-4:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 2	Aug 20	Tue	2:00 PM-4:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 10	Dec 10	Tue	2:00 PM-4:00 PM	Free
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<p>MEN'S COFFEE SOCIAL Art, Dance, Education, Social Ages 55 +</p> <p> <i>In-person</i></p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<p>This is a meeting place where older adult men can play games, meet new people, participate in group social activities, discussions & more!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 2</td> <td>Aug 20</td> <td>Tue</td> <td>1:00 PM-2:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 10</td> <td>Dec 10</td> <td>Tue</td> <td>1:00 PM-2:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 2	Aug 20	Tue	1:00 PM-2:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 10	Dec 10	Tue	1:00 PM-2:00 PM	Free
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<p>NEW! SENIOR'S ADVISORY COMMITTEE Art, Dance, Education, Social Ages 55 +</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<p>The Senior's 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!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 3</td> <td>Aug 21</td> <td>Wed</td> <td>3:00 PM-4:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 11</td> <td>Dec 11</td> <td>Wed</td> <td>3:00 PM-4:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 3	Aug 21	Wed	3:00 PM-4:30 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 11	Dec 11	Wed	3:00 PM-4:30 PM	Free
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<p>SENIOR'S BOLLYWOOD DANCE Art, Dance, Education, Social Ages 55 +</p> <p> <i>In-person</i></p>	<p>This beginner class is designed for seniors interested in learning and expanding their repertoire of Bollywood dance techniques. Come join us on Wednesdays to learn Bollywood dance in an inclusive and supportive environment!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Jul 10</td> <td>Aug 21</td> <td>Wed</td> <td>5:15 PM-6:15 PM</td> <td>\$18.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 11</td> <td>Dec 11</td> <td>Wed</td> <td>5:15 PM-6:15 PM</td> <td>\$35.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p>	Classes	Start	End	Day	Time	Fee	7	Jul 10	Aug 21	Wed	5:15 PM-6:15 PM	\$18.00	Classes	Start	End	Day	Time	Fee	14	Sep 11	Dec 11	Wed	5:15 PM-6:15 PM	\$35.00
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<p>SENIORS TECH TALK Art, Dance, Education, Social Ages 55 +</p> <p> <i>In-person</i></p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<p>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!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>6</td> <td>Jul 8</td> <td>Aug 19</td> <td>Mon</td> <td>11:00 AM-12:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Jul 1, Aug 5</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 9</td> <td>Dec 9</td> <td>Mon</td> <td>11:00 AM-12:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes No Class Oct 14, Nov 11</p>	Classes	Start	End	Day	Time	Fee	6	Jul 8	Aug 19	Mon	11:00 AM-12:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 9	Dec 9	Mon	11:00 AM-12:00 PM	Free
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<p>NEW! STRONGER TOGETHER SOCIAL-2SLGBTQ+ & ALLY Art, Dance, Education, Social Ages 55 +</p> <p> <i>In-person</i></p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<p>Treat yourself to a fun filled evening with a variety of weekly activities that include learning basic Spanish, trivia nights, watching movies, socializing and even a nice evening stroll in the neighbourhood. Everyone is welcome.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>4:30 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>4:30 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	4:30 PM-6:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	4:30 PM-6:00 PM	Free
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<p>WOMEN'S CIRCLE Art, Dance, Education, Social Ages 55 +</p> <p> <i>In-person</i></p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<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> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>11:00 AM-12:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>11:00 AM-12:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	11:00 AM-12:00 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	11:00 AM-12:00 PM	Free
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WATERFRONT NEIGHBOURHOOD CENTRE

ESL CONVERSATION CIRCLE

Every Other Tuesdays
4:30pm - 6:00pm
FREE

Join us to practice your English speaking and listening skills. Everyone is welcome!



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

Funded in part by the Province of Ontario Ministry of Seniors and Accessibility - Seniors Active Living Centre (SALC)



Waterfront Neighbourhood Centre

SENIORS EVENING SOCIAL

Thursdays 4:00pm - 6:00pm

Treat yourself to a fun filled evening with a variety of weekly activities that include learning basic Spanish, trivia nights, watching movies, socializing and even a nice evening stroll in the neighbourhood.

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

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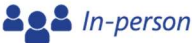
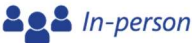



