So many Pay as you Play programs available for adults 55+  pg 79

Events and programs for youth  pgs 5 & 6

Find all the places in Kitchener to play and explore  pgs 18-20

Registration for City of Kitchener programs begins on June 11.
Downtown Kitchener
July 26-27, 2024
Get ready to travel back in time at Wayback Festival! Join us for a day of music, entertainment and fun, featuring Tom Cochrane and more!

King Street
Friday, July 12, 2024
Get ready to rev your engines and cruise down King Street with the hottest classic cars in Kitchener and a live concert!

Victoria Park
Sunday, August 18, 2024
Perfect event for families with young children who want to spend a day outside, exploring, and learning through play.

Endless Summer
September 6-7, 2024
A weekend of live music and fun wraps up the summer!

Saturday, June 15, 2024
Canada Day in Downtown Kitchener
Monday, July 1, 2024
Canada Day in Downtown Kitchener and a fireworks finale!

Victorian Park
Sunday, August 23-24, 2024
Caribana Ignite will feature a stunning street theatre presentation and street party that showcases the true essence of carnival.

For more info, visit kitchenerevents.ca
Welcome to the summer edition of Active Kitchener! We have already had our first taste of summer, but I’m still 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 15, 2024.

If you enjoy live music, food, fun and great people, then you are in the right place! Kitchener is home to numerous summer festivals 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.kitchener.ca, keyword search “events” for dates, details and updates on these and other events happening in Kitchener.

We are excited to welcome a new festival this summer – Caribana Ignite – hosted in partnership with Caribana Arts Group. Taking place at Carl Zehr Square, in downtown Kitchener, on Friday, August 23 and Saturday, August 24, Caribana Ignite will include street theatre presentations and an incredible party atmosphere that will bring the essence of carnival to downtown Kitchener. I look forward to celebrating the taste of food and vibes of Caribbean culture with our entire community this August!

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:
The Condor and the Eagle: Hall’s Lane Mural
(on the side of Grand Trunk Saloon)
Artist: Alapinta
Project Coordinator: Neruda Arts
Bio on page 25.

www.kitchener.ca  Active Kitchener
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. To request support, contact Inclusion Services at least two weeks prior to program starting. Every effort will be made to provide support when requested, however requests are fulfilled based on staff availability.

Requesting 1:1 support for programs
1. Complete an Inclusion Membership Form. Visit www.kitchener.ca/inclusion
2. Register for a program that meets the needs and interests of the participant.
3. 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
Low income families who apply for Leisure Access can 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. 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

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 or providing assistance at the driving range and/or pitch and putt
- Practical knowledge of golf (how to play, golf etiquette) is required.
- Experience or an interest in supporting someone with dementia.
- 18 years or older
Tuesdays and/or Thursdays 9-11:30am starting June 18 until September 12 (13 weeks).
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 www.kitchener.ca/volunteer

Every Kids Counts
Each year, thousands of kids take part in our summer camps. For children with a disability participation is made possible through support from Every Kid Counts program.
Every Kid Counts provides additional support to children and youth with disabilities, helping them to attend City of Kitchener or City of Waterloo summer camps.
Community donations of any amount are appreciated. Visit www.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 - youth leadership and volunteering

Building Youth Leadership Development (BYLD)
Our Building Youth Leadership Development (BYLD) provides young people aged 12 to 15 with an opportunity to develop leadership skills, responsibility and self-confidence. In addition to workshops and interactive training sessions, the BYLD program offers participants the option of putting these skills into practice through hands-on experience as a leader-in-training in our City of Kitchener camps or through community projects. Participants can receive volunteer hours for completing the course and placement.

BYLD workshops and interactive sessions focus on:
• Enhancing communication skills
• Developing leadership abilities
• Planning and facilitating programs and activities
• Building effective teams
• Increasing awareness of inclusion and disabilities
• Gaining conflict resolution skills
• and many more essential skills!

Summer BYLD training & orientation dates
New BYLDS
Wednesday, June 5, 4:30-8:30pm
Rockway Centre
1405 King St E, Kitchener

Returning BYLDS
Thursday, June 6, 4:30-8:30pm
Rockway Centre
1405 King St E, Kitchener

All BYLD registrants
Saturday, June 8, 9am-4pm
Stanley Park Community Centre
505 Franklin St N.

Through supportive decisions made by city council, this program is being offered at no cost. If you have any questions, please email us at youth@kitchener.ca

The Kitchener Youth Action Council (KYAC)
The Kitchener Youth Action Council (KYAC) are young people aged 14 to 24 who want to make a positive difference in the community. These inspiring young people hold events, share their youth perspective and influence decisions to make Kitchener a better place for everyone in our community.

Follow and subscribe to our page www.kitchener.ca/kyac to stay in the know of upcoming events and volunteer opportunities. If you have any questions or youth issues you would like KYAC to address, please email us at youth@kitchener.ca

Applications to join the Kitchener Youth Action Council are now closed for the 2023-2024 season and will re-open August 2024.

The Kitchener Youth Action Council (KYAC) 2024 Youth Awards
Every year, the Kitchener Youth Action Council (KYAC) celebrates the talents and contributions of young people 14-24yrs in our community. We want to promote a positive image of young people and generate awareness of the valuable contributions youth make in our community.

For more information, please go to www.kitchener.ca/YouthAwards (and subscribe for regular updates).

Youth Crew
The Kitchener Youth Crew gives 12-17 year olds a chance to help out at a youth drop-in program at their local community centre. It’s a great way to earn volunteer hours, meet other youth, gain some leadership skills and contribute to your community. We’re looking for 2024 volunteers! If you want to join the Kitchener Youth Crew, email youth@kitchener.ca.
The City of Kitchener Youth Services collaborates with other city divisions, youth serving organizations, and the Kitchener Youth Action Council to deliver events for youth and by youth. Subscribe to [www.kitchener.ca/youth](http://www.kitchener.ca/youth) for regular updates and information.

**Youth Drop-In**
Are you between 12-17 years old and looking for something to do this summer? Check out our free Youth Drop-In programs that include sports, video games, cooking, arts and crafts and much more. Stop by any of the following community centres between 6:30-9:30pm starting July 2 until August 23. For more information check out our webpage [www.kitchener.ca/youthdropin](http://www.kitchener.ca/youthdropin)

Join us for YDI at these community centres:
- Centreville Chicopee Community Centre
- Chandler Mowat Community Centre
- Country Hills Community Centre
- Doon Pioneer Park Community Centre
- Downtown Community Centre (Tue, Wed and Thu)
- Forest Heights Community Centre
- Huron Community Centre
- Kingsdale Community Centre
- Stanley Park Community Centre
- Victoria Hills Community Centre
- Williamsburg Community Centre (Mon and Fri)

**Youth Crew**
Kitchener Youth Crew (12-17yrs) provides a chance to help out at youth drop-in programs at a community centre near you. It’s a great way to earn volunteer hours, meet other youth and have fun! For more information including registration please contact us at youth@kitchener.ca

**Youth Volunteer Opportunities**
Looking to get involved in your community and volunteer this summer? Visit our webpage [www.kitchener.ca/volunteer](http://www.kitchener.ca/volunteer) for current or upcoming volunteer opportunities this summer!

---

**Mobile Skatepark**
From July 2 until September 6, learn how to skateboard at our mobile skateparks! From ages 8-17yrs, try out our ramps, quarter pipe, grind rails and more on skateboard or scooter. Helmets are required and supplied. For more information check out - [www.kitchener.ca/skatepark](http://www.kitchener.ca/skatepark)

For summer 2024, the mobile skatepark will be at these locations on these dates:
- July 2 to 5: Country Hills Community Centre
- July 8 to 12: Williamsburg Sobeys parking lot
- July 15 to 19: Stanley Park Community Centre
- July 22 to 26: Bridgeport Community Centre
- July 29 to August 2: Huron Community Centre
- August 6 to 9: Jean Steckle Public School
- August 12 to 16: Grand River Recreation Complex
- August 26 to 30: Victoria Hills Community Centre
- September 3 to 6: Chandler Mowat Community Centre

For dates in July, the skatepark will be open from 6:30 to 9:30 p.m. For dates in August and September, the skatepark will be open from 5:30 to 8:30 p.m.
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 or providing assistance at the driving range and/or pitch and putt
- Practical knowledge of golf (how to play, golf etiquette) is required.
- Experience or an interest in supporting someone with dementia.
- 18 years or older

Tuesdays and/or Thursdays 9-11:30am starting June 18 until September 12 (13 weeks).

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 www.kitchener.ca/volunteer

Interested in becoming a volunteer with the City of Kitchener?

Check out our website www.kitchener.ca/volunteer for details about our current volunteer opportunities, or contact Volunteer Engagement at 519 741 2200 ext. 7537 or volunteer@kitchener.ca for more information.

Kitchener in Bloom

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

From April to September we invite you to recognize a neighbour for making the most of their outdoor spaces and helping grow community pride in Kitchener.

You can recognize all different types of gardens, including:
- flower garden
- community garden
- container garden
- balcony garden
- rain garden
- pollinator patch
- front lawn garden
- food forest
- boulevard garden

Visit www.kitchener.ca/bloom or call 519-741-2200 x 7564 for more information and to submit a garden address.
The Aud
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! Go to [www.kitchener.ca/camps](http://www.kitchener.ca/camps) for details dates and fees.

### City Of Kitchener Summer Camp Staff

Our camp leaders and coordination team are screened, trained and first-aid certified young role-model leaders with energy and passion to work with children. They will be there to play alongside your child, give them opportunities to try new things, be creative and use their imaginations, and encourage social connections with new friends. Our staff teams’ focus is to mix playing with growing, belonging and quality programming.

### The City of Kitchener offers:

- Neighbourhood Camps
- Schools-Out Camps
- Specialized Camps (Eco, Skateboarding and Sports, All About the Arts, The Brain Factory, Multisport) specialized camps for those with disabilities (Youth Sense and All About Youth Camp)
- Water/ Daily swim camps (Active Kids, Kiwanis Park Outdoor Adventure, Kiwanis Trail Blazers camps)
- Intro to Water Polo Skills Camp
- Junior Lifeguard Camp
- Kids in the Kitchen Camp
- Little Movers

Please check out our website at [www.kitchener.ca/camps](http://www.kitchener.ca/camps) for all details.

### The Value Of Summer Camps

Summer day camps are more than just something fun to keep your child entertained in the summer months. Research shows the camp experience:

- gives children increased independence and social skills.
- sparks their interest in exploration and adventure.
- helps them unplug (no devices at camp!).
- enhances their self-confidence.
- invites them to try new things and challenge themselves.
- provides the opportunity to make friends outside of regular school and family circles.
- helps children discover a bit more of their own individual identities.

Most importantly, our camp staff work hard to help them feel that they are safe and belong.

Last week my 3 boys attended camp at Lyle Hallman Pool. It was a fabulous camp and the boys really enjoyed themselves. Please pass along our thanks to the counsellors.

- quote from camp parent

### Requesting Inclusion Support for Camps

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:

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

1. Fill out form
   Make sure you have completed an Inclusion Membership Form by visiting [www.kitchener.ca/inclusion](http://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

### 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](http://www.kitchener.ca/FeeAssistance) or call 519-741-2200 ext. 7228

My daughter had an amazing time, learned new games, and made new friends, these programs really help her build relationships with peers.

- quote from camp parent
Camps

CONESTOGA SAILING CAMP

JOIN US FOR:
* One- and two-week camps for ages 9 to 18
* Bus from Kitchener, Waterloo, St Jacobs, & Elmira
* Only 30 minutes from Waterloo

PLUS:
* Adult and private lessons available all summer
* Enjoy Conestoga Sailing Club membership benefits and access to club boats

WWW.KWSAILING.ORG
INFORMATION@KWSAILING.ORG

For over 30 years...

SOCCER DAY CAMPS 2024

Get ready for an unforgettable summer adventure!

* July & August weeks
* All kids aged 5 to 13
* Morning & full day sessions
* Before & after care available

800-427-0536 royalsoccer.com

Sign up TODAY!
Limited camp spaces still available.

For location & registration details, visit our website.
Camps

actoutkw.com
welcoming, creative, non-competitive

Summer Camp at KW Little Theatre
July & August

MiniKIDS Musicals (6-10)
Youth Musicals (10-17)
Plays (12-17)

Interested in becoming a volunteer with the City of Kitchener?

Check out our website
www.kitchener.ca/volunteer
for details about our current volunteer opportunities,
or contact Volunteer Engagement
at 519 741 2200 ext. 7537
or volunteer@kitchener.ca
for more information.
University of Waterloo
Early Childhood Education Centre
(ECEC)

Come explore and play with us!

Gain friendships and social skills in a morning or afternoon program for 2.5 hours

Registration is ongoing for preschool children ages 2.5-4 years old

Contact us:
ecce@uwaterloo.ca
519-888-4567 x33167

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.

LoveMyHood Neighbourhood Celebration
Wednesday, July 17
Drop by any time after 6pm
Join us as we celebrate LoveMyHood’s remarkable journey over the years with food*, music, family-friendly activities, and an outdoor movie (starts around 9 pm.)
Gzowski Park
@ Victoria Hills Community Centre
For more information, visit LoveMyHood.ca
*while quantities last

Suzuki Talent Education of Waterloo
www.suzukiwaterloo.ca

WE OFFER:
All of our teachers are university educated. All Ages Welcome.
Keep our workers safe!

When you see road maintenance activities, 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
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.
### 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.
  [www.kpl.org](http://www.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)**
  [www.uwag.uwaterloo.ca](http://www.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.
- **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.
- **Tremaine Park**
  100 Tremaine Dr.
- **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.

#### 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 winter walk, cross country ski, or snowshoe. 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.

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.

The pool at Kiwanis Park was recently rebuilt and features the same beach-like sloped entry that people love about the pool and a new splash pad perfect for kids to enjoy more interactive water play. 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 is Kitchener’s newest park, located at Fischer Hallman and Huron, with playground, splash pad, sports fields, cricket pitch and lots of room to run!

