RELIALBE
WATER ON TAP

So that we can deliver safe, clean, reliable drinking water today and for future generations, Kitchener Utilities performs regular maintenance on its water pipes. This includes flushing watermains regularly to reduce the chance of customers experiencing discoloured water.

This important maintenance work takes place Monday to Friday from 8:30 a.m. to 3:30 p.m. from September to December.

When we are working in your area, you may notice:
- Discoloured water
- Reduced water pressure
- Short-term water outage

If you experience discoloured water during this work, you can clear your water lines by simply running your cold water tap until the water flows clear.

To find out if cleaning is scheduled for your area, enter your address at www.kitchenerutilities.ca/waterflushing

Thank you for your co-operation during this important maintenance program.
Message from the Mayor

Welcome to Active Kitchener!
Over the last number of months, we have begun living with a new normal and, while many city facilities have reopened, we will have to continue navigating the fluctuations of the COVID-19 pandemic in the weeks and months ahead. In the pages of Active Kitchener, you will find more information on the programs taking place in your neighbourhood and at your local community centres, as well as information on athletic and aquatics programming – all subject to COVID-19 safety precautions in place at the time.

I am a strong believer that our community centres act as a hub for our neighbourhoods, and our neighbourhood associations who deliver excellent programs, services and events to all of our residents. The last few months have acted as a tangible reminder of the value that these services bring to our community by helping us connect with our friends, family, neighbours, and our community as a whole.

In the coming weeks and months, with many of our children back in school and many others back at work we must remain vigilant to keep ourselves and our community safe so that we can continue to enjoy these amazing recreation programs and venues.

On behalf of Kitchener City Council, I would like to say thank you to the first responders and essential workers for their selflessness and sacrifice during this pandemic. To all of our doctors, nurses, health care and mental health professionals, our fire and police personnel, and those of you on the frontlines each day in grocery stores, pharmacies, cooking take-out food and those cleaning up after everyone – you are what makes our city an even better place to live, work and play, and we can’t thank you enough.

I would also like to extend my sincere thanks to the volunteers, instructors, staff, event planners, board members, and everyone who participates in the planning and running of programs in Kitchener. The COVID-19 situation has had a significant impact on your ability to deliver these services, but your passion and dedication remains strong and has not gone unnoticed, by the citizens of Kitchener or myself.

Sincerely,
Berry Vurbanovic
Mayor
City of Kitchener
519-741-2300
mayor@kitchener.ca
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A note from the editors

For years Active Kitchener has informed residents about the vast variety of programs, lessons, camps, and more offered by the City of Kitchener and other local groups and associations. The COVID-19 pandemic has created uncertainty in many ways, including around dates and the use of facilities over the coming months. In the Fall 2020 edition, you will still find helpful information about programs and opportunities that are offered, but you will often be directed to different areas of our website in order to ensure you can find the most up-to-date information.

We have also added activities and suggestions on ways to stay active and entertained while staying safely at home or in your neighbourhood. When using any of the resources found in this publication, please adhere to the most recent physical distancing recommendations. Updated information can be found at kitchener.ca/covid19.

Updated program information can be found at www.kitchener.ca/activenet.
Places to play and explore

**Art galleries**

<table>
<thead>
<tr>
<th>Gallery Name</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cambridge Galleries</td>
<td>Queen Square, Cambridge</td>
<td>ideaexchange.org/art</td>
</tr>
<tr>
<td>Canadian Clay &amp; Glass Gallery</td>
<td>25 Caroline St N., Waterloo</td>
<td><a href="http://www.theclayandglass.ca">www.theclayandglass.ca</a></td>
</tr>
<tr>
<td>Homer Watson House and Gallery</td>
<td>1754 Old Mill Rd, Kitchener</td>
<td><a href="http://www.homerwatson.on.ca">www.homerwatson.on.ca</a></td>
</tr>
<tr>
<td>Kitchener-Waterloo Art Gallery</td>
<td>Centre in the Square</td>
<td></td>
</tr>
<tr>
<td></td>
<td>101 Queen St N., Kitchener</td>
<td><a href="http://www.kwag.ca">www.kwag.ca</a></td>
</tr>
<tr>
<td>KPL Central Library Gallery</td>
<td>85 Queen Street N.</td>
<td>kpl.org</td>
</tr>
<tr>
<td>The Cube</td>
<td>Kitchener City Hall, 200 King St. W.</td>
<td><a href="http://www.kitchener.ca">www.kitchener.ca</a></td>
</tr>
<tr>
<td>University of Waterloo Art Gallery</td>
<td>(UWAG)</td>
<td>uwag.uwaterloo.ca</td>
</tr>
</tbody>
</table>

**Basketball courts (outdoor)**

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admiral Park</td>
<td>93 Roxborough Ave.</td>
</tr>
<tr>
<td>Belmont Park</td>
<td>285 Belmont Ave. W.</td>
</tr>
<tr>
<td>Bridgeport C.C.</td>
<td>20 Tyson Dr.</td>
</tr>
<tr>
<td>Caryndale Park</td>
<td>40 Chapel Hill Dr.</td>
</tr>
<tr>
<td>Centreville Chicopee C.C.</td>
<td>141 Morgan Ave.</td>
</tr>
<tr>
<td>Chandler Mowat C.C</td>
<td>222 Chandler Dr.</td>
</tr>
<tr>
<td>Country Hills C.C.</td>
<td>100 Rittenhouse Rd.</td>
</tr>
<tr>
<td>Forest Heights C.C.</td>
<td>1700 Queens Blvd.</td>
</tr>
<tr>
<td>George Lippert Park</td>
<td>200 Weber St W.</td>
</tr>
<tr>
<td>Glendale Park</td>
<td>130 Glen Rd.</td>
</tr>
<tr>
<td>Guelph Park</td>
<td>800 Guelph St.</td>
</tr>
<tr>
<td>McLennan Park</td>
<td>901 Ottawa St. S.</td>
</tr>
<tr>
<td>Mill Courtland C.C.</td>
<td>216 Mill St.</td>
</tr>
<tr>
<td>Sandhills Park</td>
<td>130 Cedar St S.</td>
</tr>
<tr>
<td>Timberlane Park</td>
<td>38 Timberlane Cres.</td>
</tr>
<tr>
<td>Vanier Park</td>
<td>329 Vanier Dr</td>
</tr>
<tr>
<td>Weber Park</td>
<td>380 Frederick St.</td>
</tr>
<tr>
<td>Wilson Park (half court)</td>
<td>75 Wilson Ave.</td>
</tr>
<tr>
<td>Windale Park</td>
<td>76 Windale Cres.</td>
</tr>
<tr>
<td>Yellow Birch Park</td>
<td>135 Yellow Birch Dr.</td>
</tr>
<tr>
<td>Tremaine Park</td>
<td>100 Tremaine Dr.</td>
</tr>
</tbody>
</table>

**Destination parks**

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

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

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

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.

Kiwanis Park is a true treasure, and a great place to lead a healthy, active lifestyle. The park provides quick access to the Walter Bean Trail and the Grand River - a perfect place for hiking, biking, fishing and canoeing. Additional amenities include sport fields, beach volleyball courts, picnic tables, and a playground.

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.

**Trails**

Access our trail maps mobily on the PingStreet app or pick up a GRT trail map. Copies of GRT maps are available for $2 at the Welcome Centre on the ground floor of City Hall, the GRT transit terminal on Charles Street, Fairview Park and Conestoga malls information kiosk.

Visit www.kitchener.ca/parks for guidelines on how to safely enjoy our parks and natural spaces during the COVID-19 pandemic.