Fitness, Sports & Recreational Programs

Program	Description & Schedule																																																																														
<p>NEW! FULL BODY STRENGTHENING Fitness, Recreation and Sports Ages 55 +</p> <p>Maximum of 10 participants.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p> <i>In-person</i></p> <div style="text-align: center;"> <p>FULL BODY STRENGTHENING THURSDAYS AGES 55+</p> <p>Join us every Thursday for our full Body Strengthening classes! These classes are designed to help strengthen your muscles, improve functional strength, and increase cardiovascular health!</p> <table style="font-size: small; width: 100%;"> <tr> <td style="width: 33%;">SITTING & STANDING CARDIO JULY 4 - AUG 22 8 CLASSES \$20 10:00 - 11:00 AM</td> <td style="width: 33%;">STANDING CARDIO JULY 4 - AUG 22 8 CLASSES \$20 1:30 - 2:30 PM</td> <td style="width: 33%;">STEP CLASS (W/ DRUMSTICKS) JULY 4 - AUG 22 8 CLASSES \$20 2:45 - 3:45 PM</td> </tr> <tr> <td>SITTING & STANDING CARDIO SEPT 12 - DEC 12 14 CLASSES \$35 10:00 - 11:00 AM</td> <td>STANDING CARDIO SEPT 12 - DEC 12 14 CLASSES \$35 1:30 - 2:30 PM</td> <td>STEP CLASS (W/ DRUMSTICKS) SEPT 12 - DEC 12 14 CLASSES \$35 2:45 - 3:45 PM</td> </tr> </table> <p>FOR MORE INFO: 416-392-1509 CHASE@WATERFRONTNC.CA</p> <div style="float: right; border: 2px solid yellow; padding: 5px; transform: rotate(15deg);"> DROP-IN \$3.50 </div> </div> </div>	SITTING & STANDING CARDIO JULY 4 - AUG 22 8 CLASSES \$20 10:00 - 11:00 AM	STANDING CARDIO JULY 4 - AUG 22 8 CLASSES \$20 1:30 - 2:30 PM	STEP CLASS (W/ DRUMSTICKS) JULY 4 - AUG 22 8 CLASSES \$20 2:45 - 3:45 PM	SITTING & STANDING CARDIO SEPT 12 - DEC 12 14 CLASSES \$35 10:00 - 11:00 AM	STANDING CARDIO SEPT 12 - DEC 12 14 CLASSES \$35 1:30 - 2:30 PM	STEP CLASS (W/ DRUMSTICKS) SEPT 12 - DEC 12 14 CLASSES \$35 2:45 - 3:45 PM	<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> <div style="background-color: #e0ffe0; padding: 5px; margin-top: 10px;"> <p>SUMMER 2024</p> <p>Sitting and Standing Cardio</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>10:00 AM-11:00 AM</td> <td>\$20.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p> <p>Standing Cardio</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>1:30 PM-2:30 PM</td> <td>\$20.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p> <p>Step/Drum Sticks</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>2:45 PM-3:45 PM</td> <td>\$20.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p> </div> <div style="background-color: #ffe0e0; padding: 5px; margin-top: 10px;"> <p>FALL 2024</p> <p>Sitting and Standing Cardio</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>10:00 AM-11:00 AM</td> <td>\$35.00</td> </tr> </tbody> </table> <p>Standing Cardio</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>1:30 PM-2:30 PM</td> <td>\$35.00</td> </tr> </tbody> </table> <p>Step/Drum Sticks</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>2:45 PM-3:45 PM</td> <td>\$35.00</td> </tr> </tbody> </table> </div>	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	10:00 AM-11:00 AM	\$20.00	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	1:30 PM-2:30 PM	\$20.00	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	2:45 PM-3:45 PM	\$20.00	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	10:00 AM-11:00 AM	\$35.00	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	1:30 PM-2:30 PM	\$35.00	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	2:45 PM-3:45 PM	\$35.00
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<p>FUNKY FITNESS Fitness, Recreation and Sports Ages 55 +</p> <p> <i>In-person</i></p>	<p>Are you looking for a fun way to gain better balance, more mobility, and greater strength to perform daily tasks? Then this is the class for you!</p> <div style="background-color: #e0ffe0; padding: 5px; margin-top: 10px;"> <p>SUMMER 2024</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>6</td> <td>Jul 8</td> <td>Aug 19</td> <td>Mon</td> <td>3:15 PM-4:15 PM</td> <td>\$15.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50 No Class Aug 5 – 3:15 PM – 4:15 PM</p> </div> <div style="background-color: #ffe0e0; padding: 5px; margin-top: 10px;"> <p>FALL 2024</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>12</td> <td>Sep 9</td> <td>Dec 9</td> <td>Mon</td> <td>3:15 PM-4:15 PM</td> <td>\$30.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50 No Class Oct 14 , Nov 11</p> </div>	Classes	Start	End	Day	Time	Fee	6	Jul 8	Aug 19	Mon	3:15 PM-4:15 PM	\$15.00	Classes	Start	End	Day	Time	Fee	12	Sep 9	Dec 9	Mon	3:15 PM-4:15 PM	\$30.00																																																						
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SENIORS PROGRAMS

Program	Description & Schedule																								
<p>GENTLE FITNESS Fitness, Recreation and Sports Ages 55 +</p> <p> <i>In-person</i></p>	<p>Relax, stretch, strengthen and tone your body with this gentle full-body workout.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 3</td> <td>Aug 21</td> <td>Wed</td> <td>9:30 AM-10:30 AM</td> <td>\$20.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 11</td> <td>Dec 11</td> <td>Wed</td> <td>9:30 AM-10:30 AM</td> <td>\$35.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p>	Classes	Start	End	Day	Time	Fee	8	Jul 3	Aug 21	Wed	9:30 AM-10:30 AM	\$20.00	Classes	Start	End	Day	Time	Fee	14	Sep 11	Dec 11	Wed	9:30 AM-10:30 AM	\$35.00
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<p>GENTLE YOGA (HATHA) Fitness, Recreation and Sports Ages 55 +</p> <p> <i>In-person</i></p>	<p>Join our Monday Gentle (Hatha) Yoga class to learn the art of relaxation through deep breathing, stretching and gentle movement while working to build your strength and flexibility. All levels are welcome!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>6</td> <td>Jul 8</td> <td>Aug 19</td> <td>Mon</td> <td>9:45 AM-10:45 AM</td> <td>\$15.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50 No Class Aug 5 – 9:45 AM – 10:45 AM</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>12</td> <td>Sep 9</td> <td>Dec 9</td> <td>Mon</td> <td>9:45 AM-10:45 AM</td> <td>\$30.00</td> </tr> </tbody> </table> <p>No Class Oct 14, Nov 11</p>	Classes	Start	End	Day	Time	Fee	6	Jul 8	Aug 19	Mon	9:45 AM-10:45 AM	\$15.00	Classes	Start	End	Day	Time	Fee	12	Sep 9	Dec 9	Mon	9:45 AM-10:45 AM	\$30.00
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<p>NEW! PILATES FOR SENIORS Fitness, Recreation and Sports Ages 55 +</p> <p> <i>In-person</i></p>	<p>This is an open mat Pilates class for people of all fitness levels. In this class you will focus on the core body. Pilates will support improvements in flexibility and strength, better posture, flattening and tightening of your abs, and increase your sense of well-being! Mats are provided upon request. You are welcome to bring your own.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>12:15 PM-1:15 PM</td> <td>\$20.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 14</td> <td>Sat</td> <td>12:15 PM-1:15 PM</td> <td>\$35.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p>	Classes	Start	End	Day	Time	Fee	8	Jul 6	Aug 24	Sat	12:15 PM-1:15 PM	\$20.00	Classes	Start	End	Day	Time	Fee	14	Sep 14	Dec 14	Sat	12:15 PM-1:15 PM	\$35.00
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<p>SENIOR SPORTS Fitness, Recreation and Sports Ages 55 +</p> <p> <i>In-person</i></p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<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> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 5</td> <td>Aug 23</td> <td>Fri</td> <td>3:30 PM-4:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 13</td> <td>Dec 13</td> <td>Fri</td> <td>3:30 PM-4:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 5	Aug 23	Fri	3:30 PM-4:30 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 13	Dec 13	Fri	3:30 PM-4:30 PM	Free
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<p>SENIOR'S WALKING GROUP Fitness, Recreation and Sports Ages 55 +</p> <p> In-person</p> <p>Funded in part thanks to Ministry for Seniors and Accessibility – Seniors Active Living Centres. (SALC)</p>	<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> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 2</td> <td>Aug 20</td> <td>Tue</td> <td>11:00 AM-12:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 10</td> <td>Dec 10</td> <td>Tue</td> <td>11:00 AM-12:30 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Drop-In: Yes</p>	Classes	Start	End	Day	Time	Fee	8	Jul 2	Aug 20	Tue	11:00 AM-12:30 PM	Free	Classes	Start	End	Day	Time	Fee	14	Sep 10	Dec 10	Tue	11:00 AM-12:30 PM	Free
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<p>NEW! SENIORS DANCE Fitness, Recreation and Sports Ages 55 +</p> <p> In-person</p>	<p>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!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 7</td> <td>Aug 25</td> <td>Sun</td> <td>12:00 PM-1:00 PM</td> <td>\$20.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 15</td> <td>Dec 15</td> <td>Sun</td> <td>12:00 PM-1:00 PM</td> <td>\$35.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$3.50</p>	Classes	Start	End	Day	Time	Fee	8	Jul 7	Aug 25	Sun	12:00 PM-1:00 PM	\$20.00	Classes	Start	End	Day	Time	Fee	14	Sep 15	Dec 15	Sun	12:00 PM-1:00 PM	\$35.00
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TAI CHI CLASSES