#### 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.
City of Kitchener places to play and explore

**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
- **Pioneer Park**
  - 150 Pioneer Drive, adjacent to Doon Pioneer Park Community Centre
  - Phone: 519-748-2740

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

*For a full list of parks and amenities, visit [www.kitchener.ca/parks](http://www.kitchener.ca/parks)*

**LoveMyHood Neighbourhood Celebration**
- **Wednesday, July 17**
- **Drop by any time after 6pm**

Join us as we celebrate LoveMyHood’s remarkable journey over the years with food*, music, family-friendly activities, and an outdoor movie (starts around 9 pm.)

**Gzowski Park @ Victoria Hills Community Centre**
For more information, visit [LoveMyHood.ca](http://LoveMyHood.ca)

*while quantities last
City of Kitchener places to play and explore

Skate parks

**The Aud Skatepark**
400 East Ave.

**Fischer Park**
Corner of Fischer-Hallman and Queen’s Boulevard

**Doon Skatium Mobile Skatepark**
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

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

**Queensmount Arena**
(1200 Queen’s Boulevard)
Closed for the summer.

**Upper Canada Skatepark**
Corner of Homer Watson and Pioneer Drive

Splash pads

**Breithaupt Park Splash Pad**
Breithaupt Park, 806 Union St.

**Carl Zehr Square (City Hall)**
200 King St. W. (8 a.m. to 9 p.m.)

**Centreville Chicopee Splash Pad**
141 Morgan Ave. (closed on Wednesdays between noon and 4 p.m.)

**Chandler Mowat Splash Pad**
222 Chandler Dr.

**Doon Pioneer Park Splash Pad**
150 Pioneer Dr.

**Kingsdale Splash Pad**
78 Wilson Ave.

**McLennan Park Splash Pad**
901 Ottawa St. S.

**RBJ Schlegel Park Splash Pad**
1664 Huron Road

**Vanier Park Splash Pad**
329 Vanier Dr.

**Victoria Park Splash Pad**
Courtland Ave. W.

Tennis Courts

**Admiral Park**
93 Roxborough Ave.

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

**Budd Park**
1111 Homer Watson Blvd.

**Heritage Park**
30 Halifax Dr.

**Kaufman Park**
104 Stirling Ave. S.

**Country Hills Park**
365 Country Hill Dr.

**Eby Park**
137 Holborn Dr.

**Eden Oak Park**
125 Eden Oak Trail

**Forest Heights C.I.**
255 Fischer Hallman Rd.

**Franklin Park**
335 Franklin St N.

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

**Glendale Park**
130 Glen Rd.

**Highland Courts**
120 Highland Rd E.

**Margaret Avenue**
325 Louisa St.

**Montgomery Park**
135 Montgomery Rd.

**Notre Dame School**
142 Rosemount Dr.

**RBJ Schlegel Park**
1664 Huron Rd.

**Resurrection Park**
71 Resurrection Dr.

**Stanley Park Senior Public School**
191 Hickson Dr.

**Sunnyside Public School**
1042 Weber St E.

**Weber Park**
380 Frederick St.
Things to do

WEDDINGS
AT STECKLE FARM

www.stecklehomestead.ca
Your Summer Adventure Starts at Kitchener Public Library

Summer Programs
Registration opens Monday, June 10

Summer Reading Club Kick-off Party
Magic with Wij on Friday, June 28

Reading Challenges
Challenges for kids, tweens, teens and adults start in July and run all summer long.

Discover events at all five locations. There’s something for everyone at the library!

Looking for a job?
Visit www.kitchener.ca/jobs to apply for one of these positions at our pools:

• Aquatic assistant
  • Instructor
  • Lifeguard

• Aquatic leadership instructor
See page 42 to see how you can participate in training to become a lifeguard.

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.
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 musical 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 22 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
• 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 on the ground floor of Kitchener City Hall.

Gallery hours: 7 a.m. to 9 p.m., Monday to Friday, and 9 a.m. to 9 p.m. Saturday and Sunday. Admission is free!

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. More details about the space and the artists are available at www.kitchener.ca/rotundagallery

May & June
Tangible Experience by Wen Li
Fascinated by lines and shapes created unintentionally and unpredictably, Wen incorporates these visual elements into her art making. She will present ethereal prints of natural subjects such as lichens using blind embossment techniques.

July & August
Vanessa Pejovic
In her ongoing photographic series, the artist uses an in-camera technique called Intentional Camera Movement to create abstract impressions of real nature-based subjects. Vanessa reflects upon this work through the lens of living with dementia and/or loving someone living with dementia. She explores the relationship between reality and perception and the effects of distortion and change. Join the artist for the opening on July 11 from 7 - 8:30 p.m.

Berlin Tower ARTSPACE Exhibitions

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

June
Colours of Life by Dharmesh Bhavsar
Dharmesh is an accomplished photojournalist who shares his photography documenting the vibrancy and energy of life, with a special focus on the resonance of colour.

July & August
Village by Nathaniel Voll
Nathaniel is a visual artist, playwright, and poet. He will present collage works rooted in surrealism, but with a thoughtful reflection on many of today’s social issues.

Artist: Vanessa Pejovic

Artist: Dharmesh Bhavsar

Artist: Nathaniel Voll
How I Made It Artist Talk Series

Have you ever been curious about how a work of art is made?

Join us for the summer edition of the artist talk that features an artist based in the region, of various disciplines, describing how they developed and installed one of their artworks in the public realm of K-W.

Wednesday, July 3, 7:30pm

Sharl G. Smith has hand-stitched glass bead sculptures for a dozen years. She will talk about her work Embrace II displayed outside of the Canadian Clay & Glass Gallery.

Grab a free talk ticket for this artist talk: https://www.eventbrite.ca/e/sharl-g-smith-how-i-made-embrace-ii-tickets-887865939927

Looking for more information on Arts and Creative Industries programs & opportunities, art resources, arts organizations & spaces:

Subscribe to Kitchener Arts e-newsletter:
https://subscribe.kitchener.ca/Subscribe

Check out the city’s Arts, Culture and Events pages:
www.kitchener.ca/artsandculture

Or contact:
Karoline Varin, Arts/Creative Industries Program Assistant
Economic Development, City Hall
Phone 519-741-2200 ext. 7912
E-mail: karoline.varin@kitchener.ca

Did you know…?

You can subscribe to receive regular updates about new volunteer opportunities?

Just go to www.kitchener.ca/volunteer and click on the subscribe button.

Cover image

The Condor and the Eagle: Hall’s Lane Mural
(on the side of Grand Trunk Saloon)

Artist: Alapinta
Project Coordinator: Neruda Arts

The Condor and the Eagle was created as a tribute to both the Mapuche and Six Nations Peoples, the original caretakers of the land. Neruda Arts brought Alapinta to Canada from Chile. There were many conversations with Six Nations and local Indigenous organizations, before beginning the mural; conversations regarding strong storytelling and narration.

Represented with strong lines, vibrant colour and fluid movement, this mural engages the viewer and inspires imagination through imagery while celebrating cultural expression. This massive mural has been a focus of downtown Kitchener since 2013.

Neruda Arts is a non-profit world music presenter dedicated to building bridges in the community through music, dance, drama, and literary and visual arts.

https://www.nerudaarts.ca

Alapinta, La Araucanía region, Chile, since 2004. Inspired by public art, graffiti and murals. They paint dreams and realities, taking art to various public and private spaces, focusing on health, education, culture, heritage, among others.
Family Programs

Family Sunday
All ages welcome accompanied by an adult
Sunday, 9 June
Drop in: 1:00 - 4:00 p.m. | Free
Join us for a fun-filled afternoon immersed in art and creativity, including hands-on art activities and tours of our current exhibitions.
Sponsored by: Equitable

Walk the Talk: Caregiver Connections
Tuesdays, 25 June, 23 July & 20 August
Drop in: 10:00 a.m. - 12:00 p.m. | Tour: 10:30
Join us for socializing, learning and art exploration. This tour is designed for caregivers and their little ones (under 3). Upon arrival, visitors are welcome to enjoy a coffee/tea in a relaxed social environment.
Sponsored by: The Gamble Family

PD Day Camp

PD Day Camp
Friday, 31 May & Friday, 28 June
9:00 a.m. - 4:30 p.m.
Ages 6-9 & 10-13, $50
Free Extended Care before and after
Spend PD Day at the Gallery making new friends and engaging in hands-on art projects. Our camp is designed to balance fun and learning, ensuring a memorable experience for every young artist.

KWAG Summer Camp

Ages 6-9 & 10-13 | 9 a.m. - 4:30 p.m.
Free Extended Care: 8:30 - 9:00 a.m. & 4:30 - 5:15 p.m.
5-day week: $250, 4-day week: $200, Daily: $55

Introduction to Everything
Monday, 8 July to Friday, 12 July
Paint, draw, print and sculpt - perfect for the young artist that wants to do it all!

A Pinch of Art
Monday, 15 July to Friday, 19 July
Experiment with reactive materials and scientific processes to create daring works of art.

Multisensory Mixed Media
Monday, 22 July to Friday, 26 July
Create truly sense-sational works using all of your senses.

Off the Wall Sculpture
Monday, 29 July to Friday, 2 August
Explore different materials, tools and techniques to create sculptures inspired by your environment.

Art & Industry
Tuesday, 6 August to Friday, 9 August
Bring imagination to life through art and design and communicate ideas using a visual language.

Sustainable Studios
Monday, 12 August to Friday, 16 August
Create art without creating waste using natural and organic materials.

For more information:
kwag.ca | 519.579.5860
The City of Kitchener operates four indoor pools year round, with an additional four outdoor pools open during the summer months. Introducing the Summer Splash Pass. Pay one price and enjoy recreational swims all summer! Visit kitchener.ca/SplashPass

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 Recreation Centre (BRC)

BRC contains Breithaupt pools
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-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 Building hours: 8:30am-9:30pm
Pool Dimensions 25 m x 10.8 m
Types of Activities • Leadership courses
Special Attributes • Diving board
Capacity 230
City of Kitchener indoor pools

Forest Heights Pool (FHP)
253 Fischer Hallman Road • 519-741-249
Wheelchair Accessible: Yes
Type of Pool: Indoor
Months of Operation: Year round
Office hours: Mon-Fri: 7am-9pm
Sat & Sun: 8am-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

Grand River Recreation Complex (GRRC)
GRRC contains Lyle Hallman pool
600 Heritage Drive • 519-741-2670
Wheelchair Accessible: Yes
Type of pool: Indoor
Months of operation: Year round
Hours:
- Mon-Thurs: 8am-9pm
- Fri: 8am-8pm
- Sat: 8am-8:30pm
- Sun: 8am-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
Harry Class Pool
45 Woodside Ave.  
• 519-741-2200 x3481

Wheelchair Accessible: Partially
Type of Pool: Outdoor
Months of Operation: Open beginning Mon June 3. Limited hours during June.
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: Evenings and weekends in June; full operation in July and August
For a full schedule please visit kitchener.ca/pools
Pool Dimensions: 25 yd x 12 yd
Types of Activities: Daily Swim Lesson: Mon-Fri  
Aquafit: Mon/Wed/Fri  
Daily public swims: Mon-Sun
Special Attributes: Large shallow area, small slide
Capacity: 175
Swim season dates: June 15 - Sept 2  
Weather dependent
Kiwanis Pool

Located at the end of Kiwanis Park Drive.
1000 Kiwanis Park Drive - 519-745-8133

Wheelchair Accessible: Yes
Type of Pool: Outdoor
Months of Operation: Mid June, July and August
Hours of Operation:
- June: Mon-Fri: 4:30pm - 7pm
- Sat and Sun: 11:30am - 3pm, 3:30 - 7pm
- July, August, and September: Mon-Sun: 11:30am - 3pm, 3:30pm - 7pm

Pool Dimensions: 1 acre
Types of Activities: Daily Public Swim, Camps, Rental Opportunities
Special Attributes: Lake-like swimming pool with beach front entry. Sports fields, playground, 3 volleyball courts, dog park, canoe launch
Capacity: 600

Wilson Pool

Located at Kingsdale Community Centre
78 Wilson Avenue • 519-741-2200 x3479

Wheelchair Accessible: No
Type of Pool: Outdoor
Months of Operation: Mid-June, July and August
Hours of Operation: Evenings and weekends in June; full operation in July and August

For a full schedule please visit kitchener.ca/pools

Pool Dimensions: 18 m x 12 m
Types of Activities: Registered lessons, public swims
Special Attributes: Large shallow end, located in large park
Capacity: 120
Aquatics course descriptions and registration

Pool Registration & Session Dates
Summer 2024 registration opens Tuesday June 11, 2024

Kitchener Swim Program
Swim Levels for All Ages
The City of Kitchener has Learn to Swim courses for all levels and ages. The descriptions of all the levels, age requirements (if applicable) and pricing information on this page will help you determine the right course for your child. If you are unsure of what level your child should be in, parents can have their child’s swimming ability assessed at Forest Heights Pool, or Breithaupt Centre, during the public swims on Saturdays and Sundays. Parents of children under 10 must remain in the facility for the duration of the child’s lesson.

Non-Resident Surcharge Fee
Patrons residing outside the City of Kitchener will be charged a non-resident fee in addition to the aquatic program fee. This fee will be automatically calculated when you register into our automated system. The fee shall be 25% of the program fee levied per registration. Non-Kitchener resident have the option of purchasing a Kitchener Card.

Things to consider before registration day:
• Know what swim level each participant is in before the registration date.
• Lessons are in high demand, ensure to have more than one option for times you can attend. Add to your wish list.
• If the desired time is no longer available, add the selection to the wait list in ActiveNet. Our staff team will review the waiting list regularly and how they go about adding spots or new classes.
• Set up or update your ActiveNet account before registration day, add family members, reset password if needed. Wish List your preferred options so they are easy to find and move to your cart on registration day.

