Aquatics
learn to swim programs  pg 30-35

Adults 55+
Join an ongoing group activity  pg 72-74

Places to play and explore in Kitchener  pg 18-20
CONTINUING EDUCATION
Flexible delivery with curriculum focused on skills to keep your career moving.

100+ programs
70+ micro-credentials
1500+ courses

REGISTER TODAY.
continuing-education.conestogac.on.ca
Message from the Mayor of Kitchener

Welcome to the summer edition of Active Kitchener! We have already had our first taste of summer, but I’m most looking forward to the sunshine and feeling of those real summer days ahead.

Our neighbourhood strategy #lovemyhood speaks of great places, connected people and working together. This summer, why not bring the neighbourhood strategy to life and come up with a community project to make your neighbourhood an even more welcoming, vibrant place. Check out www.lovemyhood.ca for great ideas and resources to help with a variety of projects – boulevard beautification, community gardens, neighbourhood markets, street parties, traffic calming, and little libraries. While you’re there, I encourage you to also check out the Love My Hood Matching Grant to see how you and your neighbours can take on a resident-led project and receive funding from the City of Kitchener to facilitate your project. Full grant criteria and application details are available online – applications for the summer review period are due by August 17, 2023.

If you enjoy live music, food, fun and great people, then you are in the right place! Kitchener is home to numerous summer festivals – that we are so happy to have back in full swing – including the annual K-W Multicultural Festival, Cruising on King, Kitchener Ribfest & Craft Beer Show, Wayback Festival, TD Kitchener Blues Festival and KidSpark. Visit www.kitchenerevents.ca or see pages 16-17 for dates, details and updates on these and other events happening in Kitchener.

Kitchener is fortunate to have both incredible natural areas where the hustle and bustle of the city seems miles away, to over 220 neighbourhood parks where residents of all ages can connect with each other and enjoy the fresh air. On days where the weather is better suited to indoor activities, residents can come together to participate in a variety of activities offered at the city’s galleries, museums, libraries and community centres. But, no matter what you are looking for, you can find the right activity for you at calendar.kitchener.ca.

Special thanks to all the volunteers, staff, event planners and sponsors who make our festivals and events successful every year. Your investment in our community is greatly appreciated!

Sincerely,
Berry Vrbanovic, Mayor
City of Kitchener
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Cover art:
Jason Panda is a Graphic Artist, Photographer and Art Educator in Waterloo, Ontario. His work is about synergy and the active process of weaving together a variety of ideas to create powerful mosaics, messages and moments. Full bio on page 85

Get email updates on any City of Kitchener website page you are interested in! All you have to do is click ‘subscribe to this page’ at the right of the page.
Visit, subscribe and keep up-to-date. www.kitchener.ca
Visit Williamsburg to enjoy its attractive, natural setting which includes a beautiful pond, wetlands and the Dedication Centre at Williamsburg.

Visit kitchenercemeteries.ca for details on our meditative labyrinth and the many other features you can enjoy while on our trails.

1541 Fischer Hallman Rd., Kitchener, ON N2R 1P6
City of Kitchener inclusion services

Inclusion Support

The City of Kitchener provides support to individuals with disabilities to facilitate participation in all City of Kitchener and City of Waterloo recreation programs through 1:1 support, program modification, and more. A support staff comes at no cost to the participant, and may provide support through redirection, sensory or emotional breaks, and assisting with personal care and feeding. It is important to ensure you have a completed membership and request support at least two weeks prior to the program starting. Every effort will be made to provide support when requested, however requests are fulfilled based on availability.

Requesting Support

To request 1:1 support, please follow these steps:

Ensure you have completed an Inclusion Membership Form by visiting www.kitchener.ca/inclusion ** Allow two weeks for processing prior to registration

Register for a program in the Active Kitchener Guide that meets the needs, hobbies, and/or interest of the participant.

Request 1:1 support by contacting the Inclusion Services Coordinator at 519-741-2200 ext. 7229 or emailing Olivia.curtis@kitchener.ca

Personal Assistance For Leisure (PAL)

The PAL card allows individuals with a disability to be accompanied by a personal attendant, so they may have the help they need to participate in leisure programs and services offered by the municipality and PAL card partners. The personal attendant is not charged the program fee and is present for the sole purpose of assisting the person with the disability. To learn more or to apply for a PAL card please visit www.kitchener.ca/PAL. Applications can also be picked up at any City of Kitchener facility.

Leisure Access Fee Assistance

Families with low income who apply for Leisure Access may receive fee assistance for City of Kitchener direct municipal programs, swim/skate tickets and memberships. Apply online or pick up an application at any City of Kitchener community centre or swimming pool. Allow up to two weeks for processing prior to registering for a program. For more information on this program please call 519-741-2200 ext. 7228 or visit www.kitchener.ca/feeassistance.

Leisure Support Volunteer

Consider becoming a Leisure Support Volunteer and make a valuable contribution to our community! To learn more, visit www.kitchener.ca/volunteer or call 519-741-2200 ext.7228.

Accessible Golf Cart

Doon Valley Golf Course offers an accessible golf cart, allowing golfers, who use a wheelchair or have mobility challenges, to enjoy a round at one of the area’s best courses. To learn more, visit www.kitchener.ca/AccessibleGolfCart.

Applications for Inclusion Support can take two weeks to process and must be approved prior to registration.

Be sure to apply early.

www.kitchener.ca/inclusion

EVERY Kid Counts

Send a kid to camp and help Every Kid Count!

Each year, thousands of kids take part in our summer camps. For children with a disability, participation is made possible through support from the Every Kid Counts program.

Every Kid Counts is a program that provides additional support to children and youth with a disability, enabling them to attend City of Kitchener or City of Waterloo camps.

Community donations of any amount are appreciated.

Visit kitchener.ca/everykidcounts to learn more, or call us at 519-741-2200 ext. 7229, TTY 1-866-969-9994 and make a donation today!
City of Kitchener programming - teen

**Summer Youth Drop-In (YDI)**
Ages 12-17  
Monday-Friday (6:30 – 9:30 pm)  
Youth Drop-In will be available all summer long at local Kitchener community centres. Sign-up at the door and make new friends each night over games, food and fun activities. All YDI programs are FREE and run from July 4 – August 25.  
Activities include, but are not limited to:  
- Basketball  
- Volleyball  
- Dodgeball  
- Cooking  
- Cards and board games  
- Crafts  
**Locations:**  
- Centreville Chicopee Community Centre (141 Morgan Avenue)  
- Chandler Mowat Community Centre (222 Chandler Drive)  
- Country Hills Community Centre (100 Rittenhouse Drive)  
- Doon Pioneer Park Community Centre (150 Pioneer Drive)  
- Downtown Community Centre (35 Weber St. West)  
- Forest Heights Community Centre (1700 Queens Blvd.)  
- Huron Community Centre (80 Tartan Avenue)  
- Kingsdale Community Centre (72 Wilson Avenue)  
- Stanley Park Community Centre (505 Franklin Street)  
- Victoria Hills Community Centre (10 Chopin Drive)  
If you have any questions about Youth Drop-In, contact youth@kitchener.ca or 519-502-1545.

**Mobile Skatepark**
Ages 8-17  
The Doon Skatium Mobile Skatepark is gearing up for another summer of grinds and kick flips. The park focuses on providing FREE outdoor recreation for youth 8 to 17 years old. It is a safe, supervised place for skateboarding, rollerblading, scooters and BMX biking. We provide loaner helmets and loaner skateboards/scooters.  
**Summer Schedule:**  
- Jul 4 to 7: Country Hills Community Centre  
- July 10 to 14: Stanley Park Community Centre  
- Jul 17 to 21: Williamsburg Sobeys parking lot (1187 Fischer-Hallman Road)  
- Jul 24 to 28: Huron Community Centre  
- Jul 31 to Aug 4: Chandler Mowat Community Centre  
- Aug 7 to 11: Chandler Mowat Community Centre  
- Aug 14 to 18: Grand River Recreation Complex (Lyle Hallman Pool)  
- Aug 21 to 25: Country Hills Community Centre  
- Aug 28 to Sept 1: Centreville Chicopee Community Centre  
- Sept 5 to 8: Victoria Hills Community Centre  
For more information, please call 519-741-2200 x 5075 or contact youth@kitchener.ca.

**Youth Leadership and Volunteering**

**Kitchener Youth Action Council (KYAC)**
Ages 14-24  
The Kitchener Youth Action Council (KYAC) is for young people 14-24 years old who want to make a positive difference in the community. KYAC organizes several youth events throughout the year and provides opportunities to meet with City of Kitchener policymakers to provide our community with a youth perspective. We meet every Thursday night at the Downtown Community Centre (35 Weber Street West, Kitchener).  
Applications for new members will open in August. Go to kitchener.ca/kyac and subscribe to the page to be notified.  
For more information, please call 519-741-2200 x 5075 or contact youth@kitchener.ca.

**Kitchener Youth Crew**
Ages 12-17  
The Kitchener Youth Crew program provides teen volunteers with opportunities to share their skills and talents by helping at any of our Youth Drop-In (YDI) programs at locations throughout the city. To join the Kitchener Youth Crew, talk to staff at any YDI program. It’s a great way to earn your community volunteer hours for school while gaining leadership skills and having fun! For more information, please contact 519-502-1545, youth@kitchener.ca.

Looking for a job?  
Visit kitchener.ca/jobs to apply for one of these positions at our pools:  
- **Aquatic assistant**  
- **Instructor**  
- **Lifeguard**  
- **Aquatic leadership instructor**  
See page 37 to see how you can participate in training to become a lifeguard.
Golf Fore Life Volunteer Caddy

- Help support golfers living with dementia continue to play a game they love.
- Assist golfer one-on-one or in a foursome by walking or driving a cart for 9 holes of golf.
- Practical knowledge of golf (how to play, golf etiquette) is required.
- Experience or an interest in supporting someone with dementia.
- 18 years or older

Tuesday and/or Thursday mornings 8 – 11 a.m. 8 weeks starting July 11

Please note as part of the screening process applicants will be required to provide 2 non-family members references and a vulnerable police records check.

Visit kitchener.ca/volunteer

Do you have a Good Neighbour?

Celebrate a neighbour who makes a difference through their kindness. Nominate them as a Good Neighbour to show they are appreciated! A good neighbour might:

- check on a neighbour in need
- plan a neighbourhood gathering
- shovel snow or cut grass for a neighbour
- organize a community garden or little library
- pick up garbage or organize a neighbourhood clean-up

You will receive a thank you card signed by the mayor and a member of council to give to your neighbour. Nominees will also be entered into a bi-monthly draw to win great prizes.

Visit www.kitchener.ca/goodneighbour

Kitchener in Bloom

Is there a garden that you think makes Kitchener a greener, more vibrant or more sustainable place to live?

Let us know!

May 1 - September 15, 2023

Recognize a neighbour for making the most of their outdoor spaces and helping grow community pride in Kitchener.

It’s easy!

Simply tell us the address of the garden and we will take care of the rest.

Visit, www.kitchener.ca/bloom or call 519-741-2200 x 7537 for more information and to submit a garden address.

* flower garden * community garden * container garden *
* balcony garden * raised garden * rain garden *
* rock garden * fairy garden * pollinator patch*
Tutoring & education

Summer Day Camps
Throughout the summer months, the City of Kitchener provides a variety of affordable weekly day camps at locations across the city and offers a new experience each week! You may notice that your local community centre is full of many happy campers during the daytime hours.

Registration for our summer camp programs opened up on March 21, 2023. There is very limited space in camps, but there is an opportunity to be added onto a waitlist if you are interested. All details, ages, prices and locations can be found at kitchener.ca/activenet (search camps).

Be sure to sign up for notification for next year by subscribing to the page at www.kitchener.ca/summercamp

If you have any questions about our summer camp programs, please contact camp@kitchener.ca

Join us for Neighbours Day
Saturday, June 17 1-5pm
Visit kitchener.ca/neighboursday for an event near you!
Keep our road crews safe!

When you see construction, slow down, follow the signs, and leave space for workers.

Planning your route before you leave can help reduce frustration.

Learn more at kitchener.ca/TrafficSafety
Coming this Fall: Children & Youth Programs

Registration for the City of Kitchener Children & Youth programs will open on August 15 with programs visible in Active Net as of August 3.

Children programs
- Creative Kids - arts and crafts
- Drama for Kids
- Multi-sport
- Kids Drop-in
- Skateboarding lessons and more!

Youth
- Heart for Art - art instruction for beginners
- Teen Cooking Creations - cooking basics on a budget
- Creative Writing
- Ball is Life - basketball skills instruction and practice
- Youth Drop-In (no registration required)
- Midnight Basketball (no registration required)
- Indoor Skateboard Park Drop-in (no registration required) and more!

**Through supportive decisions made by city council, all youth programs will continue to be offered at no cost for the Fall season.**

Have an idea for a great program for Children or Youth or want to provide feedback on a current program?
Contact youth@kitchener.ca

Details on our upcoming children and youth programs are available through our website starting in August: www.kitchener.ca/youth
Subscribe for notifications.

Summer Day Camps

Throughout the summer months, the City of Kitchener provides a variety of affordable weekly day camps at locations across the city and offers a new experience each week! You may notice that your local community centre is full of many happy campers during the daytime hours.

Registration for our summer camp programs opened up on March 21, 2023. There is very limited space in camps, but there is an opportunity to be added onto a waitlist if you are interested. All details, ages, prices and locations can be found at kitchener.ca/activenet (search camps).

Be sure to sign up for notification for next year by subscribing to the page at www.kitchener.ca/summercamp.

If you have any questions about our summer camp programs, please contact camp@kitchener.ca
CELEBRATE SUMMER

Programs, reading challenges, special guests and so much more!

Storytelling Festival
Saturday, June 10

Summer Programs
Registration opens Monday, June 12

Summer Reading Club
Kick-off Party
Friday, June 30

kpl.org/SignUp

Kitchener Public Library

WATERLOO WARRIORS

YOUTH CAMPS

BOYS AND GIRLS AGES 5-18
Baseball » Basketball » Football
» Hockey » Multi-Sport and Games » Volleyball

REGISTER TODAY!
GOWARRIORSGO.CA/CAMPS

MUSEUM SUMMER CAMPS

It's time to...
BUILD
EXPLORE
SOLVE
PLAY OUTSIDE
DIG
EXPERIMENT
IMAGINE
INVESTIGATE
CREATE
MAKE NEW FRIENDS

Ken Seiling Waterloo Region MUSEUM
Schneider Haus NATIONAL HISTORIC SITE

regionofwaterloomuseums.ca/camps

Week-long
day camps
for kids ages 5 to 14
July through August
KITCHENER-WATERLOO ART GALLERY

SUMMER BREAK CAMP

Summer break means fun times at KWAG! Dabble with paint, draw, build a sculpture, try out new materials and discover what you can achieve when you unleash your creativity.

Running from 3 July - 11 August, each week has a new and exciting theme!

Ages 6-9 & 10-13
5-day week: $250 | 4-day week: $200 | $50/day
9:00 am - 4:30 pm
Free Extended Care: 8:30 - 9:00 am & 4:30 - 5:15 pm

For more information & to register:
go.kwag.ca/SummerCamp | 519-579-5860

Royal City Soccer Club

SOCCEER 2023
DAY CAMPS

For over 30 years...
* morning & full day sessions
* before & after care available
* July & August weeks
* all kids aged 5 to 13

800-427-0536 royalsoccer.com

...more than just a soccer camp!
Camps

**SUMMER KARATE**

at DRIFTWOOD MARTIAL ARTS

8 WEEKS OF CLASSES ONLY

$259.99 +HST

FREE STARTER PACK!
Includes karate uniform, belt handbook, mouthguard & case. A $95 VALUE!!

☆ GREAT FOR AGES 6 TO ADULT ☆
☆ AGE SPECIFIC CLASSES ☆
☆ 3 CLASSES/WK - JULY + AUGUST ☆
☆ AMAZING 5600 SQ.FT. FACILITY ☆

Driftwood Martial Arts

61-1624 Highland Rd. W., Kitchener - Between Ice Bubbles and Trader Joe's

Active Kitchener

www.kitchener.ca

**Airborne Trampoline**

(519) 653-7713
115 Saitsman Dr., Unit 11, Cambridge, ON N3H 4R7
www.airborntampoline.ca

Summer, March Break camp
Recreational, competitive, special needs & freestyle classes
Private bungee birthday parties with catered or non-catered options
Group bookings - schools, churches, teams, etc.

**Super SUMMER Gymnastics CAMPS**

2023 Weekly Camps (Ages 5+)
Full Day 9am-4pm $290 +HST

Weekly themes
A clean, friendly and welcoming environment
Fully air-conditioned facility - a great way to escape the summer heat
Free before (8:30 – 9 am) and after care (4 – 4:30 pm) - to keep life simple

Come Join Us for Some Serious Fun!

Glendon Gymnastics

235 Ardelt Avenue, Kitchener, Ontario N2C 2M3
www.GlendonGymnastics.ca • 519-571-3777
Unleash your creativity and discover new skills with upcoming classes at the Kitchener Market!

Join our adult and kids cooking classes for hands-on classes and demos in cooking, baking, and food preparation, suitable for all ages and skill levels.

Don’t miss this opportunity to learn, create, and have fun! Visit kitchenermarket.ca/calendar to see what’s happening this spring.

Kitchener Market
Open Saturdays 7 a.m. – 2 p.m.
Farmers’ Market and Food Hall
Tuesday-Friday 8 a.m. – 3 p.m.
Food Hall only
Things to do

There are so many great places in Kitchener where residents can connect with others and take part in this vibrant community. No matter your interests - galleries, or museums or walking trails, or libraries - you’ll find many opportunities listed over the next few pages.

You’ll also find information about some of the direct programs and services offered for volunteers, youth, persons with disabilities and seniors.
Kitchener events

**Wayback Festival**

Saturday, July 22, 2023
12 to 3 p.m.
Canada’s Teen Jam youth talent showcase with the winner to be announced live!

6 to 11 p.m.
A FREE concert with legendary Kim Mitchell and the dynamic Sass Jordan.

**Neighbours Day**

Saturday, June 17, 2023
1 to 6 p.m.
A celebration of all the wonderful neighbourhoods in our community with over 100 front yard concerts.

**Cruising on King Street**

Friday, July 7, 2023
6 to 10 p.m.
Get ready to rev your engines and cruise down King Street with the hottest classic cars in Kitchener!
A Splash of Summer, Carl Zehr Square
Thursdays in July
6 to 8 p.m.
Bring your bathing suits to City Hall’s new splash pad every Thursday in July for an evening of fun! Enjoy A Splash of Summer with Erick Traplin and Friends.

Gaukel Block Launch & Neighbours Day After Party
Saturday, June 17, 2023
11 a.m. to 10 p.m.
Bring your lawn chair and help wrap up a day of community celebration with vendors, live music and fun from the NEW Gaukel Block event space in Downtown Kitchener.

Canada Day, Downtown Kitchener
Saturday, July 1, 2023
4 to 7 p.m.
Live local music and programming at the NEW Gaukel Block stage.
6 to 11 p.m.
Celebrate Canada Day in style with an amazing lineup of country music artists at the main stage at City Hall and a spectacular fireworks finale!

Kidspark
Sunday, August 20, 2023
11 a.m. to 5 p.m.
Perfect event for families with young children who want to spend a day outside, exploring, and learning through play.
City of Kitchener places to play and explore

**Art galleries**

- **Berlin Tower ARTSPACE**
  Kitchener City Hall, 200 King St. W.
  [www.kitchener.ca/berlintowerartspace](http://www.kitchener.ca/berlintowerartspace)

- **Cambridge Galleries**
  Queen Square, Cambridge
  [ideaexchange.org/art](http://ideaexchange.org/art)

- **Canadian Clay & Glass Gallery**
  25 Caroline St N., Waterloo
  [www.theclayandglass.ca](http://www.theclayandglass.ca)

- **Homer Watson House and Gallery**
  1754 Old Mill Rd, Kitchener
  [www.homerwatson.on.ca](http://www.homerwatson.on.ca)

- **Kitchener-Waterloo Art Gallery**
  Centre in the Square
  101 Queen St N., Kitchener
  [www.kwag.ca](http://www.kwag.ca)

- **KPL Central Library Gallery**
  85 Queen Street N.
  [kpl.org](http://kpl.org)

- **Robert Langen Art Gallery**
  Wilfrid Laurier University
  [www.wlu.ca](http://www.wlu.ca)

- **Rotunda Gallery**
  Kitchener City Hall, 200 King St. W.
  [www.kitchener.ca/rotundagallery](http://www.kitchener.ca/rotundagallery)

- **University of Waterloo Art Gallery (UWAG)**
  [uwag.uwaterloo.ca](http://uwag.uwaterloo.ca)

**Basketball courts (outdoor)**

- **Admiral Park**
  93 Roxborough Ave.

- **Belmont Park**
  285 Belmont Ave. W.

- **Bridgeport C.C.**
  20 Tyson Dr.

- **Caryndale Park**
  40 Chapel Hill Dr.

- **Centreville Chicopee C.C.**
  141 Morgan Ave.

- **Chandler Mowat C.C**
  222 Chandler Dr.

- **Country Hills C.C.**
  100 Rittenhouse Rd.

- **Forest Heights C.C.**
  1700 Queens Blvd.

- **George Lippert Park**
  200 Weber St W.

- **Glendale Park**
  130 Glen Rd.

- **Guelph Park**
  800 Guelph St.

- **McLennan Park**
  901 Ottawa St. S.

- **Mill Courtland C.C.**
  216 Mill St.

- **Sandhills Park**
  130 Cedar St S.

- **Timberlane Park**
  38 Timberlane Cres.