Content may change after Active Kitchener is printed. For the most up-to-date program and activity information, visit www.kitchener.ca/activenet
### Places to play and explore

#### Horseshoe Pits
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arnold Park Horseshoe Pitch</td>
<td>70 Arnold St.</td>
</tr>
<tr>
<td>Ash Park Horseshoe Pitch</td>
<td>7 Ash St.</td>
</tr>
<tr>
<td>Belmont Park Horseshoe Pitch</td>
<td>285 Belmont Ave. W.</td>
</tr>
<tr>
<td>Breithaupt Park Horseshoe Pitch</td>
<td>Breithaupt Centre, 350 Margaret Ave.</td>
</tr>
<tr>
<td>Bridgeport C.C. Horseshoe Pitches</td>
<td>20 Tyson Dr.</td>
</tr>
<tr>
<td>Chandler Park Horseshoe Pitches</td>
<td>222 Chandler Dr.</td>
</tr>
<tr>
<td>Glendale Park Horseshoe Pitch</td>
<td>130 Glen Rd.</td>
</tr>
<tr>
<td>Mauser Park Horseshoe Pitches</td>
<td>219 Stirling Ave. S.</td>
</tr>
<tr>
<td>Rockway Centre</td>
<td>1405 King St. E.</td>
</tr>
<tr>
<td>Schaefer Park Horseshoe Pitches</td>
<td>75 Bloomingdale Rd.</td>
</tr>
<tr>
<td>Weber Park Horseshoe Pitch</td>
<td>380 Frederick St.</td>
</tr>
</tbody>
</table>

#### Kitchener Public Libraries
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Library</td>
<td>85 Queen Street N.</td>
<td>519-743-0271</td>
</tr>
<tr>
<td>Country Hills</td>
<td>1500 Block Line Road, adjacent to St. Mary’s secondary school.</td>
<td>519-743-3558</td>
</tr>
<tr>
<td>Forest Heights</td>
<td>251 Fischer-Hallman Road, adjacent to Forest Heights Collegiate and Forest Heights Pool.</td>
<td>519-743-0644</td>
</tr>
<tr>
<td>Grand River Stanley Park</td>
<td>175 Indian Road, adjacent to Grand River Collegiate</td>
<td>519-896-1736</td>
</tr>
<tr>
<td>Pioneer Park</td>
<td>150 Pioneer Drive.</td>
<td>519-748-2740</td>
</tr>
</tbody>
</table>

#### Museums
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doon Heritage Crossroads</td>
<td>10 Huron Rd,  <a href="http://www.waterlooregionmuseum.com">www.waterlooregionmuseum.com</a></td>
<td></td>
</tr>
<tr>
<td>Joseph Schneider Haus Museum</td>
<td>466 Queen St. S, <a href="http://www.josephschneiderhaus.com">www.josephschneiderhaus.com</a></td>
<td></td>
</tr>
<tr>
<td>THEMUSEUM</td>
<td>10 King St. W, <a href="http://www.themuseum.ca">www.themuseum.ca</a></td>
<td></td>
</tr>
<tr>
<td>Waterloo Region Museum</td>
<td>10 Huron Rd, <a href="http://www.waterlooregionmuseum.com">www.waterlooregionmuseum.com</a></td>
<td></td>
</tr>
</tbody>
</table>

#### Skate parks
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Aud Skatepark</td>
<td>400 East Ave.</td>
</tr>
<tr>
<td>Fischer Park</td>
<td>Corner of Fischer-Hallman and Queen’s Boulevard</td>
</tr>
<tr>
<td>McLennan Park</td>
<td>901 Ottawa St. S.</td>
</tr>
</tbody>
</table>

#### Tennis Courts
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admiral Park</td>
<td>93 Roxborough Ave.</td>
</tr>
<tr>
<td>Belmont Park</td>
<td>285 Belmont Ave. W.</td>
</tr>
<tr>
<td>Budd Park Blvd</td>
<td>1111 Homer Watson</td>
</tr>
<tr>
<td>Kaufman Park (Closed for season)</td>
<td>104 Stirling Ave. S.</td>
</tr>
<tr>
<td>Heritage Park</td>
<td>30 Halifax Dr.</td>
</tr>
<tr>
<td>Country Hills Park</td>
<td>365 Country Hill Dr.</td>
</tr>
<tr>
<td>Eby Park</td>
<td>137 Holborn Dr.</td>
</tr>
<tr>
<td>Forest Heights C.I.</td>
<td>255 Fischer Hallman Rd.</td>
</tr>
<tr>
<td>Franklin Park</td>
<td>335 Franklin St N.</td>
</tr>
<tr>
<td>George Lippert Park</td>
<td>200 Weber St W.</td>
</tr>
<tr>
<td>Glendale Park</td>
<td>130 Glen Rd.</td>
</tr>
<tr>
<td>Highland Courts</td>
<td>120 Highland Rd E.</td>
</tr>
<tr>
<td>Margaret Avenue</td>
<td>325 Louisa St.</td>
</tr>
<tr>
<td>Montgomery Park</td>
<td>135 Montgomery Rd.</td>
</tr>
<tr>
<td>Notre Dame School</td>
<td>142 Rosemount Dr.</td>
</tr>
<tr>
<td>Stanley Park Senior Public School</td>
<td>191 Hickson Dr.</td>
</tr>
<tr>
<td>Sunnyside Public School</td>
<td>1042 Weber St E.</td>
</tr>
<tr>
<td>Weber Park</td>
<td>380 Frederick St.</td>
</tr>
</tbody>
</table>
One of our favourite winter traditions each year is working with the more than 350 community volunteers who help us build and maintain outdoor rinks in neighbourhoods across the community.

Every December through March, more than 30 outdoor rinks operate at our local schools and parks - providing fun and fitness to skaters of all ages. Outdoor rinks are open to the public between 9am-10pm.

Due to the COVID-19 pandemic, there may be some restrictions on winter rink offerings or capacity this winter. The following are projected sites but have not yet been confirmed. Please visit www.kitchener.ca/winterrinks for up-to-date information before visiting a winter rink.