AGES 55+

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

<p>WEDNESDAYS</p> <p>Summer 11 am - 12 pm July 3- Aug 21 8 Classes \$20</p> <p>Fall 11 am - 12 pm Sept 11- Dec 11 14 Classes \$35</p>	<p>FRIDAYS</p> <p>Summer 10 am - 11 am July 5- Aug 23 8 Classes \$20</p> <p>Fall 10 am - 11 am Sept 13- Dec 13 14 Classes \$35</p>
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For more info, contact:
416-392-1509
chase@waterfrontnc.ca

KIDS | ADULTS | SENIORS


BOLLYWOOD DANCE CLASSES

Drop-in classes available for Adult and Senior classes!

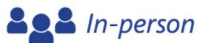
<p>SUMMER WEDNESDAYS JULY 10 - AUG 21</p> <p>Children (6-11) \$44 7 Classes</p> <p>Seniors (55+) \$18 7 Classes</p> <p>Adults (18+) \$49 7 Classes</p>	<p>FALL WEDNESDAYS SEPT 11 - DEC 11</p> <p>Children (6-11) \$81 13 Classes</p> <p>Seniors (55+) \$33 13 Classes</p> <p>Adults (18+) \$91 13 Classes</p>
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For more info:
416-392-1509
chase@waterfrontnc.ca




Program
TAI CHI
 Fitness, Recreation and Sports
Ages 55 +

 *In-person*



**TAI CHI
KUNG FU FAN**
SENIORS 55+

JOIN US EVERY FRIDAY FOR OUR TAI CHI
KUNG FU FAN CLASS!




BODY AWARENESS STRENGTH
 GENTLE MOVEMENT
 MINDFUL MEDITATION

DROP-IN FEE
\$3.50

SUMMER
 JULY 5 - AUG 23
 8 CLASSES | \$20
 11:15 AM - 12:15 PM

FALL
 SEPT 13 - DEC 13
 14 CLASSES | \$35
 11:15 AM - 12:15 PM

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



Description & Schedule
 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!

SUMMER 2024

Class 1

Classes	Start	End	Day	Time	Fee
8	Jul 3	Aug 21	Wed	11:00 AM-12:00 PM	\$20.00

Drop-In: Yes - Fee: \$3.50

Class 2

Classes	Start	End	Day	Time	Fee
8	Jul 5	Aug 23	Fri	10:00 AM-11:00 AM	\$20.00

Drop-In: Yes - Fee: \$3.50

Tai Chi Kung Fu Fan

Classes	Start	End	Day	Time	Fee
8	Jul 5	Aug 23	Fri	11:15 AM-12:15 PM	\$20.00

Drop-In: Yes - Fee: \$3.50

FALL 2024

Class 1

Classes	Start	End	Day	Time	Fee
14	Sep 11	Dec 11	Wed	11:00 AM-12:00 PM	\$35.00

Drop-In: Yes - Fee: \$3.50

Class 2

Classes	Start	End	Day	Time	Fee
14	Sep 13	Dec 13	Fri	10:00 AM-11:00 AM	\$35.00

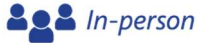
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Tai Chi Kung Fu Fan

Classes	Start	End	Day	Time	Fee
14	Sep 13	Dec 13	Fri	11:15 AM-12:15 PM	\$35.00

Drop-In: Yes - Fee: \$3.50

ZUMBA GOLD
 Fitness, Recreation and Sports
Ages 55 +

 *In-person*

Description & Schedule
 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!

SUMMER 2024

Classes	Start	End	Day	Time	Fee
8	Jul 5	Aug 23	Fri	4:30 PM-5:30 PM	\$20.00

Drop-In: Yes - Fee: \$3.50

FALL 2024

Classes	Start	End	Day	Time	Fee
14	Sep 13	Dec 13	Fri	4:30 PM-5:30 PM	\$35.00

Drop-In: Yes - Fee: \$3.50



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.