- **Vanier Park**
  329 Vanier Dr

- **Weber Park**
  380 Frederick St.

- **Wilson Park (half court)**
  75 Wilson Ave.

- **Windale Park**
  76 Windale Cres.

- **Yellow Birch Park**
  135 Yellow Birch Dr.

- **Tremaine Park**
  100 Tremaine Dr.

- **Victoria Park**
  Located in the heart of downtown Kitchener, offers a large playground, a splash pad, picnic tables, beautiful gardens and the celebrated clock tower bell from the old city hall.

With improved visibility and access for lifeguards and a brand new filtration system, pool users will have confidence their experience will be safer as well.

- **McLennan Park**
  Located off Ottawa Street South near Strasburg Road, features an accessible playstructure, splash pad, beach volleyball and basketball courts and pedestrian trails throughout.

- **RBJ Schlegel Park**
  Kitchener’s newest park, located at Fischer Hallman and Huron, with playground, splash pad, sports fields, cricket pitch and lots of room to run!

**Destination parks**

There’s no better way to live a healthier, more active lifestyle than by visiting one of the city’s 220 parks, taking a walk or ride on more than 125 km of trails, or escaping the bustle of the city in one of Kitchener’s 75 natural areas.

With something for everyone, Kitchener’s destination parks are a great spot to enjoy a picnic, game of soccer, or chasing around a playground. Most of the city’s parks feature playstructures, many of which are accessible for children of all abilities.

Huron Natural Area (HNA) is an awe-inspiring destination for nature lovers, families, trail walkers, photographers - and those looking to experience nature in the city. It’s our largest and most valuable natural area at 107-hectare and is located at 801 Trillium Dr.

For a full list of parks and amenities, visit [www.kitchener.ca/parks](http://www.kitchener.ca/parks)
City of Kitchener places to play and explore

**Horseshoe Pits**
- **Arnold Park Horseshoe Pitch**
  70 Arnold St.
- **Ash Park Horseshoe Pitch**
  7 Ash St.
- **Belmont Park Horseshoe Pitch**
  285 Belmont Ave. W.
- **Breithaupt Park Horseshoe Pitch**, Breithaupt Centre, 350 Margaret Ave.
- **Bridgeport C.C. Horseshoe Pitches**
  20 Tyson Dr.
- **Chandler Park Horseshoe Pitches**
  222 Chandler Dr.
- **Glendale Park Horseshoe Pitch**
  130 Glen Rd.
- **Mauser Park Horseshoe Pitches**
  219 Stirling Ave S.
- **Rockway Centre**
  1405 King St. E.
- **Schaefer Park Horseshoe Pitches**
  75 Bloomingdale Rd.
- **Weber Park Horseshoe Pitch**
  380 Frederick St.

**Kitchener Public Libraries**
- **Central Library**
  85 Queen Street N.
  Phone: 519-743-0271
- **Country Hills**
  1500 Block Line Road, adjacent to St. Mary’s secondary school.
  Phone: 519-743-3558
- **Forest Heights**
  251 Fischer-Hallman Road, adjacent to Forest Heights Collegiate and Forest Heights Pool.
  Phone: 519-743-0644
- **Grand River Stanley Park**
  175 Indian Road, adjacent to Grand River Collegiate
  Phone: 519-896-1736

**Museums**
- **Doon Heritage Village**
  10 Huron Rd.,
  www.waterlooregionmuseum.ca
- **Schneider Haus National Historic Site**
  466 Queen St. S
  www.schneiderhaus.ca
- **Maple Syrup Museum of Ontario**
  144 King St. N, St. Jacobs
  www.elmiramaplesyrup.com
- **THEMUSEUM**
  10 King St. W,
  www.themuseum.ca
- **Victoria Park Gallery**
  Schneider Ave. Victoria Park,
  519-742-4990
- **Ken Seiling Waterloo Region Museum**
  10 Huron Rd.
  www.waterlooregionmuseum.ca
- **Woodside National Historic Site**
  528 Wellington St. N,
  www.pc.gc.ca/woodside

**Pickleball**
The following tennis courts have lines for pickleball:
- **Highland Courts**
- **Kaufman Park**
- **Montgomery Park**
- **Weber Park**
- **Fischer Park (school board side)**
- **RBJ Schlegel Park**
## Things to do

### Skate parks

<table>
<thead>
<tr>
<th>Skate park</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Aud Skatepark</td>
<td>400 East Ave.</td>
</tr>
<tr>
<td>Fischer Park</td>
<td>Corner of Fischer-Hallman and Queen's Boulevard</td>
</tr>
<tr>
<td>Doon Skatium Mobile Skatepark</td>
<td>The park travels to a different community centre each week, making it accessible to boarders from across the city. It is also available for weekend rental for community events. See page 5 for dates and locations</td>
</tr>
<tr>
<td>McLenann Park</td>
<td>901 Ottawa St. S.</td>
</tr>
<tr>
<td>Queensmount Arena</td>
<td>(1200 Queen’s Boulevard) Closed for the summer.</td>
</tr>
<tr>
<td>Upper Canada Skatepark</td>
<td>Corner of Homer Watson and Pioneer Drive</td>
</tr>
</tbody>
</table>

### Splash pads

<table>
<thead>
<tr>
<th>Splash Pad</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breithaupt Park Splash Pad</td>
<td>Breithaupt Park, 806 Union St.</td>
</tr>
<tr>
<td>Carl Zehr Square (City Hall)</td>
<td>200 King St. W.</td>
</tr>
<tr>
<td>Centreville Chicopee Splash Pad</td>
<td>141 Morgan Ave.</td>
</tr>
<tr>
<td>Chandler Mowat Splash Pad</td>
<td>222 Chandler Dr.</td>
</tr>
<tr>
<td>Doon Pioneer Park Splash Pad</td>
<td>150 Pioneer Dr.</td>
</tr>
<tr>
<td>Kingsdale Splash Pad</td>
<td>78 Wilson Ave.</td>
</tr>
<tr>
<td>McLennan Park Splash Pad</td>
<td>901 Ottawa St. S.</td>
</tr>
<tr>
<td>RBJ Schlegel Park</td>
<td>1664 Huron Road</td>
</tr>
<tr>
<td>Vanier Park Splash Pad</td>
<td>329 Vanier Dr.</td>
</tr>
<tr>
<td>Victoria Park Splash Pad</td>
<td>Courtland Ave. W.</td>
</tr>
</tbody>
</table>

### Tennis Courts

<table>
<thead>
<tr>
<th>Tennis Court</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admiral Park</td>
<td>93 Roxborough Ave.</td>
</tr>
<tr>
<td>Belmont Park</td>
<td>285 Belmont Ave. W.</td>
</tr>
<tr>
<td>Budd Park</td>
<td>1111 Homer Watson Blvd.</td>
</tr>
<tr>
<td>Heritage Park</td>
<td>30 Halifax Dr.</td>
</tr>
<tr>
<td>Kaufman Park</td>
<td>104 Stirling Ave. S.</td>
</tr>
<tr>
<td>Country Hills Park</td>
<td>365 Country Hill Dr.</td>
</tr>
<tr>
<td>Eby Park</td>
<td>137 Holborn Dr.</td>
</tr>
<tr>
<td>Eden Oak Park</td>
<td>125 Eden Oak Trail</td>
</tr>
<tr>
<td>Forest Heights C.I.</td>
<td>255 Fischer Hallman Rd.</td>
</tr>
<tr>
<td>Franklin Park</td>
<td>335 Franklin St N.</td>
</tr>
<tr>
<td>George Lippert Park</td>
<td>200 Weber St W.</td>
</tr>
<tr>
<td>Glendale Park</td>
<td>130 Glen Rd.</td>
</tr>
<tr>
<td>Highland Courts</td>
<td>120 Highland Rd E.</td>
</tr>
<tr>
<td>Margaret Avenue</td>
<td>325 Louisa St.</td>
</tr>
<tr>
<td>Montgomery Park</td>
<td>135 Montgomery Rd.</td>
</tr>
<tr>
<td>Notre Dame School</td>
<td>142 Rosemount Dr.</td>
</tr>
<tr>
<td>RBJ Schlegel Park</td>
<td>1664 Huron Rd.</td>
</tr>
<tr>
<td>Resurrection Park</td>
<td>71 Resurrection Dr.</td>
</tr>
<tr>
<td>Stanley Park Senior Public School</td>
<td>191 Hickson Dr.</td>
</tr>
<tr>
<td>Sunnyside Public School</td>
<td>1042 Weber St E.</td>
</tr>
<tr>
<td>Weber Park</td>
<td>380 Frederick St.</td>
</tr>
</tbody>
</table>
At the heart of Kitchener’s vibrant and active arts and culture scene are the artists who enhance community well-being and nurture the soul of our city.

Enjoy live music, visual arts, theatre, films and festivals in venues that range from intimate spaces to the world-renowned Centre in the Square, where you can experience everything from symphony performances to rock concerts. Whether you prefer to appreciate the work of others or you like to roll up your sleeves and get your creative juices flowing, you’ll find lots of options in Active Kitchener. Many of our facilities offer programs in visual art, pottery, music lessons.

The public galleries and museums in our community also offer programs and other opportunities to get involved. See the listings on page 18 or online at www.kitchener.ca/artsandculture

The city runs several direct programs including:

- public galleries (Berlin Tower ARTSPACE, Rotunda Gallery)
- artist in residence program
- youth video contest
- public art program
- industrial artifacts

The city also provides services and supports to a community of approximately 10,000 entrepreneurs in the arts and creative industries.
City hall is home to two art galleries

Exhibits change monthly or bi-monthly, and are free to the public in these two unique galleries at Kitchener City Hall (1st floor).

Gallery hours: Monday to Friday - 7 a.m. to 9 p.m., Saturday and Sunday - 9 a.m. to 9 p.m.; free admission

Subscribe to these pages for notification of future art exhibits:
kitchener.ca/rotundagallery
kitchener.ca/berlintowerartspace

Rotunda Gallery Exhibitions

Rotunda Gallery is an open-concept space behind the rotunda. It showcases the work of professional visual artists, many of them from our region.
www.kitchener.ca/rotundagallery

June & July
Stay With Me, CAFKA
Contemporary Art Forum Kitchener and Area (CAFKA), is a non-profit, artist-run organization that presents a free biennial exhibition of contemporary art in public spaces across Waterloo Region. Jessica Thompson, a media artist, will show her work as part of CAFKA.

Berlin Tower ARTSPACE Exhibitions

Showcasing community arts and emerging artists, the Berlin Tower ARTSPACE (opposite the payment counter) is home to a variety of exhibits each year. www.kitchener.ca/berlintowerartspace

June
Brian Riddell
Brian is an accomplished photographer, business owner and teacher of digital imagery. He has received various government grants supporting the photography of environmentally sensitive subjects and his work has been displayed in galleries throughout the world.

July
Jason Wojcik
Jason experiments with a painting technique called acrylic pouring. The resulting imagery is an abstract mesh of colours and shapes that draws the viewer into a space reminiscent of galaxies or cellular formations. For more information about an artist reception please check www.kitchener.ca/berlintowerartspace

August & September
Joy to the World by Pavitra Parameshvaran
Pavitra will show a collection of pet portraits created using color pencils/pastels alongside abstract paintings full of joyful colors. She hopes to bring ‘joy to the world’ with her creations. Please join the artist for a reception on August 4, at 5 p.m.

2022 ARTIST IN RESIDENCE NEWS:
Bangishimo Johnston

Each year, we invite a local artist, or an artist with a connection to our region, to share their practice with our community as the city’s artist in residence. Bangishimo Johnston’s residency continues into 2023 with their work to present their project The Medicines We Carry: a series of large-scale portraits that engage the local Indigenous, racialized, and Black communities in their production. The artist has been busy, holding two open houses to engage in conversations with the community and share their work in progress. They co-led a Peyote Stitch Bead Workshop at the Kitchener Waterloo Art Gallery alongside Brittney Baldwin of Baldwin Beads. www.instagram.com/baldwinbeads. Textile Magazine has been supporting Bangishimo in their practice through a mentorship program introduced to the residency this year. For updates on events related to the residency, visit: https://www.kitchener.ca/air

Public Art Working Group (PAWG)

Are you interested in public art projects and would like to lend your expertise? Consider becoming a member of the Public Art Working Group. The group is a forum for mutual dialogue between artists and the community at large and provides an opportunity to advocate for the needs and voices of artists in various disciplines. Working with staff, PAWG supports and advises on the city’s public art policy and program.

For information on all Arts and Culture programs, PAWG membership and projects:
Karoline Varin, Arts/Culture Program Assistant, Economic Development, 6th Floor, City Hall
Phone 519 741-2200 ext. 7912
E-mail: karoline.varin@kitchener.ca
Join us for Neighbours Day
Saturday, June 17
1-5pm
Visit kitchener.ca/neighboursday for an event near you!

Want to advertise in Active Kitchener?
You can reach 70,000+ homes, 4 times a year!
Email active@kitchener.ca or visit www.kitchener.ca/activekitchener for details.

Kitchener in Bloom
Is there a garden that you think makes Kitchener a greener, more vibrant or more sustainable place to live?
Let us know!
May 1 - September 15, 2023
Recognize a neighbour for making the most of their outdoor spaces and helping grow community pride in Kitchener.

It's easy!
Simply tell us the address of the garden and we will take care of the rest.
Visit, www.kitchener.ca/bloom or call 519-741-2200 x 7537 for more information and to submit a garden address.

* flower garden * community garden * container garden *
* balcony garden * raised garden * rain garden *
* rock garden * fairy garden * pollinator patch*
Our game pack bundles are the perfect way to save on tee times and enjoy the game you love all season long.

With our bundles, you’ll get access to some of the best courses, valid seven days a week, and with a price that won’t break the bank. Whether you’re a seasoned pro or just starting out, our courses offer a challenge for every skill level.

Don’t wait – get your game pack bundle today and start hitting the links at Kitchener Golf!

To buy a game pack bundle and to learn more, visit www.kitchenergolf.ca
The City of Kitchener operates four indoor pools year round, with an additional four outdoor pools open during the summer months.

Each of our pools offers the City of Kitchener’s own Learn to Swim program. Our made in Kitchener program has options for all ages and skill levels. It’s never too early, or too late, to get started.

With a wide range of programming, including lessons, recreational and lane swims, aquafit classes and birthday party packages, Kitchener’s pools have something for everyone.

All of our pools are maintained in accordance with the established health guidelines and standards, and are chlorinated to maintain safe and hygienic environments.
Breithaupt Pool (BRC)

Located in the Breithaupt Centre
350 Margaret Avenue • 519-741-2502

Wheelchair Accessible • Yes
Type of Pool • Indoor
Months of Operation • Year round
Office hours • Mon-Thu - 8am-9:30pm
Fri - Sun - 8am to 5pm

Pool Dimensions • 25 yards x 12 yards
Types of Activities • All age lessons
• Recreational swim
• AquaFit
• Rentals

Special Attributes • Warm water exercise pool
• Diving board
• Small slide
• Located in large park

Capacity • 25 Yard Pool - 138
• Warm Water Pool - 20

Cameron Heights Pool (CHP)

301 Charles St. E., located in Cameron Heights High School • 519-741-2482

Wheelchair Accessible • No
Type of Pool • Indoor
Months of Operation • Year round
Office hours • There are not office hours at this time. Please register for any drop in or registered program online through ActiveNet or at any City of Kitchener pool or community center.

Pool Dimensions • 25 m x 10.8 m
Types of Activities • Rentals
• Lane swims
• Swim Lessons Wednesday evening and Saturday morning
• Women's only swim and women only lessons (Sunday morning only)

Special Attributes • Diving board
Capacity • 230
Forest Heights Pool (FHP)

253 Fischer Hallman Road • 519-741-2493
Wheelchair Accessible: Yes
Type of Pool: Indoor
Months of Operation: Year round
Office hours: Mon-Fri: 7am-9pm
Sat: 10am-9pm
Pool Dimensions: 25 m x 12 m
Types of Activities:
• All age lessons
• Recreational swim
• Aquafit
• Rentals
• 25m lanes
Special Attributes:
• Male & female saunas
• Warm water pool
• Family change room
• Diving board
• Linked to library
Capacity: Main Pool - 200
Leisure Pool - 50

Lyle Hallman Pool (LHP)

Located in the Grand River Recreation Complex
600 Heritage Drive • 519-741-2670
Wheelchair Accessible: Yes
Type of pool: Indoor
Months of operation: Year round
Hours: Mon to Thurs: 7:30am - 9pm
Fri: 7:30am – 7pm
Sat: 9am - 7pm
Sun: 9am - 8pm
Pool dimensions: 25m
Types of Activities:
• Lessons
• Aqua fitness
• Recreational swims
Special Attributes:
• Family change area
• Waterslide
• Warm swirl pool
• Sauna
• Private shower stalls
Capacity: 175
City of Kitchener outdoor pools

**Harry Class Pool**

45 Woodside Ave.
- 519-741-2200 x3481

Wheelchair Accessible: Partially

Type of Pool: Outdoor

Months of Operation: Open beginning June 17, July and August

Hours of Operation:
- Mon-Fri: 9am-7:30pm
- Sat & Sun: 10am-7:30pm

Pool Dimensions: 65 yds x 25 yds

Types of Activities:
- Lessons for children, public, family & lane swims, aquatic leadership

Special Attributes:
- Extremely large shallow end, diving board

Capacity: 600

**Idlewood Pool**

5 Thaler Avenue - 519-741-2200 x3480

Wheelchair Accessible: No

Type of Pool: Outdoor

Hours of operation:
- Mon-Sun: 12-7:30pm

Pool Dimensions: 25 yd x 12 yd

Types of Activities:
- Daily Swim Lesson: Mon-Fri
- AquaFit: Mon-Fri
- Daily public swims: Mon-Sun

Special Attributes:
- Large shallow area, small slide

Capacity: 175

Swim season dates:
- June 17-Sept 4
- Weather dependent
### Kiwanis Pool

**Located at the end of Kiwanis Park Drive.**

**1000 Kiwanis Park Drive - 519-745-8133**

<table>
<thead>
<tr>
<th>Wheelchair Accessible</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type of Pool</td>
<td>Outdoor</td>
</tr>
<tr>
<td>Months of Operation</td>
<td>Mid June, July and August</td>
</tr>
<tr>
<td>Hours of Operation</td>
<td>June: Mon-Fri: 4:30pm - 7pm&lt;br&gt;Sat and Sun: 10:30am - 1:pm, 1:30pm - 4pm, 4:30pm-7pm&lt;br&gt;July, August, and September: Everyday 10:30am - 1:pm, 1:30pm - 4pm, 4:30pm-7pm</td>
</tr>
<tr>
<td>Pool Dimensions</td>
<td>1 acre</td>
</tr>
<tr>
<td>Types of Activities</td>
<td>Daily Public Swim, Camps, Rental Opportunities</td>
</tr>
<tr>
<td>Special Attributes</td>
<td>Lake-like swimming pool with beach front entry. Sports fields, playground, 3 volleyball courts, dog park, canoe launch</td>
</tr>
<tr>
<td>Capacity</td>
<td>600</td>
</tr>
</tbody>
</table>

### Wilson Pool

**Located at Kingsdale Community Centre**

**78 Wilson Avenue - 519-741-2200 x3479**

<table>
<thead>
<tr>
<th>Wheelchair Accessible</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type of Pool</td>
<td>Outdoor</td>
</tr>
<tr>
<td>Months of operation</td>
<td>Mid-June, July and August</td>
</tr>
<tr>
<td>Hours of operation</td>
<td>Pool opens Sat June 17&lt;br&gt;Swims - Jun 17, 18, 24 &amp; 25&lt;br&gt;Public swim 1-3pm, 3-5pm &amp; 5:30-7pm&lt;br&gt;Swims June 19-23 &amp; 26-28&lt;br&gt;Public swim 3:30-5:30pm &amp; 5:30-7pm&lt;br&gt;Regular summer hours begin Jun 29&lt;br&gt;Public swim Mon-Fri 2-3:30pm, 3:30-5pm, Sat-Sun 12:30-2pm, 2-3:30pm, 3:30-5pm &amp; 5:30-7pm&lt;br&gt;Wed Youth swim 7-8:15pm Jul &amp; Aug</td>
</tr>
<tr>
<td>Pool Dimensions</td>
<td>18 m x 12 m</td>
</tr>
<tr>
<td>Types of Activities</td>
<td>Registered lessons, public swims and Swim to Survive lessons</td>
</tr>
<tr>
<td>Special Attributes</td>
<td>Large shallow end, located in large park</td>
</tr>
<tr>
<td>Capacity</td>
<td>120</td>
</tr>
</tbody>
</table>
Parent and Tot Programs
Structured for in-water interaction between parent and child to stress the importance of play and developing water-positive attitudes and skills.