<table>
<thead>
<tr>
<th>Place</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admiral Park</td>
<td>93 Roxborough Ave.</td>
</tr>
<tr>
<td>Belmont Park</td>
<td>285 Belmont Ave. W.</td>
</tr>
<tr>
<td>Bridgeport Community Centre</td>
<td>20 Tyson Dr.</td>
</tr>
<tr>
<td>Carl Zehr Square</td>
<td>200 King St. W.</td>
</tr>
<tr>
<td>Centreville Chicopee Community Centre</td>
<td>141 Morgan Ave.</td>
</tr>
<tr>
<td>Chandler Mowat Community Centre</td>
<td>222 Chandler Dr.</td>
</tr>
<tr>
<td>Cherry Park</td>
<td>Strange Street and Waverly Road</td>
</tr>
<tr>
<td>Country Clair Park</td>
<td>Country Clair at Pebble Creek</td>
</tr>
<tr>
<td>Country Hills Community Centre</td>
<td>100 Rittenhouse Rd.</td>
</tr>
<tr>
<td>Country Hills Public School</td>
<td>195 Country Hill Dr.</td>
</tr>
<tr>
<td>Crosby Park</td>
<td>191 Hickson Dr.</td>
</tr>
<tr>
<td>Forest Heights Community Centre</td>
<td>1700 Queens Blvd.</td>
</tr>
<tr>
<td>George Lippert Park</td>
<td>Weber and Louisa streets</td>
</tr>
<tr>
<td>Glendale Park</td>
<td>Rex Drive and Glen Road</td>
</tr>
<tr>
<td>Guelph Park</td>
<td>Guelph Street and Clifton Road</td>
</tr>
<tr>
<td>King Edward Public School</td>
<td>709 King St. W. (on Walter Street)</td>
</tr>
<tr>
<td>Lakeside Park</td>
<td>Lakeside Drive and Gatewood Road</td>
</tr>
<tr>
<td>Ludolph Park</td>
<td>Ludolph St and Seabrook Drive</td>
</tr>
<tr>
<td>Max Becker Commons</td>
<td>Max Becker Drive and Commonwealth Road</td>
</tr>
<tr>
<td>Meadowlane Public School</td>
<td>236 Forestwood Dr.</td>
</tr>
<tr>
<td>Mill-Courtland Community Centre</td>
<td>216 Mill St.</td>
</tr>
<tr>
<td>Morrison Park</td>
<td>Morrison Road</td>
</tr>
<tr>
<td>Pioneer Park Public School</td>
<td>55 Upper Canada Dr.</td>
</tr>
<tr>
<td>Pioneer Park West</td>
<td>40 Green Valley Dr.</td>
</tr>
<tr>
<td>Prueter Public School</td>
<td>40 Prueter Ave.</td>
</tr>
<tr>
<td>River Ridge Community Rink</td>
<td>600 Kiwanis Dr.</td>
</tr>
<tr>
<td>Salvation Army Church</td>
<td>75 Tillsley Dr.</td>
</tr>
<tr>
<td>Southbridge Public School</td>
<td>1425 Queen’s Blvd.</td>
</tr>
<tr>
<td>Stanley Park Community Centre</td>
<td>505 Franklin St. N.</td>
</tr>
<tr>
<td>Timberlane Park</td>
<td>Timberlane Crescent</td>
</tr>
<tr>
<td>Vanier Park</td>
<td>319 Vanier Dr.</td>
</tr>
<tr>
<td>Victoria Hills Community Centre</td>
<td>10 Chopin Dr.</td>
</tr>
<tr>
<td>Victoria Park</td>
<td>Jubilee Drive and David Street</td>
</tr>
<tr>
<td>Westmount Public School</td>
<td>329 Glasgow St.</td>
</tr>
</tbody>
</table>

**Seasonal Volunteer Opportunities**

**Outdoor Winter Rink Coordinator**

Connect with people in your neighbourhood and provide leadership (point person for the City; coordinate rink maintenance school; responsible for rink location bank account etc.) to a group of volunteers to create and maintain an outdoor rink for your neighbourhood to be utilized and enjoy during the winter months!

**Outdoor Winter Rink Volunteer**

Make a difference in your backyard by becoming one of our outdoor winter rink volunteers! Winter rink volunteers help maintain (shovel, flood and clear) the ice surface to provide your neighbours a place to skate or play hockey in the winter.
TEACH YOUR CHILDREN ABOUT FARMING

All of our programs are for children 2-12.
Programs are modified to be age appropriate, hands-on and sensory stimulating.

Our Fall Tour:
Discover Fall Harvest on the Farm

• This tour runs for an hour and half.
• Every tour includes a wagon ride, a visit with our farm animals, our favourite nut-free fall muffins, and a pumpkin craft for each of your students to take home.
• Come see the colours change with us and learn more about what goes on at our farm during a fall tour!

Our Spring Tours:
Chicks, Blossoms and Seeds

• This tour runs for an hour and a half.
• Every tour includes visiting the new baby animals at our farm, learning about blossoms, a wagon ride, delicious snacks and planting seeds in pots for each of your students to take home!

Farm in the City

• This tour runs for two hours.
• Bring your students to our self-sustaining farm and give them the opportunity to learn more about urban sustainable farming as well as environmental farming practices!
• Through hands on learning, students will gain an understanding of how cities and rural communities are connected and rely on each other.

Book your Farm Tour today through our website!

Maximum of 60 students per tour and the cost per student is $6.50. One adult per six students is included in the cost; additional adults are $6.50 each.

If you have any questions, please contact Emily at NutritionManager@SteckleHomestead.ca.
If you or someone you care for is living with a life-limiting illness, we are here to serve you!

- KW and Cambridge Day Programs
- Volunteer Visiting
- Transportation Services
- Complementary Therapies

To learn more, call us!

519-743-4114
www.hospicewaterloo.ca

---

FALL Check LIST

Gymnastics
Friends
FUN!
Check our website
for more details or up to date info

---

THIS WEEK

See upcoming activities & programming

kitchener.ca/thisweek

---

Join our Bereavement Walking Group

A chance for people who have lost someone due to illness, to walk with others who understand. Meet new people and learn how others have healed.

Weekly walks take place in KW from September to June.

For more information call: 519-743-4114
www.hospicewaterloo.ca
Early Childhood Education Centre (ECEC)
University of Waterloo
Your preschool child is invited to join us as we discover and learn together!
Morning and Afternoon programs available
2.5 to 4 years old

For further information about our program see our website at
www.psychology.uwaterloo.ca/ececc
519-888-4567 x33167

Morningside Montessori School
Come See the Difference!

Authentic Montessori Programs
- Toddler (16mo. - 3yrs.)
- Preschool (3yrs. - 6yrs.)
- Before & After Care available
- Hot meals & snacks included
- French included

REGISTER NOW!
for 2020-2021 Programs
www.morningsidemontessori.ca

Strong Start to reading™
"Making a difference in the life of a child"

Volunteer and Help a Young Child Learn to Read
Become a Strong Start to reading™ Volunteer Coach

"The long period out of the classroom will have affected literacy learning for many children. As a Strong Start Volunteer Coach, your gift of time can help these children recover from the impacts of the COVID-19 pandemic."
- Colette Moffat, Strong Start Director of Program

Your help is needed more than ever!
Children need your support after the impacts of the COVID-19 pandemic.
- Safely work one-on-one with a child in SK, Grade 1 or 2 in a school in our Letters, Sounds and Words™ program
- Play games to develop a child’s literacy skills
- All games and materials are provided
- Attend two, 2-hour training sessions – in-person or online
- Minimum time commitment 30 minutes/week for 10 weeks

To register for Volunteer Coach training, please visit strongstart.ca.

Strong Start® Charitable Organization is a Registered Canadian Children’s Charity #825948060RR0001

For more information: 519-743-9578
info@strongstart.ca | www.strongstart.ca

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Authentic Montessori Programs
- Toddler (16mo. - 3yrs.)
- Preschool (3yrs. - 6yrs.)
- Before & After Care available
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- Play games to develop a child’s literacy skills
- All games and materials are provided
- Attend two, 2-hour training sessions – in-person or online
- Minimum time commitment 30 minutes/week for 10 weeks

To register for Volunteer Coach training, please visit strongstart.ca.

Strong Start® Charitable Organization is a Registered Canadian Children’s Charity #825948060RR0001

For more information: 519-743-9578
info@strongstart.ca | www.strongstart.ca

Morningside Montessori School
Come See the Difference!

Authentic Montessori Programs
- Toddler (16mo. - 3yrs.)
- Preschool (3yrs. - 6yrs.)
- Before & After Care available
- Hot meals & snacks included
- French included

REGISTER NOW!
for 2020-2021 Programs
www.morningsidemontessori.ca

Strong Start to reading™
"Making a difference in the life of a child"

Volunteer and Help a Young Child Learn to Read
Become a Strong Start to reading™ Volunteer Coach

"The long period out of the classroom will have affected literacy learning for many children. As a Strong Start Volunteer Coach, your gift of time can help these children recover from the impacts of the COVID-19 pandemic."
- Colette Moffat, Strong Start Director of Program

Your help is needed more than ever!
Children need your support after the impacts of the COVID-19 pandemic.
- Safely work one-on-one with a child in SK, Grade 1 or 2 in a school in our Letters, Sounds and Words™ program
- Play games to develop a child’s literacy skills
- All games and materials are provided
- Attend two, 2-hour training sessions – in-person or online
- Minimum time commitment 30 minutes/week for 10 weeks

To register for Volunteer Coach training, please visit strongstart.ca.