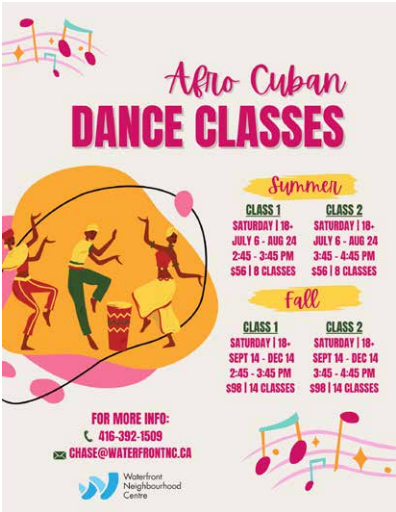



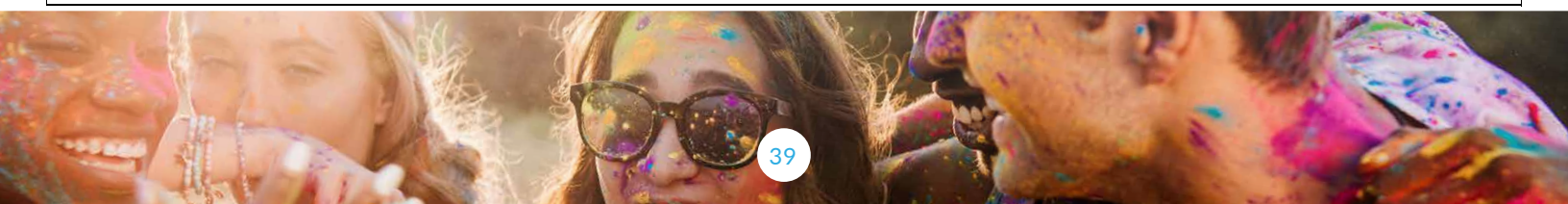
Waterfront Neighbourhood Centre wants to help you stay healthy & active! We have some exciting new instructors teaching the classes that you'll love!

- Fitness Programs
- Recreational Sports
- Weight Room

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

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

Program	Description & Schedule																																																
<p>AFRO-CUBAN DANCE Art, Dance, Education, Social Ages 18 +</p> <p> <i>In-person</i></p> 	<p>Interested in learning the basic fundamentals of Yoruba, Orisha, Congo, Arará, Yukon Macuta, Rumba dance styles? Come get creative and express yourself in an inclusive and welcoming space!</p> <p>SUMMER 2024</p> <p>Class 1</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>2:45 PM-3:45 PM</td> <td>\$56.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$9.00</p> <p>Class 2</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 7</td> <td>Aug 25</td> <td>Sat</td> <td>3:45 PM-4:45 PM</td> <td>\$56.00</td> </tr> </tbody> </table> <p>Drop-In: Yes – Fee: \$9.00</p> <p>FALL 2024</p> <p>Class 1</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 14</td> <td>Sat</td> <td>2:45 PM-3:45 PM</td> <td>\$98.00</td> </tr> </tbody> </table> <p>Class 2</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 14</td> <td>Sat</td> <td>3:45 PM-4:45 PM</td> <td>\$98.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 6	Aug 24	Sat	2:45 PM-3:45 PM	\$56.00	Classes	Start	End	Day	Time	Fee	8	Jul 7	Aug 25	Sat	3:45 PM-4:45 PM	\$56.00	Classes	Start	End	Day	Time	Fee	14	Sep 14	Dec 14	Sat	2:45 PM-3:45 PM	\$98.00	Classes	Start	End	Day	Time	Fee	14	Sep 14	Dec 14	Sat	3:45 PM-4:45 PM	\$98.00
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<p>ART NIGHT OUT Art, Dance, Education, Social Ages 18 +</p> <p> <i>In-person</i></p>	<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>SUMMER 2024</p> <p>Class 1</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>5:30 PM-7:00 PM</td> <td>\$84.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <p>Class 1</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Sep 12</td> <td>Oct 24</td> <td>Thur</td> <td>5:30 PM-7:00 PM</td> <td>\$74.00</td> </tr> </tbody> </table> <p>Class 2</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Oct 31</td> <td>Dec 12</td> <td>Thur</td> <td>5:30 PM-7:00 PM</td> <td>\$74.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	5:30 PM-7:00 PM	\$84.00	Classes	Start	End	Day	Time	Fee	7	Sep 12	Oct 24	Thur	5:30 PM-7:00 PM	\$74.00	Classes	Start	End	Day	Time	Fee	7	Oct 31	Dec 12	Thur	5:30 PM-7:00 PM	\$74.00												
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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.






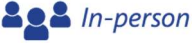
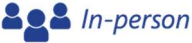