Waterbabies
3-12 months
Next Level: Adult & Tot
Class focus will be on increasing the caregivers’ comfort level for safe support of their child in the water through playful interaction in all aquatic environments such as the bathtub, pool, beach, boat.
Once this level is successfully completed, swimmers will be able to:
Movement Exploration – Explore various ways to move through the water in a safe and comforting way
Holds & Supports – Safely and comfortably hold their child while entering and exiting the pool, as well as various holds within the water
Face and Head Wet – Child is comfortable getting their face and head wet through play

Adult & Tot
9-18 months
Next Level: Adult & Tot Advanced
Class focus will be on building the child’s comfort in water and introducing safe play with a caregiver.
Once this level is successfully completed, swimmers will be able to:
Face and Head Wet – Child voluntarily puts face in water and is working towards a full submersion
Lifejackets – Child is comfortable wearing a lifejacket in and out of the water
Safe Entry – Caregiver assists child into and out of the pool safely. Child slips into the water feet first

Adult & Tot Advanced
13-30 months
Next Level: Tots & (Sometimes) Me
This class will build foundational swimming skills in the water with the child’s parent through playful discovery. Skills will include push-offs, vertical movement exploration, and submersion.
Once this level is successfully completed, swimmers will be able to:
Vertical movement exploration – Child will move vertically through the water with assistance
Push-off – Starting in water, child falls off ledge and pushes forward
Submersion – Child submerges comfortably and happily with parent support

Tots & (Sometimes) Me
2-4 years
Next Level: Supertots
Class focuses on establishing progressive separation from parent to instructor/facility while building foundational swimming skills in water through playful discovery. Skills taught will include front and back tows, and safe entries and exits.
Once this level is successfully completed, swimmers will be able to:
Comfort in Class – Child is comfortable in water without a parent
Front and Back Tow – Child is comfortable in water and maintains a horizontal body position
Safe Entries & Exits – Child enters and exits the pool safely with assistance from instructor

Supertots
2-4 years
Next Level: Level B
Class focuses on developing swimmer independence with instructor/facility while building foundational swimming skills through in water discovery play. Skills will focus on unassisted vertical movement exploration, unassisted bubbles, and assisted floats.
Once this level is successfully completed, swimmers will be able to:
Bubbles – Child voluntarily puts their mouth in the water and safely blows bubbles
Front Float – Child holds a float on their front with face in the water for 3 seconds with instructor assistance
Back Float – Child holds a float on their back in a horizontal position with instructor assistance
Aquatics - Kitchener Learn to swim

Preschool Programs
Focus on building comfort in the water while having fun and developing a foundation of water skills. Levels are designed for children 3 to 7 year-olds.

Level B
3-5 years
Next Level: Level C
Introduces swimmers to foundational skills to establish and build their comfort in and around water. The class will focus on horizontal movement, floats, and comfort with putting their head underwater voluntarily.

Once this level is successfully completed, swimmers will be able to:
- Horizontal Movement – Move through the water in a streamlined position with instructor assistance
- Front Float – Completes a front float with their face in water for 3 seconds
- Back Float – Completes a back float for 3 seconds with horizontal positioning
- Submersion – Child voluntarily puts their head underwater and safely blows bubbles

Level C
3-5 years
Next Level: Level D
Class focuses on building additional comfort in the water and progresses towards doing skills without instructional assistance. Skills taught will include unassisted horizontal movement with equipment, unassisted front floats and back floats, jumps into shallow water and return to edge.

Once this level is successfully completed, swimmers will be able to:
- Horizontal Movement Exploration – Swimmers will move in a horizontal position with quiet, relaxed kicking below the surface while using equipment
- Front Float – Child completed their front float fully unassisted start to finish
- Back Float – Child completes their back float fully unassisted start to finish
- Jump Into Shallow Water – Child safely jumps into chest deep water unassisted and returns to pool edge

Level D
3-5 years
Next Level: Level E
Class focuses on building forward momentum with the introduction of flutter kick, horizontal movement without equipment, and introduction to glides.

Once this level is successfully completed, swimmers will be able to:
- Flutter Kick – Swimmer has quiet relaxed kicking below the surface
- Horizontal Movement Exploration – Swimmer is able to move through water unassisted in a horizontal position on their front and back
- Front Glide – 2 metres completed unassisted
- Back Glide – 2 metres completed unassisted
- Rollover Glide – Completes a rollover glide front to back, and back to front unassisted with a distance of 2 metres

Level E
4-7 years
Next Level: Level F
Class focuses on building comfort in deeper water and adding additional components to front and back swims. Swimmers will experiment with forward underwater propulsive arms while on their front and back and increase the distance swam to 3 to 5 metres.

Once this level is successfully completed, swimmers will be able to:
- Front Swim – 3 metres completed with face and eyes in the water, kicks are relaxed and below the surface, continuous movement throughout
- Back Swim – 3 metres completed with relaxed kicking below the surface and face out of the water, continuous movement throughout
- Distance Swim – 5 metres completed with a recognizable stroke without stopping
- Eggbeater – Swimmers have alternate leg action with knees apart

Level F
4-7 years
Next Level: Level G
Class focuses on continuing to increase distances swam up to 10 metres and introduces an above water arm recovery for front and back crawl. Whip kick introduced to swimmers while on their front. Distance swim increased to 10 metres.

Once this level is successfully completed, swimmers will be able to:
- Front Crawl – 5 metres completed with face and eyes in water, windmill arms, and a flutter kick below surface
- Back Crawl – 5 metres completed with face our of water, windmill arms, and flutter kick below surface
- Whipkick – Body remains in a near horizontal position with legs below surface
- Distance Swim – Continuous swim of 10 meters completed with a recognizable stroke
Learn to Swim Programs

Focus on building off the basics by introducing swimmers to stroke correction and technique, lifesaving skills, and basic first aid items. Levels are designed for children 6 to 12 years-olds.

Level 1 – Child
6-8 years
Next Level: Level 2 – Child
Level Equivalency: Levels B-D

Swimmers will learn introductory skills to begin their swimming journey. Focusing on establishing comfort in and around water, swimmers will work on breath control and submersion, floats, and glides. As comfort builds, skills will move from assisted to unassisted with an increase in duration.

Once this level is successfully completed, swimmers will be able to:
- **Breath Control** – Safely exhale under water up to 5 seconds
- **Floats** – Complete floats on their front and back unassisted
- **Glides** – Complete glides with a distance of 2 metres

Level 2 – Child
6-8 years
Next Level: Level G
Level Equivalency: Levels E-F

Swimmers will continue to build their comfort level in and around water while increasing their ability to move forward in the water in a horizontal position. Swim distances will increase up to 10 metres. Above water arm recovery will be taught for both front crawl and back crawl.

Once this level is successfully completed, swimmers will be able to:
- **Front Crawl** – 5 metres completed with windmill arms and face in water
- **Back Crawl** – 5 metres completed with windmill arms
- **10m Distance Swim** – 10 metres completed without stopping with a recognizable stroke
- **Deep Water** – Jump into deep water and return to the edge without assistance
- **Eggbeater** – Complete 15 seconds of eggbeater with alternating leg action

Level G
6+ years
Next Level: Level H

Class focuses on developing confidence and independence in the water. Swimmers will increase their distance swam to 15 metres, complete whip kick on their front and back, and becomes comfortable with a variety of safe, foot first entries.

Once this level is successfully completed, swimmers will be able to:
- **Front Crawl** – 10 metres completed while remaining horizontal in water, kicking from the hip, strong windmill arm with a pull past the hip
- **Back Crawl** – 10 metres completed while hips remain at or near the surface, straight leg kicks, and a visible shoulder roll
- **Whip kick** – Completes a continuous 10 metres with a horizontal body position, legs end at the same time
- **Distance Swim** – 15 metres completed with a recognizable stroke, without stopping
- **Foot First Entries** – Swimmer understands where to safely enter the water and experiments with entries that allows a full submersion with confidence

Level H
6+ years
Next Level: Level I

Class focuses on increasing swimmers’ distance and comfort within deep water. Safe and appropriate deep-water entries, breaststroke, and headfirst sculling will be taught.

Once this level is successfully completed, swimmers will be able to:
- **Front Crawl** – 15 metres completed while swimmer remains in a horizontal position with side breathing
- **Back Crawl** – 15 metres completed with continuous alternating arms, horizontal positioning with hips and feet at surface, visible shoulder roll
- **Breaststroke** – 15 metres completed with a horizontal body positioning, semicircular leg pattern, face in the water
- **Distance Swim** – 25 metres completed with a single, continuous, recognizable stroke
- **Deep Water Entries** – Sitting dives and stride entries completed
Aquatics - Kitchener Learn to swim

**Level I**
7+ years  
Next Level: Level J

Swimmers will continue to develop stroke fundamentals and be introduced to elementary backstroke. Various stroke drills will be taught and used to build the swimmers comfort and ability with preforming an increased distance up to 50 metres. Initial steps to the rescue process will be taught and practiced throughout.

Once this level is successfully completed, swimmers will be able to:

- **Front Crawl** – 25 metres completed with horizontal body positioning, continuous alternating arms, and breathing to the side
- **Back Crawl** – 25 metres completed with continuous alternating arms with visible shoulder roll, horizontal body positioning with continuous flutter kick from hip
- **Elementary Backstroke** – 25 metres completed with horizontal body positioning, arms and legs are symmetrical and end at the same time
- **Distance Swim** – Completes a continuous 50 metres swim with a recognizable stroke

**Level J**
7+ years  
Next Level: Level K

Swimmers continue to develop their understanding of the rescue process and build endurance throughout their strokes. Distances increase up to 75 metres. Swimmers will complete the Swim to Survive standard in clothes and PFD.

Once this level is successfully completed, swimmers will be able to:

- **Swim to Survive** – Swimmers complete a forward roll into water, tread water for 1 minute, and complete a swim of 50 metres while wearing clothes and PFD
- **Side Stroke** – 50 metres completed while body is on its side in a horizontal position, scissor kick utilized with top leg forward, face out of the water looking up
- **Distance Swim** – Continuous 75 metres completed with a recognizable stroke
- **Dive** – Safe and appropriate knowledge of where and how to dive, arms remain extended above head throughout, push off wall to gain forward momentum

**Level K**
8+ years  
Next Level: Level L

Swimmers will continue to develop their strokes for lifelong training. Additional lifesaving skills will be taught including rescue breathing, introduction to barrier devices and AED. Swimmers will perform first aid treatments through roleplay. Distances increase to 75 metres with a timed swim of 150 metres.

Once this level is successfully completed, swimmers will be able to:

- **Breaststroke** – 75 metres completed in a horizontal body position with eyes forward, water between hairline and eyebrows, strong symmetrical whip kick
- **Butterfly** – 25 metres completed with streamlined body, unison kick, and a sequence of kick pull kick breathe
- **Timed Distance Swim** – 150 metres completed within 6 minutes

**Level L**
9+ years  
Next Level: Level M

Swimmers will continue their lifesaving journey with the introduction of additional rescue skill items including victim removals, care for victims in shock, and learning the various lifesaving kicks. Swim distances will increase to 100 metres for most strokes. An endurance swim of 250 metres and timed sprint of 25 metres in 40 seconds.

Once this level is successfully completed, swimmers will be able to:

- **Eggbeater** – Support a 5lb brick for 1 minute while maintaining their head out of the water
- **Timed Distance Swim** – 250 metres completed within 8 minutes with a recognizable stroke
- **Timed Sprint Challenge** – 25 metre swim completed with a recognizable stroke within 40 seconds
Level M
9+ years
Next Level: Level N
Continuing to further develop their endurance and lifesaving skills, swimmers will perform most strokes at a distance of 200 metres with a distance swim of 400 metres and a timed distance swim of 300 metres in 9 minutes. Emphasis on victim care through rescue drill scenarios.
Once this level is successfully completed, swimmers will be able to:
- **Rescue Drill** – Complete a safe entry with aid and conduct a 25 metre head up approach, reverse and ready to victim
- **Eggbeater** – Support and carry a 10lb brick for 25 metres without arm assistance and maintaining their head above water
- **Distance Swim** – 400 metres completed with a recognizable stroke
- **Timed Distance Swim** – 300 metres completed withing 9 minutes with a recognizable stroke
- **Timed Sprint Challenge** – 50 metres completed with a recognizable stroke within 60 seconds

Level N
10+ years
Next Level: Bronze Star or Bronze Medallion (if 12yrs)
Class focuses on building swimmers’ endurance and preparing them for the next steps of their leadership journey. Most strokes will be at a distance of 250 metres with a distance swim of 600 metres, and a timed distance swim of 300 metres in 10 minutes. Practice first aid scenarios will include Adult and Child CPR, as well as treatment of an obstructed airway of a conscious and unconscious victim.
Once this level is successfully completed, swimmers will be able to:
- **Eggbeater** – Support a 10lb object for 2 minutes without the use of hands while keeping their head above water
- **Distance Swim** – Continuous swim of 600 metres completed with a recognizable stroke
- **Timed Distance Swim** – Continuous swim of 300 metres completed in 10 minutes with a recognizable stroke
- **Timed Sprint Challenge** – 50 metre swim completed with a recognizable stroke within 50 seconds

We believe an engaged community is a happy community
You play an important role in our decision-making process.
Visit [engagekitchener.ca](http://engagekitchener.ca) to provide your input on a project that impacts the community

Volunteer in Kitchener.
See page 6.
Aquatics - Kitchener Learn to swim

Pre-Teen, Teen, Adult Programs
Age specific classes designed for beginner swimmers that are just starting out or are looking to improve their comfort level within water.

Level 1
Pre-Teen 9-12 years
Teen 13-17 years
Adult 18+ years
Level Equivalency: Levels B-D
Swimmers will learn introductory skills to begin their swimming journey. Focusing on establishing comfort in and around water, swimmers will work on breath control and submersion, floats, and glides. As comfort builds, skills will move from assisted to unassisted with an increase in duration.
Once this level is successfully completed, swimmers will be able to:
- **Breath Control** – Safely exhale under water up to 5 seconds
- **Floats** – Complete floats on their front and back unassisted
- **Glides** – Complete glides with a distance of 2 metres

Level 2
Pre-Teen 9-12 years
Teen 13-17 years
Adult 18+ years
Level Equivalency: Levels E-F
Swimmers will continue to build their comfort level in and around water while increasing their ability to move forward in the water in a horizontal position. Swim distances will increase up to 10 metres. Above water arm recovery will be taught for both front crawl and back crawl.
Once this level is successfully completed, swimmers will be able to:
- **Front Crawl** – Distance of 5 metres completed with windmill arms and face in water
- **Back Crawl** – 5 metres completed with windmill arms
- **10m Distance Swim** – 10 metres completed without stopping with a recognizable stroke
- **Deep Water** – Jump into deep water and return to the edge without assistance
- **Eggbeater** – Complete 15 seconds of eggbeater with alternating leg action

Level 3
Pre-Teen 9-12 years
Teen 13-17 years
Adult 18+ years
Level Equivalency: Levels G-H
Swimmers will continue to develop confidence and independence in shallow and deep water. Class focus will be on increasing swim distances up to 25 metres. Introduction to dives and deep-water entries. Swimmers will learn whip kick on their back as well as breaststroke
Once this level is successfully completed, swimmers will be able to:
- **Front Crawl** – 15 metres completed with straight windmill arms, horizontal body position with side breathing
- **Back Crawl** – 15 metres completed with continuous windmill arms and shoulder roll, body positioned horizontally with hips and feet up
- **Breaststroke** – 15 metres completed with body near horizontal body position and legs finish at same time on a semicircular pattern
- **25m Distance Swim** – 25 metres completed with a recognizable stroke
- **Deep-water Entries** – Swimmers will complete stride entries and sitting dives
- **Eggbeater** – Complete 45 seconds of eggbeater with alternating leg action, head above the water, body remains in a vertical position
Aquatics - Single visit activities

For up-to-date swim times please visit the activity calendar on Active net

**AquaFit**

**AquaStrength**
Exercises performed in chest-deep water in a warm water setting at a moderate pace. Focuses on muscle conditioning and coordination.

**AquaStretch**
Exercises performed in chest-deep water in a warm water setting. Large body movements focus on lengthening muscles and overall coordination.

**AquaCardio – Shallow**
Exercise performed in chest-deep water designed to get your heart pumping and your body moving. The class focuses on muscle strengthening and cardio conditioning.

**AquaCardio - Deep**
Exercise performed suspended in deep water with the use of a floatation device. Designed to get your heart pumping and your body moving. The class focuses on muscle strengthening and cardio conditioning.

**Lane Swim**
The pool is divided into lanes, organized into fast/medium/slow. Participants will keep to the right of the lane, passing on to the left. Please choose the lane that best fits your swim speed, relative to other swimmers present that day.

Regular Swim Admission Guidelines apply.

See page 38 for a step-by-step guide on how to search for available times or to register.

**Recreations Swims**

**Family Swim**
Recreational swimming. Children 17yrs and under must be accompanied by an adult.

Regular Swim Admission Guidelines apply.

**Public Swim**
All sections of the pool are available for everyone to enjoy a leisurely swim.

Regular Swim Admission Guidelines apply.

**Adult Swim**
Must be 18Y+. All sections of the pool are available for everyone to enjoy a leisurely swim.

**Be U Open Swim**
Swim time for trans and non-binary community members, their friends, families, and allies. The facility will provide added privacy for all in attendance. Changerooms will be accessible to everyone, all swimming attire is acceptable. All sections of the pool are available for everyone to enjoy a leisurely swim.

**Be U: Lane & Leisure Swim**
Swim time for trans and non-binary community members, their friends, families, and allies. The facility will provide added privacy for all in attendance. Changerooms will be accessible to everyone, all swimming attire is acceptable. This swim will include sections of the pool that are set aside for lane swimmers and people looking to swim/water walk or float at their own pace.

**Women’s only swim**
This program is for Women and girls. This swim provides an all female staff and is closed to the public during this swim for privacy. Come on out to enjoy the pool, practice your swimming or just enjoy the open swim.

**Swim Admission Guidelines**

For swim admission purposes, a caregiver is defined as someone 12 years or older, responsible for the child.

A swimmer-to-caregiver ratio defines the number of swimmers that can be supervised by a caregiver. Example: (4:1 ratio) means four swimmers can be supervised by one caregiver.

- under 10 years old: requires supervision
- under 7 years old: must be within arm’s reach of the caregiver in the shallow end (2:1 ratio)
- 7 to 9 years who have not passed a swim test: must be within arm’s reach of the caregiver in the shallow end (4:1 ratio) or (8:1 ratio) if all swimmers are wearing lifejackets.
  - lifejackets may need to be supplied by swimmers as there is a limited supply at each facility
  - lifejackets may not be available at all programs
  - lifejackets must be the appropriate size for the swimmer and approved by Transport Canada
  - water wings, puddle jumpers or any other floatation devices are not acceptable as lifejackets
- 7 to 9 years who have passed a swim test: may swim unaccompanied as long as a caregiver remains in the pool environment to supervise.
Aquatics

Fees

<table>
<thead>
<tr>
<th></th>
<th>Single</th>
<th>Book of 5</th>
<th>Book of 20</th>
<th>Book of 60</th>
<th>3-month Pass</th>
</tr>
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<tbody>
<tr>
<td>Child (0-17Y)</td>
<td>$4.25</td>
<td>$20.16</td>
<td>$76.37</td>
<td>$203.64</td>
<td>$130.80</td>
</tr>
<tr>
<td>Adults 18Y+</td>
<td>$6.36</td>
<td>$30.26</td>
<td>$114.65</td>
<td>$305.74</td>
<td>$205.49</td>
</tr>
<tr>
<td>55Y+</td>
<td>$4.25</td>
<td>$20.16</td>
<td>$76.37</td>
<td>$203.64</td>
<td>$130.80</td>
</tr>
<tr>
<td>Family</td>
<td>$14.48</td>
<td>$65.16</td>
<td></td>
<td>$302.49</td>
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</tr>
</tbody>
</table>

Assistant Instructor

The Lifesaving Society Assistant Instructor course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized.

Bronze Star

Bronze Star develops swimming proficiency, lifesaving skills and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sports.

Bronze Medallion and Emergency First Aid

The Lifesaving Society’s Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water, Emergency First Aid provides a general knowledge of first aid principles and the emergency treatment of injuries including victim assessment, CPR, choking, and what to do for external bleeding, heart attack, stroke, wounds and burns.

Lifesaving Instructor

The Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society’s lifesaving and first aid awards. Because the Society’s first aid awards are recognized by the Workplace Safety & Insurance Board (WSIB), the Society complies with the WSIB’s request that only “first aid instructors” teach WSIB-approved courses. Successful candidates receive two certifications: Lifesaving Instructor and Emergency First Aid Instructor.

National Lifeguard

National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard. The course develops the basic lifeguarding skills, principles and decision-making processes that will assist the lifeguard to evaluate and adapt to different aquatic facilities and emergencies.

Swim Instructors

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach and certify candidates in all levels of the Swim for Life® and Canadian Swim Patrol programs.
Aquatics registration

**How To Register for City of Kitchener Single-Visit Activities Online**

1. Go to ActiveNet Kitchener. 
   Find it at [www.kitchener.ca/activenet](http://www.kitchener.ca/activenet)

2. Sign in with your email address and password (or create a new account). If you are not sure if you have an account, click “forgot password.” Please do not create multiple accounts.

3. Once logged in, select Activity Calendars in the top profile bar.

4. The drop-down menu provided will let you access different calendars based on the program that you are looking for:
   - Aquafit’s, Lane Swims,
   - Recreational Swims
   - (Public Swim, Family Swim, Adult Swim etc.)

5. A calendar will come up. Use the top bar to find your desired program. You can filter options to help your search. You can switch between calendars using the top drop-down menu:

6. In a calendar you can filter various options. The three main options are: Facility, Activity, and Pool.
   - Facility, Activity, Pool

7. Add all the filters you want. The calendar should look like the picture below. Click on the program you want to register.

8. A new window will pop up. It will have more details about the program. To register, click on Enroll Now.

9. Pay online with a credit card to complete registration.

**For program descriptions, see pages 30-35.**
Aquatics leadership

Want to work with Kitchener pools?

XX Minimum age requirement  XX Minimum course length in hours

Become an Aquatic Assistant (14 years of age to apply)
After the completion of Bronze Cross, Standard First Aid, and the Assistant Instructor you can apply for early employment with the City of Kitchener as an Aquatic Assistant. Application process outlined below.