Before your lessons begin, here are some tips
• Lockers, showers and change rooms are available for use. Please leave valuables at home and bring a lock or quarters (depending on the facility) to secure your belongings. We are not responsible for lost or stolen items.
• Shower with soap and water before your swim lesson.
• Outdoor footwear is not permitted on the pool deck.
• Children who are not fully toilet trained must wear watertight elastic pants or specially designed disposable swimming diapers. Swim diapers can be purchased at facilities.
• Parents must remain in the facility with children that are under 10 years of age. We recommend using our viewing galleries to observe.
• Do not send a child to lessons if they are not feeling well. Pool fouling affects all lessons. If a pool fouling happens, the facility will be closed for at least an hour and any cancelled program will be credited by the end of the session, we cannot extend any programming.
• Visitors may view lessons from the designated viewing areas
• The Feedback Day is held on the 5th lesson. One parent guardian is asked to meet the instructor during the lesson to receive a verbal progress report. A written progress report is also provided at the end of the Final lesson and will identify the next recommended swim level.
• Please be respectful of others’ privacy when taking photos near the pool. All photos must be taken from the pool deck. Please photograph your child only.
• In the event of bad weather, listen to local radio stations in case the program has been cancelled unexpectedly. We are unable to make up lessons cancelled due to emergency closures but will credit the value of the missed class

Need help coordinating your family’s swim times or some support with how to register online?
Programs will be listed a week prior to registration.
To help answer any questions you may have before registering, we will have staff available at Lyle Hallman, Forest Heights and Breithaupt Centre a week prior to the registration date.

To swim safely in our community pools, remember:
- Don’t swim if you’re sick, have digestive problems, or open wounds.
- Shower before entering the pool.
- Wear a swim diaper or incontinence aid if needed.
By following these tips, we can all enjoy our community pools while keeping them healthy and safe.
Aquatics - Kitchener Learn to swim

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
First swim class for children 9-30 months
Next Level: Tots & (Sometimes) Me
Caregiver 12 years or older must be in the water, actively participating.

Class focus will be on building the child’s comfort in water while introducing safe play and establishing foundational swimming skills with a caregiver through play and discovery.

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
- **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 touts, 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

Swim for free at a Community Pool

**Wilson pool:**
- Mon-Fri: 1-3pm 3-5pm 5:30-7pm
- Sat-Sun: 1-3pm 3-5pm 5:30-7pm

**Idlewood:**
- Mon 1-3:30pm 6-7:15pm
- Tue 1-3:30pm
- Wed 1-3:30pm 6-7:15pm
- Thu 1-3:30pm
- Fri 1-3:30pm 6-7:15pm
- Sat-Sun 1-3:30pm 4-5:45pm 6-7:15pm

Parents will need to remain onsite during lessons if their child is under 10 years of age.
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 year-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

Parents will need to remain onsite during lessons if their child is under 10 years of age.
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

Parents will need to remain onsite during lessons if their child is under 10 years of age.

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 a recognisable stroke
- **Timed Sprint Challenge** – 25 metre swim completed with a recognisable stroke within 40 seconds
Aquatics - Kitchener Learn to swim

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 of 350 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 350 metres completed in 10 minutes with a recognizable stroke

**Timed Sprint Challenge** – 50 metre swim completed with a recognizable stroke within 50 seconds

---

Keep cool this summer with the new Summer Splash Pass

Enjoy all indoor and outdoor City of Kitchener pools, including Kiwanis Park, during the outdoor pool season.

Valid for Recreation Swim programs including:

- Public Swim
- Family Swim
- Women Only Swim
- Be U Open Swim

www.kitchener.ca/splashpass
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

Parents will need to remain onsite during lessons if their child is under 10 years of age.

Looking for a job?

Visit [www.kitchener.ca/jobs](http://www.kitchener.ca/jobs) to apply for one of these positions at our pools:

- Aquatic assistant
- Instructor
- Lifeguard
- Aquatic leadership instructor

See page 42 to see how you can participate in training to become a lifeguard.
Aquatics - Single visit activities

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

**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 is 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.

**Recreational 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.

See page 40 for a step-by-step guide on how to search for available times or to register.
How To Register for City of Kitchener Single-Visit Activities Online

1. Go to ActiveNet Kitchener. Find it at 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 33-39.

Additional information

To register more than one person to an activity at a time, select the “Register Another Participant” button above the “Add to Cart” button. Repeat until you have added all your desired participants to the activity and then proceed to checkout.
Aquatics - Fees & leadership courses

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>
<th>Summer Splash Pass</th>
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<tbody>
<tr>
<td>Child (0-17Y)</td>
<td>$4.42</td>
<td>$20.96</td>
<td>$79.42</td>
<td>$211.78</td>
<td>$136.03</td>
<td>$33.16</td>
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<tr>
<td>Adults 18Y+</td>
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<td>$31.47</td>
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<td>$317.97</td>
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<td>$50.85</td>
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<tr>
<td>55Y+</td>
<td>$4.42</td>
<td>$20.96</td>
<td>$79.42</td>
<td>$211.78</td>
<td>$136.03</td>
<td>$36.16</td>
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<tr>
<td>Family</td>
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<td>$67.76</td>
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<td></td>
<td>$314.59</td>
<td></td>
</tr>
</tbody>
</table>

Swim all summer long for one great price!
Our Summer Splash Pass is valid from June 3 to September 2, 2024 at all indoor and outdoor pools for all recreational swims:
Children & Senior $32  Adults $45
Pool guidelines apply.
Kitchener.ca/SplashPass

Aquatic Leadership Courses

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.

Bronze Cross and Standard First Aid

The Lifesaving Society’s Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Standard First Aid provides comprehensive training covering all aspects of first aid. Standard First Aid incorporates Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies.

Lifesaving Instructor

The Lifesaving Instructor course prepares individuals to organize, plan, and teach 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 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:</td>
<td>Pre-requisites:</td>
<td>Pre-requisites:</td>
</tr>
<tr>
<td>Age 13 or Bronze Star*</td>
<td>Bronze Medallion and Emergency First Aid</td>
<td>Bronze Cross</td>
</tr>
<tr>
<td>13 20</td>
<td></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 15 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:</td>
</tr>
<tr>
<td>15 20</td>
<td>Bronze Cross &amp; Standard First Aid - CPR-C</td>
</tr>
<tr>
<td></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>1 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>2 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>3 New Staff Orientation Newly hired staff will be scheduled for a group orientation and on-boarding session.</td>
</tr>
<tr>
<td>4 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
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.
Great Gymnastics
Great Fun!

Recreational & Competitive Programs

Register for our Upcoming Sessions!

Parent & Tot 1.5 – 3 years
KinderGym 3 - 5 years
Junior Co-ed 4 – 6 years
Recreational Youth 5+ years

For more information visit our website

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Includes karate uniform, belt handbook, mouthguard & case.
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☆ AGE SPECIFIC CLASSES ☆
☆ 3 CLASSES/WK - JULY + AUGUST ☆
☆ AMAZING 5600 SQ.FT. FACILITY ☆

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115 Saltsman Dr., Unit 11, Cambridge, ON N3H 4R7

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KWGC KITCHENER WATERLOO GYMNASTICS CLUB

Recreation & Adaptive Programs
Classes for all ages
REGISTRATION OPENS JUNE 18TH @12PM
FOR FALL 2024 PROGRAMS
REGISTER ONLINE AT WWW.KWGYMNASTICS.CA

since 1999 25 years

EASY ONLINE REGISTRATION

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

NEW MEMBERS ONLY
EXPIRES JUNE 30/24

for kids in Grades 2 to 6
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 11 at 8:30 am.
Alpine Community Neighbourhood Association

Our yearly events and activities include the April community Earth Day clean up, annual community garage sale coordination, our Neighbours 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?
Breithaupt Centre

350 Margaret Ave, Kitchener, ON  519-741-2502  www.kitchener.ca/BreithauptCentre

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, 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.

Children - Arts & crafts

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Ceramic Slab Building</td>
<td>13Y+</td>
<td>Sun</td>
<td>10am-1pm</td>
<td>Jul 7</td>
<td>4wks</td>
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<tr>
<td></td>
<td>13Y+</td>
<td>Sun</td>
<td>10am-1pm</td>
<td>Aug 4</td>
<td>4wks</td>
<td>$127.12</td>
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Children - Camps

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<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Intro to Water Polo Skills</td>
<td>9-12Y</td>
<td>M, T, W, Th, F</td>
<td>9am-4:30pm</td>
<td>Aug 19</td>
<td>2wks</td>
<td>$180.93</td>
<td>140819</td>
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<tr>
<td>Camp</td>
<td>9-12Y</td>
<td>M, T, W, Th, F</td>
<td>9am-4:30pm</td>
<td>Aug 19</td>
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Adult - Arts & crafts

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<th>Time</th>
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<tbody>
<tr>
<td>Woodworking &amp; Weaving Art Program</td>
<td>16Y+</td>
<td>Wed</td>
<td>6:30-8pm</td>
<td>Jul 3</td>
<td>7wks</td>
<td>$107.48</td>
<td>146493</td>
</tr>
</tbody>
</table>

Registration for all neighbourhood association and community centre programs starts Tuesday, June 11 at 8:30am.

Save the Date for Neighbours Day

June 15

#neighboursday
#loveymyhood

www.kitchener.ca/NeighboursDay
## Adult - Fitness & sport

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chi Ball Energize</td>
<td>18Y+</td>
<td>Mon</td>
<td>6-6:55pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$43.20</td>
<td>146463</td>
</tr>
<tr>
<td>Chi Ball Flow</td>
<td>18Y+</td>
<td>Fri</td>
<td>9-9:55am</td>
<td>Jul 5</td>
<td>8wks</td>
<td>$57.60</td>
<td>146467</td>
</tr>
<tr>
<td>Gentle Moves</td>
<td>18Y+</td>
<td>Mon</td>
<td>10:30-11:25am</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$38.34</td>
<td>146468</td>
</tr>
<tr>
<td></td>
<td>18Y+</td>
<td>Wed</td>
<td>10-10:55am</td>
<td>Jul 3</td>
<td>8wks</td>
<td>$51.12</td>
<td>146469</td>
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<tr>
<td>Nia</td>
<td>18Y+</td>
<td>Wed</td>
<td>6:15-7:10pm</td>
<td>Jul 3</td>
<td>8wks</td>
<td>$57.60</td>
<td>146470</td>
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<tr>
<td>Pilates - Beginner</td>
<td>18Y+</td>
<td>Mon</td>
<td>9:30-10:25am</td>
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<td>5wks</td>
<td>$36</td>
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<tr>
<td></td>
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<td>7wks</td>
<td>$50.40</td>
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<tr>
<td></td>
<td>18Y+</td>
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<td>4:30-5:25pm</td>
<td>Jul 4</td>
<td>7wks</td>
<td>$50.40</td>
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<tr>
<td>Strengthening, Aerobics and Stretching (S.A.S.)</td>
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<td>5wks</td>
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<tr>
<td></td>
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<td>Jul 3</td>
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<tr>
<td>Tai Chi - Beginner</td>
<td>18Y+</td>
<td>Thu</td>
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<td>8wks</td>
<td>$57.60</td>
<td>146481</td>
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<tr>
<td></td>
<td>18Y+</td>
<td>Thu</td>
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<td>8wks</td>
<td>$57.60</td>
<td>146482</td>
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<tr>
<td>Super Seniors</td>
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<td>8wks</td>
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<td></td>
<td>55Y+</td>
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<td>Jul 4</td>
<td>8wks</td>
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<tr>
<td>Virtual Pilates - Beginner</td>
<td>18Y+</td>
<td>Wed</td>
<td>9am-9:55am</td>
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<td>7wks</td>
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<td>Yoga For All</td>
<td>18Y+</td>
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<td>8wks</td>
<td>$57.60</td>
<td>146483</td>
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<tr>
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<td>18Y+</td>
<td>Thu</td>
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<tr>
<td></td>
<td>18Y+</td>
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<tr>
<td>Yogalates</td>
<td>18Y+</td>
<td>Wed</td>
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<td>Zumba</td>
<td>18Y+</td>
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<td>Zumba Gold</td>
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<td>Jul 2</td>
<td>8wks</td>
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</tr>
</tbody>
</table>

Pricing and availability are subject to change.

**Inclusion 1:1 support can be applied to any program or camp. See page 85 or visit kitchener.ca/inclusion for more information.**

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.
Bridgeport Community Association

Bridgeport Community Association is a not-for-profit organization run by a board of members who strive to engage with residents to create a diverse community by offering activities and events for everyone to enjoy.

We are here to assist in bringing affordable programs to our community and encourage residents of all ages to participate. BCA works alongside amazing members of the City of Kitchener who help run and maintain our beautiful Bridgeport Community Centre. We would love to hear from you! Please reach out with any ideas and feedback or consider volunteering!

Check out our website (bridgeportcommunity.ca), Instagram page (@BCA_kitchener) and Facebook page (Bridgeport Community Association).