Program	Description & Schedule																																				
<p>BEGINNER BALLET Art, Dance, Education, Social Ages 18 +</p> <p> <i>In-person</i></p>	<p>This class is designed for adults 18+ interested in learning the basic foundations of ballet. Come join us on Saturdays and learn ballet in an inclusive and supportive environment! Open to all levels- no experience necessary.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>3:15 PM-4:15 PM</td> <td>\$56.00</td> </tr> <tr> <td colspan="6">Drop-In: Yes – Fee: \$9.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 14</td> <td>Sat</td> <td>3:15 PM-4:15 PM</td> <td>\$98.00</td> </tr> <tr> <td colspan="6">Drop-In: Yes – Fee: \$9.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 6	Aug 24	Sat	3:15 PM-4:15 PM	\$56.00	Drop-In: Yes – Fee: \$9.00						Classes	Start	End	Day	Time	Fee	14	Sep 14	Dec 14	Sat	3:15 PM-4:15 PM	\$98.00	Drop-In: Yes – Fee: \$9.00					
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<p>BOLLYWOOD DANCE Art, Dance, Education, Social Ages 18 +</p> <p> <i>In-person</i></p>	<p>This beginner class is designed for adults interested in learning and expanding their repertoire of Bollywood dance techniques. Come join us on Wednesdays to learn Bollywood dance in an inclusive and supportive environment!</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Jul 10</td> <td>Aug 21</td> <td>Wed</td> <td>6:30 PM-7:30 PM</td> <td>\$49.00</td> </tr> <tr> <td colspan="6">Drop-In: Yes – Fee: \$9.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 11</td> <td>Dec 11</td> <td>Wed</td> <td>6:30 PM-7:30 PM</td> <td>\$98.00</td> </tr> <tr> <td colspan="6">Drop-In: Yes – Fee: \$9.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	7	Jul 10	Aug 21	Wed	6:30 PM-7:30 PM	\$49.00	Drop-In: Yes – Fee: \$9.00						Classes	Start	End	Day	Time	Fee	14	Sep 11	Dec 11	Wed	6:30 PM-7:30 PM	\$98.00	Drop-In: Yes – Fee: \$9.00					
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<p>NEW! DANCE MIX SUNDAYS Art, Dance, Education, Social Ages 18 +</p> <p> <i>In-person</i></p>	<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> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 7</td> <td>Aug 25</td> <td>Sun</td> <td>2:30 PM-3:30 PM</td> <td>\$56.00</td> </tr> <tr> <td colspan="6">Drop-In: Yes – Fee: \$9.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 15</td> <td>Dec 15</td> <td>Sun</td> <td>2:30 PM-3:30 PM</td> <td>\$98.00</td> </tr> <tr> <td colspan="6">Drop-In: Yes – Fee: \$9.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 7	Aug 25	Sun	2:30 PM-3:30 PM	\$56.00	Drop-In: Yes – Fee: \$9.00						Classes	Start	End	Day	Time	Fee	14	Sep 15	Dec 15	Sun	2:30 PM-3:30 PM	\$98.00	Drop-In: Yes – Fee: \$9.00					
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<p>POP JAZZ DANCE Art, Dance, Education, Social Ages 18 +</p> <p> <i>In-person</i></p>	<p>This class is designed for adults 18+ interested in learning basic movements rooted in modern street dances like Jazz Funk, Lyrical Jazz and 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> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 7</td> <td>Aug 25</td> <td>Sun</td> <td>1:15 PM-2:15 PM</td> <td>\$56.00</td> </tr> <tr> <td colspan="6">Drop-In: Yes – Fee: \$9.00</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 15</td> <td>Dec 15</td> <td>Sun</td> <td>1:15 PM-2:15 PM</td> <td>\$98.00</td> </tr> <tr> <td colspan="6">Drop-In: Yes – Fee: \$9.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 7	Aug 25	Sun	1:15 PM-2:15 PM	\$56.00	Drop-In: Yes – Fee: \$9.00						Classes	Start	End	Day	Time	Fee	14	Sep 15	Dec 15	Sun	1:15 PM-2:15 PM	\$98.00	Drop-In: Yes – Fee: \$9.00					
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ADULT FITNESS & FUN