Strong Start® Charitable Organization is a Registered Canadian Children’s Charity #825948060RR0001

For more information: 519-743-9578
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Carmel New Church School
Come and let us go up to the mountain of the Lord

- Ontario curriculum enriched with Christian values
- Smaller class sizes with low student-to-teacher ratios
- Strong music and arts program
- Spacious campus with outdoor, play-based, and experiential learning

519.748.5802
CarmelNewChurchSchool.org

Virtual After School STEM Clubs
Virtual Classroom Visits
Downloadable ESQ Activities and more!

esq.uwaterloo.ca | esqinfo@uwaterloo.ca

A partnership with the faculty of Engineering and Science

Join us this fall for Kids in the Kitchen – VIRTUALLY

For event details, visit KitchenerMarket.ca/KidsInTheKitchen
Word search

Oktobertfest


ACCORDION APRON AUTUMN BAVARIA BEER BEER NUTS BIERGARTEN BLOUSE BRASS BAND BRATWURST BUN CAROUSEL CONCORDIA COSTUME COWBELL DANCING DIRNLIN FEATHER FESTHALLEN FRIEDA FOAM GEMUTLICHKEIT GERMANY GLUHWEIN HANS HAT KEG LEDERNOSEN OKTOBERFEST PARADE PIN PINT POLKA PRETZELS PROST SAUSAGE SAUERKRAUT SCHNITZEL SINGING SKIRT SOCKS STEIN STRUDEL TANKARD TAP TENT VEST

ANSWERS FOUND ON PAGE 70
City of Kitchener volunteer engagement

CITY OF KITCHENER VOLUNTEERS

Ready to Join Our Team?
Here is how to get started

For any all volunteer opportunities please complete our online application at www.kitchener.ca/volunteer or to speak directly with staff responsible for winter rinks please contact Janice Ouellette; 519-741-2200 ext. 7169 or janice.ouellette@kitchener.ca

Health and Safety Measures in Place to Protect Volunteers

Protecting the health and safety of our volunteers, staff and our community is our highest priority. The City is moving cautiously to re-open facilities and resume valued programs and services. Safety measures will be put in place based on what is appropriate for each volunteer role and facility/location. Safety training will be provided to all volunteers, and personal protection equipment will be provided when required so volunteers can work safely. Applicants will have the opportunity to discuss safety measures with the volunteer placement supervisor as part of the intake process.

Seasonal Volunteer Opportunities

Outdoor Winter Rink Coordinator

Connect with people in your neighbourhood and provide leadership (point person for the City; coordinate rink maintenance school; responsible for rink location bank account etc.) to a group of volunteers to create and maintain an outdoor rink for your neighbourhood to be utilized and enjoy during the winter months!

Outdoor Winter Rink Volunteer

Make a difference in your backyard by becoming one of our outdoor winter rink volunteers! Winter rink volunteers help maintain (shovel, flood and clear) the ice surface to provide your neighbours a place to skate or play hockey in the winter.

Kitchener Youth Action Council (KYAC)

We meet virtually on Thursdays from 6-7:30 p.m., starting Oct. 15, 2020

Call 519-741-2200 ext. 5075, TTY 1-866-969-9994 or visit www.kitchener.ca/KYAC for more info.

ARE YOU TIRED OF THE NORM?

Kitchener Youth Action Council (KYAC)
We meet virtually on Thursdays from 6-7:30 p.m., starting Oct. 15, 2020

Call 519-741-2200 ext. 5075, TTY 1-866-969-9994 or visit www.kitchener.ca/KYAC for more info.
City of Kitchener Inclusion Services can offer a variety of programs, services and resources that include assistive devices, specialized programs, information and referrals, alternative formats and other communication support, the PAL card, leisure support through a volunteer or staff person and fee assistance for low income families.

**Need a Support Staff?**
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 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
- Have a disability that could affect the safe and successful enjoyment of themselves or others
- Require extra support at home for basic care such as feeding or toileting
- Are currently associated with a support agency or program

Inclusion 1:1 support staff and volunteers may be available to facilitate participation in all City of Kitchener recreation programs. A support staff comes at no cost to the participant, and may provide redirection, allow opportunities for sensory or emotional breaks, and assist with personal care. Upon request, we will do our best to arrange a 1:1 support worker for a participant to have them integrated successfully in a program.

For complete details on how to request support, please see page 77.

**Inclusion 1:1 Support Options**
Staff and/or volunteers may be available to provide 1:1 support and facilitate participation in all City of Kitchener recreational programs.

An Inclusion Membership is required to request support, visit [www.kitchener.ca/LeisureSupport](http://www.kitchener.ca/LeisureSupport) for details. Please register the participant requiring inclusion support into the appropriate session.

- **Fall 2020**: 57311
- **Winter Break 2020**: 57313

**Leisure Support Volunteers**
Consider becoming a Leisure Support Volunteer and make a valuable contribution to our community! To learn more, visit [www.kitchener.ca/supportvolunteer](http://www.kitchener.ca/supportvolunteer) or call 519-741-2200 ext.7229.

**Every Kid Counts**
Every Kid Counts is a program that provides children and youth with a disability access to additional support to attend City of Kitchener or City of Waterloo municipal summer camps. With extra safety precautions in place and a more limited offering of programs due to COVID, Every Kid Counts still saw over 55 kids have a safe and supported camp experience this summer!

This program would not be possible without donations from the community.

For more information on how to make a donation or request support please visit [www.kitchener.ca/everykidcounts](http://www.kitchener.ca/everykidcounts)

**PAL**
The PAL card allows individuals with a disability to be accompanied by a personal attendant so that 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](http://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 municipal programs, swim/skate tickets and memberships. Applications are available on-line.

For more information on this program please call 519-741-2200 ext. 7229 or visit [www.kitchener.ca/feeassistance](http://www.kitchener.ca/feeassistance).
Helping children to find ways to express themselves through creative activities, physical activity, social connections outside the home and establishing a routine will be our focus this fall.

Our programs and services will provide opportunities during the day for homeschoolers, afterschool and in the evening and weekends, allowing for parents to keep their children in their own social bubble and safely participating in programming that supports their mental health and physical well-being. As always, we look to provide a neighbourhood-based approach to program and service delivery to ensure access, neighbourhood connections and responsiveness to different needs and realities.

Virtual programming and alternative “do-it-yourself” options such as “Camp-in-a-box” will continue to support families who are not comfortable with in-person programming. Virtual programming including virtual camp, youth creative writing and our brand new virtual gratitude project will be open for registration at the end of September and will start the week of October 19. Fall season camp-in-a-box purchases will be available starting October 13 and Winter season boxes will be available for purchase starting Dec. 7.

**Drop and Dash – Half-day Camp**
**Fun for Homeschoolers**

Brighten your child’s day with this fun and interactive camp. This once a week half day camp will give children a chance to participate in fun physical distancing games, crafts and activities with other children their age in a safe and supervised setting - and give parents and guardians a chance to do your own thing! Our trained and first aid certified City of Kitchener staff will be facilitating the program and incorporating different themes each day. Take a break and get your child active and socially involved!