<table>
<thead>
<tr>
<th>Bronze Medallion &amp; Emergency First Aid</th>
<th>Bronze Cross &amp; Standard First Aid with CPR-C</th>
<th>Assistant Instructor course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-requisites: Age 13 or Bronze Star*</td>
<td>Pre-requisites: Bronze Medallion and Emergency First Aid</td>
<td>Pre-requisites: Bronze Cross</td>
</tr>
<tr>
<td>13 20</td>
<td>30</td>
<td>14 18</td>
</tr>
</tbody>
</table>

If you are 15 years of age, proceed to Lifesaving Society Swim Instructor course in place of the Assistant Instructor Course

The Lifesaving Society accepts Emergency First Aid and Standard First Aid certifications provided by training agencies approved by the Ontario Ministry of Labour.
*If you have passed your bronze star, you can go into bronze medallion at any age.
If you did not take bronze star, you must be 13 years of age to take bronze medallion.

Become an Instructor Guard
These additional courses are required to advance to the Instructor Guard position. You must be 16 years of age to be employed as an Instructor Guard

<table>
<thead>
<tr>
<th>Lifesaving Society Swim Instructor</th>
<th>National Lifeguard course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-requisites: Bronze Cross</td>
<td>Pre-requisites: Bronze Cross &amp; Standard First Aid - CPR-C</td>
</tr>
<tr>
<td>15 20</td>
<td>15 40</td>
</tr>
</tbody>
</table>

For more information on course dates and times please check kitchener.ca/activenet

Here’s how to apply
Both the Aquatics Assistant and the Instructor Guard positions follow the same application process.

<table>
<thead>
<tr>
<th>How to apply</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong> Apply to the City of Kitchener Visit our Job Opportunity portal at <a href="http://www.kitchener.ca/currentopportunities">www.kitchener.ca/currentopportunities</a> Upload your resume and cover letter.</td>
</tr>
<tr>
<td><strong>2</strong> Skill Screening Applicants will be contacted to attend a skill screening session to demonstrate the critical skills and knowledge learned in their aquatic leadership courses.</td>
</tr>
<tr>
<td><strong>3</strong> New Staff Orientation Newly hired staff will be scheduled for a group orientation and on-boarding session.</td>
</tr>
<tr>
<td><strong>4</strong> Staff Training Newly hired staff will join their co-workers for a site specific training of their new work location</td>
</tr>
</tbody>
</table>

Candidates must bring copies of their certification cards on the first day of each leadership program. Certifications are legal documents. Copies of Lifesaving Qualifications can be found on the Lifesaving Society’s website under ‘Find a member’. www.lifesavingsociety.com
Looking for a great deal on golf this summer?

Our game pack bundles are the perfect way to save on tee times and enjoy the game you love all season long.

With our bundles, you’ll get access to some of the best courses, valid seven days a week, and with a price that won’t break the bank. Whether you’re a seasoned pro or just starting out, our courses offer a challenge for every skill level.

Don't wait – get your game pack bundle today and start hitting the links at Kitchener Golf!

To buy a game pack bundle and to learn more, visit www.kitchenergolf.ca
The benefits of sport extend to people of all ages and interests. Sports can increase both physical and mental health, can build connections with other people, build confidence and teach people how to both win and lose gracefully. Whether you choose to play an organized sport or would rather take advantage of some of the drop-in activities around town, make sports a part of your healthy lifestyle.
Join us for Neighbours Day
Saturday, June 17
1-5pm
Visit kitchener.ca/neighboursday for an event near you!

Want to advertise in Active Kitchener?
You can reach 70,000+ homes, 4 times a year!
Email active@kitchener.ca or visit www.kitchener.ca/activekitchener for details.

Looking for a job?
Visit kitchener.ca/jobs to apply for one of these positions at our pools:
- Aquatic assistant
- Instructor
- Lifeguard
- Aquatic leadership instructor
See page 37 to see how you can participate in training to become a lifeguard.

Interested? Email us at:
info@kwwaterpolo.com
www.kwwaterpolo.com/about

Come Join KW Water Polo Club
A Great Team Sport for Girls and Boys
TEAMWORK, SWIMMING and FUN!
We are looking for strong swimmers, age 8+
to join our KRaken KREW!

Scan me

Try it for FREE!

KW Water Polo
Kitchener’s Community Centres are great places that build great communities. Each centre focuses on the unique needs of the surrounding neighbourhood by offering activities and services for a diverse group of residents.

The City of Kitchener operates 15 community centres, where unique collaboration between staff, volunteers, community organizations, older adult groups and neighbourhood associations ensures quality recreational services and programming is provided to citizens throughout the city.

Kitchener residents enjoy a wealth of programs and resources close to home thanks to this partnership with our many neighbourhood associations. Many of the programs listed in the following pages are made possible thanks to dedicated volunteers. Other neighbourhood association volunteers spend their time organizing events or advocating for the interest of their neighbourhoods.

Registration for all neighbourhood association and community centre programs starts Tuesday, June 6.
Alpine Community Neighbourhood Association

Our yearly events and activities include the April community Earth Day clean up, annual community garage sale coordination, our Neighbourhood Day event at Alpine Park in June, family oriented events at the Country Hills Community Centre and addressing neighbourhood concerns as they arise.

We are always looking for volunteers, but we are also very interested in “participants”. Join us at a meeting; get to know us and what we do. Or come out to an event that we put on or a Country Hills Recreation Association event that we help make happen. You might find a role for yourself in our organization, the level of participation is up you. We have some very interesting conversations and Councillor Paul Singh keeps us updated on situations that affect our neighbourhood.

We do have some guiding principles that we take seriously. The Alpine Community Neighbourhood Association (ACNA) has a mission to foster pride in the neighbourhood and to maintain a safe and environmentally friendly community; to encourage resident participation; to provide a forum for problem solving for community issues; to preserve and enhance the quality of life in the Alpine community; and to be a voice for neighbourhood interests.

Check our blog page at alpine-cna.blogspot.ca for more information. Read our quarterly newsletters and join our group Facebook page. We look forward to seeing you soon.

Auditorium Neighbourhood Association

The Auditorium Neighbourhood Association (ANA) is bounded by Krug, Weber, Ottawa and the expressway. With over 1000 households in the ANA, it is one of the oldest and most well established neighbourhoods in Kitchener. It is lucky to have majestic tree cover, great parks, two schools and of course, the namesake Auditorium, home of the Kitchener Rangers.

The ANA is a member of the Downtown Neighbourhood Alliance (DNA) with access to the Downtown Community Centre on Weber street. We also have access to the Stanley Park Community Centre and the facilities at the Auditorium.

The ANA is dedicated to offering programs and activities to all members of the community. The activities range from one-time yearly events to more regularly scheduled and anticipated events.

Are you interested to know what the ANA is up to in the future? Like our Facebook page or watch for announcements on our webpage at www.auditoriumna.ca. The website is filled with great information including a history section and links to social media. And of course, join our email distribution list by contacting ana.eastward@gmail.com

Another great way to keep in touch with upcoming events and activities is to watch the (new) ANA bulletin board in the park at the corner of Stirling and East.

Like all great volunteer driven organizations, the ANA is only as great as the vision provided by the active members! Do you have an idea of an activity that would be an addition to the neighbourhood?

get a job for life... become a lifeguard

www.kitchener.ca/lifeguard
Boardwalk Neighbourhood Association

Boardwalk’s mandate is to provide social, educational opportunities and community projects to enhance the Neighbourhood spirit.

Do you live between the borders of Fischer Hallman Road, Victoria St. Ira Needles Blvd and University Ave? Did you know you live within the Boardwalk Neighbourhood Association? Please complete the online survey to help us learn more about the neighbourhood and how we can work together to do great things. Do you have an idea or talent to share with the community? We’d like to hear from you. Check out the Boardwalk Neighbourhood Facebook page to find out more about the Association.

Breithaupt Centre

Breithaupt Centre is a fully accessible, multi-use facility, featuring a 25 yard pool, a warm water pool, gymnasium, solarium and several rooms to accommodate small to large events. The centre offers registered programs, drop-in, pay-as-you-play gym programs, a snack bar, swimming lessons for all ages, recreational swims and aqua fitness - activities for everyone to enjoy. With plenty of free parking and the convenience of public transport nearby, Breithaupt Centre is the ideal place to spend part of your day.

Child - Arts and Crafts

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art Explorers</td>
<td>5-10Y</td>
<td>Tue</td>
<td>6:30-7:25pm</td>
<td>Jul 4</td>
<td>8wks</td>
<td>$76.52</td>
<td>115706</td>
</tr>
<tr>
<td></td>
<td>5-10Y</td>
<td>Thu</td>
<td>6:30-7:25pm</td>
<td>Jul 6</td>
<td>8wks</td>
<td>$76.52</td>
<td>115707</td>
</tr>
<tr>
<td>Ceramic Slab Building</td>
<td>13Y+</td>
<td>Sun</td>
<td>10am-1pm</td>
<td>Jul 2</td>
<td>4wks</td>
<td>$133.68</td>
<td>115708</td>
</tr>
<tr>
<td></td>
<td>13Y+</td>
<td>Sun</td>
<td>10am-1pm</td>
<td>Aug 13</td>
<td>4wks</td>
<td>$133.68</td>
<td>115709</td>
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Child - Fitness and Wellness

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent and Tot Yoga</td>
<td>2-5Y</td>
<td>Wed</td>
<td>4-4:55pm</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$45.52</td>
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Child - Music

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brass it up Beginner!</td>
<td>14-17Y</td>
<td>Mon</td>
<td>6-6:55pm</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$46.14</td>
<td>115701</td>
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<tr>
<td>Brass it up! Intermediate</td>
<td>14-17Y</td>
<td>Mon</td>
<td>7-7:55pm</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$46.14</td>
<td>115702</td>
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Pricing and availability are subject to change.

Inclusion 1:1 support can be applied to any program or camp. See page 76, 77 or visit kitchener.ca/inclusion for more information.
## Breithaupt Centre continued

### Adult - Arts and Crafts

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Weeks</th>
<th>Price ($)</th>
<th>Code</th>
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</thead>
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<tr>
<td>Woodworking &amp; Weaving Art Program</td>
<td>16+</td>
<td>Wed</td>
<td>6:30-8pm</td>
<td>Jul 12</td>
<td>7wks</td>
<td>$113.59</td>
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### Adult - Fitness and Wellness

<table>
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<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Weeks</th>
<th>Price ($)</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chi Ball Energize</td>
<td>18+</td>
<td>Mon</td>
<td>6-6:55pm</td>
<td>Jul 10</td>
<td>5wks</td>
<td>$34.65/$28.45</td>
<td>115635</td>
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<tr>
<td>Chi Ball Flow</td>
<td>18+</td>
<td>Fri</td>
<td>9-9:55am</td>
<td>Jul 14</td>
<td>5wks</td>
<td>$34.65/$28.45</td>
<td>115633</td>
</tr>
<tr>
<td>FUNctional Flow (Intermediate Yoga)</td>
<td>18+</td>
<td>Tue</td>
<td>6-6:55pm</td>
<td>Jul 4</td>
<td>8wks</td>
<td>$55.44/$45.52</td>
<td>115712</td>
</tr>
<tr>
<td>Gentle Moves</td>
<td>18+</td>
<td>Mon</td>
<td>10-10:55am</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$36.84/$30.24</td>
<td>115641</td>
</tr>
<tr>
<td>Nia</td>
<td>18+</td>
<td>Wed</td>
<td>6:15-7:10pm</td>
<td>Jul 12</td>
<td>5wks</td>
<td>$34.65/$28.45</td>
<td>115654</td>
</tr>
<tr>
<td>Pilates - Beginner</td>
<td>18+</td>
<td>Mon</td>
<td>9:30-10:25am</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$41.58/$34.14</td>
<td>115667</td>
</tr>
<tr>
<td></td>
<td>18+</td>
<td>Wed</td>
<td>9:30-10:25am</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$55.44/$45.52</td>
<td>115669</td>
</tr>
<tr>
<td></td>
<td>18+</td>
<td>Tue</td>
<td>9:30-10:25am</td>
<td>Jul 4</td>
<td>8wks</td>
<td>$55.44/$45.52</td>
<td>115670</td>
</tr>
<tr>
<td></td>
<td>18+</td>
<td>Thu</td>
<td>9:30-10:25am</td>
<td>Jul 6</td>
<td>8wks</td>
<td>$55.44/$45.52</td>
<td>115671</td>
</tr>
<tr>
<td></td>
<td>18+</td>
<td>Thu</td>
<td>4:45-5:40pm</td>
<td>Jul 6</td>
<td>8wks</td>
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<td>115672</td>
</tr>
<tr>
<td>Strength Training</td>
<td>18+</td>
<td>Wed</td>
<td>6-6:55pm</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$55.22/$45.60</td>
<td>115677</td>
</tr>
<tr>
<td>Strengthening, Aerobics and Stretching (S.A.S.)</td>
<td>18+</td>
<td>Mon</td>
<td>11-11:55am</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$36.84/$30.24</td>
<td>115673</td>
</tr>
<tr>
<td></td>
<td>18+</td>
<td>Tue</td>
<td>11-11:55am</td>
<td>Jul 4</td>
<td>8wks</td>
<td>$49.12/$40.32</td>
<td>115674</td>
</tr>
<tr>
<td></td>
<td>18+</td>
<td>Wed</td>
<td>11-11:55am</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$49.12/$40.32</td>
<td>115675</td>
</tr>
<tr>
<td></td>
<td>18+</td>
<td>Thu</td>
<td>11-11:55am</td>
<td>Jul 6</td>
<td>8wks</td>
<td>$49.12/$40.32</td>
<td>115676</td>
</tr>
<tr>
<td>Super Seniors</td>
<td>55+</td>
<td>Tue</td>
<td>9:30-10:25am</td>
<td>Jul 4</td>
<td>8wks</td>
<td>$49.12/$40.32</td>
<td>115678</td>
</tr>
<tr>
<td></td>
<td>55+</td>
<td>Thu</td>
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<td>Jul 6</td>
<td>8wks</td>
<td>$49.12/$40.32</td>
<td>115679</td>
</tr>
<tr>
<td>Tai Chi Practice Class</td>
<td>18+</td>
<td>Thu</td>
<td>10-10:55am</td>
<td>Jul 6</td>
<td>7wks</td>
<td>$48.51/$39.83</td>
<td>115680</td>
</tr>
<tr>
<td>Yoga For All</td>
<td>18+</td>
<td>Tue</td>
<td>7-7:55pm</td>
<td>Jul 4</td>
<td>8wks</td>
<td>$55.44/$45.52</td>
<td>115681</td>
</tr>
<tr>
<td></td>
<td>18+</td>
<td>Wed</td>
<td>5-5:55pm</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$55.44/$45.52</td>
<td>115682</td>
</tr>
<tr>
<td></td>
<td>18+</td>
<td>Fri</td>
<td>1-1:55pm</td>
<td>Jul 7</td>
<td>8wks</td>
<td>$55.44/$45.52</td>
<td>115683</td>
</tr>
<tr>
<td>Zumba</td>
<td>18+</td>
<td>Mon</td>
<td>6:20-7:15pm</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$36.84/$30.24</td>
<td>115684</td>
</tr>
<tr>
<td>Zumba Gold</td>
<td>18+</td>
<td>Tue</td>
<td>9:30-10:15am</td>
<td>Jul 4</td>
<td>8wks</td>
<td>$49.12/$40.32</td>
<td>115699</td>
</tr>
</tbody>
</table>

Pricing and availability are subject to change.

Registration for all neighbourhood association and community centre programs starts Tuesday, June 6.

Get email updates on any City of Kitchener website page you are interested in! All you have to do is click ‘subscribe to this page’ at the right of the page. Visit, subscribe and keep up-to-date. www.kitchener.ca
Pay as you Play Programs

These recreational programs are non-competitive and inclusive to all abilities. Adults 55+ $ 3.95/pass or $35.60/book of 10 or $63.28/book of 20. Adults 18-54 $ 4.81/pass or $43.40/book of 10 or $77.17/book of 20. Child/Youth $ 2.31/pass or $ 21.05/book of 10 or $37.43/book of 20. Registration: Registration opens for all Pay as you Play programs a week in advance. You can register for these programs in-person or online at www.kitchener.ca/activenet. Prices Subject to Increase.

<table>
<thead>
<tr>
<th>Pay as you Play Programs</th>
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</thead>
<tbody>
<tr>
<td><strong>Badminton</strong></td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>1:45-3:15pm</td>
</tr>
<tr>
<td>Tue</td>
<td>6-7:30pm</td>
</tr>
<tr>
<td>Tue</td>
<td>7:30-9pm</td>
</tr>
<tr>
<td>Thu</td>
<td>6-7:30pm</td>
</tr>
<tr>
<td>Thu</td>
<td>7:30-9pm</td>
</tr>
<tr>
<td>Sun</td>
<td>12:30-2pm</td>
</tr>
<tr>
<td>Sun</td>
<td>2-3:30pm</td>
</tr>
<tr>
<td>Youth (14+)</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>12:30-2pm</td>
</tr>
</tbody>
</table>

| **Basketball**         |  |
| Adult                  |  |
| Mon                    | 12-1:30pm |
| Mon                    | 7:30-9pm |
| Wed                    | 12-1:30pm |
| Fri                    | 12-1:30pm |

| **Pickleball**         |  |
| Adult                  |  |
| Sat                    | 2-3:30pm |

| **Table Tennis**       |  |
| Adult                  |  |
| Tue                    | 2-3:30pm |
| Thu                    | 2-3:30pm |

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Bridgeport Community Centre

20 Tyson Dr., Kitchener ON  519-741-2271  www.kitchener.ca/BridgeportCC

Bridgeport Community Centre (BCC), has been serving Bridgeport and the surrounding community since 1970. The centre is located next to the Grand River and the Walter Bean Trail, just tucked away beside Tyson Park.

The centre is home to one of the largest community ice rinks in Kitchener and features a multipurpose room, two meeting rooms and is equipped to offer programs and activities for everyone to enjoy. Two public access computers are also available for the public to use free of charge.

Bridgeport Community Centre along with various other local organizations and community groups, strives to offer a variety of programs and services for all ages. Rates below are for adult 55+. Higher rates apply for 18-54Y.

<table>
<thead>
<tr>
<th>Child - Dance</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Kinder Dance Fun 4-6Y</td>
<td>Tue</td>
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</table>

<table>
<thead>
<tr>
<th>Adult - Dance</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bollywood (Adults) 18Y+</td>
<td>Tue</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Adult - Arts &amp; crafts</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Watercolours for Wellness 55Y+</td>
<td>Tue</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Adult - Fitness &amp; Sport</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Zumba 55Y+</td>
<td>Tue</td>
</tr>
<tr>
<td>Zumba 55Y+</td>
<td>Thu</td>
</tr>
<tr>
<td>Zumba Toning 55Y+</td>
<td>Sat</td>
</tr>
<tr>
<td>Gentle Yoga 55Y+</td>
<td>Wed</td>
</tr>
</tbody>
</table>

Pricing and availability are subject to change.
Cedar Hill Community Group

Cedar Hill Community Group is located in the heart of the east end of Downtown Kitchener. Bounded by Queen Street South, Madison Avenue, Courtland Avenue and King Street East. It is one of the oldest neighbourhoods in Kitchener, known originally as Sand Hills, named for its sandy soil.

Collaboration between a group of neighbours, the City of Kitchener, and the Waterloo Regional Police Service launched the Cedar Hill Community Group in July 1989. The mission of the group was to work with partners to ensure a safe, secure and healthy community for all to live, work, play and educate. That commitment remains strong today.

It is a dynamic community with an exciting eclectic mix of housing and people. During its long history, there have been many transitions, and through the changes the community has not lost its small town, welcoming “feel”.

The group continues to work closely with neighbours, Mill Courtland Neighbourhood Association, Highland Stirling Community Group, various other partners, the City of Kitchener, Waterloo Regional Police Service, the House of Friendship and the Working Centre.

Central Frederick Neighbourhood Association

Phone: 519-741-2501 (please leave a message with DCC staff). Email: Central.Frederick@gmail.com

The Central Frederick Neighbourhood Association (CFNA) represents approximately 1,700 households in one of Kitchener’s oldest neighbourhoods. Along with diverse housing including several significant heritage properties, this vibrant downtown area has a range of commercial, professional and public areas as well, including Weber Park and the Frederick Mall - the first plaza in Kitchener. The CFNA is dedicated to enhancing the quality of life for the residents of the Central Frederick Neighbourhood. It is supported by dedicated volunteers who work on many interests important to the neighbourhood including event and activity planning, neighbourhood improvements and communications. As a member of the DNA, the CFNA helps facilitate recreational, educational and social programs at the Downtown Community Centre. It also supports dialogue and links between neighbourhoods in the downtown and beyond.

Centreville-Chicopee Community Association

141 Morgan Ave, Kitchener ON N2A 2M4. Contact: Dr Ernest Osei – Chair.
Email: ccca141morgan@gmail.com Phone: 519-741-2490

The Mission of the Centreville Chicopee Community Association is to promote recreation, education and social activities within our neighbourhood boundaries, to encourage participation from people of all ages and to foster community spirit. From weekly programming to special events and everything in between, the CCCA has something for everyone!
Centreville Chicopee Community Centre

141 Morgan Ave., Kitchener ON  519-741-2490  www.kitchener.ca/centrevillechicopeecc

Centreville Chicopee Community Centre, located at 141 Morgan Ave. in Kitchener, has been serving the Centreville Chicopee and surrounding community since 1979. Featuring a single gymnasium and three meeting rooms - the centre is equipped to offer programs and activities for everyone to enjoy.

The Centreville Chicopee Community Centre is available for meetings, birthday party, bridal and baby showers and wedding rentals. Please see information below or contact the centre at 519-741-2490. The centre is fully accessible and conveniently located within close walking distance of public transit. Visit Grand River Transit for route information and schedules.