#### Children - Arts & Crafts

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art Class - Sensory Adventures</td>
<td>5-9Y</td>
<td>Wed</td>
<td>5:30-6:30pm</td>
<td>Jul 3</td>
<td>9wks</td>
<td>$65</td>
<td>145712</td>
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<tr>
<td>Youth Art</td>
<td>10-18Y</td>
<td>Thu</td>
<td>6:30-7:30pm</td>
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#### Children - Dance

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids Dance</td>
<td>4-6Y</td>
<td>Tue</td>
<td>5:30-6:30pm</td>
<td>Jul 2</td>
<td>9wks</td>
<td>$50</td>
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#### Adult - Fitness & Sport

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pickup Road Hockey</td>
<td>10-17Y</td>
<td>Wed</td>
<td>6:30-7:30pm</td>
<td>Jul 3</td>
<td>9wks</td>
<td>$15</td>
<td>145936</td>
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<tr>
<td>Zumba for Women</td>
<td>16Y+</td>
<td>Wed</td>
<td>7-8pm</td>
<td>Jul 24</td>
<td>6wks</td>
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#### Adult - Fitness & Wellness

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bootcamp</td>
<td>18Y+</td>
<td>Sat</td>
<td>8:15-9:15am</td>
<td>Jul 6</td>
<td>8wks</td>
<td>$70</td>
<td>145716</td>
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<tr>
<td></td>
<td>18Y+</td>
<td>Mon</td>
<td>5:30-6:30pm</td>
<td>Jul 8</td>
<td>7wks</td>
<td>$63</td>
<td>145717</td>
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<tr>
<td>Yoga in the Park</td>
<td>18Y+</td>
<td>Tue</td>
<td>7-8pm</td>
<td>Jul 2</td>
<td>9wks</td>
<td>$70</td>
<td>145710</td>
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</table>
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 outdoor 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.

Children - Camps

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>YOUth Sense</strong></td>
<td>9-14Y</td>
<td>M, T, W, Th, F</td>
<td>9am-4pm</td>
<td>Jul 22</td>
<td>1wks</td>
<td>$165.20</td>
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<tr>
<td></td>
<td>9-14Y</td>
<td>M, T, W, Th, F</td>
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<td>Jul 29</td>
<td>1wks</td>
<td>$165.20</td>
<td>140849</td>
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</table>

Adult programs indicated for ages 55Y+, adults 18-54Y also welcome (pricing may vary).

Adult - Arts & Crafts

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NEW! Watercolours for Wellness: Ink and Wash</strong></td>
<td>55Y+</td>
<td>Tue</td>
<td>9:30-11am</td>
<td>Jul 2</td>
<td>6wks</td>
<td>$77</td>
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Adult - Fitness & Sport

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SMART’ Group Exercise Classes</strong></td>
<td>55Y+</td>
<td>Thu</td>
<td>11am-12pm</td>
<td>Jul 11</td>
<td>7wks</td>
<td>Free</td>
<td>145846</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Tue</td>
<td>11am-12pm</td>
<td>Jul 9</td>
<td>7wks</td>
<td>Free</td>
<td>145854</td>
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<tr>
<td><strong>Zumba</strong></td>
<td>55Y+</td>
<td>Tue</td>
<td>7-8pm</td>
<td>Jul 9</td>
<td>7wks</td>
<td>$36.68</td>
<td>145633</td>
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<tr>
<td></td>
<td>55Y+</td>
<td>Thu</td>
<td>7-8pm</td>
<td>Jul 11</td>
<td>7wks</td>
<td>$36.68</td>
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<tr>
<td><strong>Zumba Toning</strong></td>
<td>55Y+</td>
<td>Sat</td>
<td>9:30-10:30am</td>
<td>Jul 13</td>
<td>7wks</td>
<td>$36.68</td>
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Adult - Fitness & Wellness

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gentle Yoga</strong></td>
<td>55Y+</td>
<td>Wed</td>
<td>6:45-7:45pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$41.37</td>
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<tr>
<td><strong>Hatha Yoga</strong></td>
<td>55Y+</td>
<td>Wed</td>
<td>11am-12pm</td>
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<td>7wks</td>
<td>$41.37</td>
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<td>Jul 10</td>
<td>7wks</td>
<td>$41.37</td>
<td>145636</td>
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</table>

Pricing and availability are subject to change.

Registration for all neighbourhood association and community centre programs starts Tuesday, June 11 at 8:30am.
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

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. If you’re interested in volunteering or learning more about ways to be involved, please email central.frederick@gmail.com. We’re always looking for more neighbours to join us!

Centreville-Chicopee Community Association

141 Morgan Ave, Kitchener ON N2A 2M4. Contact: Dr Ernest Osei – Chair.

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.

Adult programs indicated for ages 55Y+, adults 18-54Y also welcome (pricing may vary).

**Adult - Arts & crafts**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</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>9:30-11am</td>
<td>Jul 10</td>
<td>7wks</td>
<td>Free</td>
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**Adult - Fitness & Sport**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMART, Group Exercise Classes</td>
<td>55Y+</td>
<td>Mon</td>
<td>11:15am-12:15pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>Free</td>
<td>145841</td>
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**Adult - Fitness & Wellness**

<table>
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<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Basic</td>
<td>55Y+</td>
<td>Tue</td>
<td>3:45-4:45pm</td>
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<td>7wks</td>
<td>Free</td>
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**Adult - General Classes & Programs**

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<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fit Minds</td>
<td>55Y+</td>
<td>Tue</td>
<td>9:15-10:15am</td>
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<td>7wks</td>
<td>Free</td>
<td>145829</td>
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**Youth programs**

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<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDI (Youth Drop-In)</td>
<td>12-17Y</td>
<td>M, T, W, Th, F</td>
<td>6:30-9:30pm</td>
<td>Jul 2</td>
<td>8wks</td>
<td>Free</td>
<td>144603</td>
</tr>
</tbody>
</table>

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get a job for life... become a lifeguard

www.kitchener.ca/lifeguard
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.

Programs indicated for ages 55Y+. Adults 18-54Y also welcome (pricing may vary).

Adult - Arts & crafts

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW! Watercolours for Wellness: Ink and Wash</td>
<td>55Y+</td>
<td>Wed</td>
<td>10-11:30am</td>
<td>Jul 3</td>
<td>6wks</td>
<td>Free</td>
<td>145646</td>
</tr>
<tr>
<td>Painting with Acrylics</td>
<td>55Y+</td>
<td>Fri</td>
<td>9:30-11am</td>
<td>Jul 12</td>
<td>7wks</td>
<td>Free</td>
<td>145650</td>
</tr>
</tbody>
</table>

Youth Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDI (Youth Drop-In)</td>
<td>12-17Y</td>
<td>M, T, W, Th, F</td>
<td>6:30-9:30pm</td>
<td>Jul 2</td>
<td>8wks</td>
<td>Free</td>
<td>144604</td>
</tr>
</tbody>
</table>

Cherry Park Neighbourhood Association

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; 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.

Pricing and availability are subject to change.

Registration for all neighbourhood association and community centre programs starts Tuesday, June 11 at 8:30am.
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. While the DPPCA will not be programming in the summer, we do hope that you enjoy the sunshine and look forward to seeing you in the fall for our retuning programs which 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

Registration for all neighbourhood association and community centre programs starts Tuesday, June 11 at 8:30am.
Doon Pioneer Park Community Centre

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

The Doon Pioneer Park Community Centre features two gyms and two recently added program rooms. Our Centre also shares an additional program room with the KPL.

The combined library and community centre building’s summer operating hours are Monday to Thursday 9-8:30pm, 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.

The DPPCC also has a well-loved splash pad for all ages to cool off that operates from 9am-9pm, seven days a week.

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.

**Programs indicated for ages 55Y+. Adults 18-54Y also welcome (pricing may vary).**

**Adult - Sports**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pickleball Clinic for Beginner Plus</td>
<td>18Y+</td>
<td>Tue</td>
<td>9:30am-12:30pm</td>
<td>Aug 20</td>
<td>1wk</td>
<td>$17.73</td>
<td>145655</td>
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</table>

**Youth Programs**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDI (Youth Drop-In)</td>
<td>12-17Y</td>
<td>M, T, W, Th, F</td>
<td>6:30-9:30pm</td>
<td>Jul 2</td>
<td>8wks</td>
<td>Free</td>
<td>144659</td>
</tr>
</tbody>
</table>

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, Central Frederick Neighbourhood Association, multiple partner agencies and the City of Kitchener.

**Programs indicated for ages 55Y+. Adults 18-54Y also welcome (pricing may vary).**

**Adult - Arts & crafts**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW! Watercolours for Wellness: Ink and Wash</td>
<td>55Y+</td>
<td>Tue</td>
<td>12:30-2pm</td>
<td>Jul 2</td>
<td>6wks</td>
<td>$68</td>
<td>145621</td>
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**Adult - Cards & Games**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bingo</td>
<td>55Y+</td>
<td>Tue</td>
<td>1-2:30pm</td>
<td>Jul 9</td>
<td>7wks</td>
<td>Free</td>
<td>145835</td>
</tr>
</tbody>
</table>
## Downtown Community Centre continued

### Adult - Fitness & Sport

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bollywood</td>
<td>18Y+</td>
<td>Wed</td>
<td>7:30-8:30pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$42</td>
<td>145627</td>
</tr>
<tr>
<td>SMART, Group Exercise Classes</td>
<td>55Y+</td>
<td>Thu</td>
<td>9:15-10:15am</td>
<td>Jul 11</td>
<td>7wks</td>
<td>Free</td>
<td>145853</td>
</tr>
<tr>
<td>Zumba</td>
<td>18Y+</td>
<td>Thu</td>
<td>5:30-6:30pm</td>
<td>Aug 8</td>
<td>4wks</td>
<td>$20.96</td>
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### Adult - Fitness & Wellness

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hatha Yoga</td>
<td>18Y+</td>
<td>Mon</td>
<td>7:30-8:30pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$36</td>
<td>145631</td>
</tr>
<tr>
<td>Tai Chi Beginner</td>
<td>55Y+</td>
<td>Mon</td>
<td>9:15-10:15am</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$35.46</td>
<td>145619</td>
</tr>
<tr>
<td>Tai Chi Beginner Plus &amp; Intermediate</td>
<td>55Y+</td>
<td>Mon</td>
<td>10:20-11:20am</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$35.46</td>
<td>145620</td>
</tr>
<tr>
<td>Yoga Flow 2</td>
<td>18Y+</td>
<td>Mon</td>
<td>6:15-7:15pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$36</td>
<td>145630</td>
</tr>
<tr>
<td>Yoga Slow Flow</td>
<td>18Y+</td>
<td>Thu</td>
<td>6:15-7:15pm</td>
<td>Jul 11</td>
<td>7wks</td>
<td>$42</td>
<td>145628</td>
</tr>
<tr>
<td></td>
<td>18Y+</td>
<td>Thu</td>
<td>7:30-8:30pm</td>
<td>Jul 11</td>
<td>7wks</td>
<td>$42</td>
<td>145629</td>
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</table>

### Adult - Pay as you play

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAYP - Pickleball</td>
<td>55Y+</td>
<td>Wed</td>
<td>1:30-4pm</td>
<td>Jul 3</td>
<td>9wks</td>
<td>Free</td>
<td>145718</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Fri</td>
<td>1:30-4pm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>Free</td>
<td>145719</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Fri</td>
<td>6:30-9pmpm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>Free</td>
<td>145720</td>
</tr>
<tr>
<td>Pickleball Clinic for Intermediate Players</td>
<td>55Y+</td>
<td>Mon</td>
<td>9:30am-12:30pm</td>
<td>Jul 15</td>
<td>1wks</td>
<td>$17.73</td>
<td>145622</td>
</tr>
</tbody>
</table>

- Adults 55Y+ $4.27/pass or $38.50/book of 10 or $68.44 for book of 20
- Adults 18-54Y $5.21/pass or $46.95/book of 10 or $83.46 for book of 20

### Youth Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDI (Youth Drop-In)</td>
<td>12-17Y</td>
<td>Tue,Wed,Thu</td>
<td>6:30-9:30pm</td>
<td>Jul 2</td>
<td>8wks</td>
<td>Free</td>
<td>144665</td>
</tr>
</tbody>
</table>

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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.
Downtown Neighbourhood Alliance

The Downtown Neighbourhood Alliance (DNA), is an Alliance of Neighbourhood Associations. 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. Drop-in programs offered for badminton, basketball, volleyball and floor hockey.

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>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Ball Hockey Drop-In</td>
<td>18Y+</td>
<td>Sat</td>
<td>1-3pm</td>
<td>Jul 6</td>
<td>9wks</td>
<td>Free</td>
<td>145687</td>
</tr>
<tr>
<td>Advanced Basketball at Noon Drop-In</td>
<td>18Y+</td>
<td>Fri</td>
<td>12-1pm</td>
<td>Jul 5</td>
<td>9wks</td>
<td>Free</td>
<td>145688</td>
</tr>
<tr>
<td>Volleyball at Noon Drop-In</td>
<td>18Y+</td>
<td>Tue</td>
<td>12-1:30pm</td>
<td>Jul 2</td>
<td>9wks</td>
<td>Free</td>
<td>145689</td>
</tr>
<tr>
<td>Women’s Volleyball Drop-In</td>
<td>16Y+</td>
<td>Sat</td>
<td>11-12:30pm</td>
<td>Jul 6</td>
<td>9wks</td>
<td>Free</td>
<td>145692</td>
</tr>
</tbody>
</table>

Eastwood Neighbourhood Association

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 11 at 8:30am.
Forest Heights Community Centre

Forests 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.

Forest Heights Community Centre is also available for rent for meetings and special events.