For ages 5-7 years and 6-9 years, 9:30am - noon or 1-3:30pm at a variety of community centres.

$75, 2.5 hours, once a week for 10 weeks, starting the first week of October

**Specialized Programming- Heart for Art**

Creative arts sparks children’s interest and contributes to their ability to think and imagine! With a focus on fun, imagination and creativity, Heart for Art is a welcoming program in which arts and crafts are combined with mentorship and support that fosters a sense of achievement and builds self-confidence. Participants are invited to explore their innate creativity and express themselves artistically (and make some pretty cool stuff). Join our staff as we explore different art mediums in this hands-on program led by experienced artists. All supplies are included as you create a different piece of art every day.

For youth 8-12 years, Wednesdays at Chandler Mowat Community Centre 3:30-5pm and Forest Heights Community Centre from 4-6pm.

$35 plus $5 program supply fee- for 8 weeks, starting October 26, 2020.

**Specialized Programming - Strings and Things Music program**

Music is universal and a powerful tool for expression, communication and even brain development. It goes beyond words, enables meanings to be shared and can influence our emotional, cognitive and behavioral well-being. Join us for this 8-week session where we try out different instruments, feel the power of singing together, learn a few basics about chords and strumming on a ukulele or guitar and learn from guest musicians as they share their talents. Also included will be musical games and activities to help develop listening and social skills through music. Public Health guidelines will be followed related to face masks, physical distancing and the cleaning of supplies and frequently touched surfaces.

For youth 7 - 12 years, Mondays at Chandler Mowat Community Centre, 3:30-5pm.

$35, once per week for 8 weeks starting Oct. 21, 2020

**Rent-a-Camp-Counsellor**

Rent a Camp Counsellor is a creative option that allows you to keep your children in their “social bubble” while providing them with a fun and interactive experience in a supervised and inclusive setting that adapts to the COVID-19 regulations. Sign-up a group of up to 10 children between the ages of 4-11, and let our staff entertain them for 2 fun-filled hours. We offer 5 different types of programming including nature*, arts, sports, STEM or variety. You select the location and date which works best for you, and we will meet you there with all of the resources and supplies needed! A great option for a special occasion, birthday or celebration!

Rent-a-Camp Counsellor is currently available on Tuesday mornings (10am - noon) at Williamsburg Community Centre, Saturday mornings (10am -noon) or afternoons (1 - 3 pm) at Bridgeport Community Centre and Saturday October 10, 24 or 31 (morning or afternoon) at Williamsburg Community Centre. *Nature programming is only offered outside at Huron Natural Area.

$60 for entire group for 2 hours. First booking available October 5, 2020.

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Content may change after Active Kitchener is printed. For the most up-to-date program and activity information, visit www.kitchener.ca/activenet
Building Youth Leadership Development

Leadership development means building self-confidence, developing problem-solving and communication skills and learning how to work with others. Similar to the summer BYLD program, youth between the ages of 12 -15 are invited to register for this 5 session leadership development program that will include guest speakers, workshops and discussions on leadership qualities and skills. The program will conclude with three tangible leadership opportunities (*with physical distancing) in a City children services program (1-2 hours per week for 3 weeks). Obtain high-school community service hours while gaining knowledge and transferable skills that will benefit you for years to come. Employers look for programs like our Youth Leadership Development program on resumes when hiring young people - another great reason to consider making our program part of your fall plans.

For youth 12-15 years, Mondays at Country Hills Community Centre, 4-6pm; Tuesdays at Chandler Mowat Community Centre 4-6pm; or Wednesday at Centreville Chicopee Community Centre, 4-6pm.

$48 for 5 weeks and 3 experiential leadership sessions, starting Oct. 13, 2020

Homework (and Fun) Club

Now that the school year is underway, some families may find that they are challenged by strategies around kids’ schedules and dealing with homework. Remote learning can be a challenge and not something every parent or guardian can assist with. Let our young tech savvy youth staff help! Homework Club is a chance to get support and guidance with school work in a safe and supportive and inclusive environment. Not only will our leaders help with homework, but they will also have some fun club activities planned as well through which students will develop their teamwork, communication and social skills. Join the club and get the work done and have some fun.

For youth 12-17 years, Tuesdays at Forest Heights Community Centre, 4-6 pm; for youth 10-15 years Wednesdays at Doon Pioneer Park Community Centre, 4-6pm.

$48, 2 hours once per week for 8-weeks starting Oct. 20 or Oct. 21, 2020

Skills and Drills- Basketball Fundamentals

Starting with the basics and progressing to more complex skills, (dribbling, shooting, passing, etc.) each week will have a different focus to help grow your basketball skills. This program will incorporate public health guidelines around COVID-19 safety measures. Each ball player participant will have their own ball (i.e. not sharing of equipment) will be assigned to an individual net (basketballs can be provided). Drills will be organized on an individual basis, to ensure compliance with physical distancing safety measures. There is no game play happening in this program. This is an opportunity for your teen to brush up on or develop their basketball skills.

For youth 12-15 years, Mondays at Centreville Chicopee Community Centre, 6-8pm; Tuesdays at Country Hills Community Centre, 6-8pm; Wednesdays at Forest Heights Community Centre or Chandler Mowat Community Centre, 6-8 pm and Thursdays at Doon Pioneer Park Community Centre, 6-8pm.

$40, 2 hours once per week for 10-weeks starting Oct. 7, 13, 15, or 19, 2020

Skills and Drills- Intermediate Basketball

Being physically active is also a great way to boost mental health. This basketball program will be a good outlet for youth to get physically active and to reduce their levels of stress, anxiety, etc. This program is ideal for youth wanting to develop their basic basketballs skills to an intermediate level, who have already participated in fundamentals basketball program or have some experience with basketball and feel ready to begin intermediate training. In the intermediate program, socialization will be a focus when developing as a player. Being a constructive part of a team is crucial when playing the game of basketball. During this time of COVID, we might not be able to play a “normal” game of basketball, but we can learn transferable skills of leadership, relationship building, etc.

For youth 12-16 years, Fridays at Chandler Mowat Community Centre, 6-8pm.

$40, 2 hours once per week for 10-weeks starting Oct. 13, 16 or 19, 2020.

Kitchener Youth Action Council (KYAC)

We are a group of volunteers who are tired of the norm and want to do something about it. KYAC is open to local youth who are between the ages of 14 and 24. Any young person can join at any time. Don’t worry if you don’t have any experience, we are all here to help and learn together. We meet Thursday nights virtually starting Oct. 15.

For more information, please call 519-741-2200 x 5075 or contact youth@kitchener.ca
Boggle

Play on your own or with a friend or family member!

- Find connecting/adjacent words horizontally, vertically, or diagonally.
- No skipping or jumping letter tiles when forming a particular word.
- No letter tile can be used more than once in the same word.
- No slang or abbreviations allowed.
- No proper nouns allowed.
- Words must have a minimum of 3 letters. Words with less than 3 letters are not awarded any points.
- Variations of a word with the addition of prefix, suffix, or plurals are allowed.
- Only words found in an English dictionary are allowed.
- Invalid words are struck off and not considered for scoring.