In addition to some City Direct programming, Centreville Chicopee Community Association and other community partners run programming out of the Centreville Chicopee Community Centre.

Chandler Mowat Community Centre

222 Chandler Dr., Kitchener ON  519-741-2733  www.kitchener.ca/chandlermowatcc

Chandler Mowat Community Centre along with local organizations & community groups, strives to offer a variety of programs and services for all ages.

Chandler Mowat Community Centre has been serving the surrounding community since 1994. The centre is fully accessible and within walking distance of public transit. Featuring a full-size gymnasium with four program rooms and a fully licensed kitchen, the centre is equipped to offer a range of programs and activities, as well as host meetings and special events.

Arts and Crafts

Watercolours for Wellness  18Y+  Wed  10:30am-12pm  Jul 5  6wks  FREE  115221

Cherry Park Neighbourhood Association

www.cherrypark.blogspot.com

The Cherry Park Neighbourhood Association is in the Downtown Kitchener Area, covering From King Street to Belmont Avenue, and Victoria Street to the Kitchener/Waterloo boundary with programming running out of various local sites: Victoria Hills Community Centre; Downtown Community Centre; Calvary United Church; KW Badminton Club; King Edward School; And St. John’s School. Contact: Shirley, President. Phone: 519-742-3248. Email cpna@execulink.com

We host a variety of special events during the year for the neighbourhood and a yearly Cherry Festival in July for the whole City. Our programming is focused on learning new skills, with some fitness and social classes as well. Funding raised from the Adult programming is used to support the Youth programming. Our activities are focused on building an inclusive, safe and welcoming community. We have several Parks, Community Gardens, a Community Bread Oven and a Public Art Committee. We are always looking for volunteers with new ideas.

Get email updates on any City of Kitchener website page you are interested in! All you have to do is click ‘subscribe to this page’ at the right of the page. Visit, subscribe and keep up-to-date. www.kitchener.ca
Country Hills Community Centre

100 Rittenhouse Rd., Kitchener ON  519-741-2596  www.kitchener.ca/countryhillscc

The Country Hills Community Centre (CHCC) has been serving the Country Hills community since 1997. Featuring a double gymnasium, an outdoor sports pad, accessible playground, two meeting rooms, and a kitchen, the Country Hills Community Centre is equipped to offer programs and activities for everyone to enjoy.

Working closely with the Country Hills Recreation Association (CHRA), there are programs and activities for all ages and interests. In partnership with the Country Hills Recreation Association (CHRA) and the Alpine Community Neighbourhood Association (ACNA), the Country Hills Community Centre is the location of many family friendly events throughout the year.

The Country Hills Community Centre is available for private rentals, including meetings, parties and licensed events.

Country Hills Recreation Association

100 Rittenhouse Road, Kitchener  N2E 2M9. Contact: Karlene Duff. Phone: 519-578-4884. Email: chraboard@hotmail.com

The Country Hills Recreation Association (CHRA) provides recreational, leisure and social programs for residents within the boundaries of Homer Watson Blvd., Bleams Rd., Fischer-Hallman Rd., Westmount Rd., and Blockline Rd.

We offer programs at the Country Hills Community Centre and Blessed Sacrament Catholic School from Monday through Saturday. Whether dance, fitness, arts, sports, special events, coffee groups, cooking, technology, or volunteering is your thing, we have something for you. And if you think we’re missing something, please stop in at the centre or contact us if there is a programming need you’d like to see in the Country Hills community!

Lastly, we are always looking for individuals who want to get involved with their community by volunteering. Families, individuals and youths are encouraged to apply for ongoing volunteer opportunities to sit on the CHRA board, to support our special events, and to offer skills-based assistance in our diverse programs.

Doon Pioneer Park Community Association

www.dppca.ca /doonpioneerparkcommunityassociation

The DPPCA was established in 1981. The DPPCA’s mandate is to provide recreational programming and to encourage residents of all ages to be actively engaged in our community life. The DPPCA is excited to continue to bring programming and after a short summer break will return with a full line of programs in the fall. Some of the returning programs will include Morning Marvels, Small Wonders, Basketball, Soccer, Multisport, STEM, Piano, Dance, Yoga and more, as well as some new programs. For an up-to-date listing of all the active programs, please check out ActiveNet! Any questions or concerns, please email info.dppca@gmail.com
Community centre and neighbourhood association programs

Doon Pioneer Park Community Centre

150 Pioneer Dr., Kitchener ON 519-741-2641 www.kitchener.ca/doonpioneerparkcc

The Doon Pioneer Park Community Centre and Kitchener Public Library-Pioneer Park branch celebrated the re-opening of our doors last summer at our Grand Re-Opening Event. We were excited to invite our neighbours to see our newly renovated facility, which now includes an additional gym and two new program rooms. Our Centre also has a Multi-Purpose Room and an additional program room shared with the KPL.

The combined library and community centre building’s Summer operating hours are (beginning June 5) Monday to Thursday 9am-8:30pm, Friday and Saturday 9am - 5pm. The centre is fully accessible - and conveniently located within close walking distance of public transit. Visit Grand River Transit for route information and schedules.

Working closely with the Doon Pioneer Park Community Association, community and city partners, there are programs, services and activities for all ages and interests. Doon Pioneer Park Community Centre is also available for rent for meetings and special events.

Downtown Community Centre

35B Weber St. W., Kitchener ON 519-741-2501 www.kitchener.ca/downtowncc

The Downtown Community Centre (DCC), located at 35B Weber St. W in Kitchener has been serving the downtown community since 2005 and features eight multi-use rooms and a large double gymnasium. The centre is fully accessible and conveniently located within walking distance of public transit.

The DCC offers a variety of services and recreational opportunities for all ages; babies through to elderly adults. These programs are offered through the Downtown Neighbourhood Alliance, Victoria Park Neighbourhood Association, Central Frederick Neighbourhood Association, Olde Berlin Town Neighbourhood Association, multiple partner agencies and the City of Kitchener.

Rates below are for adult 55+. Higher rates apply for 18-54Y.

Adult - Drop in
Bits & Bytes Drop In 55Y+ Wed 9:30-11:30am Jul 12 2wks FREE 115229

Adult - Fitness & Sport
Gentle Moves 55Y+ Thu 10:30-11:30am Jul 6 9wks $45.36 115226
Gentle Yoga 55Y+ Wed 1-2pm Jul 5 9wks $51.21 115225
Osteo Moves 55Y+ Tue 9:15-10:15am Jul 4 9wks $45.36 115227
55Y+ Thu 9:15-10:15am Jul 6 9wks $45.36 115228
Pickleball Clinic for Beginner Plus 55Y+ Mon 1-4pm Jul 31 1wks $17.07 115224
Pickleball Clinic for New Players 55Y+ Mon 1-4pm Jun 26 1wks $17.07 115223
Pole Walking for Beginners 55Y+ Mon 9:15-10:15am Jul 10 7wks $35.28 115222

Adult - Technology
Tech Support Session (virtual) 55Y+ Thu 10am-12pm Jul 20 1wks FREE 115376
55Y+ Tue 1-3pm Aug 22 1wks FREE 115378

Pay As You Play Programs
Adults 55Y+ $4.11/pass; $37.02/book of 10; $65.81/book of 20
Adults 18-54 Y $5.01/pass; $45.14/book of 10; $80.25/book of 20

Pickleball Wed 55Y+ Jul 5 1:30-4pm Ongoing $4.11 115236
Fri 55Y+ Jul 7 1:30-4pm Ongoing $4.11 115237

Active Kitchener www.kitchener.ca
Community centre and neighbourhood association programs

Downtown Neighbourhood Alliance

/DowntownNeighbourhoodAllianceDNA

The Downtown Neighbourhood Alliance (DNA), is an Alliance of Neighbourhood Associations. Proactive Associations in central Kitchener have collaborated since 2003 and work together to build healthy communities. This volunteer organization, established formally in 2005, played a key role in the development of the much-needed Downtown Community Centre and is committed to quality service that is accessible to all. DNA coordinates programs and recreational activities for those who live, work and play in our communities and offers programs at the Downtown Community Centre, 35B Weber Street West – an inclusive, safe and welcoming space. Registered classes and Drop-In programs are offered with courses for children, youth and adults - such as dance, music lessons, floor hockey, volleyball, basketball, badminton, indoor soccer, dodgeball, and educational programs.

Affiliated Neighbourhood Associations are: Olde Berlin Town near the Centre in the Square; Victoria Park encircling Victoria Park; Central Frederick in and around Frederick Street; Cedar Hill Community Group overlooking the downtown; Auditorium close to the Aud; King East nearby the Kitchener Market and Mt. Hope on the West side of downtown. The DNA complements the existing structure, identities and operations of its member Associations and provides a forum for common interests and issues that impact their member Neighbourhood Associations.

<table>
<thead>
<tr>
<th>Drop-in</th>
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</thead>
<tbody>
<tr>
<td>Adult Ball Hockey – Drop-In</td>
<td>18Y+</td>
<td>Sat</td>
<td>1-3pm</td>
<td>On-going</td>
</tr>
<tr>
<td>Basketball at noon – Advanced – Drop-In</td>
<td>18Y+</td>
<td>Fri</td>
<td>12-1pm</td>
<td>On-going</td>
</tr>
<tr>
<td>Women’s Volleyball – Drop-In</td>
<td>18Y+</td>
<td>Sat</td>
<td>11am- 12:30pm</td>
<td>On-going</td>
</tr>
<tr>
<td>Volleyball at Noon – Drop-In</td>
<td>18Y+</td>
<td>Tue</td>
<td>12- 1pm</td>
<td>On-going</td>
</tr>
</tbody>
</table>

Eastwood Neighbourhood Association

/https://www.facebook.com/groups/EastwoodNAKitchener

The Eastwood Neighbourhood Association Kitchener (www.ENAK.ca) is one of the city's youngest associations as it was established in 2021. Our official border starts at the expressway to the north east, then runs along Ottawa street North until it hits King Street East, then follow King street down to the Expressway again. Officially registered with the city’s Love My Hood program and connected to many neighbouring associations, our local hub is the Rockway Community Centre.

ENAK is dedicated to developing closer relations among our residents within our community, share helpful information and events to our neighbourhood and foster civic involvement and increase goodwill. ENAK is a leader in sustainability as we founded our own TerraCycle recycling program that has now been adopted by many other neighbourhood associations in Kitchener. Visit www.enak.ca/sustainability to learn more. Interest in volunteering? Fill out our form at www.enak.ca/aboutus and let us know how you would like to help out.

Registration for all neighbourhood association and community centre programs starts Tuesday, June 6.

Want to advertise in Active Kitchener? You can reach 70,000+ homes, 4 times a year! Email active@kitchener.ca or visit www.kitchener.ca/activekitchener for details.
Community centre and neighbourhood association programs

Forest Heights Community Association

1700 Queens Blvd., Kitchener, ON, N2N 3L6. Phone: 519-741-2621. Email: president@fhcakitchener.ca or forestheightscommunityasso@gmail.com

An important goal of the FHCA is to promote wellness through a variety of affordable programs, special events and related community activities, primarily for the residents of Forest Hill and Forest Heights. As a Board we are also concerned with issues that impact our immediate catchment area. We are a volunteer, incorporated, not-for-profit organization, governed by an elected Board of Directors. We offer children, youth and adult sport, recreation, fitness, music, dance, educational opportunities at very modest costs to the participants. Free special events include June Fun Day, Halloween Party and Pizza with Santa. We support a variety of community initiatives.

Forest Heights Community Centre

1700 Queens Blvd., Kitchener ON  519-741-2621  www.kitchener.ca/forestheightscc

Forest Heights Community Centre, located at 1700 Queens Blvd. in Kitchener, has been serving the Forest Heights and Forest Hill communities since 1998. Featuring a gymnasium and four program rooms, the centre is equipped to offer programs and activities for everyone to enjoy. The centre is fully accessible - and conveniently located within close walking distance of public transit. Visit Grand River Transit for route information and schedules.

Working closely with the Forest Heights Community Association along with other community partners, there are programs and activities for all ages and interests. Forest Heights Community Centre is also available for rent for meetings and special events.

Greenbelt Neighbourhood Association

Mature Forest Area Of Glasgow Street, Maple Hill, Silvercreek; Westwood Drive To Knell; Knell Drive; Dayman, Inwood, Gallarno, Huntingdon. Contact: Judy-Anne Chapman. Phone: 519-579-2996 Email: jachapma@aol.com

Maintenance of mature forest along Glasgow, quality of life of all area residents, road safety.

Inclusion 1:1 support can be applied to any program or camp. See page 76-77 or visit kitchener.ca/inclusion for more information.

get a job for life... become a lifeguard

www.kitchener.ca/lifeguard
Highland-Stirling Community Group

216 Mill St., Kitchener, ON N2M 3R2. Phone: 519-741-2491. Email: highlandstirling@gmail.com

Highland Stirling Community Group, Mill-Courtland Neighbourhood Association and Cedar Hill Community Group are comprised of dedicated volunteers and operate out of the Mill Courtland Community Centre. Together they work hard to help build a healthy community that will engage individuals and families by offering a variety of accessible and affordable resources, programs, experiences, and opportunities to people within their community. These groups strive to meet the needs of their neighbourhoods and value feedback, growth, and change. See page 58 for program listings operating at Mill Courtland Community Centre.

Combined these groups offer a variety of programming from for preschool, children, youth, adult and senior programs to Family events, monthly Coffee House, March Break and Summer camps along with a Neighbourhood Market and a Family Outreach Worker on site.

In addition to their own programs, these groups work with several community partners to bring even more high quality programming to the Centre. They value their partnerships and are always looking to collaborate with new organizations to maximize the use of the building.

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**Engage Kitchener**

We believe an engaged community is a happy community.

You play an important role in our decision-making process.

Visit engagekitchener.ca to provide your input on a project that impacts the community.

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Join us for Neighbours Day

Saturday, June 17, 1-5pm

Visit kitchener.ca/neighboursday for an event near you!
Community centre and neighbourhood association programs

Huron Community Association

www.huroncommunity.ca  /huroncommunity

Programs for our Summer 2023 session will take place at Huron Community Centre (80 Tartan Avenue, Kitchener, Ontario, N2R 1R7), Huron Natural Area (801 Trillium Dr., Kitchener, Ontario, N2R 1K4) and Freedom Community Centre (1643 Bleams Rd, Kitchener, Ontario, N2E 3X8)

For any programming questions, please call (519) 741-2478 or email huroncc@kitchener.ca. For any other inquiries (i.e., volunteer opportunities, event information, board information, etc.), please email info@huroncommunity.ca

The Huron Community Association (HCA) has come together to offer programs, events and more, for all ages and to help build a sense of community in Southwest Kitchener. This is an area rich with nature, trails and history. The HCA borders the Huron Natural Area, Kitchener’s largest and most valuable natural area. The Huron Natural Area is a popular destination for nature lovers, families, trail walkers and photographers. It is a great way to experience nature in the city.

The Huron Community Centre officially opened in September 2022 and is where most of our community programming occurs. We are thankful for our dedicated volunteers of the HCA board and City of Kitchener staff that helped to bring this vision to reality. The space includes a gymnasium, a studio, a program room, and additional office spaces.

As the population of Southwest Kitchener continues to grow, so does our potential. Please check us out and be a part of the interconnectivity and diversity that makes the Huron Community a great place to live and visit.

Unless otherwise indicated, programs take place at the Huron community centre.

<table>
<thead>
<tr>
<th>Child - Dance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballet</td>
</tr>
<tr>
<td>2.5-4Y  Tue  5:45-6:25pm  Jul 4  9wks  $45  115612</td>
</tr>
<tr>
<td>5-8Y  Tue  7:15-7:55pm  Jul 4  9wks  $45  115614</td>
</tr>
<tr>
<td>Intro To Dance</td>
</tr>
<tr>
<td>2.5-4Y  Tue  5-5:40pm  Jul 4  9wks  $45  115611</td>
</tr>
<tr>
<td>5-8Y  Tue  6:30-7:10pm  Jul 4  9wks  $45  115613</td>
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</table>

<table>
<thead>
<tr>
<th>Child - Fitness and Wellness (all of the following take place at Huron Natural Area)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Adventure Running</td>
</tr>
<tr>
<td>8-12Y  Thu  6-6:55pm  Jul 6  9wks  $54  115491</td>
</tr>
<tr>
<td>8-12Y  Thu  7-7:55pm  Jul 6  9wks  $54  115628</td>
</tr>
<tr>
<td>Outdoor Games</td>
</tr>
<tr>
<td>6-8Y  Thu  6-6:55pm  Jul 6  9wks  $54  115630</td>
</tr>
<tr>
<td>9-12Y  Thu  7-7:55pm  Jul 6  9wks  $54  115629</td>
</tr>
<tr>
<td>Zumba Kids in the Park</td>
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<tr>
<td>6-12Y  Wed  6-6:45pm  Jul 5  9wks  $45  115487</td>
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<table>
<thead>
<tr>
<th>Child/Adult - Music</th>
</tr>
</thead>
<tbody>
<tr>
<td>Piano Lessons</td>
</tr>
<tr>
<td>6Y+  Tue  5:30-6pm  Jul 4  9wks  $225  115604</td>
</tr>
<tr>
<td>6Y+  Tue  6-6:30pm  Jul 4  9wks  $225  115605</td>
</tr>
<tr>
<td>6Y+  Tue  6:30-7pm  Jul 4  9wks  $225  115606</td>
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<tr>
<td>6Y+  Tue  7-7:30pm  Jul 4  9wks  $225  115607</td>
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<tr>
<td>6Y+  Tue  7:30-8pm  Jul 4  9wks  $225  115608</td>
</tr>
<tr>
<td>6Y+  Tue  8-8:30pm  Jul 4  9wks  $225  115609</td>
</tr>
<tr>
<td>6Y+  Tue  8:30-9pm  Jul 4  9wks  $225  115610</td>
</tr>
<tr>
<td>6Y+  Wed  4-4:30pm  Jul 5  9wks  $225  115620</td>
</tr>
<tr>
<td>6Y+  Wed  4:30-5pm  Jul 5  9wks  $225  115621</td>
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<tr>
<td>6Y+  Wed  5-5:30pm  Jul 5  9wks  $225  115622</td>
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<td>6Y+  Wed  5:30-6pm  Jul 5  9wks  $225  115623</td>
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<td>6Y+  Wed  6-6:30pm  Jul 5  9wks  $225  115624</td>
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<td>6Y+  Wed  6:30-7pm  Jul 5  9wks  $225  115625</td>
</tr>
<tr>
<td>6Y+  Wed  7-7:30pm  Jul 5  9wks  $225  115626</td>
</tr>
<tr>
<td>6Y+  Wed  7:30-8pm  Jul 5  9wks  $225  115627</td>
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## Huron Community Association continued

### Child - Sports

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Fee</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karate</td>
<td>6-8Y</td>
<td>Wed</td>
<td>5-5:55pm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>$54</td>
<td>115616</td>
</tr>
<tr>
<td></td>
<td>6-8Y</td>
<td>Wed</td>
<td>6-6:55pm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>$54</td>
<td>115617</td>
</tr>
<tr>
<td></td>
<td>9-12Y</td>
<td>Wed</td>
<td>7-7:55pm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>$54</td>
<td>115618</td>
</tr>
<tr>
<td>Kinder Karate</td>
<td>4-5Y</td>
<td>Wed</td>
<td>4-4:55pm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>$54</td>
<td>115615</td>
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### Child - Sports (all of the following take place at Freedom Community Centre)

<table>
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<tr>
<th>Activity</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Fee</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Jr Basketball</td>
<td>6-8Y</td>
<td>Mon</td>
<td>4-4:55pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$42</td>
<td>115525</td>
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<tr>
<td></td>
<td>6-8Y</td>
<td>Mon</td>
<td>5-5:55pm</td>
<td>Jul 10</td>
<td>7wks</td>
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<tr>
<td></td>
<td>6-8Y</td>
<td>Tue</td>
<td>4-4:55pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$54</td>
<td>115495</td>
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<td>Outdoor Basketball</td>
<td>9-12Y</td>
<td>Mon</td>
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<tr>
<td></td>
<td>9-12Y</td>
<td>Mon</td>
<td>7-7:55pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$42</td>
<td>115528</td>
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<tr>
<td></td>
<td>9-12Y</td>
<td>Tue</td>
<td>5-5:55pm</td>
<td>Jul 4</td>
<td>9wks</td>
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<td></td>
<td>9-12Y</td>
<td>Tue</td>
<td>6-6:55pm</td>
<td>Jul 4</td>
<td>9wks</td>
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<tr>
<td>Outdoor Beach Volleyball Kids</td>
<td>8-12Y</td>
<td>Mon</td>
<td>5-5:40pm</td>
<td>Jul 10</td>
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<td>Jul 4</td>
<td>9wks</td>
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<td>115493</td>
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<tr>
<td>Outdoor Beach Volleyball Youth</td>
<td>13-15Y</td>
<td>Mon</td>
<td>5:45-6:25pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$35</td>
<td>115530</td>
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<tr>
<td>Outdoor Adult and Tot Soccer</td>
<td>2.5-4Y</td>
<td>Tue</td>
<td>4-4:40pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$45</td>
<td>115590</td>
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<tr>
<td>Outdoor Adult and Tot Soccer</td>
<td>2.5-4Y</td>
<td>Tue</td>
<td>4-4:40pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$45</td>
<td>115591</td>
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<tr>
<td>Outdoor Soccer</td>
<td>4-6Y</td>
<td>Mon</td>
<td>4:15-4:55pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$35</td>
<td>115476</td>
</tr>
<tr>
<td></td>
<td>4-6Y</td>
<td>Mon</td>
<td>5-5:40pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$35</td>
<td>115478</td>
</tr>
<tr>
<td></td>
<td>7-8Y</td>
<td>Mon</td>
<td>5:45-6:25pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$35</td>
<td>115481</td>
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<tr>
<td></td>
<td>9-12Y</td>
<td>Mon</td>
<td>6:30-7:25pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$42</td>
<td>115518</td>
</tr>
<tr>
<td></td>
<td>13-15Y</td>
<td>Mon</td>
<td>7:30-8:25pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$42</td>
<td>115519</td>
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</tbody>
</table>
| Adult - Fitness and Wellness (all of the following take place at Huron Natural Area)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Fee</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zumba in the Park</td>
<td>13Y+</td>
<td>Wed</td>
<td>7-7:55pm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>$54</td>
<td>115619</td>
</tr>
<tr>
<td>Power Core Pilates</td>
<td>16Y+</td>
<td>Tue</td>
<td>8-8:55pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$54</td>
<td>116038</td>
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### Adult - Sports, Fitness and Wellness (all of the following take place at Freedom Community Centre)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Fee</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Beach Volleyball Adult (Intermediate)</td>
<td>16Y+</td>
<td>Mon</td>
<td>6:30-7:55pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$42</td>
<td>115531</td>
</tr>
<tr>
<td>Outdoor Beach Volleyball Adult (Recreational)</td>
<td>16Y+</td>
<td>Tue</td>
<td>6:30-7:55pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$54</td>
<td>115594</td>
</tr>
<tr>
<td>Outdoor Beginner Pilates</td>
<td>16Y+</td>
<td>Tue</td>
<td>6:15-7:10pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$54</td>
<td>116037</td>
</tr>
</tbody>
</table>
Huron Community Centre

80 Tartan Ave., Kitchener ON  519-741-2478  www.kitchener.ca/huronCC

Kitchener’s newest community centre is open! The Huron Community Centre (HCC) opened its doors in September 2022 to serve Huron and surrounding neighbourhoods. The Community Centre is uniquely connected to three community partners: EarlyON Child and Family Centre, Oak Creek Public School and Rising Oaks Early Learning Ontario. The Centre is a bright and welcoming space suitable for programs and activities for everyone to enjoy in our two rooms and large gym. Public access computers are also available for use free of charge. Additional services include a community outreach worker.