Fitness, Sports & Recreational Programs

Program	Description & Schedule																																																																													
BABY AND ME YOGALATES (POST-NATAL) Fitness, Recreation and Sports 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!																																																																													
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BODY SCULPT & CONDITION Fitness, Recreation and Sports Ages 18 +	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!																																																																													
 <i>In-person</i>	<table border="1"> <thead> <tr> <th colspan="7">SUMMER 2024</th> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> <th></th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 2</td> <td>Aug 20</td> <td>Tue</td> <td>6:30 PM-7:30 PM</td> <td>\$56.00</td> <td></td> </tr> <tr> <td colspan="7">Drop-In: Yes - Fee: \$9.00</td> </tr> <tr> <th colspan="7">FALL 2024</th> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> <th></th> </tr> <tr> <td>14</td> <td>Sep 10</td> <td>Dec 10</td> <td>Tue</td> <td>6:30 PM-7:30 PM</td> <td>\$98.00</td> <td></td> </tr> <tr> <td colspan="7">Drop-In: Yes - Fee: \$9.00</td> </tr> </tbody> </table>	SUMMER 2024							Classes	Start	End	Day	Time	Fee		8	Jul 2	Aug 20	Tue	6:30 PM-7:30 PM	\$56.00		Drop-In: Yes - Fee: \$9.00							FALL 2024							Classes	Start	End	Day	Time	Fee		14	Sep 10	Dec 10	Tue	6:30 PM-7:30 PM	\$98.00		Drop-In: Yes - Fee: \$9.00																											
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CO-ED BADMINTON Fitness, Recreation and Sports Ages 18 + 	Come and enjoy recreational sports at WNC! Spaces are limited; first come, first serve. 24 players maximum. Get a number (place holder) at 6:30 pm. Wrist band sales begin at 7:00 PM. Placeholders (numbers) must be traded in for wrist band purchase by 7:30 pm (or your spot will be forfeited). All wristband sales will end by 8:00 PM. Our 10-visit punch card is non-transferable. Capacity: 24 people total. Teams will rotate. <table border="1"> <thead> <tr> <th colspan="7">SUMMER 2024</th> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th colspan="2">Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 2</td> <td>Aug 20</td> <td>Tue</td> <td>7:30 PM-9:15 PM</td> <td colspan="2"></td> </tr> <tr> <td colspan="7">Drop-In: Yes - Fee: \$4.50</td> </tr> <tr> <th colspan="7">FALL 2024</th> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th colspan="2">Fee</th> </tr> <tr> <td>14</td> <td>Sep 10</td> <td>Dec 10</td> <td>Tue</td> <td>7:30 PM-9:15 PM</td> <td colspan="2"></td> </tr> <tr> <td colspan="7">Drop-In: Yes - Fee: \$4.50</td> </tr> </tbody> </table>	SUMMER 2024							Classes	Start	End	Day	Time	Fee		8	Jul 2	Aug 20	Tue	7:30 PM-9:15 PM			Drop-In: Yes - Fee: \$4.50							FALL 2024							Classes	Start	End	Day	Time	Fee		14	Sep 10	Dec 10	Tue	7:30 PM-9:15 PM			Drop-In: Yes - Fee: \$4.50																				
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CO-ED VOLLEYBALL Fitness, Recreation and Sports Ages 18 + 	Come and enjoy recreational sports at WNC! Spaces are limited; first come, first serve. 30 players maximum. Get a number (place holder) at 6:30 pm. Wrist band sales begin at 7:00 PM. Placeholders (numbers) must be traded in for wrist band purchase by 7:30 pm (or your spot will be forfeited). All wristband sales will end by 8:00 PM. Our 10-visit punch card is non-transferable. Capacity: 24 people total. Teams will rotate. <table border="1"> <thead> <tr> <th colspan="7">SUMMER 2024</th> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th colspan="2">Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Jul 3</td> <td>Aug 21</td> <td>Mon, Wed</td> <td>7:30 PM-9:15 PM</td> <td colspan="2"></td> </tr> <tr> <td colspan="7">Drop-In: Yes - Fee: \$4.50</td> </tr> <tr> <td colspan="7">No Class Aug 5 - 7:30 PM - 9:15 PM</td> </tr> <tr> <th colspan="7">FALL 2024</th> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th colspan="2">Fee</th> </tr> <tr> <td>26</td> <td>Sep 9</td> <td>Dec 11</td> <td>Mon, Wed</td> <td>7:30 PM-9:15 PM</td> <td colspan="2"></td> </tr> <tr> <td colspan="7">Drop-In: Yes - Fee: \$4.50</td> </tr> <tr> <td colspan="7">No Class Oct 14, Nov 11</td> </tr> </tbody> </table>	SUMMER 2024							Classes	Start	End	Day	Time	Fee		14	Jul 3	Aug 21	Mon, Wed	7:30 PM-9:15 PM			Drop-In: Yes - Fee: \$4.50							No Class Aug 5 - 7:30 PM - 9:15 PM							FALL 2024							Classes	Start	End	Day	Time	Fee		26	Sep 9	Dec 11	Mon, Wed	7:30 PM-9:15 PM			Drop-In: Yes - Fee: \$4.50							No Class Oct 14, Nov 11						
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NEW! PILATES Fitness, Recreation and Sports Ages 18 + 	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. <table border="1"> <thead> <tr> <th colspan="7">SUMMER 2024</th> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th colspan="2">Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>1:30 PM-2:30 PM</td> <td colspan="2">\$56.00</td> </tr> <tr> <td colspan="7">Drop-In: Yes - Fee: \$9.00</td> </tr> <tr> <th colspan="7">FALL 2024</th> </tr> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th colspan="2">Fee</th> </tr> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 14</td> <td>Sat</td> <td>1:30 PM-2:30 PM</td> <td colspan="2">\$98.00</td> </tr> <tr> <td colspan="7">Drop-In: Yes - Fee: \$9.00</td> </tr> </tbody> </table>	SUMMER 2024							Classes	Start	End	Day	Time	Fee		8	Jul 6	Aug 24	Sat	1:30 PM-2:30 PM	\$56.00		Drop-In: Yes - Fee: \$9.00							FALL 2024							Classes	Start	End	Day	Time	Fee		14	Sep 14	Dec 14	Sat	1:30 PM-2:30 PM	\$98.00		Drop-In: Yes - Fee: \$9.00																				
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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.

Program	Description & Schedule																								
<p>NEW! WOMEN'S SELF-DEFENSE Fitness, Recreation and Sports Ages 18 +</p> <p> <i>In-person</i></p>	<p>Come join us weekly for our Women's Self-Defense class! Taught by a third degree black-belt in martial arts, this class will focus on self-defense techniques, strength, stamina, and confidence. You will learn to project strength, to pack power into a kick or a punch, to identify vulnerable pressure points on an attacker, and to quickly deploy combinations of techniques to prevent "freezing" in threatening situations.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 4</td> <td>Aug 22</td> <td>Thur</td> <td>6:00 PM-7:00 PM</td> <td>\$56.00</td> </tr> </tbody> </table> <p>Drop-In: Yes - Fee: \$9.00</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 12</td> <td>Dec 12</td> <td>Thur</td> <td>6:00 PM-7:00 PM</td> <td>\$98.00</td> </tr> </tbody> </table>	Classes	Start	End	Day	Time	Fee	8	Jul 4	Aug 22	Thur	6:00 PM-7:00 PM	\$56.00	Classes	Start	End	Day	Time	Fee	14	Sep 12	Dec 12	Thur	6:00 PM-7:00 PM	\$98.00
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<p>NEW! YOGA Fitness, Recreation and Sports Ages 18 +</p> <p> <i>In-person</i></p>	<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> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>8</td> <td>Jul 6</td> <td>Aug 24</td> <td>Sat</td> <td>11:00 AM-12:00 PM</td> <td>\$56.00</td> </tr> </tbody> </table> <p>Drop-In: Yes - Fee: \$9.00</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>14</td> <td>Sep 14</td> <td>Dec 14</td> <td>Sat</td> <td>11:00 AM-12:00 PM</td> <td>\$98.00</td> </tr> </tbody> </table> <p>Drop-In: Yes - Fee: \$9.00</p>	Classes	Start	End	Day	Time	Fee	8	Jul 6	Aug 24	Sat	11:00 AM-12:00 PM	\$56.00	Classes	Start	End	Day	Time	Fee	14	Sep 14	Dec 14	Sat	11:00 AM-12:00 PM	\$98.00
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PILATES

Classes



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

Summer		Fall	
Pilates (18+) 1:30 pm-2:30 pm July 6-Aug 24 8 Classes \$56	Pilates for Seniors (55+) 12:15 pm-1:15 pm July 6-Aug 24 8 Classes \$20	Pilates (18+) 1:30 pm-2:30 pm Sept 14-Dec 14 14 Classes \$98	Pilates for Seniors (55+) 12:15 pm-1:15 pm Sept 14-Dec 14 14 Classes \$35

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



WOMEN'S SELF DEFENSE

Join us weekly for our new Women's Self-Defense class!