---

### Youth Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDI (Youth Drop-In)</td>
<td>12-17Y</td>
<td>M, T, W, Th, F</td>
<td>6:30-9:30pm</td>
<td>Jul 2</td>
<td>8wks</td>
<td>Free</td>
<td>144670</td>
</tr>
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</table>

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### Adult - Arts & Crafts

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW! Watercolours for Wellness: Ink and Wash</td>
<td>55Y+</td>
<td>Wed</td>
<td>1-2:30pm</td>
<td>Jul 3</td>
<td>6wks</td>
<td>$77</td>
<td>145676</td>
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---

### Adult - Dance

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharing Dance</td>
<td>55Y+</td>
<td>Wed</td>
<td>10:30-11:30am</td>
<td>Jul 17</td>
<td>6wks</td>
<td>Free</td>
<td>145838</td>
</tr>
</tbody>
</table>

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### Adult - Fitness & Sport

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activator Nordic Pole Walking for Beginners</td>
<td>55Y+</td>
<td>Mon</td>
<td>9:30-10:30am</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$31.44</td>
<td>145665</td>
</tr>
<tr>
<td>NEW! Resistance Training and Core Strength</td>
<td>18Y+</td>
<td>Mon</td>
<td>1:30-2:30pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$31.44</td>
<td>145670</td>
</tr>
<tr>
<td>Osteo Moves</td>
<td>55Y+</td>
<td>Wed</td>
<td>9:15-10:15am</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$36.68</td>
<td>145673</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Thu</td>
<td>9:15-10:15am</td>
<td>Jul 11</td>
<td>7wks</td>
<td>$36.68</td>
<td>145675</td>
</tr>
<tr>
<td>SMART, Group Exercise Classes</td>
<td>55Y+</td>
<td>Mon</td>
<td>11am-12pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>Free</td>
<td>145848</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Fri</td>
<td>1-2pm</td>
<td>Jul 12</td>
<td>7wks</td>
<td>Free</td>
<td>145849</td>
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<tr>
<td></td>
<td>55Y+</td>
<td>Mon</td>
<td>12:15-1:15pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>Free</td>
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### Adult - Fitness & Wellness

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Hatha Yoga</td>
<td>18Y+</td>
<td>Thu</td>
<td>10:30-11:30am</td>
<td>Jul 11</td>
<td>7wks</td>
<td>$42</td>
<td>145677</td>
</tr>
<tr>
<td></td>
<td>18Y+</td>
<td>Fri</td>
<td>10:25-11:25am</td>
<td>Jul 12</td>
<td>7wks</td>
<td>$42</td>
<td>145679</td>
</tr>
<tr>
<td>Yoga (Gentle Chair)</td>
<td>55Y+</td>
<td>Fri</td>
<td>9:15-10:15am</td>
<td>Jul 12</td>
<td>7wks</td>
<td>$35</td>
<td>145678</td>
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### Adult - General Programs & Classes

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fit Minds</td>
<td>55Y+</td>
<td>Thu</td>
<td>1pm</td>
<td>Jul 11</td>
<td>7wks</td>
<td>Free</td>
<td>145825</td>
</tr>
</tbody>
</table>
Highland-Stirling Community Group

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.

Huron Community Association

Programs for our Summer 2024 session will take place at Huron Community Centre (80 Tartan Avenue), the Freedom Community Centre (1643 Bleams Road), and at the Huron Natural Area (801 Trillium Dr). 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.

Children - Dance

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballet</td>
<td>2.5-4Y</td>
<td>Thu</td>
<td>5:45-6:25pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$45</td>
<td>145136</td>
</tr>
<tr>
<td></td>
<td>5-8Y</td>
<td>Thu</td>
<td>7:15-7:55pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$45</td>
<td>145137</td>
</tr>
<tr>
<td>Intro To Dance</td>
<td>2.5-4Y</td>
<td>Thu</td>
<td>5:5-6:40pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$45</td>
<td>145134</td>
</tr>
<tr>
<td></td>
<td>5-8Y</td>
<td>Thu</td>
<td>6:30-7:10pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$45</td>
<td>145135</td>
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</table>
Community centre and neighbourhood association programs

Huron Community Association continued

Unless otherwise indicated, programs take place at the Huron Community Centre.

Children - Fitness & Wellness

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Adventure Running-Child @ Huron Natural Area</td>
<td>9-13Y</td>
<td>Wed</td>
<td>6-6:55pm</td>
<td>Jul 3</td>
<td>9wks</td>
<td>$54</td>
<td>145131</td>
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Children - General Classes & Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Games @ Huron Natural Area</td>
<td>6-9Y</td>
<td>Wed</td>
<td>5-5:55pm</td>
<td>Jul 3</td>
<td>9wks</td>
<td>$54</td>
<td>145130</td>
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</tbody>
</table>

Children - Music

To register for a session of piano lessons, enter the program (Parent) code for the DAY of the week you wish to have lessons on. From that code, ALL program time slots will be shown for you to select from. Piano lessons run in 30 minute increments on Tuesdays and Thursdays.

Parents codes:

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Piano Lessons</td>
<td>6Y+</td>
<td>Tue</td>
<td>4:30-9pm</td>
<td>Jul 2</td>
<td>9wks</td>
<td>$225</td>
<td>145138</td>
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<tr>
<td></td>
<td>6Y+</td>
<td>Thu</td>
<td>4:30-9pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$225</td>
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Children - Sports

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karate</td>
<td>6-8Y</td>
<td>Tue</td>
<td>5-5:55pm</td>
<td>Jul 2</td>
<td>9wks</td>
<td>$54</td>
<td>145124</td>
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<tr>
<td></td>
<td>6-8Y</td>
<td>Tue</td>
<td>6-6:55pm</td>
<td>Jul 2</td>
<td>9wks</td>
<td>$54</td>
<td>145126</td>
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<tr>
<td></td>
<td>9-12Y</td>
<td>Tue</td>
<td>7-7:55pm</td>
<td>Jul 2</td>
<td>9wks</td>
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<td>145127</td>
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<tr>
<td>Kinder Karate</td>
<td>4-5Y</td>
<td>Tue</td>
<td>4-4:55pm</td>
<td>Jul 2</td>
<td>9wks</td>
<td>$54</td>
<td>145123</td>
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<tr>
<td>Outdoor Basketball @ Freedom Community Centre</td>
<td>6-8Y</td>
<td>Mon</td>
<td>5-5:55pm</td>
<td>Jul 8</td>
<td>7wks</td>
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<td>9-12Y</td>
<td>Mon</td>
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<td>7wks</td>
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<td>145121</td>
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<td>9-12Y</td>
<td>Mon</td>
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<td>Jul 8</td>
<td>7wks</td>
<td>$42</td>
<td>145122</td>
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<tr>
<td>Outdoor Jr Basketball @ Freedom Community Centre</td>
<td>6-8Y</td>
<td>Mon</td>
<td>4-4:55pm</td>
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<td>7wks</td>
<td>$42</td>
<td>145119</td>
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<tr>
<td>Outdoor Beach Volleyball Kids @ Freedom Community Centre</td>
<td>8-12Y</td>
<td>Mon</td>
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<td>$35</td>
<td>145113</td>
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<tr>
<td>Outdoor Beach Volleyball Youth @ Freedom Community Centre</td>
<td>13-15Y</td>
<td>Mon</td>
<td>5:45-6:25pm</td>
<td>Jul 8</td>
<td>7wks</td>
<td>$35</td>
<td>145115</td>
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<tr>
<td>Outdoor Soccer Adult &amp; Child @ Freedom Community Centre</td>
<td>2.5-4Y</td>
<td>Mon</td>
<td>4-4:40pm</td>
<td>Jul 8</td>
<td>7wks</td>
<td>$35</td>
<td>145112</td>
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Pricing and availability are subject to change.
Huron Community Association continued

Unless otherwise indicated, programs take place at the Huron Community Centre.

Children - Sports

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Soccer @ Freedom Community Centre</td>
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<td>Mon</td>
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<td>7wks</td>
<td>$35</td>
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<td></td>
<td>4-6Y</td>
<td>Mon</td>
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<td>7wks</td>
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<td>7wks</td>
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<td>145103</td>
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<td>Mon</td>
<td>7-7:55pm</td>
<td>Jul 8</td>
<td>7wks</td>
<td>$42</td>
<td>145104</td>
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<tr>
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<td>4-6Y</td>
<td>Mon</td>
<td>4:45-5:25pm</td>
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<td>7wks</td>
<td>$35</td>
<td>145106</td>
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<tr>
<td></td>
<td>4-6Y</td>
<td>Mon</td>
<td>5:30-6:10pm</td>
<td>Jul 8</td>
<td>7wks</td>
<td>$35</td>
<td>145107</td>
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<td></td>
<td>7-8Y</td>
<td>Mon</td>
<td>6:15-6:55pm</td>
<td>Jul 8</td>
<td>7wks</td>
<td>$35</td>
<td>145109</td>
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<tr>
<td></td>
<td>9-12Y</td>
<td>Mon</td>
<td>7-7:55pm</td>
<td>Jul 8</td>
<td>7wks</td>
<td>$42</td>
<td>145110</td>
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Adult - Fitness & Wellness

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Pilates</td>
<td>16Y+</td>
<td>Tue</td>
<td>8-8:55pm</td>
<td>Jul 2</td>
<td>9wks</td>
<td>$54</td>
<td>145128</td>
</tr>
<tr>
<td>Outdoor Learn to Run-Adult @ Huron Natural Area</td>
<td>16Y+</td>
<td>Wed</td>
<td>7-7:55pm</td>
<td>Jul 3</td>
<td>9wks</td>
<td>$54</td>
<td>145132</td>
</tr>
<tr>
<td>Power Core Pilates</td>
<td>16Y+</td>
<td>Thu</td>
<td>8-8:55pm</td>
<td>Jul 4</td>
<td>9wks</td>
<td>$54</td>
<td>145133</td>
</tr>
<tr>
<td>Zumba in the Park -Adult @ Huron Natural Area</td>
<td>16Y+</td>
<td>Wed</td>
<td>7-7:55pm</td>
<td>Jul 3</td>
<td>9wks</td>
<td>$54</td>
<td>145129</td>
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Adult - Sport

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Beach Volleyball Adult (Intermediate) @ Freedom Community Centre</td>
<td>16Y+</td>
<td>Mon</td>
<td>6:30-7:45pm</td>
<td>Jul 8</td>
<td>7wks</td>
<td>$45.50</td>
<td>145118</td>
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</tbody>
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Huron Community Centre

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

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. Huron Community Centre is also available to rent for meetings and special events. Working closely with the Huron Community Association (HCA), there are programs and activities for all ages and interests at the centre.

Children - Camps

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDI (Youth Drop-In)</td>
<td>12-17Y</td>
<td>M, T, W, Th, F</td>
<td>6:30-9:45pm</td>
<td>Jul 2</td>
<td>8wks</td>
<td>Free</td>
<td>144673</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDI (Youth Drop-In)</td>
<td>12-17Y</td>
<td>M, T, W, Th, F</td>
<td>6:30-9:30pm</td>
<td>Jul 2</td>
<td>8wks</td>
<td>Free</td>
<td>144676</td>
</tr>
<tr>
<td>Knit a Dishcloth</td>
<td>55Y+</td>
<td>Mon</td>
<td>1:30-2:30pm</td>
<td>Aug 12</td>
<td>2wks</td>
<td>Free</td>
<td>145857</td>
</tr>
<tr>
<td>Learn to Knit!</td>
<td>55Y+</td>
<td>Mon</td>
<td>1:30-2:30pm</td>
<td>Jul 15</td>
<td>2wks</td>
<td>Free</td>
<td>145684</td>
</tr>
<tr>
<td>Core Strengthening</td>
<td>55Y+</td>
<td>Thu</td>
<td>10:30-11:15am</td>
<td>Jul 11</td>
<td>6wks</td>
<td>Free</td>
<td>145681</td>
</tr>
<tr>
<td>Pilates Basic</td>
<td>55Y+</td>
<td>Thu</td>
<td>3:45-4:45pm</td>
<td>Jul 11</td>
<td>7wks</td>
<td>Free</td>
<td>145937</td>
</tr>
<tr>
<td>Gentle Moves</td>
<td>55Y+</td>
<td>Tue</td>
<td>10:30-11:30am</td>
<td>Jul 9</td>
<td>6wks</td>
<td>Free</td>
<td>145680</td>
</tr>
<tr>
<td>SMART, Group Exercise Classes</td>
<td>55Y+</td>
<td>Mon</td>
<td>9:30-10:30am</td>
<td>Jul 8</td>
<td>6wks</td>
<td>Free</td>
<td>145843</td>
</tr>
<tr>
<td>SMART, Group Exercise Classes</td>
<td>55Y+</td>
<td>Fri</td>
<td>9:30-10:30am</td>
<td>Jul 19</td>
<td>6wks</td>
<td>Free</td>
<td>145844</td>
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<tr>
<td>Total Body Workout</td>
<td>55Y+</td>
<td>Tue</td>
<td>9:15-10:15am</td>
<td>Jul 9</td>
<td>6wks</td>
<td>Free</td>
<td>145682</td>
</tr>
<tr>
<td>Zumba Gold</td>
<td>55Y+</td>
<td>Fri</td>
<td>10:45-11:30am</td>
<td>Aug 9</td>
<td>4wks</td>
<td>Free</td>
<td>145690</td>
</tr>
</tbody>
</table>

Registration for all neighbourhood association and community centre programs starts Tuesday, June 11 at 8:30am.
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

216 Mill Street, Kitchener ON  519-741-2491  www.kitchener.ca/millcourtlandcc

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, clothing room, rink, little diverse 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.

Inclusion 1:1 support can be applied to any program or camp. See page 85 or visit kitchener.ca/inclusion for more information.

MyKitchener is everything you need in one place!

FIND • Programs and activities • Events • Amenities near you
Visit kitchener.ca/MyKitchener to create an account today!
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.

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Community centre and neighbourhood association programs

**Mill-Courtland Neighbourhood Association**

www.mcna-hscg.com  
[@millcourtlandassociations](https://www.facebook.com/millcourtlandassociations)

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

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**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.