Working closely with the Huron Community Association (HCA), there are programs and activities for all ages and interests at the centre.

Kingsdale Community Centre

72 Wilson Ave., Kitchener ON  519-741-2540  kitchener.ca/kingsdalecc

Kingsdale Community Centre has served the Kingsdale neighbourhood since 2001. Programs and services are located in the former Patrick Doherty Arena, 72 Wilson Ave., in Kitchener.

The 16,500 square foot facility is conveniently located minutes off the 401 and features five spacious, well-lit program rooms, a large gymnasium with vaulted wood ceilings and an adjoining commercial kitchen and servery. All rooms are equipped to offer programs and activities for everyone to enjoy.

Kingsdale Community Centre along with various other local organizations & community groups, strives to offer a variety of programs and services for all ages.

**Adult - Cards and Games**

<table>
<thead>
<tr>
<th>Event</th>
<th>Age</th>
<th>Day/Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Euchre and Solo</td>
<td>18Y+</td>
<td>Thu 1-4pm</td>
<td>Jul 6</td>
<td>9wks</td>
<td>FREE</td>
<td>115425</td>
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</tbody>
</table>

**Adult - Fitness & Sport**

<table>
<thead>
<tr>
<th>Event</th>
<th>Age</th>
<th>Day/Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentle Yoga</td>
<td>55Y+</td>
<td>Mon 10:30-11:30am</td>
<td>Jul 10</td>
<td>7wks</td>
<td>FREE</td>
<td>115117</td>
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</tbody>
</table>

**Adult - Arts & Crafts**

<table>
<thead>
<tr>
<th>Event</th>
<th>Age</th>
<th>Day/Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watercolours for Wellness</td>
<td>55Y+</td>
<td>Wed 2-3:30pm</td>
<td>Jul 5</td>
<td>6wks</td>
<td>FREE</td>
<td>115118</td>
</tr>
</tbody>
</table>

Pricing and availability are subject to change.

Kingsdale Neighbourhood Association

72 Wilson Ave., Kitchener, ON  519-741-2540

If you’re interested in joining the KNA board, please connect with Kingsdale Community Centre.
Mill Courtland Community Centre

Mill Courtland Community Centre has been serving the Mill Courtland community since 1986.

Featuring a small, single gymnasium and two program rooms, the centre is equipped to offer programs and activities for everyone to enjoy. The Mill-Courtland Neighbourhood Association, Highland Stirling Community Group and the Cedar Hill Community Group run programs and services at the facility. For more information on our Community Groups please visit their website at www.mcna-hscg.com or follow on Instagram: @millcourtlandassociations

The Community Groups are passionate about forming partnerships with organizations in the community to offer additional services at the centre, including public access computer, community outreach worker, Kitchener Public Library-library links, clothing room, winter rink, and a little outdoor library. Our warm, caring atmosphere is a result of everyone in the Community Centre working closely together to help build a healthy, vibrant, and safe neighbourhood. The centre is fully accessible and conveniently located within walking distance to public transit.

Mill-Courtland Neighbourhood Association

216 Mill St., Kitchener, ON N2M 3R2. Email: mcna.hscg@gmail.com

Mill-Courtland Neighbourhood Association, Highland Stirling Community Group, and Cedar Hill Community Group are comprised of dedicated volunteers and operate out of the Mill Courtland Community Centre. Together they work hard to help build a healthy community that will engage individuals and families by offering a variety of accessible and affordable resources, programs, experiences, and opportunities to people within their community. These groups strive to meet the needs of their neighbourhoods and value feedback, growth, and change.

Combined these groups offer a variety of programming from for preschool, children, youth, adult and senior programs to Family events, March Break and Summer camps along with a Neighbourhood Market and a Family Outreach Worker on site.

In addition to their own programs, these groups work with several community partners to bring even more high quality programming to the Centre. They value their partnerships and are always looking to collaborate with new organizations to maximize the use of the building.

Mill-Courtland Neighbourhood Association and Highland Stirling Community Group programs

We are not online for program registration through Active Net. If you are interested in registering for a program, please call 519-741-2491 or register in person at the Mill Courtland Community Centre. All dates, times, locations and costs are subject to change.

<table>
<thead>
<tr>
<th>Special Interest Programs for Children/Youth</th>
<th>Mon-Fri</th>
<th>9-12Y</th>
<th>12:30-3pm</th>
<th>$40/wk</th>
<th>Jul 10-14</th>
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</thead>
<tbody>
<tr>
<td>Art Camp</td>
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<tr>
<td>STEM Camp</td>
<td></td>
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We are not online for program registration through Active Net. If you are interested in registering for a program, please call 519-741-2491 or register in person at the Mill Courtland Community Centre. All dates, times, locations and costs are subject to change.
### MCNA and HSCG programs continued

<table>
<thead>
<tr>
<th>Adult Fitness</th>
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</thead>
<tbody>
<tr>
<td>Seniors Walking Group</td>
<td>Adult</td>
<td>Tue</td>
<td>9-10am</td>
<td>FREE</td>
</tr>
<tr>
<td>Yoga</td>
<td>Adult</td>
<td>Wed</td>
<td>6:30-7:30pm</td>
<td>$40/6 wks</td>
</tr>
<tr>
<td>Zumba</td>
<td>Adult</td>
<td>Thu</td>
<td>6:30-7:30pm</td>
<td>$50/8 wks</td>
</tr>
<tr>
<td>Pound</td>
<td>Adult</td>
<td>Thu</td>
<td>7:45-8:30pm</td>
<td>$50/8 wks</td>
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<table>
<thead>
<tr>
<th>Services</th>
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</thead>
<tbody>
<tr>
<td>Clothing Room</td>
<td>All ages</td>
<td>Mon-Fri</td>
<td>Free</td>
<td>Centre Hours</td>
</tr>
<tr>
<td>Public Access Computer</td>
<td>All ages</td>
<td>Mon-Fri</td>
<td>Free</td>
<td>Centre Hours</td>
</tr>
<tr>
<td>Little Diverse Library</td>
<td>All ages</td>
<td>Mon-Fri</td>
<td>Free</td>
<td>Centre Hours</td>
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<table>
<thead>
<tr>
<th>Outdoor Activities</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Raccoon Bike Rescue</td>
<td>All ages</td>
<td>Wed</td>
<td>6-8pm</td>
<td>Free</td>
</tr>
<tr>
<td>Neighbourhood Market</td>
<td>All</td>
<td>Wed</td>
<td>9am-12:30pm</td>
<td>Cash Only</td>
</tr>
<tr>
<td>Outdoor Little Library</td>
<td>All ages</td>
<td>Free</td>
<td>Outside</td>
<td>Ongoing</td>
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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Junior Adventure Camp</td>
<td>Week 1</td>
<td>Tues-Fri</td>
<td>3-5Y</td>
<td>$40/week</td>
</tr>
<tr>
<td>Week 2</td>
<td>Mon-Fri</td>
<td>3-5Y</td>
<td>$45/week</td>
<td>9am-12pm</td>
</tr>
<tr>
<td>Week 3</td>
<td>Mon-Fri</td>
<td>3-5Y</td>
<td>$45/week</td>
<td>9am-12pm</td>
</tr>
<tr>
<td>Week 4</td>
<td>Mon-Fri</td>
<td>3-5Y</td>
<td>$45/week</td>
<td>9am-12pm</td>
</tr>
<tr>
<td>Week 5</td>
<td>Mon-Fri</td>
<td>3-5Y</td>
<td>$45/week</td>
<td>9am-12pm</td>
</tr>
<tr>
<td>Week 6</td>
<td>Tues-Fri</td>
<td>3-5Y</td>
<td>$40/week</td>
<td>9am-12pm</td>
</tr>
<tr>
<td>Week 7</td>
<td>Mon-Fri</td>
<td>3-5Y</td>
<td>$45/week</td>
<td>9am-12pm</td>
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</table>

| Fun, Sports, and Adventure | Week 1 | Tues-Fri | 6-10Y | $40/week | 9am-12pm | July 4-7 |
| Week 2 | Mon-Fri | 6-10Y | $45/week | 9am-12pm | July 10-14 |
| Week 3 | Mon-Fri | 6-10Y | $45/week | 9am-12pm | July 17-21 |
| Week 4 | Mon-Fri | 6-10Y | $45/week | 9am-12pm | July 24-28 |
| Week 5 | Mon-Fri | 6-10Y | $45/week | 9am-12pm | July 31-August 4 |
| Week 6 | Tues-Fri | 6-10Y | $40/week | 9am-12pm | August 8-11 |
| Week 7 | Mon-Fri | 6-10Y | $45/week | 9am-12pm | August 14-18 |
| Week 8 | Mon-Fri | 6-10Y | $45/week | 9am-12pm | August 21-25 |

| Sports Jam | Week 1 | Tues-Fri | 11-15Y | $25/week | 12:30pm-3pm | July 4-7 |
| Week 2 | Mon-Fri | 11-15Y | $30/week | 12:30pm-3pm | July 10-14 |
| Week 3 | Mon-Fri | 11-15Y | $30/week | 12:30pm-3pm | July 17-21 |
| Week 4 | Mon-Fri | 11-15Y | $30/week | 12:30pm-3pm | July 24-28 |
| Week 5 | Mon-Fri | 11-15Y | $30/week | 12:30pm-3pm | July 31-August 4 |
| Week 6 | Tues-Fri | 11-15Y | $25/week | 12:30pm-3pm | August 8-11 |
| Week 7 | Mon-Fri | 11-15Y | $30/week | 12:30pm-3pm | August 14-18 |
| Week 8 | Mon-Fri | 11-15Y | $30/week | 12:30pm-3pm | August 21-25 |

Pricing and availability are subject to change.
Mount Hope - Breithaupt Park Neighbourhood Association

350 Margaret Ave., Kitchener, ON, Phone: 519-497-5144. mhpna@gmail.com

Mount Hope-Breithaupt Park Neighbourhood Association is a long-standing organization with over 30 years of community-building, organizing events and advocating for improvements to the neighbourhood. Our area is a “shoulder” community to the downtown core of Kitchener. Our programs are run out of the Breithaupt Centre on Margaret Avenue or at other neighbourhood locations such as parks or businesses. Information on current and upcoming events can be viewed on our website at mhbnpa.org.

North Six Neighbourhood Association

222 Chandler Drive, Kitchener ON Contact: Emily Pike, northsixna@gmail.com

The North Six Neighbourhood Association (N6NA) is a group of dedicated volunteers whose goal is to foster a safe, healthy and vibrant community by aiding the residents of the North Six area to recognize and promote their strengths and talents. N6NA represents the citizens who live within the boundaries of Ottawa St. S., Highway 8, Strasburg Rd., and Fischer-Hallman Rd. The volunteers of North Six work closely with community partners to plan fun and engaging events for all ages.

Olde Berlin Town Neighbourhood Association in the Civic Centre

Email: writeus@oldeberlintown.ca Phone: 519-741-2501. Chair: Donna Kuehl

The Olde Berlin Town Neighbourhood Association (OBTNA) located in one of the oldest parts of Kitchener, is bounded by Weber, Victoria, Lancaster and Frederick streets and is rich with cultural and historical significance. They aim to foster pride in their neighbourhood, maintain a safe community and promote community awareness and work with the DNA. Most of the area is designated as the Civic Centre Heritage Conservation District under the Ontario Heritage Act.

Arts, culture and entertainment abound with The Centre in the Square, Art Gallery, Library and historical gaol [aka jail] nearby on Queen Street - the birthplace of Waterloo Region – all within easy walking distance. Many beautiful homes owned by industrialists from the ‘Busy Berlin’ era are still maintained as family residences in this community-minded neighbourhood. Hibner Park, is a green jewel in the centre of the district.

Programming: The Association is affiliated with several other downtown neighbourhoods who collaborate under the umbrella of the Downtown Neighbourhood Alliance (DNA) to provide community programs for all age groups at the Downtown Community Centre, 35B Weber St. W. Check DNA for details of the many programs offered to youths and adults.
Rockway Community Centre has been offering programs and services for older adults since 1975. The Centre is fully accessible and offers free parking from King St. E. or Charles St. A GRT bus stop is located directly in front of the building on King. St. E.

Featuring ten rooms including a large auditorium, this facility offers activities for everyone to enjoy. The centre focuses on delivering programming for adults and older adults in wellness, active living, learning and connecting. Rates below are for adults 55+. Higher rates apply for 18-55Y.

### Adult - Special Events

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Age Group</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rockin’ It at Rockway</td>
<td>All Ages</td>
<td>Wed</td>
<td>5-8pm</td>
<td>Jul 5</td>
<td>8wks</td>
<td>FREE</td>
<td></td>
</tr>
</tbody>
</table>

### Adult - Fitness & Sport

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Age Group</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Senior Fitness with Lillian</td>
<td>55Y+</td>
<td>Tue</td>
<td>11am-12pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$45.36</td>
<td>115130</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Fri</td>
<td>10:15-11:15am</td>
<td>Jul 7</td>
<td>8wks</td>
<td>$40.32</td>
<td>115129</td>
</tr>
<tr>
<td>All in One Workout</td>
<td>55Y+</td>
<td>Mon</td>
<td>11am-12pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$35.28</td>
<td>115196</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Wed</td>
<td>11am-12pm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>$45.36</td>
<td>115197</td>
</tr>
<tr>
<td>Cardio Salsa</td>
<td>55Y+</td>
<td>Mon</td>
<td>4:30-5:25pm</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$46.14</td>
<td>115127</td>
</tr>
<tr>
<td>Country Line Dance Beginner</td>
<td>55Y+</td>
<td>Tue</td>
<td>7-8pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$69.21</td>
<td>114949</td>
</tr>
<tr>
<td>Fitness Through Ballet Movements</td>
<td>55Y+</td>
<td>Thu</td>
<td>4:30-5-25pm</td>
<td>Jul 6</td>
<td>8wks</td>
<td>$61.52</td>
<td>115128</td>
</tr>
<tr>
<td>Gentle Yoga</td>
<td>55Y+</td>
<td>Tue</td>
<td>1:30-2:30pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$51.21</td>
<td>115200</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Wed</td>
<td>9-10am</td>
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<td>8wks</td>
<td>$45.52</td>
<td>116636</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Thu</td>
<td>1:30-2:30pm</td>
<td>Jul 6</td>
<td>9wks</td>
<td>$51.21</td>
<td>115201</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Mon</td>
<td>9-10am</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$34.14</td>
<td>116635</td>
</tr>
<tr>
<td>Introduction to Creative Movement Class</td>
<td>55Y+</td>
<td>Fri</td>
<td>12:30-1:25pm</td>
<td>Jul 7</td>
<td>7wks</td>
<td>$53.83</td>
<td>115126</td>
</tr>
<tr>
<td>Karate for Adults-Beginner</td>
<td>55Y+</td>
<td>Wed</td>
<td>8-9pm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>$45.36</td>
<td>115199</td>
</tr>
<tr>
<td>Let’s have a ball with balls with Heike</td>
<td>55Y+</td>
<td>Mon</td>
<td>4:30-5:25pm</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$30.24</td>
<td>115178</td>
</tr>
<tr>
<td>Mats &amp; Bands Stretch &amp; Tone with Heike</td>
<td>55Y+</td>
<td>Mon</td>
<td>9-10am</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$30.24</td>
<td>115132</td>
</tr>
<tr>
<td>Modern Line Dance Beginner</td>
<td>55Y+</td>
<td>Wed</td>
<td>10:15-11:15am</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$61.52</td>
<td>114948</td>
</tr>
<tr>
<td>Modern Line Dance for Beginners/Improvers</td>
<td>55Y+</td>
<td>Tue</td>
<td>11:15am-12:15am</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$69.21</td>
<td>114946</td>
</tr>
<tr>
<td>Shape Up with Weights with Heike</td>
<td>55Y+</td>
<td>Tue</td>
<td>10-11am</td>
<td>Jul 11</td>
<td>7wks</td>
<td>$35.28</td>
<td>115156</td>
</tr>
<tr>
<td>Stability Ball for All with Heike</td>
<td>55Y+</td>
<td>Thu</td>
<td>10-11am</td>
<td>Jul 13</td>
<td>6wks</td>
<td>$30.24</td>
<td>115171</td>
</tr>
<tr>
<td>Step Forward Walking Group</td>
<td>55Y+</td>
<td>Wed</td>
<td>9:30-11am</td>
<td>Jul 5</td>
<td>9wks</td>
<td>FREE</td>
<td></td>
</tr>
<tr>
<td>Strength Training Advanced with Heike</td>
<td>55Y+</td>
<td>Fri</td>
<td>9-10am</td>
<td>Jul 14</td>
<td>6wks</td>
<td>$30.24</td>
<td>115179</td>
</tr>
<tr>
<td>Stretch for All with Heike</td>
<td>55Y+</td>
<td>Wed</td>
<td>9-10am</td>
<td>Jul 12</td>
<td>8wks</td>
<td>$40.32</td>
<td>115157</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Thu</td>
<td>4:30-5-25pm</td>
<td>Jul 13</td>
<td>6wks</td>
<td>$30.24</td>
<td>115168</td>
</tr>
<tr>
<td>Tai Chi Yang Family 13 Style Form Beginner Level</td>
<td>55Y+</td>
<td>Wed</td>
<td>1-2pm</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$45.52</td>
<td>115202</td>
</tr>
<tr>
<td>Tai Chi Yang Long Form Continuing Level</td>
<td>55Y+</td>
<td>Wed</td>
<td>2:15-3:15pm</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$45.52</td>
<td>115203</td>
</tr>
<tr>
<td>Shape up with Weights Intermediate with Cary</td>
<td>55Y+</td>
<td>Wed</td>
<td>4:30-5-25pm</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$40.32</td>
<td>115131</td>
</tr>
<tr>
<td>Yoga Breathing Awareness with Oscar</td>
<td>55Y+</td>
<td>Fri</td>
<td>2-3pm</td>
<td>Jul 7</td>
<td>8wks</td>
<td>$45.52</td>
<td>115198</td>
</tr>
<tr>
<td>Zumba Gold</td>
<td>55Y+</td>
<td>Fri</td>
<td>11:30am-12:25pm</td>
<td>Jul 7</td>
<td>8wks</td>
<td>$40.32</td>
<td>115185</td>
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<tr>
<td></td>
<td>55Y+</td>
<td>Mon</td>
<td>10-11am</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$35.28</td>
<td>115195</td>
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## Rockway Community Centre continued

### Adult - Arts and Crafts

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Painting with Acrylics</td>
<td>55Y+</td>
<td>Wed</td>
<td>4-5:30pm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>$103.82</td>
<td>114928</td>
</tr>
</tbody>
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### Adult - Learning Opportunities

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conversational Spanish Level 1</td>
<td>55Y+</td>
<td>Fri</td>
<td>3-4pm</td>
<td>Jul 7</td>
<td>8wks</td>
<td>$61.52</td>
<td>115205</td>
</tr>
<tr>
<td>Conversational Spanish Level 2</td>
<td>55Y+</td>
<td>Fri</td>
<td>1:45-2:45pm</td>
<td>Jul 7</td>
<td>8wks</td>
<td>$61.52</td>
<td>115204</td>
</tr>
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</table>

### Adult - Technology

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tech Support Session</td>
<td>55Y+</td>
<td>Tue</td>
<td>1-3pm</td>
<td>Jul 11</td>
<td>1wks</td>
<td>Free</td>
<td>115360</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Thu</td>
<td>10am-12pm</td>
<td>Aug 10</td>
<td>1wks</td>
<td>Free</td>
<td>115377</td>
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### Adult - Virtual Programming

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Virtual Shape Up with Weights Intermediate with Heike</td>
<td>55Y+</td>
<td>Wed</td>
<td>10-11am</td>
<td>Jul 12</td>
<td>8wks</td>
<td>$40.32</td>
<td>115158</td>
</tr>
<tr>
<td>*Virtual Stretch for All with Heike</td>
<td>55Y+</td>
<td>Fri</td>
<td>10-11am</td>
<td>Jul 14</td>
<td>6wks</td>
<td>$30.24</td>
<td>115180</td>
</tr>
</tbody>
</table>

## Settler’s Grove Association

www.settlersgrovekitchener.com

Covering the area of Wagon St., Baden Crt., Candle Cres., Winifred St., Lantern St., Master Crt., a portion of Deer Ridge Dr. up to 177 and 182 to 262 Pioneer Tower Rd. Email: sgca@live.ca

This Association was created to advance the cultural and social interest of permanent owners and residents, residing on properties in the Settler’s Grove Community Association, located in the city of Kitchener, Ontario. Traditionally the Association has provided the community with landscape maintenance of common areas, annual meetings, special events and enhancements to neighbourhood playground and parkland Settler Grove has both a website and email through which they communicate with their members.
The Stanley Park Community Association (SPCA) is a group of dedicated volunteers that promote community activities, community outreach, and encourage participation of residents, of all ages, endeavouring to foster community spirit.