Word list

Scoring
3 and 4 letter words - 1 point
5 letter word - 2 points
6 letter word - 3 points
7 letter word - 5 points
8 or more letter word - 6 points

ANSWERS ON PAGE 71
The City of Kitchener is home to an active community of older adults. Throughout the year, programs, services, and events take place at community centres and other facilities across the city, giving seniors opportunities to connect with other participants. The City’s Older Adult Services team is made up of dedicated staff members committed to providing services for the well-being of seniors, with programming that fosters physical and emotional health and social connections. While City facilities spaces are limited and physical distancing recommendations still exist, staff are available to support older adults during this time. To learn about programs and services for seniors, call 519-741-2916, or visit kitchener.ca/seniors. Updated-to-date program information can be found at www.kitchener.ca/activenet.
Keeping Seniors Connected While Apart

What is Kitchener Connections?
Kitchener Connections is an interactive, telephone-based, social and recreational program that aims to keep older adults active and engaged in their community from the comfort of their own home. Group based activities are offered at no cost to participants and include: educational presentations, games, wellness programs, musical entertainment, discussion groups

Program Registration
• For more information or to register for Kitchener Connections call (519) 741-2382
• Registration is simple and only requires participants to complete a simple intake form over the phone
• Registered participants are welcome to sign up for one or more daily program sessions offered throughout the week

Who should Join?
• Adults age 55+
• Individuals experiencing:
  • Social Isolation
  • Loneliness
  • Boredom
• Older Adults looking for social connections

Program Benefits
• Creates a connection to the community and the development of friendships
• Provides opportunities for social participation
• Promotes mental and physical health
• Contributes to well-being and quality of life
• Provides opportunities for lifelong learning

Teleconferencing
• Teleconferencing is a telephone meeting that allows more than two people to join in a conversation using a toll-free number
• No special equipment is needed—just your regular phone
• Each session lasts 30 minutes
• Participants can hear and talk with one another

Programs and ongoing groups
Select older adult programs and ongoing groups will be gradually reopening in late September with, structured, pre-registered programming. All programs offered will be modified to comply with public health guidelines and Provincial restrictions, including physical distancing, group size restrictions and staggered start times. Programs and details will be advertised bi-weekly through Active at Home, and ActiveNet. For more information call 519-741-2382 TTY 1-866-969-9994 or CommunityServices@kitchener.ca
CELLSPELL

The shaded (O) and the six letters surrounding it spell BROWSER which matches one of the clues below.

Find the remaining six, 7-letter words from the clues below. The letters do not have to touch, but must be a part of a seven celled cluster.

The center letter of each word has been shaded to help start the game.

CLUES

- Web Search Window
-Clickable Links
-Digital Photo Equipment
-Online Chatting
-Educational Programs
-Retaining Digital Information
-Bookmarked Pages

ANSWERS ON PAGE 72
While we all have adapted to a new normal, the quality of city services hasn’t changed. Kitchener is a caring and compassionate community with dedicated workers and volunteers who take public service seriously.

We’re showing how Our City Serves: the people who take pride in delivering important services that residents and businesses have depended on throughout the pandemic. You matter to us, because like you, we care about our city.

NICOLE LICHTY, CEMETERY CLERK

The COVID-19 pandemic has been hard on all of us. For families who have experienced a loss, this time can be especially difficult.

Kitchener Cemeteries has continued to provide support and guidance for grieving families during the pandemic. These services include helping families to choose a final resting place for their loved ones and working closely with funeral homes to arrange graveside services.

Nicole Lichty and her teammates have been dedicated to providing families with the opportunities they deserve to honour and commemorate loved ones.

“Planning funeral arrangements for loved ones who have passed can be overwhelming, so it feels good to be able to make this process easier for families,” Lichty said. “I think it’s imperative that families are still given the opportunity to honour their loved ones during this time to ensure they have the opportunity to grieve and mourn their loss.”

Evolving safety guidelines meant families have had to grieve differently during the pandemic. Cemetery staff have worked hard to ensure every family has had a meaningful and safe experience.

“We are all working towards the common goal of best serving each family so that they know and trust that we will continue to care for their loved ones in the years to come.”

To learn more about the services offered by Kitchener Cemeteries, visit kitchenercemeteries.ca
“Planning funeral arrangements for loved ones who have passed can be overwhelming, so it feels good to be able to make this process easier for families...”
Pumping station maintainers are one of the unseen heroes of our city, but the results of their hard work are enjoyed by every resident every single day.

Dennis Dechert is part of a team of six that work around the clock to ensure quality water is safely delivered to every home and business in Kitchener. They maintain 22 wastewater pumping stations across the city. These facilities ensure we have safe and clean water every time we turn on the tap for a drink of water, to run the laundry machine or take a shower.

“Most of our satisfaction is just to know that things are humming along, and the city can carry on the way it expects to,” said the 20-year veteran. “It’s rewarding when the citizen is right in front of you and you can help solve their problem.”

Pumping station maintainers are all on-call and often work after-hours to fix any issues at the facilities. Sometimes, staff also get called to save feathered friends in distress. Residents often notify the City of ducks trapped in catch basins. That’s where Dechert comes in.

“If we can get there and rescue them, it gives you kind of a warm fuzzy feeling,” he said. “It’s a feel-good thing for the citizens and for us.”

Pumping station maintainers don’t wear fancy capes, but when duty calls, our community can count on them to be there.

Local small businesses have faced many challenges during the pandemic. They help drive our economy, create jobs, and provide valued services and products to our community.

Local shopkeepers, restauranteurs, bakers, makers, artists and entrepreneurs who choose to “Make It Kitchener” play meaningful roles and the City of Kitchener has been there every step of the way.

In partnership with the Waterloo Region Small Business Centre, staff have been providing one-on-one support for entrepreneurs to ensure they’ve been able to access the best possible resources available for success moving forward.

Marzena Rachwal is part of that effort as a Downtown Development Assistant. “Small businesses are important to the economic and social fabric of our society, and we all play a vital role in their survival,” Rachwal said. “The presence of small businesses in our local community helps create jobs and foster the next generation of entrepreneurs.”

Staff have been providing advice about financial relief, rent assistance programs, personal protective equipment and adapting to a new business climate.

“The Economic Development team mobilized and collaborated with many amazing people to support small businesses, artists, developers, residents, and the community.”

For more information about COVID-19 economic support and recovery programs for small businesses, visit Kitchener.ca/Business.

You may have heard Martina Bremmers on the other side of a call to the City of Kitchener. A representative with the Corporate Contact Centre, she’s one of the first people residents reach when they call the customer service line.

The contact centre responds to inquiries residents have from parking, property standards, to blocked catch basins. Contact centre representatives work around the clock addressing the needs of residents.

“My personal reward is knowing that I have done the best of my ability to help a fellow resident of Kitchener with concerns and any issues they might be having,” Bremmers said.

Quality customer service is important for Bremmers and her teammates. Representatives are committed to ensuring citizens are heard and pointed in the right direction. “It is so rewarding to get a heartfelt ‘thank you’ at the end of a conversation,” she said.

The COVID-19 pandemic is constantly evolving and new information is always being released. Bremmers works hard to stay up-to-date on the City’s response to the emergency to supply the latest information to residents. “We take pride in our jobs and it’s such a good feeling to be able to assist or on occasion just talk to people who are having a tough time,” she said.

The Corporate Contact Centre is available 24 hours a day, 7 days a week by calling 519-741-2345, or emailing info@kitchener.ca.
The impacts of COVID-19 continue into the fall programming season. Due to physical distancing requirements, some programs will have smaller registration sizes and others will be offered online. Take a look below to see some of the changes to a number of the City of Kitchener’s most popular programs.

While physical distancing requirements remain in place, the City of Kitchener is committed to keeping residents connected and active with free resources. Visit Kitchener.ca/ActiveAtHome to find everything from exercise videos and online activities for kids to gardening tips and supports for seniors.