Taught by a third degree black-belt, this class will help build strength, stamina, confidence, and self-defense techniques!

SUMMER	FALL
Thursdays 6:00- 7:00 pm July 4- Aug 22 8 Classes \$56 Drop-in: \$9.00	Thursdays 6:00- 7:00 pm Sept 12- Dec 12 14 Classes \$98 Drop-in: \$9.00

For more info

📞 416-392-1509
✉️ chase@waterfrontnc.ca



Program
ZUMBA
 Fitness, Recreation and Sports
 Ages 18 +

Description & Schedule
 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!

SUMMER 2024

Monday

Classes	Start	End	Day	Time	Fee
6	Jul 8	Aug 19	Mon	7:15 PM-8:15 PM	\$42.00

Drop-In: Yes – Fee: \$9.00

Friday

Classes	Start	End	Day	Time	Fee
8	Jul 5	Aug 23	Fri	5:45 PM-6:45 PM	\$56.00

Drop-In: Yes – Fee: \$9.00
 No Class Aug 5 – 7:15 PM – 8:15 PM

FALL 2024

Monday

Classes	Start	End	Day	Time	Fee
12	Sep 9	Dec 9	Mon	7:15 PM-8:15 PM	\$84.00

Drop-In: Yes – Fee: \$9.00


Friday

Classes	Start	End	Day	Time	Fee
14	Sep 13	Dec 13	Fri	5:45 PM-6:45 PM	\$98.00

Drop-In: Yes – Fee: \$9.00
 No Class Oct 14, Nov 11

In-person

ZUMBA CLASSES
 Mondays & Fridays



Come work up a sweat to great tunes on Mondays and Fridays in our Adult Zumba (18+) and Zumba Gold (55+) classes!

Zumba 18+ Summer	Zumba 18+ Summer	Zumba Gold 55+ Summer
Mondays July 8- Aug 19 6 Classes \$42 7:15-8:15 pm	Fridays July 5- Aug 23 8 Classes \$56 5:45-6:45 pm	Fridays July 5- Aug 23 8 Classes \$20 4:30-5:30 pm
Fall Mondays Sept 9- Dec 9 12 Classes \$84 7:15-8:15 pm	Fall Fridays Sept 13- Dec 13 14 Classes \$98 5:45-6:45 pm	Fall Fridays Sept 13- Dec 13 14 Classes \$35 4:30-5:30 pm

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

Waterfront Neighbourhood Centre

NEW! RESTORATIVE YOGA
 Fitness, Recreation and Sports
 Ages 55 +

Description & Schedule
 Join our Thursday Restorative 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!

SUMMER 2024

Classes	Start	End	Day	Time	Fee
8	Jul 4	Aug 22	Thur	4:30 PM-5:30 PM	\$56.00

Drop-In: Yes – Fee: \$9.00

FALL 2024

Classes	Start	End	Day	Time	Fee
14	Sep 12	Dec 12	Thur	4:30 PM-5:30 PM	\$98.00

Drop-In: Yes – Fee: \$9.00

In-person

BABY & ME YOGALATES (PRE-NATAL)



JOIN US EVERY MONDAY FOR PRE-NATAL YOGALATES! STRENGTHEN YOUR CORE, REDUCE FEELINGS OF STRESS, AND RE-ENERGIZE YOURSELF IN A SUPPORTIVE ENVIRONMENT!

SUMMER	FALL
MONDAYS JULY 8 - AUG 19 6 CLASSES \$42 12:15 - 1:15 PM DROP-IN \$9	MONDAYS SEPT 9 - DEC 9 12 CLASSES \$84 12:15 - 1:15 PM DROP-IN \$9

FOR MORE INFO:
 416-392-1509
 CHASE@WATERFRONTNC.CA

ADULT (18+)
Pop Jazz DANCE

JOIN US EVERY SUNDAY TO LEARN BASIC MOVEMENTS ROOTED IN MODERN STREET DANCES LIKE JAZZ FUNK, LYRICAL JAZZ AND HIP HOP!

SUMMER	FALL
SUNDAYS 2:30 PM - 3:30 PM JULY 7 - AUG 25 \$56 8 CLASSES DROP-IN \$9	SUNDAYS 2:30 PM - 3:30 PM SEPT 15 - DEC 15 \$98 14 CLASSES DROP-IN \$9



FOR MORE INFO:
 416-392-1509
 CHASE@WATERFRONTNC.CA

JOIN US EVERY TUESDAY FOR:
BODY SCULPT & CONDITION

6:30-7:30 PM ADULTS 18+



SUMMER	FALL
Tuesdays July 2- Aug 20 8 Classes \$56 Drop-In: \$9.00	Tuesdays Sept 10- Dec 10 14 Classes \$84 Drop-In: \$9.00

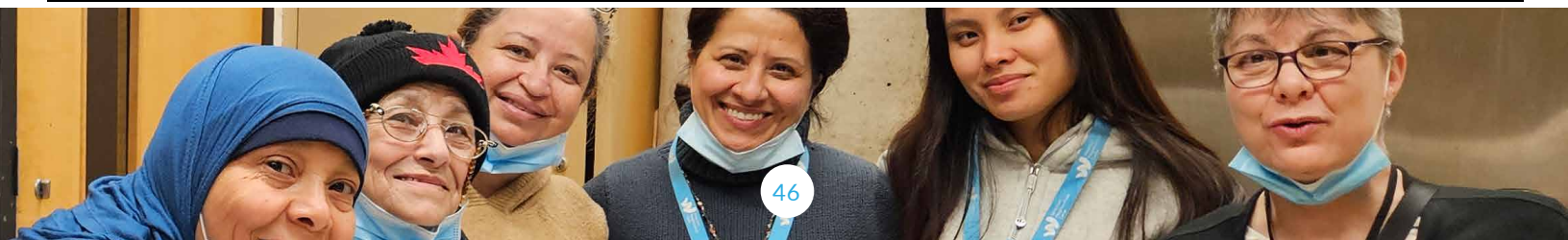
FOR MORE INFORMATION:
 416-392-1509
 chase@waterfrontnc.ca



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.