SPCA boundaries consist of Victoria St N, Grand River, Idlewood Creek, Fairway Rd N, Lackner Blvd, Daimler Dr, Old Chicopee to River Rd, River Rd, NW boundary of Idlewood Park & Woodland Cemetery, Weber St E, Conestoga Parkway (encompasses the former Lackner Woods and Rosemount NA boundaries). Look for more details on programs, workshops and free community events in our newsletter.
Community centre and neighbourhood association programs

**Stanley Park Community Centre**

| 505 Franklin St. N., Kitchener ON | 519-741-2504 | www.kitchener.ca/stanleyparkcc |

The Stanley Park Community Centre (SPCC) has been serving the Stanley Park community since 2005.

This stunning centre boasts a gorgeous lobby, three meeting rooms and a triple gym. Conveniently located just off the expressway, this centre has all the amenities to meet your event needs. This centre also features a full kitchen with sinks and counters in each room.

The centre is fully accessible and conveniently located within close walking distance of public transit.

Working closely with the Stanley Park Community Association (SPCA), there are programs and activities for all ages and interests.

**Victoria Hills Community Centre**

| 10 Chopin Dr., Kitchener ON | 519-741-2717 | www.kitchener.ca/victoriahillscc |

This spacious facility is situated in a beautiful park setting. Four meeting rooms, a double gymnasium with a motorized dividing wall, a multi-purpose room, servery, bar and a kitchen facility that is equipped for cooking, make this community centre an ideal location for your meeting, conference or event. Enjoy a fully accessible venue for your next occasion.

In addition to some City Direct programming, Victoria Hills Neighbourhood Association and Cherry Park Neighbourhood Association both run programming out of the Victoria Hills Community Centre.

**Victoria Hills Neighbourhood Association**

Phone: 519-741-2717. Victoria Hills Neighbourhood Association (VHNA) main objective is to provide safe recreational, social and educational quality programs for all residents in the area. VHNA is in the Victoria Hills Community Centre (VHCC), which features a single gymnasium, a double gymnasium, three program rooms and one preschool room.

VHNA runs a wide variety of programs at VHCC including: Cooking for kids, dance for children: ballet, jazz, tap, hip hop, arts and crafts, sports for children and youth, and adult fitness.

VHNA also organizes annual events such as; Visit with Santa, Diwali and a Community Clean-up. While VHNA coordinates the programs, the Community Centre is administered, maintained and owned by the City of Kitchener. We continue to run many programs in partnership with our community partners.

Victoria Hills Neighbourhood is bounded by: Kitchener Waterloo/Wilmot Township line on the west side, south to Highland Rd W, east to Patricia Ave, north along Victoria St to Belmont Ave, north to the Kitchener-Waterloo boundary, west along the boundary line to the Kitchener-Waterloo/Wilmot Township boundary, University Ave, Westhill, Highland Rd, Fischer-Hallman Rd, excluding the Beechwood Forest Association.

Inclusion 1:1 support can be applied to any program or camp. See page 76-77 or visit kitchener.ca/inclusion for more information.
Victoria Park Neighbourhood Association

www.victoriaparkna.com  @victoriaparkna  victoriaparkna

Phone: 519-741-2501. The Victoria Park Neighbourhood Association (VPNA) aims to connect those who live within the boundaries of Queen, Spadina, Van Camp, West, Victoria, and Joseph Streets. A wide range of people call Victoria Park their home, including New Canadians, young people, seniors, and both well-established families and those of modest means. Our forms of housing include single family homes, some older heritage homes (many of which have been duplexed to accommodate multiple households), one of the city’s few rooming houses, small apartments and condos, three Kitchener Housing complexes, and a growing number of highrises. We are the location of small businesses, social support organizations such as Carizon Counselling Centre and Reception House (a temporary residence and orientation centre for government sponsored refugees), a senior citizens home, Schneider Haus Museum and Gallery (a National Historic site built in 1816 and Kitchener’s oldest building) and of course, beautiful Victoria Park. We are served by many bike trails on our local streets and by the well-used Iron Horse walking/biking trail that connects Kitchener and Waterloo. Committed to continually making our neighbourhood a better place to live, we provide programs, events and address issues. In partnership with the Downtown Neighbourhood Alliance (DNA), we offer a number of sports and social programs at the Downtown Community Centre (DCC). Our events and activities, such as Pumpkinpalooza, annual park and trail Earth Day cleanups, and porch concerts are designed to connect residents and promote a sense of community and well being. The recently established VPNA Development Committee promotes sustainable and livable development in and around Victoria Park; it promotes affordability, green space, building for climate change, and ensuring community engagement throughout the development process. We send out a quarterly newsletter to keep residents informed about neighbourhood activities and issues. Our Annual General Meeting is family-friendly and usually includes a light supper and our popular version of Trivial Pursuit that highlights facts about Victoria Park. Check us out!

Westmount Neighbourhood Association

www.westmountneighbourhoodassociation.ca  @westmountkw  /westmountneighbourhoodassociation

Contact: Jill Klepacki, Phone: 519-513-9629, Email: westmountneighbours@gmail.com

At the northern edge of Kitchener, nestled between Westmount Golf Course, Belmont Village, and the railroad tracks, lies the historic neighbourhood of Westmount, home to over 600 households. Representing Kitchener’s first suburban residential development, the Westmount Neighbourhood Association takes great care to maintain the classic residential character of our beautiful area. We strive to be inclusive and responsive to the needs of our residents and we initiate social and community events to further foster our neighbourhood’s strong sense of community. Our association also focuses on urban forestry and green spaces, heritage issues, traffic, safety, and planning and zoning. We look forward to new ways of expanding our neighbourhood engagement in 2023!

Volunteer in Kitchener.

See page 6.
Williamsburg Community Association

1187 Fischer Hallman Rd., Building 600, Suite 620, Kitchener, ON, Phone: 519-741-2240

The Williamsburg Community Association (WCA) formed in 2008. Our mandate is to develop closer relations among residents and a friendly community spirit within the Williamsburg community. We are a non-denominational, non-partisan association working to preserve and enhance the quality of life within the Williamsburg Community through inclusive programming for all ages. A small and very hard working group of volunteers spend countless hours working behind the scenes, forming the Association as we know it today.

Our purpose is:
- To develop closer relations among residents and a friendly community spirit within the Williamsburg community
- To provide an open forum for members to voice opinions on community concerns in a supportive and impartial manner
- To be non-denominational and non-partisan
- To encourage and facilitate co-operation among organizations and agencies providing service to the community
- To provide recreation activities within the geographic area of the community association with the objective of encouraging participation of all residents of the area and in all age groups
- To preserve and enhance the quality of life in the Williamsburg community

Unless otherwise indicated, programs take place at the Williamsburg community centre.

| Preschool |  
| --- | --- |
| Get Ready For Kindergarten Camp |  
| 3-4Y | M, T, W, Th, F | 9:15-11:45am | Aug 21 | 1wks | $65 | 115505 |
| 3-4Y | M, T, W, Th, F | 9:15-11:45am | Aug 28 | 1wks | $65 | 115506 |

| Child - Arts and Crafts |  
| --- | --- |
| Kids Summer Craft Class |  
| 7-11Y | Wed | 5:45-6:40pm | Jul 5 | 4wks | $30 | 115488 |
| 7-11Y | Wed | 5:45-6:40pm | Aug 2 | 4wks | $30 | 115489 |

| Child - Clubs |  
| --- | --- |
| Chess Club |  
| 9-15Y | Wed | 6-6:55pm | Jul 5 | 8wks | $44 | 115941 |

| Child - Cooking |  
| --- | --- |
| Creative Fun Art with Fondant |  
| 7-12Y | Tue | 6-7:30pm | Jul 4 | 4wks | $65 | 115713 |

| Child - Fitness & Sport |  
| --- | --- |
| Kids Zumba |  
| 6-11Y | Thu | 5:30-6:15pm | Jul 6 | 8wks | $35 | 115492 |

| Child - Fitness & Sport - offered at Freedom Community Centre |  
| --- | --- |
| Outdoor Basketball |  
| 7-9Y | Thu | 5-5:55pm | Jul 6 | 8wks | $32 | 115501 |
| 10-12Y | Thu | 6-6:55pm | Jul 6 | 8wks | $32 | 115502 |
| 13-15Y | Thu | 7-7:55pm | Jul 6 | 8wks | $32 | 115503 |
| Outdoor Soccer |  
| 3-4Y | Thu | 4-4:55pm | Jul 6 | 8wks | $32 | 115497 |
| 5-7Y | Thu | 5-5:55pm | Jul 6 | 8wks | $32 | 115498 |
| 8-10Y | Thu | 6-6:55pm | Jul 6 | 8wks | $32 | 115499 |
| 11-13Y | Thu | 7-7:55pm | Jul 6 | 8wks | $32 | 115500 |
| Outdoor Volleyball |  
| 12-15Y | Thu | 6:30-7:25pm | Jul 6 | 8wks | $32 | 115504 |
| Sabre Fencing |  
| 8-12Y | Thu | 6:30-7:30pm | Jul 20 | 6wks | $125 | 116370 |
**Community centre and neighbourhood association programs**

**Williamsburg Community Association continued**

<table>
<thead>
<tr>
<th>Child - Music</th>
<th>6-12Y</th>
<th>Thu</th>
<th>6:30-7:25pm</th>
<th>Jul 6</th>
<th>8wks</th>
<th>$129</th>
<th>115494</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ukulele</td>
<td></td>
<td></td>
<td></td>
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</tr>
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</table>

<table>
<thead>
<tr>
<th>Child - Technology</th>
<th>4-6Y</th>
<th>Tue</th>
<th>5:30-6:25pm</th>
<th>Jul 4</th>
<th>4wks</th>
<th>$63</th>
<th>115477</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minecraft: Hour of Code</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minecraft Code Builder</td>
<td>6-8Y</td>
<td>Tue</td>
<td>6:30-7:25pm</td>
<td>Jul 4</td>
<td>4wks</td>
<td>$63</td>
<td>115479</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Introduction</th>
<th>8-12Y</th>
<th>Tue</th>
<th>7:30-8:25pm</th>
<th>Jul 4</th>
<th>4wks</th>
<th>$63</th>
<th>115480</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roblox Coding</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Root iRobot Coding</th>
<th>4-6Y</th>
<th>Tue</th>
<th>5:30-6:25pm</th>
<th>Aug 1</th>
<th>4wks</th>
<th>$63</th>
<th>115482</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to CS - MakeCode - Micro:bit</td>
<td>6-8Y</td>
<td>Tue</td>
<td>6:30-7:25pm</td>
<td>Aug 1</td>
<td>4wks</td>
<td>$63</td>
<td>115483</td>
</tr>
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<table>
<thead>
<tr>
<th>Arcade Game Building</th>
<th>8-12Y</th>
<th>Tue</th>
<th>7:30-8:25pm</th>
<th>Aug 1</th>
<th>4wks</th>
<th>$63</th>
<th>115484</th>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Adult - Fitness &amp; Sport</th>
<th>16Y+</th>
<th>Tue</th>
<th>7-7:55pm</th>
<th>Jul 4</th>
<th>8wks</th>
<th>$0</th>
<th>115485</th>
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</thead>
<tbody>
<tr>
<td>FREE Zumba in the Park</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>@Foxglove Park</td>
<td>16Y+</td>
<td>Wed</td>
<td>6:30-7:25pm</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$0</td>
<td>115486</td>
</tr>
<tr>
<td>@Max Becker Commons</td>
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</tr>
</tbody>
</table>

| Vinyasa/Hatha Yoga      | 16Y+ | Wed | 7:15-8:10pm | Jul 5 | 8wks | $40 | 115490 |

| Pricing and availability are subject to change. |

**Williamsburg Community Centre**


Williamsburg Community Centre (WCC) has been serving Williamsburg and the surrounding community since 2009. Located in the Williamsburg Town Centre next to Max Becker Common on the second floor. The multipurpose room is a bright and welcoming space suitable for programs and activities for everyone to enjoy. Two public access computers are also available for the public to use free of charge. Additional services include an outdoor winter rink and a community outreach worker.

Working closely with the Williamsburg Community Association (WCA), there are programs and activities for all ages and interests at the centre as well as at local schools and churches. In partnership with Williamsburg Community Association, the Community Centre is a great location for family friendly events throughout the year. The Williamsburg Community Centre is available for private rentals, including meetings, showers, and parties.
Fish Number 4 - Cherry Park Mural

Jason Panda is a Graphic Artist, Photographer and Art Educator in Waterloo, Ontario. His work is about synergy and the active process of weaving together a variety of ideas to create powerful mosaics, messages and moments.

Over the last two decades Jason’s focus has been on community engagement through art and design. His projects have challenged, connected and inspired and can be seen in city installations, books, murals and community hubs across the region.

When Jason was a teacher with the Waterloo Region District School Board he collaborated with James Bentley on the aquatic murals that can be seen outside the Don McLaren Arena. James led a team to paint and install the panels while Jason worked with his students to create the tessellated designs.

Instagram - @KWPanda

We believe an engaged community is a happy community

You play an important role in our decision-making process.

Visit engagekitchener.ca to provide your input on a project that impacts the community
We offer over 200 programs for adults 55+ to keep mentally, physically, and socially active both in person and at home.

Our older adult programs are offered under 4 categories (WALC):

Wellness - enhancing physical, emotional and mental health
Active Living - increasing physical activity for all ability levels
Learning - discovering new skills or hobbies in a supportive setting
Connecting - staying socially connected from home or in person

Please visit all of the Community Centre and Neighbourhood Association pages in this publication or www.kitchener.ca/seniors for a complete list of older adult programming. You can try most programs once, for free. Call 519-741-2507 for more information.
The City of Kitchener offers a wide variety of programs and services geared for those 55+ at:

*Breithaupt Centre  Pg. 45-47
350 Margaret Ave. Kitchener  519-741-2502
Bridgeport Community Centre  Pg. 48
20 Tyson Ave. Kitchener  519-741-2271
Centreville Chicopee Community Centre  Pg 51
141 Morgan Ave. Kitchener  519-741-2490
Chandler Mowat Community Centre  Pg. 52
222 Chandler Dr. Kitchener  519-741-2733
Doon Pioneer Park Community Centre  Pg. 59
150 Pioneer Dr. Kitchener  519-741-2641
*Downtown Community Centre  Pg. 60
35B Weber St. W. Kitchener  519-741-2501
Forest Heights Community Centre  Pg. 64
1700 Queen’s Blvd. Kitchener  519-741-2621
Huron Community Centre  Pg. 70
80 Tartan Ave. Kitchener  519-741-2478
Kingsdale Community Centre  Pg. 71
72 Wilson Ave. Kitchener  519-741-2540
*Rockway Centre  Pg. 75-77
1405 King St. E. Kitchener  519-741-2507
Victoria Hills Community Centre  Pg. 79
10 Chopin Dr. Kitchener  519-741-2717

*Older Adult registered programs offered at these locations offer discounted prices for those 55+.
Visit the Community Centre and Ongoing Group pages in this publication or www.kitchener.ca for a complete list of programs geared for adults 55+.

Interested in providing input on issues impacting Kitchener older adults?
The Mayor’s Advisory Council for Kitchener Seniors (MACKS) is seeking residents aged 55+ to join their volunteer committee this September. MACKS meets monthly (September to June) with the Kitchener Mayor and staff to share ideas on how to make Kitchener an age-friendly community where residents can live well and age well. For more information, and to submit an application online, please visit www.kitchener.ca/MACKS or contact Carolyn Cormier 519-741-200 x 5345 to request a paper copy. Application deadline: Aug. 1, 2023.

Kitchener Tech Connects
Free Tech Support for Seniors – July & August 2023
The City of Kitchener is offering older adults free essential technology training and a technology lending library. The goal of this program is to improve social connections and access to information.

Summer Support Sessions are designed to provide the opportunity for help or advice on any topic related to the effective use of technology. There will be no ‘agenda’ for Support Sessions; the learning will be driven by participant questions. Participants could ask about photo organization, creating bookmarks, safe online shopping, deleting or blocking unwanted emails, and more!

Devices might be available to loan through our lending library. Call 519-741-2501 to inquire.

We are excited to offer these free tech support sessions for older adults in our community. These programs are offered in person or virtually using Zoom.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue July 11</td>
<td>1-3 pm</td>
<td>Rockway CC</td>
<td>115360</td>
</tr>
<tr>
<td>Thu July 20</td>
<td>10 am-noon</td>
<td>Virtual (Zoom)</td>
<td>115376</td>
</tr>
<tr>
<td>Thu Aug 10</td>
<td>10 am-noon</td>
<td>Rockway CC</td>
<td>115377</td>
</tr>
<tr>
<td>Tue Aug 22</td>
<td>1-3 pm</td>
<td>Virtual (Zoom)</td>
<td>115378</td>
</tr>
</tbody>
</table>

Program Registration
We offer three ways to register:
1. Online: Visit www.kitchener.ca/activekitchener for details. For instructions on how to register for a program using ActiveNet, visit www.kitchener.ca/activenet to view the video on the landing page.
2. In-person: Go to any of the city’s community centres or indoor pools during regular business hours. All you need is the course code number or the name of the program you are interested in.
3. By phone: Staff are happy to assist you with program registration over the phone during regular business hours by calling 519-741-2200 x2382.

Rockway Community Centre – 519 741-2507
1405 King St E, Kitchener, ON N2G 2N9
Drop-in Grief Support program for the loss of a spouse or partner

Peer support group run by volunteers who have experienced the loss of a spouse or partner. Drop in to connect with others for support. This will be an open group, which means you can drop in any time.

Tuesdays, 10 – 11:30 a.m.
Rockway Community Centre

Step Forward Walking Group

This is a weekly walking group for anyone who is going through a time of transition and would like to be involved in a loosely structured walking group. Volunteers and staff guide the walk. All levels of fitness are welcome. You can move at your own pace and choose the distance you wish to walk.

The group meets every Wednesday at 9:30 a.m. at Victoria Park. (Meet at David St. And Park St.)

For more information about these programs or to register, please call 519-741-5346 (TTY 1-866-969-9994) or email julie.laderoute@kitchener.ca

Bingo

Tuesdays, 1:30 – 3:30 p.m.
Downtown Community Centre

Meet new people and discover the benefits of playing this long-time favourite activity. Just 25 cents per card to play.
**Ongoing Groups**

ONGOING GROUPS are volunteer run and supported by the City of Kitchener. With the purchase of a Kitchener Group Card for $17.04 (ages 55+) or $20.75 (ages 18-54), you can attend any of these low-cost/no cost activities on a regular basis (e.g. weekly, monthly, seasonally). A list of the ongoing groups available at each centre can be found in the following chart. For more information, call your nearest Community Centre.