The City of Kitchener’s ‘learn to swim’ programs will be a little different this fall. All class capacity will be set to 4 • Parents must provide in water support for their child up to successful completion of level H • Levels are combined to offer greater options • All lessons, except for the infant and toddler programs, will last 45 minutes • Three, four-week sessions began in Sept. and run into Dec., unless otherwise notified For more information and to register, visit Kitchener.ca/Pools

If you live in Kitchener, you live near a community centre. 14 centres are spread across our city, typically offering a wide range of programs and services for all ages and abilities. Find the centre closest to you and discover the options recently made available, like personal access computers, social programs, and our new ‘Book Your Bubble’ program; providing residents with the opportunity to book gym time for up to 10 people and bring their own equipment. All programming, including drop-in programming, will require registration through ActiveNet. Visit Kitchener.ca/CommunityCentres

Known for the great selection and quality available at the Saturday Farmers’ Market and the delicious, international meal options in the Food Hall, the Kitchener Market also hosts an excellent variety of Marketplace classes that include cooking demonstrations and DIY fun. When COVID restrictions challenged in-person gatherings, these classes moved online and that continues this fall. Cooking classes are posted on Wednesdays at 7 p.m., Sundays at 2 p.m. and the family-friendly virtual Kids in The Kitchen class goes live on Saturdays at 10 a.m. Join at the scheduled time or enjoy it later, on your own time. To learn more about what’s happening at the Kitchener Market, visit Kitchenermarket.ca/Calendar

One of the best ways to explore and truly experience our community is by walking through our neighbourhoods and visiting the iconic places that have helped shape our city. Self-guided tours allow you to learn about our rich history, vibrant culture, great diversity and modern amenities – at your own pace and on your own schedule, all while keeping control of who is in your group. Visit Kitchener.ca/WalkingTours to find helpful maps and info to assist you on tours around the city. Choose from any of the following self-guided tours:

- KITCHENER CITY HALL • DOWNTOWN WALKING TOUR • INDUSTRIAL ARTIFACTS • MOUNT HOPE CEMETERY • VICTORIA PARK HERITAGE DISTRICT • ST. MARY’S HERITAGE DISTRICT • UPPER DOON HERITAGE DISTRICT • CIVIC CENTRE HERITAGE DISTRICT
HARVEST YOUR FALL FAVOURITES

#MARKETLOVE

FARMERS’ MARKET & FOOD HALL

OPEN SATURDAYS 7 a.m.–2 p.m.

300 King St E
kitchenermarket.ca
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. It’s a difficult time right now for artists locally and around the world. Please visit page 4 for a list of galleries open during the COVID-19 pandemic and call ahead, or visit the website, to confirm hours.

Go to kitchener.ca/artsandculture for updates on venues, galleries and spaces and to see how our levels of government are supporting the arts during this time.
2020 Artist in Residence, Behnaz Fatemi: The Pegman Project

In the spring, just as the pandemic broke out, Behnaz was beginning her residency. She quickly pivoted her original proposal of delivering clay workshops to the community, to one that respected the new social distancing measures, without sacrificing the experience of the medium, creativity and community building. Volunteers received an art kit with the necessary supplies to make a small sculpture: the Pegman. Individuals of all ages had a chance to express their feelings about immigration and explore the healing properties of clay. Thank you to Artshine (www.artshine.ca ) who partnered with Behnaz to safely distribute the art kits. A third of the participants of this project were at-risk youth living in local shelters including teen-mothers. A kid’s Artshine in a Box project was also donated along with the Pegman Project where needed. If you missed the opportunity to receive an art kit, and have some modelling clay, you are welcome to watch a tutorial to make your own Pegman at www.kitchener.ca/air

Don’t forget to take a picture and send to Behnaazfaatemi@gmail.com or tag it on Instagram @behnaz_kair2020

She will continue to explore additional opportunities to engage our awesome residents in 2020, so be sure to check www.kitchener.ca/AIR for upcoming events and a full description of her residency theme.

City hall is home to two art galleries

The Rotunda Gallery and Berlin Tower ARTSPACE typically feature free, monthly exhibits of local artists. Both are currently closed due to COVID-19 precautions. For updated information and links to artists we’ve worked with, visit the galleries’ websites:

www.kitchener.ca/rotundagallery
www.kitchener.ca/berlintowerartspace

The Homelessness Memorial: Between a Rock and a Hard Place

This fall, a new artwork will be installed in Vogelsang Green, downtown Kitchener, as part of the city’s public art collection and the Queen Street Placemaking Plan. The sculpture – featuring a bronze backpack on a sandstone - is a community collaboration initiated by Suzi Gursoy, a Kitchener resident with lived experience of homelessness. With the support of local agencies and through the love of her friends and family, she overcame significant barriers. Suzi’s hope is that this memorial by artist Ernest Deatwyler, will create space to remember those we have lost and remind us that we must continually strive towards a world where homelessness no longer exists.

2020 Youth Video Competition Winners’ Unveiling

For the last ten years, youth ages 12-25 have submitted short films to the contest. Typically, winners have been announced at a public, live gala at the Kitchener Public Library. This year, the city along with our partners KPL and the Grand River Film Festival, are inviting our communities to join us for a virtual unveiling of the winning selections happening in October 2020. Be sure to check www.kitchener.ca/youthvideocomp for the exact date, time and other details!

DTK Art Interventions

Have you visited Downtown Kitchener lately? Thanks to the initiative of the Downtown Kitchener Business Improvement Area, a partnership with the Kitchener-Waterloo Art Gallery, and support of local building/business owners, murals created by local artists have been installed in many spots throughout downtown including Hall’s Lane and the East-End. An art walk booklet featuring these new artworks and already existing public art, will be available in printed and digital formats. Whether you are walking, cycling or driving, be sure to take in the new sights!

Find out more information on:
www.downtownkitchener.ca
@dtkitchener on twitter

For information on all Arts and Culture programs, committees and projects:

Karoline Varin, Program Assistant, Economic Development, Arts & Creative Industries, City Hall
519 741-2200 ext. 7912
karoline.varin@kitchener.ca
Meet the cover artists, Sandy + Steve

Husband and wife team, Sandy + Steve Pell collaborate on engaging, large-scale custom mural projects under the name PELLVETICA. They’ve found a delightful balance in marryng their independent experiences and artistic styles in graphic design, illustration, and photography.

The duo’s high-contrast, artistic style is the outcome of combining an underlying, logical grid system with an intuitive, organic pattern overlay. In doing so, they’re searching for order contained within chaos. No one line is more important than any other; all lines work together to create the whole experience. Ultimately, their goal is to paint walls that cause viewers to experience moments beyond words.

PEL LVETICA’s works can be seen both locally and abroad. The two have collaborated with multiple global brands, including Adobe, Google, Boeing Canada, Allianz Canada, Hootsuite, Clearly, Free People, Royal Canadian Mint, City of Vancouver, City of Kitchener, City of Guelph, The Art of Home, Chronic Ink, New York Parker Residences, L.A. Care Health Plan, and others. Their works have received multiple accolades, including Top 10 of the World’s Coolest Offices, Top 10 Coolest Offices in Canada, and SHINE Awards of Excellence. In 2017, the two were also selected by Lürzer’s Archive as the Top 200 Best Illustrators Worldwide.

Website: www.pellvetica.com
Instagram: www.instagram.com/pellvetica
Behance: https://www.behance.net/Pellvetica
Take THEMUSEUM wherever you go!