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**Adult - Fitness**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seniors Walking Group</td>
<td>55Y+</td>
<td>Tue</td>
<td>9-10am</td>
<td>Ongoing</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Pilates</td>
<td>18Y+</td>
<td>Tue</td>
<td>6-7pm</td>
<td>Jul 9</td>
<td>6wks</td>
<td>$40</td>
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<tr>
<td>Yoga</td>
<td>18Y+</td>
<td>Wed</td>
<td>6:30-7:30pm</td>
<td>Jul 10</td>
<td>6wks</td>
<td>$40</td>
</tr>
<tr>
<td>Zumba</td>
<td>18Y+</td>
<td>Thu</td>
<td>6:30-7:20pm</td>
<td>Jul 4</td>
<td>4wks</td>
<td>$30</td>
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**Services**

<table>
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<tr>
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<th>Ages</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clothing Room</td>
<td>All</td>
<td>Monday-Friday</td>
<td>Centre hours</td>
<td>Ongoing</td>
<td>Free</td>
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<tr>
<td>Public Access Computer</td>
<td>All</td>
<td>Monday-Friday</td>
<td>Centre hours</td>
<td>Ongoing</td>
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</tr>
<tr>
<td>Little Diverse Library</td>
<td>All</td>
<td></td>
<td>Centre hours</td>
<td>Ongoing</td>
<td>Free</td>
</tr>
<tr>
<td>Red Raccoon Bike Rescue</td>
<td>All</td>
<td>Thu</td>
<td>Outside 6-8pm</td>
<td>May 15</td>
<td>Free</td>
</tr>
<tr>
<td>Tune Up &amp; Bike Repair</td>
<td>All</td>
<td></td>
<td>Rain or Shine!</td>
<td></td>
<td></td>
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<tr>
<td>Neighbourhood Market</td>
<td>All</td>
<td>Wed</td>
<td>9am-12:30pm</td>
<td>Jun 26-Aug 28</td>
<td></td>
</tr>
</tbody>
</table>
# Community centre and neighbourhood association programs

## Mill-Courtland Neighbourhood Association and Highland Stirling Community Group programs

### Camps - Adventure Junior

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adventure Junior</td>
<td>4-5 years</td>
<td>9am-12pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 1</td>
<td>Tues-Fri</td>
<td>4-5 years</td>
<td>9am-12pm</td>
<td>July 2-5</td>
<td>$40/week</td>
</tr>
<tr>
<td>Week 2</td>
<td>Mon-Fri</td>
<td>4-5 years</td>
<td>9am-12pm</td>
<td>July 8-12</td>
<td>$45/week</td>
</tr>
<tr>
<td>Week 3</td>
<td>Mon-Fri</td>
<td>4-5 years</td>
<td>9am-12pm</td>
<td>July 15-19</td>
<td>$45/week</td>
</tr>
<tr>
<td>Week 4</td>
<td>Mon-Fri</td>
<td>4-5 years</td>
<td>9am-12pm</td>
<td>July 22-26</td>
<td>$45/week</td>
</tr>
<tr>
<td>Week 5</td>
<td>Mon-Fri</td>
<td>4-5 years</td>
<td>9am-12pm</td>
<td>July 29-August 2</td>
<td>$45/week</td>
</tr>
<tr>
<td>Week 6</td>
<td>Tues-Fri</td>
<td>4-5 years</td>
<td>9am-12pm</td>
<td>August 5-9</td>
<td>$40/week</td>
</tr>
<tr>
<td>Week 7</td>
<td>Mon-Fri</td>
<td>4-5 years</td>
<td>9am-12pm</td>
<td>August 12-16</td>
<td>$45/week</td>
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### Camps - Fun, Sports and Adventure

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Tues-Fri</td>
<td>6-10 years</td>
<td>9am-12pm</td>
<td>July 2-4</td>
<td>$40/week</td>
</tr>
<tr>
<td>Week 2</td>
<td>Mon-Fri</td>
<td>6-10 years</td>
<td>9am-12pm</td>
<td>July 8-12</td>
<td>$45/week</td>
</tr>
<tr>
<td>Week 3</td>
<td>Mon-Fri</td>
<td>6-10 years</td>
<td>9am-12pm</td>
<td>July 15-19</td>
<td>$45/week</td>
</tr>
<tr>
<td>Week 4</td>
<td>Mon-Fri</td>
<td>6-10 years</td>
<td>9am-12pm</td>
<td>July 22-26</td>
<td>$45/week</td>
</tr>
<tr>
<td>Week 5</td>
<td>Mon-Fri</td>
<td>6-10 years</td>
<td>9am-12pm</td>
<td>July 29-August 2</td>
<td>$45/week</td>
</tr>
<tr>
<td>Week 6</td>
<td>Tues-Fri</td>
<td>6-10 years</td>
<td>9am-12pm</td>
<td>August 6-9</td>
<td>$40/week</td>
</tr>
<tr>
<td>Week 7</td>
<td>Mon-Fri</td>
<td>6-10 years</td>
<td>9am-12pm</td>
<td>August 12-16</td>
<td>$45/week</td>
</tr>
<tr>
<td>Week 8</td>
<td>Mon-Fri</td>
<td>6-10 years</td>
<td>9am-12pm</td>
<td>August 19-23</td>
<td>$45/week</td>
</tr>
</tbody>
</table>

### Camps - Sports Jam

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Tues-Fri</td>
<td>11-15 years</td>
<td>12:30pm-3pm</td>
<td>July 2-5</td>
<td>$25/week</td>
</tr>
<tr>
<td>Week 2</td>
<td>Mon-Fri</td>
<td>11-15 years</td>
<td>12:30pm-3pm</td>
<td>July 8-12</td>
<td>$30/week</td>
</tr>
<tr>
<td>Week 3</td>
<td>Mon-Fri</td>
<td>11-15 years</td>
<td>12:30pm-3pm</td>
<td>July 15-19</td>
<td>$30/week</td>
</tr>
<tr>
<td>Week 4</td>
<td>Mon-Fri</td>
<td>11-15 years</td>
<td>12:30pm-3pm</td>
<td>July 22-26</td>
<td>$30/week</td>
</tr>
<tr>
<td>Week 5</td>
<td>Mon-Fri</td>
<td>11-15 years</td>
<td>12:30pm-3pm</td>
<td>July 29-August 2</td>
<td>$30/week</td>
</tr>
<tr>
<td>Week 6</td>
<td>Tues-Fri</td>
<td>11-15 years</td>
<td>12:30pm-3pm</td>
<td>August 6-9</td>
<td>$25/week</td>
</tr>
<tr>
<td>Week 7</td>
<td>Mon-Fri</td>
<td>11-15 years</td>
<td>12:30pm-3pm</td>
<td>August 12-16</td>
<td>$30/week</td>
</tr>
<tr>
<td>Week 8</td>
<td>Mon-Fri</td>
<td>11-15 years</td>
<td>12:30pm-3pm</td>
<td>August 19-23</td>
<td>$30/week</td>
</tr>
</tbody>
</table>

Registration for all neighbourhood association and community centre programs starts Tuesday, June 11 at 8:30am.
Is there a garden that you think makes Kitchener a greener, more vibrant, or more sustainable place to live?

From April to September we invite you to recognize a neighbour for making the most of their outdoor spaces and helping grow community pride in Kitchener.

You can recognize all different types of gardens, including:

- flower garden
- community garden
- container garden
- balcony garden
- rain garden
- pollinator patch
- front lawn garden
- food forest
- boulevard garden

Visit [www.kitchener.ca/bloom](http://www.kitchener.ca/bloom) or call 519-741-2200 x 7564 for more information and to submit a garden address.
Mount Hope - Breithaupt Park Neighbourhood Association

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

Mount Hope-Breithaupt Park Neighbourhood Association is a long-standing organization with over 40 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 mhbpna.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.

Information in this guide is subject to change. Please contact Rockway Centre to verify program information and pricing.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Pen and Ink Drawing</td>
<td>55Y+</td>
<td>Wed</td>
<td>10am-12pm</td>
<td>Aug 7</td>
<td>4wks</td>
<td>$74</td>
<td>145669</td>
</tr>
<tr>
<td>Introduction to Pencil Sketching</td>
<td>55Y+</td>
<td>Wed</td>
<td>10am-12pm</td>
<td>Jul 10</td>
<td>4wks</td>
<td>$74</td>
<td>145668</td>
</tr>
<tr>
<td>Painting with Acrylics</td>
<td>55Y+</td>
<td>Wed</td>
<td>1-3pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$122</td>
<td>145671</td>
</tr>
<tr>
<td>Pottery: Beginner Hand Building</td>
<td>55Y+</td>
<td>Tue</td>
<td>6-8pm</td>
<td>Jul 9</td>
<td>5wks</td>
<td>$90</td>
<td>145672</td>
</tr>
<tr>
<td>Quilting for beginners: Hand Piece, Log Cabin</td>
<td>55Y+</td>
<td>Tue</td>
<td>1-3pm</td>
<td>Jul 9</td>
<td>7wks</td>
<td>Free</td>
<td>145674</td>
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<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Modern Line Dance For Beginners</td>
<td>55Y+</td>
<td>Wed</td>
<td>11:30am-12:30pm</td>
<td>Jul 10</td>
<td>4wks</td>
<td>$32</td>
<td>145666</td>
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<tr>
<td>Modern Line Dance For Improver</td>
<td>55Y+</td>
<td>Wed</td>
<td>10:15-11:15am</td>
<td>Jul 10</td>
<td>4wks</td>
<td>$32</td>
<td>145664</td>
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<tr>
<td>Modern Line Dance For Intermediate</td>
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<td>Tue</td>
<td>11:15am-12:15pm</td>
<td>Jul 9</td>
<td>4wks</td>
<td>$32</td>
<td>145667</td>
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<tr>
<td>Mostly Country Line Dance</td>
<td>55Y+</td>
<td>Tue</td>
<td>7-8pm</td>
<td>Jul 9</td>
<td>4wks</td>
<td>$32</td>
<td>145663</td>
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Pricing and availability are subject to change.

Save the Date for Neighbours Day

June 15

#neighboursday
#lovemyhood

www.kitchener.ca/NeighboursDay
# Rockway Community Centre continued

## Adult - Fitness & Sport

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Virtual “The Chair and I” Fitness</em></td>
<td>55Y+</td>
<td>Mon</td>
<td>10-10:55am</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$31.44</td>
<td>145643</td>
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<tr>
<td><em>Virtual Shape Up With Weights</em></td>
<td>55Y+</td>
<td>Wed</td>
<td>10-10:55am</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$36.68</td>
<td>145645</td>
</tr>
<tr>
<td><em>Virtual Stretch For All</em></td>
<td>55Y+</td>
<td>Fri</td>
<td>10-10:55am</td>
<td>Jul 12</td>
<td>7wks</td>
<td>$36.68</td>
<td>145647</td>
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<tr>
<td>Active Older Adult Fitness</td>
<td>55Y+</td>
<td>Tue</td>
<td>11am-12pm</td>
<td>Jul 9</td>
<td>7wks</td>
<td>$36.68</td>
<td>145660</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Fri</td>
<td>10:15-11:15am</td>
<td>Jul 12</td>
<td>7wks</td>
<td>$36.68</td>
<td>145661</td>
</tr>
<tr>
<td>All In One Workout</td>
<td>55Y+</td>
<td>Mon</td>
<td>11am-12pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$31.44</td>
<td>145648</td>
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<tr>
<td></td>
<td>55Y+</td>
<td>Wed</td>
<td>11am-12pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$36.68</td>
<td>145649</td>
</tr>
<tr>
<td>Mats &amp; Bands</td>
<td>55Y+</td>
<td>Mon</td>
<td>9-9:55am</td>
<td>Jul 8</td>
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<td>Shape Up With Weights</td>
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<td>4:30-5:25pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$36.68</td>
<td>145651</td>
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<tr>
<td></td>
<td>55Y+</td>
<td>Mon</td>
<td>4:30-5:25pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$31.44</td>
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<td></td>
<td>55Y+</td>
<td>Tue</td>
<td>10-10:55am</td>
<td>Jul 9</td>
<td>7wks</td>
<td>$36.68</td>
<td>145654</td>
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<tr>
<td>Stability Ball</td>
<td>55Y+</td>
<td>Thu</td>
<td>10-10:55am</td>
<td>Jul 11</td>
<td>7wks</td>
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<td>145657</td>
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<tr>
<td>Strength Training Advanced</td>
<td>55Y+</td>
<td>Fri</td>
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<td>Jul 12</td>
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<tr>
<td>Stretch For All</td>
<td>55Y+</td>
<td>Mon</td>
<td>4:30-5:25pm</td>
<td>Jul 11</td>
<td>7wks</td>
<td>$36.68</td>
<td>145658</td>
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## Adult - Fitness & Wellness

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
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<tbody>
<tr>
<td>Gentle Yoga</td>
<td>55Y+</td>
<td>Tue</td>
<td>9:45-10:45am</td>
<td>Jul 9</td>
<td>7wks</td>
<td>Free</td>
<td>145693</td>
</tr>
<tr>
<td></td>
<td>55Y+</td>
<td>Tue</td>
<td>11am-12pm</td>
<td>Jul 9</td>
<td>7wks</td>
<td>Free</td>
<td>145698</td>
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<tr>
<td>Tai Chi Yang 13 Style: Beginner Level</td>
<td>55Y+</td>
<td>Wed</td>
<td>1-1:55pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$41.37</td>
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<tr>
<td>Tai Chi Yang Long Form: Continuing Level</td>
<td>55Y+</td>
<td>Wed</td>
<td>2:15-3:10pm</td>
<td>Jul 10</td>
<td>7wks</td>
<td>$41.37</td>
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<tr>
<td>Yoga for Beginners</td>
<td>18Y+</td>
<td>Mon</td>
<td>6:15-7:15pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$36</td>
<td>145700</td>
</tr>
<tr>
<td>Yoga Slow Flow</td>
<td>18Y+</td>
<td>Mon</td>
<td>7:30-8:30pm</td>
<td>Jul 8</td>
<td>6wks</td>
<td>$36</td>
<td>145699</td>
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## Adult - General Classes & Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Bereavement Support Group</td>
<td>55Y+</td>
<td>Tue</td>
<td>10-11:30am</td>
<td>Jul 9</td>
<td>7wks</td>
<td>Free</td>
<td>145833</td>
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<tr>
<td>Fit Minds</td>
<td>55Y+</td>
<td>Tue</td>
<td>11am-12pm</td>
<td>Jul 9</td>
<td>7wks</td>
<td>Free</td>
<td>145826</td>
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<tr>
<td>Virtual Fit Minds</td>
<td>55Y+</td>
<td>Wed</td>
<td>11am</td>
<td>Jul 10</td>
<td>7wks</td>
<td>Free</td>
<td>145822</td>
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## Adult - Social & Fun

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning Out at Rockway</td>
<td>55Y+</td>
<td>Fri</td>
<td>10:30am-12pm</td>
<td>Jul 12</td>
<td>7wks</td>
<td>Free</td>
<td>145832</td>
</tr>
<tr>
<td>Summer Afternoon Out at Rockway</td>
<td>55Y+</td>
<td>Tue</td>
<td>1-2:30pm</td>
<td>Jul 9</td>
<td>7wks</td>
<td>Free</td>
<td>145929</td>
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</tbody>
</table>
Settler’s Grove Association

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.