**Schedule subject to change**

<table>
<thead>
<tr>
<th>Arts and crafts</th>
<th>Breithaupt Centre</th>
<th>Rockway Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>In Stitches Knitting &amp; Crocheting</td>
<td>Thursday</td>
<td>1 to 3pm</td>
</tr>
<tr>
<td>Monday (no meetings Jun 19-Sept 4)</td>
<td>1:30 to 3:30pm</td>
<td></td>
</tr>
<tr>
<td>Oil Painting Practice</td>
<td>Monday</td>
<td>1 to 3pm</td>
</tr>
<tr>
<td>Needles and Crafts</td>
<td>Wednesday and Friday</td>
<td>9:30 to 11:30am and 1 to 3pm</td>
</tr>
<tr>
<td>Quilting</td>
<td>Thursday</td>
<td>10am to 1pm</td>
</tr>
<tr>
<td>Adult Colouring</td>
<td>Thursday</td>
<td>1 to 3pm</td>
</tr>
<tr>
<td>Drawing Practice Group</td>
<td>Friday</td>
<td>10am to noon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Books and writing</th>
<th>Downtown Community Centre</th>
<th>Rockway Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book Talks</td>
<td>First Friday of the month</td>
<td>Every fourth Wednesday</td>
</tr>
<tr>
<td>(call 519-741-2501 for details)</td>
<td>10:30am to noon</td>
<td>(no meetings Jul 26 or Aug 23)</td>
</tr>
<tr>
<td>Book Talks</td>
<td></td>
<td>12 to 2pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cards and games</th>
<th>Breithaupt Centre</th>
<th>Downtown Community Centre</th>
<th>Rockway Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Euchre</td>
<td>Friday</td>
<td>12:45 to 3:45pm</td>
<td>Euchre</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Monday</td>
</tr>
<tr>
<td>Solo Progressive</td>
<td>Wednesday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bid Euchre</td>
<td>Friday</td>
<td>12:45 to 3:45pm</td>
<td></td>
</tr>
<tr>
<td>Bridge Partner Progressive</td>
<td>Saturday</td>
<td>12:30 to 3:30pm</td>
<td></td>
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</table>
## Ongoing Groups continued

### Cards and games continued

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrabble</td>
<td>Rockway Centre</td>
<td>Monday</td>
<td>1 to 4pm</td>
</tr>
<tr>
<td>Canasta Hand and Foot</td>
<td>Rockway Centre</td>
<td>Monday</td>
<td>1 to 4pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wednesday (no meetings Jul 5 - Aug 30)</td>
<td>6:30 to 9pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Friday</td>
<td>1 to 4pm</td>
</tr>
<tr>
<td>Chess</td>
<td>Rockway Centre</td>
<td>Monday</td>
<td>1:15 to 5pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tuesday</td>
<td>1:15 to 5pm</td>
</tr>
<tr>
<td>Bridge Casual</td>
<td>Rockway Centre</td>
<td>Monday</td>
<td>6:30 to 9pm</td>
</tr>
<tr>
<td>Solo Progressive</td>
<td>Rockway Centre</td>
<td>Monday</td>
<td>6:45 to 8:45pm</td>
</tr>
<tr>
<td>Bridge Progressive Intermediate</td>
<td>Rockway Centre</td>
<td>Tuesday</td>
<td>12:30 to 4pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>and Friday</td>
<td>12:30 to 3:30pm</td>
</tr>
<tr>
<td>Canasta</td>
<td>Rockway Centre</td>
<td>Wednesday</td>
<td>12 to 3:30pm</td>
</tr>
<tr>
<td>Bid Euchre</td>
<td>Rockway Centre</td>
<td>Wednesday</td>
<td>12:45 to 3:30pm</td>
</tr>
<tr>
<td>Crokinole</td>
<td>Rockway Centre</td>
<td>Wednesday</td>
<td>1:30 to 4pm</td>
</tr>
<tr>
<td>Bridge Partner Progressive</td>
<td>Rockway Centre</td>
<td>Wednesday</td>
<td>6:30 to 9:30pm</td>
</tr>
<tr>
<td>Cribbage</td>
<td>Rockway Centre</td>
<td>Thursday</td>
<td>noon to 3:30pm</td>
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### Music

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guitar Jam</td>
<td>Rockway Centre</td>
<td>Tuesday</td>
<td>9:30 to 11:30am</td>
</tr>
<tr>
<td>Happy Harmonicas</td>
<td>Rockway Centre</td>
<td>Tuesday (no meetings Jul 3 - Sept 4)</td>
<td>10 to 11:30am</td>
</tr>
<tr>
<td>Rockway Amigos Travel Band</td>
<td>Rockway Centre</td>
<td>Wednesday</td>
<td>10am to noon</td>
</tr>
<tr>
<td>Rockway Entertainers</td>
<td>Rockway Centre</td>
<td>Thursday (no meetings Jun 1 - Aug 31)</td>
<td>1:30 to 3:30pm</td>
</tr>
<tr>
<td>Lost in the Fog</td>
<td>Rockway Centre</td>
<td>Thursday (no meetings Jun 1 - Aug 31)</td>
<td>6 to 8pm</td>
</tr>
<tr>
<td>Drum Group</td>
<td>Rockway Centre</td>
<td>Saturday (no meetings Jun 11 - Sept 9)</td>
<td>10 to 11am</td>
</tr>
</tbody>
</table>

### Billiards

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-in billiards</td>
<td>Breithaupt Centre</td>
<td>Monday to Friday</td>
<td>8:30 to noon</td>
</tr>
<tr>
<td>Billiards for all</td>
<td>Downtown Community Centre</td>
<td>Monday to Friday</td>
<td>8:30am to 8pm</td>
</tr>
<tr>
<td>Billiards for all</td>
<td>Downtown Community Centre</td>
<td>Saturday</td>
<td>8:30am to 3pm</td>
</tr>
<tr>
<td>Billiards for all</td>
<td>Rockway Centre</td>
<td>Monday to Thursday</td>
<td>9am to 8pm</td>
</tr>
<tr>
<td></td>
<td>Rockway Centre</td>
<td>Friday</td>
<td>9am to 4pm</td>
</tr>
<tr>
<td></td>
<td>Rockway Centre</td>
<td>Saturday (closed Sturdays in July and August)</td>
<td>9-11:30am</td>
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</table>
# Ongoing Groups continued

## Physical activities and sports

<table>
<thead>
<tr>
<th>Breithaupt Centre</th>
<th>Kingsdale Community Centre</th>
<th>Rockway Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Indoor Walking Group</strong></td>
<td><strong>Tai Chi Movements</strong></td>
<td><strong>Floor Curling</strong></td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>Monday (no meetings May 8 - Sept 4)</strong></td>
</tr>
<tr>
<td></td>
<td><strong>and Friday</strong></td>
<td><strong>Tuesday</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>and Thursday</strong></td>
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<td></td>
<td></td>
<td><strong>Monday (no meetings Jun 16 - Sept 5)</strong></td>
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<td></td>
<td></td>
<td><strong>Wednesday (no meetings Jul 5 - Aug 30)</strong></td>
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<td></td>
<td></td>
<td><strong>Friday (no meetings Jul 7 - Sept 1)</strong></td>
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<td></td>
<td></td>
<td><strong>Thursday (no meetings May 31 - Sept 6)</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>Thursday (no meetings Jun 29 - Aug 31)</strong></td>
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<td></td>
<td></td>
<td><strong>Friday</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>Friday (no meetings May 5 - Sept 1)</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>10am to noon</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>9:30-11:30am</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>11am to 12:30pm</strong></td>
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<td><strong>11am to 12:30pm</strong></td>
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<td><strong>6:30 to 8:30pm</strong></td>
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<td><strong>9:30 to 11:30am</strong></td>
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<td><strong>9:30 to 11:30am</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>3 to 4pm</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>6:30 to 8:30pm</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>3 to 4pm</strong></td>
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<tr>
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<td><strong>1 to 3pm</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>1 to 3pm</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>10:30 to 11:30am</strong></td>
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<td></td>
<td></td>
<td><strong>11:30am to 12:30pm</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>1 to 3pm</strong></td>
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</tbody>
</table>

## Social groups

<table>
<thead>
<tr>
<th>Downtown Community Centre</th>
<th>Rockway Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amigos</strong></td>
<td><strong>FRIENDS</strong></td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td><strong>Tuesday (no meetings May 23-Sept 5)</strong></td>
</tr>
<tr>
<td></td>
<td><strong>1 to 3pm</strong></td>
</tr>
</tbody>
</table>

## Technology

<table>
<thead>
<tr>
<th>Downtown Community Centre (virtual using Zoom)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drop-in computer club</strong></td>
<td><strong>second Wednesday of month</strong></td>
</tr>
<tr>
<td></td>
<td><strong>9:30 to 11:30am</strong></td>
</tr>
</tbody>
</table>

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**Join us for Neighbours Day**

**Saturday, June 17, 1-5pm**

Visit kitchener.ca/neighboursday for an event near you!
Is there a garden that you think makes Kitchener a greener, more vibrant or more sustainable place to live?

Let us know!
May 1 - September 15, 2023
Recognize a neighbour for making the most of their outdoor spaces and helping grow community pride in Kitchener.

It’s easy!
Simply tell us the address of the garden and we will take care of the rest.

Visit, www.kitchener.ca/bloom or call 519-741-2200 x 7537 for more information and to submit a garden address.

* flower garden * community garden * container garden *
* balcony garden * raised garden * rain garden *
* rock garden * fairy garden * pollinator patch*
How to register for programs in Kitchener

This includes the City of Kitchener’s aquatics programs, cooking classes at Kitchener Market, summer camps and all programs run by our community centres and the local Neighbourhood Associations.

Registration day is Tuesday June 6

**Things to do before registration.**

1. Make sure your ActiveNet account is ready!
2. Log in and make sure your information is up to date to avoid delays on June 6.
3. Can’t remember your password? Now is the time to request a password reset.
4. Don’t have an account? Create one now. Find out how at www.kitchener.ca/activekitchener
5. Save time on registration day by adding your credit card information to your account in advance.
6. See a program you’re interested in? Add it to your wishlist (click the heart icon) so it’s easy to find on registration day.

**Have questions? We’ve got answers!**

If you have questions about:

- **Accessibility accommodations**, call Inclusion Services at 519-741-2200 x7229 or email access@kitchener.ca
- **Fee assistance** (through our Leisure Access Program) call 519-741-2200 x7228 or email leisureaccess@kitchener.ca
- **Swimming classes and levels**, call or email your local City of Kitchener pool.
- **Community Centre programming**, call or email your local City of Kitchener community centre.

TTY available at 1-866-969-9994.

**We’re here to help!**

If you need assistance setting up your account or registering for programs, call 519-741-2200 x2907 Monday to Friday 8:30 am to 5 pm) to make arrangements with staff.

**Things to do on Registration Day**

1. Registration begins at 8:30 a.m. Be ready with your course code and method of payment.
2. Register! We have three ways you can register for programs. Details in the next column.

**Apply early for supports**

If you are interested in applying for an Inclusion or Leisure Access support, please apply early as requests could take up to two weeks to process and MUST BE APPROVED BEFORE program registration.

**How To Register**

**Online using ActiveNet**

Log into ActiveNet using your email and password.

Find your activity(ies):

Search for the program you’re looking for by entering a keyword or program code, or by clicking on the Register for Activities tab at the top left of the page.

You can filter results using the buttons under the search bar (When, Where, etc…). If you have a problem finding the activity, clear all the filters and try again.

Add activity(ies) to your cart and check out:

1. Select the activity and click Add to Cart. You’ll be prompted to log into ActiveNet if you haven’t already.
2. Select the name of the person who will be taking this activity from the Select the Family Member to Enroll drop-down box (or click on the Create a new Family Member and add a new family member.) Click Next.
3. Review the fees and click Proceed to Shopping Cart
4. Review and confirm your shopping cart items and click Proceed to Checkout.
5. Complete the payment information fields and proceed with payment on our secure site. Payments accepted: VISA, MasterCard, American Express.
6. Complete and agree to any required waiver(s) and age requirements.

Once your payment has been approved, your receipt will appear onscreen. Please print a copy for your records.

**By phone**

Call any City of Kitchener pool to register for swimming lessons.

Call a community centre or 519-741-2200 x2907 to register for programs.

TTY available at 1-866-969-9994.

What you’ll need:

The course code or the name and time of the program you’d like to register for.

Payments accepted: credit card.

**In person**

Visit City Hall, or any City of Kitchener pool or community centre to register.

What you’ll need:

If you know it, bring the course code for the program you’d like to register for.

Payments accepted: cash, cheque, debit, credit card.
How to register for programs in Kitchener

The City of Kitchener is dedicated to providing a more accessible and inclusive recreation environment for individuals of all abilities. We offer and welcome private support within our program settings. If you think you or your child may require support, contact Inclusion Services to discuss registration plans and possible support options at least two weeks prior to registration at 519-741-2200 ext. 7229.

How do I know if extra support is required?

A participant may require support in a recreation program if they:

- Require or receive additional support in a school setting
- Require extra support at home for care such as feeding or toileting
- Are currently associated with a support agency or program

Requesting Inclusion Support

Inclusion 1:1 support staff and volunteers may be available to facilitate participation in City of Kitchener recreation programs. A support staff/volunteer comes at no cost to the participant, and may provide redirection, allow opportunities for sensory or emotional breaks, and assist with personal care. To request 1:1 support, please follow these steps:

1. Fill out form
   Make sure youu have completed an Inclusion Membership Form by visiting www.kitchener.ca/inclusion

2. Register into a program in the Active Kitchener Guide that meets the needs, hobbies, and/or interest of the participant.

3. Request by calling or email
   1:1 support by contacting the Inclusion Services Coordinator at 519-741-2200 ext. 7229 or emailing Olivia.curtis@kitchener.ca

Note:
- It is important to complete an inclusion membership and requested support at least two weeks prior to program starting.
- 1:1 support is available based on availability of support workers/volunteers. For Summer Camp: Every effort will be made to provide support for up to two weeks (based on availability).

Refunds and Withdrawals

- A 100% refund will be given if you withdraw from a program more than 7 days before the first day of the program.
- Refunds will only be given in the same form as payment made.
- Refunds for one time visit activities will be given if withdrawal is by midnight the day before the activity starts.
- Cash refunds over $20 will be refunded by cheque (Breithaupt Center does not do cash refunds of any amount)
- Please note: If credit is left on an account, the credit will expire after three years.
- NO REFUND will be given if a request to withdraw is made less than 7 days prior to the first day of the program.

If you have any questions please contact the city facility associated with the program.

Leisure Access Fee Assistance

Low income families can receive fee assistance for programs, swim/skate tickets and swimming memberships by applying for Leisure Access. Application can be picked up at any City of Kitchener swimming pool or community centre.

For more information on this program please visit www.kitchener.ca/FeeAssistance or call 519-741-2200 ext. 7228.

Program Cancellation

The program and/or classes may be cancelled in the event of insufficient registration. We reserve the right to change, cancel, or alter any class times or instructors if necessary. You will be contacted in the event of a cancellation. Every effort will be made to avoid these changes.
<table>
<thead>
<tr>
<th>Facilities &amp; wards</th>
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</thead>
<tbody>
<tr>
<td><strong>Kitchener City Hall</strong></td>
</tr>
<tr>
<td>200 King St W</td>
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<tr>
<td><strong>Kitchener Market</strong></td>
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<tr>
<td>300 King St E</td>
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### Arenas and ice pads

<table>
<thead>
<tr>
<th>Arena and ice pads</th>
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</thead>
<tbody>
<tr>
<td><strong>Activa Sportsplex</strong></td>
</tr>
<tr>
<td>135 Lennox Lewis Way</td>
</tr>
<tr>
<td><strong>The Aud</strong></td>
</tr>
<tr>
<td>400 East Ave</td>
</tr>
<tr>
<td><strong>Don McLaren Arena</strong></td>
</tr>
<tr>
<td>61 Green St</td>
</tr>
<tr>
<td><strong>Dom Cardillo Arena</strong></td>
</tr>
<tr>
<td>Located at The Aud</td>
</tr>
<tr>
<td><strong>Grand River Arena</strong></td>
</tr>
<tr>
<td>555 Heritage Dr</td>
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<tr>
<td><strong>Kinsmen Arena</strong></td>
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<tr>
<td>Located at The Aud</td>
</tr>
<tr>
<td><strong>Tom Graham Arena</strong></td>
</tr>
<tr>
<td>Located at the Activa Sportsplex</td>
</tr>
<tr>
<td><strong>Kiwanis Arena</strong></td>
</tr>
<tr>
<td>Located at The Aud</td>
</tr>
<tr>
<td><strong>Lions Arena</strong></td>
</tr>
<tr>
<td>20 Rittenhouse Rd</td>
</tr>
<tr>
<td><strong>Patrick J. Doherty Arena</strong></td>
</tr>
<tr>
<td>Located at the Activa Sportsplex</td>
</tr>
<tr>
<td><strong>Queensmount Arena</strong></td>
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<tr>
<td>(no ice surface)</td>
</tr>
<tr>
<td><strong>Sportsworld Arena - Practice Pad</strong></td>
</tr>
<tr>
<td>35 Sportsworld Crossing Rd</td>
</tr>
<tr>
<td><strong>Sportsworld Arena - Spectator Pad</strong></td>
</tr>
<tr>
<td>35 Sportsworld Crossing Rd</td>
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### Community Centres

<table>
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<tr>
<th>Community Centres</th>
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<tbody>
<tr>
<td><strong>Breithaupt Centre</strong></td>
</tr>
<tr>
<td>350 Margaret Ave</td>
</tr>
<tr>
<td><strong>Bridgeport Community Centre</strong></td>
</tr>
<tr>
<td>20 Tyson Dr</td>
</tr>
<tr>
<td><strong>Centreville Chicopee Community Centre</strong></td>
</tr>
<tr>
<td>141 Morgan Ave</td>
</tr>
<tr>
<td><strong>Chandler Mowat Community Centre</strong></td>
</tr>
<tr>
<td>222 Chandler Dr</td>
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### Libraries

<table>
<thead>
<tr>
<th>Libraries</th>
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<tbody>
<tr>
<td><strong>Grand River Stanley Park</strong></td>
</tr>
<tr>
<td>175 Indian Rd</td>
</tr>
<tr>
<td><strong>Forest Heights</strong></td>
</tr>
<tr>
<td>251 Fischer-Hallman Rd</td>
</tr>
<tr>
<td><strong>Pioneer Park</strong></td>
</tr>
<tr>
<td>150 Pioneer Dr</td>
</tr>
<tr>
<td><strong>Country Hills</strong></td>
</tr>
<tr>
<td>1500 Block Line Rd</td>
</tr>
<tr>
<td><strong>Main Branch</strong></td>
</tr>
<tr>
<td>85 Queen St N</td>
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### Pools, Indoor

<table>
<thead>
<tr>
<th>Pools, Indoor</th>
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</thead>
<tbody>
<tr>
<td><strong>Breithaupt Centre</strong></td>
</tr>
<tr>
<td>350 Margaret Ave</td>
</tr>
<tr>
<td><strong>Cameron Heights Pool</strong></td>
</tr>
<tr>
<td>301 Charles St E</td>
</tr>
<tr>
<td><strong>Forest Heights Pool</strong></td>
</tr>
<tr>
<td>253 Fischer Hallman Rd</td>
</tr>
<tr>
<td><strong>Lyle Hallman Pool</strong></td>
</tr>
<tr>
<td>600 Heritage Dr</td>
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### Pools, Outdoor

<table>
<thead>
<tr>
<th>Pools, Outdoor</th>
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</thead>
<tbody>
<tr>
<td><strong>Breithaupt Park Splash Pad</strong></td>
</tr>
<tr>
<td>500 Doon Valley Dr</td>
</tr>
<tr>
<td><strong>Coldwater Park Splash Pad</strong></td>
</tr>
<tr>
<td>700 Coldwater Rd</td>
</tr>
<tr>
<td><strong>Don Valley Golf Course</strong></td>
</tr>
<tr>
<td>500 Doon Valley Dr</td>
</tr>
<tr>
<td><strong>Rockway Golf Course</strong></td>
</tr>
<tr>
<td>625 Rockway Dr</td>
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### Golf courses

<table>
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<tr>
<th>Golf courses</th>
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</thead>
<tbody>
<tr>
<td><strong>Breithaupt Park Splash Pad</strong></td>
</tr>
<tr>
<td>141 Morgan Ave</td>
</tr>
<tr>
<td><strong>Chandler Mowat Splash Pad</strong></td>
</tr>
<tr>
<td>222 Chandler Dr</td>
</tr>
<tr>
<td><strong>Don Valley Golf Course</strong></td>
</tr>
<tr>
<td>500 Doon Valley Dr</td>
</tr>
<tr>
<td><strong>Rockway Golf Course</strong></td>
</tr>
<tr>
<td>625 Rockway Dr</td>
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### Splash Pads

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<tbody>
<tr>
<td><strong>Breithaupt Park Splash Pad</strong></td>
</tr>
<tr>
<td>350 Margaret Ave</td>
</tr>
<tr>
<td><strong>Carl Zehr Square</strong></td>
</tr>
<tr>
<td>200 King St. West</td>
</tr>
<tr>
<td><strong>Centreville Chicopee Splash Pad</strong></td>
</tr>
<tr>
<td>141 Morgan Ave</td>
</tr>
<tr>
<td><strong>Chandler Mowat Splash Pad</strong></td>
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<tr>
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### Older Adult Centres

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<tbody>
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<td><strong>Breithaupt Centre</strong></td>
</tr>
<tr>
<td>350 Margaret Ave</td>
</tr>
<tr>
<td><strong>Downtown Community Centre</strong></td>
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<tr>
<td>35-B Weber St W</td>
</tr>
<tr>
<td><strong>Rockway Centre</strong></td>
</tr>
<tr>
<td>1405 King St E</td>
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</tbody>
</table>
This winter get out and enjoy the more than 1,600 hectares of parkland, including the 75 natural areas and 218 parks Kitchener offers. Or take part in a scheduled or drop in program at one of our 15 community centres, five library branches, four indoor pools.

See the details around registering for any of our programs on page 76.
Unleash your creativity and discover new skills with upcoming classes at the Kitchener Market!

Join our adult and kids cooking classes for hands-on classes and demos in cooking, baking, and food preparation, suitable for all ages and skill levels.

Don’t miss this opportunity to learn, create, and have fun! Visit kitchenermarket.ca/calendar to see what’s happening this spring.

Open Saturdays 7 a.m. – 2 p.m.
Farmers’ Market and Food Hall

Tuesday-Friday 8 a.m. – 3 p.m.
Food Hall only
Traffic collisions are not accidents.
They can be prevented.

Learn more at kitchener.ca/visionzero
Renting from another water heater provider?

SWITCH TO
Kitchener Utilities

and enjoy a worry-free rental water heater with the following benefits:

- Low monthly rental rates that add up to significant savings over the lifespan of your tank.
- Local reliable service – our authorized service professionals are just a call away at 519-741-2529.
- Peace of mind with no unexpected equipment repair costs.

SWITCH AND SAVE

READY TO MAKE THE SWITCH?

Call us at 519-741-2626 to learn about our Switch and Save promotion for customers currently renting from another provider.*

kitchenerutilities.ca/waterheaters

* For residential properties in the City of Kitchener.