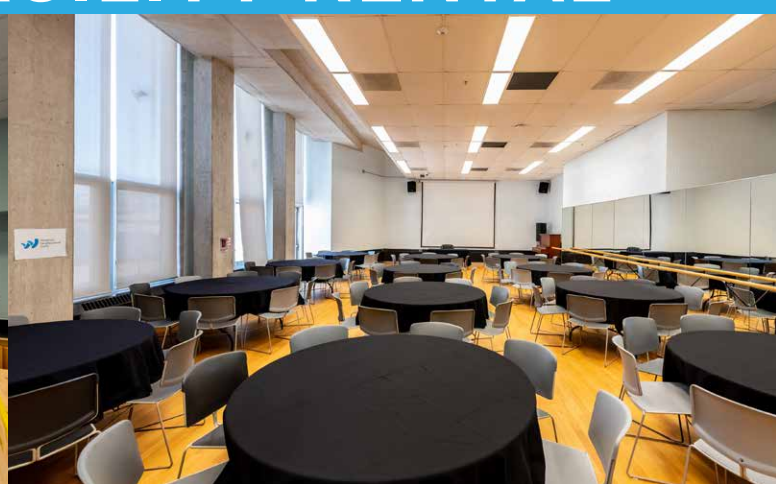
Programs are subject to change without notice. Please check our website for updates.

Program	Description & Schedule																								
<p>COMMUNITY KITCHEN PROGRAM Art, Dance, Education, Social Ages 18 +</p> <p> <i>In-person</i></p> <p><i>Funded in part thanks to the City of Toronto - Community Services Partnership Program.</i></p>	<p>Join us for an evening of socializing and cooking together! Develop your cooking skills, learn, and share nutritional recipes, all while preparing delicious and affordable meals together as a group. Pre-register one day prior to attending programs to secure your spot.</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>4</td> <td>Jul 9</td> <td>Aug 20</td> <td>Tue</td> <td>4:30 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Meet On Jul 9 – 4:30 PM – 6:00 PM Meet On Jul 23 – 4:30 PM – 6:00 PM Meet On Aug 6 – 4:30 PM – 6:00 PM Meet On Aug 20 – 4:30 PM – 6:00 PM</p> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>7</td> <td>Sep 10</td> <td>Dec 3</td> <td>Tue</td> <td>4:30 PM-6:00 PM</td> <td>Free</td> </tr> </tbody> </table> <p>Meet On Sep 10, Sep 24, Oct 8, Oct 22, Nov 5, Nov 19, Dec 3</p>	Classes	Start	End	Day	Time	Fee	4	Jul 9	Aug 20	Tue	4:30 PM-6:00 PM	Free	Classes	Start	End	Day	Time	Fee	7	Sep 10	Dec 3	Tue	4:30 PM-6:00 PM	Free
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<p>INDIVIDUAL SUPPORT & REFERRAL SERVICE Art, Dance, Education, Social Ages 18 +</p> <p> <i>In-person</i></p>	<p>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.</p> <p>By appointment only. Please contact: Seniors Program Worker – Elizabeth@waterfrontnc.ca or Manager, Seniors Programs and Community Development – gaby@waterfrontnc.ca</p> <p>SUMMER 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>Select</td> <td>Jul 2</td> <td>Aug 23</td> <td>Mon, Tue, Wed, Thur, Fri</td> <td></td> <td>Free</td> </tr> </tbody> </table> <p>FALL 2024</p> <table border="1"> <thead> <tr> <th>Classes</th> <th>Start</th> <th>End</th> <th>Day</th> <th>Time</th> <th>Fee</th> </tr> </thead> <tbody> <tr> <td>Select</td> <td>Sep 9</td> <td>Dec 20</td> <td>Mon, Tue, Wed, Thur, Fri</td> <td></td> <td>Free</td> </tr> </tbody> </table> <p>No Class Oct 14, Nov 11</p>	Classes	Start	End	Day	Time	Fee	Select	Jul 2	Aug 23	Mon, Tue, Wed, Thur, Fri		Free	Classes	Start	End	Day	Time	Fee	Select	Sep 9	Dec 20	Mon, Tue, Wed, Thur, Fri		Free
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Select	Sep 9	Dec 20	Mon, Tue, Wed, Thur, Fri		Free																				





FACILITY RENTAL



PLANNING AN EVENT ?

WATERFRONT NEIGHBOURHOOD CENTRE FACILITIES ARE AVAILABLE FOR SOCIAL OR BUSINESS FUNCTIONS.

For more information and to book space, please contact Liz Oliveira, Manager, Facility Operations, liz@waterfrontnc.ca | 416.392.1509 x329

	Dance Studio	Medium Assembly	Assembly Room A	Assembly Room B	Assembly Room C
Waterfront View	☑		☑	☑	☑
Audio Equipment	☑	☑	☑	☑	☑
Projection Screen	☑	☑	☑	☑	☑
Ballet Bars	☑				☑
Mirrored Wall(s)	☑	☑			☑
Maximum Capacity (No. of people)	100	80	40	15	40

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

Dance Studio / Medium Assembly Rental Rates

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

Assembly Room A, B, and C Rental Rates

- Non Profit: \$17 per hour + HST
- Profit: \$39 per hour + HST
- Arts & Culture : \$28 per hour + HST

Please note all rentals before or after regular hours of operation are subject to additional staff fee of \$50 per hour.

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



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

Because no one should ever go to bed hungry.

WNC Community Grocey Drive

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 M5V 3G3
416.392.1509 | charity@waterfrontnc.ca



Waterfront Neighbourhood Centre
CHARITABLE FUND