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.

Youth Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDI (Youth Drop-In)</td>
<td>12-17Y</td>
<td>M, T, W, Th, F</td>
<td>6:30-9:30pm</td>
<td>Jul 2</td>
<td>8wks</td>
<td>Free</td>
<td>144694</td>
</tr>
</tbody>
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Pricing and availability are subject to change.

LoveMyHood Neighbourhood Celebration

Wednesday, July 17
Drop by any time after 6pm

Join us as we celebrate LoveMyHood’s remarkable journey over the years with food*, music, family-friendly activities, and an outdoor movie (starts around 9 pm.)

Gzowski Park @ Victoria Hills Community Centre
For more information, visit LoveMyHood.ca
*while quantities last
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

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.

Youth Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>YDI (Youth Drop-In)</td>
<td>12-17Y</td>
<td>M, T, W, Th, F</td>
<td>6:30-9:30pm</td>
<td>Jul 2</td>
<td>8wks</td>
<td>Free</td>
<td>144708</td>
</tr>
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</table>

Victoria Hills Neighbourhood Association

www.vhna.ca  @vhna2011  /victoriahills.neighbourhoodassociation

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, 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.

Registration for all neighbourhood association and community centre programs starts Tuesday, June 11 at 8:30am.
Victoria Park Neighbourhood Association

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

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!
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

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get Ready For Kindergarten Camp</td>
<td>3-5Y</td>
<td>M, T, W, Th, F</td>
<td>9:15-11:45am</td>
<td>Aug 19</td>
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<td></td>
<td>3-5Y</td>
<td>M, T, W, Th, F</td>
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<td>Aug 26</td>
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Children - Arts & Crafts

<table>
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<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creative Fun Art with Fondant</td>
<td>7-12Y</td>
<td>Tue</td>
<td>6-7:30pm</td>
<td>Jul 2</td>
<td>4wks</td>
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<td>Wed</td>
<td>5:30-6:25pm</td>
<td>Jul 3</td>
<td>4wks</td>
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<td>4wks</td>
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<td>Kids Watercolour</td>
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<td>5:30-6:25pm</td>
<td>Jul 4</td>
<td>8wks</td>
<td>$45</td>
<td>145750</td>
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<tr>
<td>Open Air Clay Creations @Freedom Centre</td>
<td>9-12Y</td>
<td>Wed</td>
<td>4-5:30pm</td>
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<td>8wks</td>
<td>$45</td>
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Children - Dance

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<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Summer Dance Party @Freedom Centre</td>
<td>3-5Y</td>
<td>Thu</td>
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### Williamsburg Community Association continued

#### Children - Fitness & Sport @ Freedom Community Centre

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<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Ultimate Frisbee for Kids</td>
<td>8-14Y</td>
<td>Wed</td>
<td>6:30-8pm</td>
<td>Jul 3</td>
<td>8wks</td>
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#### Children - Language Classes @ Freedom Community Centre

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<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
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<tbody>
<tr>
<td>Serbian Reading Fun</td>
<td>5-10Y</td>
<td>Wed</td>
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<td>Jul 3</td>
<td>8wks</td>
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#### Children - Sport @ Freedom Community Centre

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<th>Time</th>
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<th>Length</th>
<th>Cost</th>
<th>Code</th>
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<tbody>
<tr>
<td>Fencing Beginner</td>
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<td>Fencing Intermediate</td>
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<td>Karate</td>
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<td>Thu</td>
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<td>145091</td>
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<tr>
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<td>11-12Y</td>
<td>Thu</td>
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<td>Jul 3</td>
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<td>145749</td>
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<td>Outdoor Street Hockey</td>
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<td>Tue</td>
<td>5-5:55pm</td>
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<td>145694</td>
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<td>Tue</td>
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<td>8wks</td>
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<td>Tue</td>
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<td>Jul 2</td>
<td>8wks</td>
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#### Children - Technology

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEGO Spike Essentials Robotics &amp; Coding- Great Adventures</td>
<td>4-6Y</td>
<td>Tue</td>
<td>5:30-6:25pm</td>
<td>Jul 2</td>
<td>4wks</td>
<td>$63</td>
<td>145754</td>
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<tr>
<td>LEGO Spike Essentials Robotics &amp; Coding- Amusement Park</td>
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<td>Tue</td>
<td>7:30-8:25pm</td>
<td>Jul 2</td>
<td>4wks</td>
<td>$63</td>
<td>145755</td>
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<tr>
<td>LEGO Spike Prime Future Engineers: Build and Code</td>
<td>6-8Y</td>
<td>Tue</td>
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<td>Jul 2</td>
<td>4wks</td>
<td>$63</td>
<td>145759</td>
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<tr>
<td>LEGO WeDo Robotics Explore Wild Animals</td>
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<td>Tue</td>
<td>5:30-7:25pm</td>
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<td>4wks</td>
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<td>LEGO WeDo2.0 Early Robotics</td>
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<td>4wks</td>
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<tr>
<td>Micro-Bit-Introduction to Coding</td>
<td>8-12Y</td>
<td>Tue</td>
<td>7:30-8:25pm</td>
<td>Jul 30</td>
<td>4wks</td>
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Williamsburg Community Association continued

Adult - Arts & Crafts

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Watercolour</td>
<td>16Y+</td>
<td>Thu</td>
<td>6:30-7:25pm</td>
<td>Jul 4</td>
<td>8wks</td>
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<tr>
<td>Fluid Art Class for Adults</td>
<td>16Y+</td>
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<td>4wks</td>
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<td>4wks</td>
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<tr>
<td>Open Air Sketch Class Adult</td>
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Adult - Fitness & Sport

<table>
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<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultimate Frisbee for Adults</td>
<td>16Y+</td>
<td>Wed</td>
<td>8-9pm</td>
<td>Jul 3</td>
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Adult - Fitness & Wellness

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<th>Program</th>
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<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
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<tbody>
<tr>
<td>Women’s Only Yoga</td>
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<tr>
<td>Zumba in the Park @Hewitt Park</td>
<td>16Y+</td>
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<td>Zumba in the Park @Foxglove Park</td>
<td>16Y+</td>
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<td>7-7:55pm</td>
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<td>Zumba in the Park @Max Becker Common</td>
<td>16Y+</td>
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<td>6:30-7:25pm</td>
<td>Jul 3</td>
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<td>145604</td>
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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.

Youth Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Start date</th>
<th>Length</th>
<th>Cost</th>
<th>Code</th>
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<tbody>
<tr>
<td>YDI (Youth Drop-In)</td>
<td>12-17Y</td>
<td>Mon &amp; Fri</td>
<td>6:30-9:30pm</td>
<td>Jul 2</td>
<td>8wks</td>
<td>Free</td>
<td>144709</td>
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Looking to Get Involved with Older Adult Initiatives in Kitchener?

The Mayor’s Advisory Council for Kitchener Seniors (MACKS) is seeking residents ages 55+ to join their volunteer committee this September. MACKS meets monthly (Sept - 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. Applicants must be willing to serve a 3-year term.

Benefits of Involvement:

• Opportunities to meet and engage directly with the Mayor and staff.
• Provide a representative voice for adults 55+ in Kitchener.
• Meet monthly with other dynamic older adults to exchange ideas.

How to Apply:

• Please complete and submit an online application by visiting www.kitchener.ca/MACKS
• Alternatively, request a print copy by contacting Carolyn Cormier at 519-741-2200 x 5345
• Deadline to apply is August 1.
For a quick glance of what’s available in your neighbourhood, visit the following pages in this guide. Details including program descriptions can be found in the Older Adults 55+ Program Guide available for pick up at any of these locations, online at [www.kitchener.ca/Seniors](http://www.kitchener.ca/Seniors), or by calling Rockway Centre at 519-741-2507.

Breithaupt Centre  Pg. 47, 48
350 Margaret Ave. Kitchener
519-741-2502

Bridgeport Community Centre  Pg. 50
20 Tyson Ave. Kitchener
519-741-2271

Centreville Chicopee Community Centre  Pg 52
141 Morgan Ave. Kitchener
519-741-2490

Chandler Mowat Community Centre  Pg. 53
222 Chandler Dr. Kitchener
519-741-2733

Doon Pioneer Park Community Centre  Pg. 55
150 Pioneer Dr. Kitchener
519-741-2641

Downtown Community Centre  Pg. 55, 56
35B Weber St. W. Kitchener
519-741-2501

Forest Heights Community Centre  Pg. 58
1700 Queen’s Blvd. Kitchener
519 -741-2621

Kingsdale Community Centre  Pg. 62
72 Wilson Ave. Kitchener
519-741-2540

Rockway Centre  Pg. 68, 69
1405 King St. E. Kitchener
519-741-2507

You can try most programs once for free. Call 519-741-2507 for more information.

For information about any of the following programs, or to register, please call 519-741-2200 x 5082 (TTY 1-866-969-9994).

**Activity Kits** – We’re offering free activity kits, created for older adults to stay engaged while at home. These kits include daily activities like word and math puzzles, trivia, crafts and much more for you to complete independently.

When you register for Connected @ Home, we’ll discuss delivery options.

**Social Support Telephone Calls** – We’re supporting Kitchener seniors who may be feeling isolated or just want to talk through regular social and wellbeing support calls. Referrals from friends, family and community agencies are also accepted if the senior has given permission to share their contact information and has agreed to receive reassurance calls from the City of Kitchener.

**Golf Fore Life**
A supportive golf program for those living with dementia. Come and enjoy a morning out to play golf and have some social time at Doon Valley Golf Course with support from trained inclusion and golf staff.

- Dates: Tuesdays, June 18-September 10 or Thursdays, June 20-September 12.
- Times: 9 a.m. to 11:30 a.m.
- Cost: $153.66 once a week
- Register at [www.kitchener.ca/activenet](http://www.kitchener.ca/activenet)
- Activity Code(s): Tuesdays 146239 or Thursdays 146240

Contact: Melissa Bruce at 519-741-2200 ext. 5346 or email melissa.bruce@kitchener.ca

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**Save the Date for Neighbours Day**

**June 15**

#neighboursday
#lovemyhood

www.kitchener.ca/NeighboursDay
Kitchener’s 2024 Senior of the Year

Congratulations to Donna Dubie for being named the City of Kitchener’s Senior of the Year! The award was presented on May 28 by Mayor Berry Vrbanovic at a special recognition event where all 17 nominees for this year’s Senior of the Year Award were celebrated for their contributions to the Kitchener community.

To learn more about each of the nominees and award recipient, visit www.kitchener.ca/senioroftheyear

Pay-As-You-Play (PAYP) Programs

Pay-As-You-Play programs are organized by the City of Kitchener staff in the Adults 55+ division with the daily play of these activities looked after by direct City volunteers. These are drop-in programs with no instruction. PAYP programs include Pickleball at Downtown Community Centre. Limited pre-registration is available, and individuals purchase and hand in tickets for each time they participate. First-come, first-serve after program underway.

Adults 55+ $4.27/pass; $38.50/book of 10; $68.44/book of 20
Adults 18–54 $5.21/pass; $46.95/book of 10; $83.46/book of 20

Books of tickets can be purchased at either Downtown Community Centre or Kingsdale Community Centre main offices.

For specific program information visit pages: Downtown Community Centre on pgs. 55, 56, Breithaupt Recreation Centre on pgs. 47, 48.

OLDER ADULT PROGRAMS (55+)

Sign up for our newsletter to get updates about older adults programs and services in Kitchener.

kitchener.ca/SeniorsNewsletter
Ongoing Groups

ONGOING GROUPS are volunteer run and supported by the City of Kitchener. With the purchase of a Kitchener Group Card for $17.73 (ages 55+) or $21.58 (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**

## Arts & Crafts

<table>
<thead>
<tr>
<th>Centre</th>
<th>Program</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breithaupt Centre</td>
<td>In Stitches Knitting &amp; Crocheting</td>
<td>Thursday</td>
<td>1 to 3 pm</td>
</tr>
<tr>
<td>Rockway Centre</td>
<td>Oil Painting Practice</td>
<td>Monday</td>
<td>1 to 3 pm</td>
</tr>
<tr>
<td></td>
<td>Needles and Crafts</td>
<td>Wednesday</td>
<td>9:30 to 11:30 am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Friday</td>
<td>1 to 3 pm</td>
</tr>
<tr>
<td></td>
<td>Quilting</td>
<td>Thursday</td>
<td>10 am to 1 pm</td>
</tr>
<tr>
<td></td>
<td>Adult Colouring</td>
<td>Thursday</td>
<td>1 to 3:30 pm</td>
</tr>
<tr>
<td></td>
<td>Drawing Practice Group</td>
<td>Friday</td>
<td>10 am to noon</td>
</tr>
<tr>
<td></td>
<td>Manos a la Obra</td>
<td>Wednesday</td>
<td>1 to 4 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Friday</td>
<td>1 to 4 pm</td>
</tr>
</tbody>
</table>

## Billiards

<table>
<thead>
<tr>
<th>Centre</th>
<th>Program</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breithaupt Centre</td>
<td>Drop-in billiards</td>
<td>Monday to Friday</td>
<td>8:30 to noon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Monday, Wednesday, Thursday and Friday</td>
<td>noon to 4 pm</td>
</tr>
<tr>
<td>Downtown Community Centre</td>
<td>Billiards for all</td>
<td>Monday to Friday</td>
<td>8:30 am to 8 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Saturday</td>
<td>9 am to 3 pm</td>
</tr>
<tr>
<td>Rockway Centre</td>
<td>Billiards for all (first come first served)</td>
<td>Monday to Thursday</td>
<td>9 am to 8 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Friday</td>
<td>9 am to 4 pm</td>
</tr>
</tbody>
</table>
# Ongoing Groups continued

## Book & Writing

<table>
<thead>
<tr>
<th>Centre</th>
<th>Program</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breithaupt Centre</td>
<td>Book Talks</td>
<td>Third Wednesday of month</td>
<td>7 to 9 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(call 519-741-2501 for dates)</td>
<td></td>
</tr>
</tbody>
</table>

## Cards & Games

<table>
<thead>
<tr>
<th>Centre</th>
<th>Program</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breithaupt Centre</td>
<td>Euchre</td>
<td>Friday</td>
<td>12:45 pm to 4 pm</td>
</tr>
<tr>
<td></td>
<td>Bid Euchre</td>
<td>Friday</td>
<td>12:45 to 3:45 pm</td>
</tr>
<tr>
<td></td>
<td>Bridge Partner Progressive</td>
<td>Saturday</td>
<td>12:30 to 3:30 pm</td>
</tr>
<tr>
<td>Downtown Community Centre</td>
<td>Solo Progressive</td>
<td>Wednesday</td>
<td>6:45 to 9:15 pm</td>
</tr>
<tr>
<td></td>
<td>Bridge Partner Progressive</td>
<td>Wednesday</td>
<td>6:30 to 9:30 pm</td>
</tr>
<tr>
<td></td>
<td>Cribbage</td>
<td>Thursday</td>
<td>11:30 to 2:30 pm</td>
</tr>
<tr>
<td></td>
<td>Chess</td>
<td>Monday</td>
<td>1:15 to 5 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tuesday</td>
<td>1:15 to 5 pm</td>
</tr>
<tr>
<td></td>
<td>Bridge Casual</td>
<td>Monday</td>
<td>6:30 to 9 pm</td>
</tr>
<tr>
<td></td>
<td>Solo Progressive</td>
<td>Monday</td>
<td>6:45 to 8:45 pm</td>
</tr>
<tr>
<td></td>
<td>Bridge Progressive Inter</td>
<td>Tuesday</td>
<td>12:30 to 4 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Friday</td>
<td>12:30 to 3:30 pm</td>
</tr>
<tr>
<td></td>
<td>Canasta</td>
<td>Wednesday</td>
<td>noon to 4 pm</td>
</tr>
<tr>
<td></td>
<td>Crokinole</td>
<td>Wednesday</td>
<td>1:30 to 3:30 pm</td>
</tr>
<tr>
<td>Rockway Centre</td>
<td>Euchre</td>
<td>Monday</td>
<td>12:45 to 4 pm</td>
</tr>
<tr>
<td></td>
<td>Scrabble</td>
<td>Monday</td>
<td>1 to 4 pm</td>
</tr>
<tr>
<td></td>
<td>Canasta Hand and Foot</td>
<td>Monday</td>
<td>1 to 4 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wednesday</td>
<td>6:30 to 9 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Friday</td>
<td>1 to 4 pm</td>
</tr>
<tr>
<td></td>
<td>Chess</td>
<td>Monday</td>
<td>1:15 to 5 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tuesday</td>
<td>1:15 to 5 pm</td>
</tr>
<tr>
<td></td>
<td>Bridge Casual</td>
<td>Monday</td>
<td>6:30 to 9 pm</td>
</tr>
<tr>
<td></td>
<td>Solo Progressive</td>
<td>Monday</td>
<td>6:45 to 8:45 pm</td>
</tr>
<tr>
<td></td>
<td>Bridge Progressive Inter</td>
<td>Tuesday</td>
<td>12:30 to 4 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Friday</td>
<td>12:30 to 3:30 pm</td>
</tr>
<tr>
<td></td>
<td>Canasta</td>
<td>Wednesday</td>
<td>noon to 4 pm</td>
</tr>
<tr>
<td></td>
<td>Bid Euchre</td>
<td>Wednesday</td>
<td>12:45 to 3:30 pm</td>
</tr>
<tr>
<td></td>
<td>Crokinole</td>
<td>Wednesday</td>
<td>1:30 to 3:30 pm</td>
</tr>
<tr>
<td></td>
<td>Bridge Partner Progressive</td>
<td>Wednesday</td>
<td>6:30 to 9:30 pm</td>
</tr>
<tr>
<td></td>
<td>Cribbage</td>
<td>Thursday</td>
<td>11:30 to 2:30 pm</td>
</tr>
</tbody>
</table>
## Ongoing Groups continued

### Music

<table>
<thead>
<tr>
<th>Centre</th>
<th>Program</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rockway Centre</td>
<td>Guitar Jam</td>
<td>Tuesday</td>
<td>9:30 to 11:30 am</td>
</tr>
<tr>
<td></td>
<td>Amigos Travel Band</td>
<td>Wednesday</td>
<td>10 am to noon</td>
</tr>
</tbody>
</table>

### Physical Activity & Sports

<table>
<thead>
<tr>
<th>Centre</th>
<th>Program</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breithaupt Centre</td>
<td>Indoor Walking Group</td>
<td>Friday</td>
<td>8 am</td>
</tr>
<tr>
<td>Downtown Community Centre</td>
<td>Senior Tennis</td>
<td>Monday-Friday</td>
<td>8:30 to 11:30 am</td>
</tr>
<tr>
<td>(Highland Courts Park, 120 Highland Rd. E., Corner of Highland and Spadina)</td>
<td>Tai Chi Movements</td>
<td>Tuesday</td>
<td>11 to 12:30 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Friday</td>
<td>11 to 12:30 pm</td>
</tr>
<tr>
<td>Kingsdale Community Centre</td>
<td>Tai Chi Practice</td>
<td>Monday</td>
<td>1 to 2 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Thursday</td>
<td>11:30 am to 12:30 pm</td>
</tr>
<tr>
<td>Rockway Centre</td>
<td>Ping Pong</td>
<td>Monday</td>
<td>2:15 to 4:15 pm</td>
</tr>
<tr>
<td></td>
<td>Shuffleboard</td>
<td>Tuesday</td>
<td>1 to 3 pm</td>
</tr>
</tbody>
</table>

### Social Groups

<table>
<thead>
<tr>
<th>Centre</th>
<th>Program</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Downtown Community Centre</td>
<td>Amigos</td>
<td>Saturday</td>
<td>10 am to 2 pm</td>
</tr>
</tbody>
</table>

### Technology

<table>
<thead>
<tr>
<th>Centre</th>
<th>Program</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Downtown Community Centre</td>
<td>Bits &amp; Bytes drop-in computer club (Want to learn more about Bits &amp; Bytes computer club? Please email <a href="mailto:bitsbytes35@gmail.com">bitsbytes35@gmail.com</a> with your name and phone number to join their email list)</td>
<td>second Wednesday of month</td>
<td>9:30 to 11:30 am</td>
</tr>
</tbody>
</table>
Join us every Wednesday night in July and August for live entertainment on our patio and back lawn. Food and alcoholic beverages will be available for purchase between 5:30 and 7:30 p.m. Enjoy music from 6:00 - 8:00 pm. We’ll be collecting voluntary donations of $5 to support program costs. Seating is limited so please bring a lawn chair. Visit www.kitchener.ca/rockway for more information.

Always here to support you in honouring your loved one

Where memories live on. kitchenercemeteries.ca
Get Ready to Register!

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.

**Program registration day is Tuesday June 11.**
**Summer camp registration day was March 19.**

Looking forward to City of Kitchener’s summer programming?
Here are some tips & tricks for registration day:

**The quickest & easiest way to register for programs is online.**

**Don’t have an ActiveNet account?**
Hop online to create an account for yourself and your family today!
Use the QR code or visit kitchener.ca/activenet and select the Create an Account button in the top right corner to get started.

**Use the Wish List!**
Our online registration system has a Wish List feature that allows you to store your desired programs on your account in advance of registration. Once registration opens, you can open your Wishlist to quickly enroll into your Wish List activities.

**Add your family members.**
Select the “Add Another Participant” option at checkout to register more than one person for an activity.

**We have a waitlist just in case.**
Put yourself on a waitlist for a program in case spaces become available.

**Need some help?**
Program registration support is available at 519-741-2200, ext. 2907.

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**ENGAGE**

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.
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 you 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 request support at least two weeks prior to program starting.
- 1:1 support is 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.
Facilities & wards

- Kitchener City Hall
  200 King St W, 519-741-2345
- Kitchener Market
  300 King St E, 519-741-2287
- Williamsburg Dedication Centre
  1541 Fischer Hallman Road
  519-741-2880

Arenas and ice pads
- Activa Sportsplex
  135 Lennox Lewis Way
  519-741-2699
- The Aud
  400 East Ave, 519-741-2699
- Don McLaren Arena
  61 Green St
  519-741-2900
- Dom Cardillo Arena
  Located at The Aud
- Grand River Arena
  555 Heritage Dr
  519-741-2900
- Kinsmen Arena
  Located at The Aud
- Lions Arena
  20 Rittenhouse Rd
  519-741-2900
- Patrick J. Doherty Arena
  Located at the Activa Sportsplex
- Queensmount Arena (no ice surface)
  1260 Queen’s Blvd
- Sportsworld Arena - Practice Pad
  35 Sportsworld Crossing Rd
- Sportsworld Arena - Spectator Pad
  35 Sportsworld Crossing Rd

Community Centres
- Breithaupt Centre
  350 Margaret Ave
  519-741-2502
- Bridgeport Community Centre
  20 Tyson Dr
  519-741-2271
- Centreville Chicopee Community Centre
  141 Morgan Ave, 519-741-2490
- Chandler Mowat Community Centre
  222 Chandler Dr
  519-741-2733
- Country Hills Community Centre
  100 Rittenhouse Rd
  519-741-2986
- Doon Pioneer Park Community Centre
  150 Pioneer Dr, 519-741-2641
- Downtown Community Centre
  35-B Weber St W
  519-741-2501
- Forest Heights Community Centre
  1700 Queens Blvd, 519-741-2621
- Huron Community Centre
  80 Tartan Avenue, 519-741-2478
- Kingsdale Community Centre
  72 Wilson Ave
  519-741-2540
- Mill Courtland Community Centre
  216 Mill St
  519-741-2491
- Rockway Centre
  1405 King St E
  519-741-2507
- Stanley Park Community Centre
  505 Franklin St N
  519-741-2504
- Victoria Hills Community Centre
  10 Chopin Dr, 519-741-2717
- Williamsburg Community Centre
  1187 Fischer-Hallman Rd
  519-741-2240

Libraries
- Grand River Stanley Park
  175 Indian Rd
  519-896-1736
- Forest Heights
  251 Fischer-Hallman Rd
  519-743-0644
- Pioneer Park
  150 Pioneer Dr
  519-748-2740
- Country Hills
  1500 Block Line Rd
  519-743-3558
- Main Branch
  85 Queen St N
  519-743-0271

Pools, Indoor
- Breithaupt Centre, 350 Margaret Ave
  519-741-2502
- Cameron Heights Pool
  301 Charles St E
- Forest Heights Pool
  253 Fischer Hallman Rd
  519-741-2493.
- Lyle Hallman Pool
  600 Heritage Dr
  519-741-2670

Pools, Outdoor
- Harry Class Pool
  45 Woodside Ave
- Idlewood Pool
  5 Thaler Ave
- Kiwanis Pool
  Kiwanis Park Dr
- Wilson Pool
  78 Wilson Ave

Splash Pads
- Breithaupt Park Splash Pad
  Breithaupt Park, 806 Union St
- Carl Zehr Square
  200 King St. West
- Centreville Chicopee Splash Pad
  141 Morgan Ave
- Chandler Mowat Splash Pad
  222 Chandler Dr
- Doon Pioneer Park Splash Pad
  150 Pioneer Dr.
- Kingsdale Splash Pad
  78 Wilson Ave
- McLennan Park Splash Pad
  901 Ottawa St S
- Vanier Park Splash Pad
  329 Vanier Dr
- Victoria Park Splash Pad
  Courtland Ave W
- RBJ Schlegel Park Splash Pad
  1664 Huron Rd

Older Adult Centres
- Breithaupt Centre
  350 Margaret Ave
  519-741-2502
- Downtown Community Centre
  35-B Weber St W
  519-741-2501
- Rockway Centre
  1405 King St E
  519-741-2507
Facilities & Wards

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 116.

This icon represents the Ward number. For a full list of councillors and which Ward they represent, visit page one.
Love My Hood

LoveMyHood MATCHING GRANT

Do you want to make a positive change in your neighbourhood?

The City of Kitchener’s LoveMyHood Matching Grant supports projects that bring neighbours together, build connections, and create new programs and spaces that make Kitchener a great community.

The LoveMyHood Matching Grant provides one-time cash funding for new resident-led projects and neighbourhood initiatives, in varying amounts, depending on location and scope:

- Up to $30,000 for projects on city land
- Up to $10,000 for projects on private property
- Up to $2,000 for neighbourhood events

Projects have included little libraries, community gardens, greening projects, neighbourhood pop-up markets, street parties, art murals, community programs and more!

The LoveMyHood Matching Grant is awarded quarterly, with submissions for each review period being due on following dates:

- Summer Review Period
  Thursday, August 15, 2024
- Fall Review Period
  Thursday, November 14, 2024

To discuss your project idea with a Neighbourhood Liaison, to apply online, or for more information about the LoveMyHood Matching Grant, visit lovemyhood.ca

Or call 519-741-2200 x 4663
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.