THEMUSEUM+ is THEMUSEUM that you know and love outside of 10 King St West. THEMUSEUM+ is a new kind of museum experience. A museum in your home, in the classroom, at the bar, in the park, with your friends. THEMUSEUM+ offers diverse experiences wherever you are.
DISCOVER THE LOVE OF DANCE

WE’RE OPEN!

- Social Distancing in all our studio spaces
- Studio Cleaning between each class
- Recreational and competitive classes
- Friendly instructors with professional qualifications
- Classes for all ages and abilities (preschoolers to adult)
- We offer Ballet, Acro & Irish grade exams!
- Private & Semi Private Lessons Available in Studio and Online
- Newly Renovated Studio Space!

View our classes at tdckw.ca

REGISTER NOW

ONLINE REGISTRATION @ www.tdckw.ca

We’re happy to answer all your questions. Contact us so we can help you choose the perfect class to suit your dancing needs. Register online

133 MANITOU DRIVE, KITCHENER Parking and entrance at the back of the building

Samantha Paul, Director - DMA, DMC

CONTACT US info@tdckw.ca 519-744-2524
Explore your Creativity at KWAG!

**Sensory Friendly Saturdays**
First Saturday of every month
10 am–12 pm
Next dates: 7 Nov & 5 Dec
Lower light and volume levels in the lobby and exhibition spaces during these hours make KWAG more accessible and enjoyable for individuals living with autism and others who require or prefer environments with less stimuli.

**Family Sunday**
1 Nov & 6 Dec, 1–4 pm
Free admission  |  All ages welcome
Visit kwag.ca for more information.
Sponsor: Equitable Life  |  *Equitable Life of Canada*

**Art Explorations – Under the Sea**
Tuesdays, 27 Oct-17 Nov
4 pm  |  $50  |  Ages 7-11
Learn how to use a variety of mixed media to create artworks inspired by life under the sea.

**Youth Council**
Every other Tuesday, 22 Sep-15 Dec
4 pm  |  Ages 14-21
Join a dynamic group of local youth inspired to make art and connect with like-minded peers. Youth Council sessions will be hosted virtually on Zoom. Contact Education Coordinator, Stephanie Clinton, at sclinton@kwag.on.ca for more information.
Sponsor: TD Bank Group
A great way to improve your own abilities, learn new recipes and have fun with family and friends!

> All videos can be found on the City of Kitchener’s Facebook page.

Join our MARKET CHEFS at the posted time or watch on your own schedule.

**HAVE A JUNIOR CHEF IN TRAINING IN YOUR HOME?**

Don’t miss Kids in The Kitchen classes every Saturday!

> Recipes are posted in advance to give you time to grab everything you’ll need.

**VIRTUAL COOK LIKE OMA** Saturday, Oct. 10 at 10 a.m.

Celebrate Thanksgiving and Oktoberfest from the comfort of your home! Learn to make delicious schnitzel, cabbage rolls and more with Chef D and special guest, Miss Oktoberfest, live streamed from the Kitchener Market.

KitchenerMarket.ca/Calendar

**SEARCHING FOR ANCESTORS**

CYNTHIA JONES

Family History Researcher

Free 1 Hour Consultation • Reasonable Rates

No project is too small

Phone: 519-888-9766

solvingthepuzzle@outlook.com

**tammy’s**

Voice Studio

Offering Virtual Instruction During Covid
30 to 60 minutes lessons

“Tammy is a great colleague and teacher!”
Bethany Hörst, MMus
Voice Faculty,
Western University

“I wouldn’t be the same musician I am today without Tammy’s influence and expertise!”
A.J. Bidel, Lauren in Kinky Boots (Mirvish), Anne Shirley in Anne of Green Gables. (Charlottetown Festival)

Tammy Rogerson, HB, Mus. Honours, B.Ed. ARCT
Vocal Teacher & Choral Director, Eastwood Collegiate Integrated Arts Program, 2009-2020

Tammy’s choirs received municipal, provincial, and national recognition. Her voice students can be found on stage with Mirvish Productions, Drayton Entertainment, KWMP, Sheridan & Randolph Colleges, Western & Laurier Universities, and in classrooms & studios across the province.

tammyrogerson@gmail.com
Virtual Cook Like Oma!

Saturday, Oct 10 at 10 a.m.
Learn to make delicious schnitzel, cabbage rolls and more with Chef D and specials guests.

KitchenerMarket.ca/Calendar
At the time of publication, most City-run recreation facilities, including indoor pools, are open and following provincial and regional COVID-19 guidelines. Plans are in place to offer modified hours and limited, registered in-person activities and programming for the fall and winter months at many of these locations. If you are choosing to take part, please make sure to follow all current bylaws. Updated information can be found at kitchener.ca/covid19

During this time, some residents are returning to in-person activities while others are still staying at home. You can stay active either way by registering for an in-person activity or program, or by finding online options and following along in your space and on your time. The benefits of sport extend to people of all ages and interests. Staying active can increase both physical and mental health, can build connections with other people and build self-confidence. The following pages highlight some of the ways you can stay active as well as a listing of our facilities. Updated-to-date program information can be found at www.kitchener.ca/activenet
What's new in aquatics?

City staff were happy to be able to reopen pools during July and August, following guidance from the Province of Ontario. We are now even more excited to be able to welcome residents back for swim times and for fall programming! Registered swim times are currently being offered at Breithaupt Centre Pool (BRC), Forest Heights Pool (FHP), and Lyle Hallman Pool (LHP).

Important information about your visit

Visitors under the age of 18 must be accompanied by someone 18+ who will be responsible for ensuring physical distancing for members of their group. Temporary safety measures are in place to comply with Waterloo region Public health guidelines. They include:

- Swim times will be limited to 45-60 minutes in the pool
- Access to showers, change space, washrooms, hair dryers and drinking fountains will be limited during your visit.
- Where possible shower at home before and after your visit.
- Come dressed for bathing.
- Lockers will not be available. Bring a bag for your belongings while in the pool. You will be directed to bring your belongings to designated areas on the pool deck.
- Pool equipment will be limited. If you need equipment for support or training purposes, please bring it from home. Pool toys will not be permitted.
- Some amenities will remain closed including slides and diving board.
- Pool programs reopening will be lane swims, aquafitness, adult swims and family swims.
- Please respect the signage and directions from staff.

The Learn To Swim programming returns this fall with sessions being offered at each pool from September to December. Sessions run for four weeks each. Registration is expected to open for sessions 2 and 3 on Oct. 5.

To register visit kitchener.ca/SwimmingLessons. Some changes to the Learn To Swim program include:

- Class capacity will be set to 4
- Parents must provide in-water support for their child up to successful completion of level H
- Some swim levels will be combined to offer greater options
- All lessons, except for the infant and toddler programs, will last 45 minutes
- Three, four-week sessions began in September and will run into December, unless otherwise indicated.

City of Kitchener Aquatic Leadership Course Changes

The following COVID-19 procedures will be in place for all City of Kitchener aquatic leadership courses and recerts taking place Fall 2020.

Online component to courses – All leadership courses will have an online component as well as an in-pool portion. Participants must be available for 100% of the online and pool times.

Bubble buddies required for all courses and recerts - All candidates must bring a bubble buddy with them to all in-pool portions to be their victim. The bubble buddy can be a family member or someone else in their social bubble. Each candidate must have a bubble buddy with them for all pool sessions however it does not have to be the same bubble buddy throughout the entire course. The bubble buddy could be another family member also taking the same course. Bubble buddies must be comfortable in deep water.

Content may change after Active Kitchener is printed. For the most up-to-date program and activity information, visit www.kitchener.ca/activenet
## City of Kitchener aquatics

### National Lifeguard course

**Note – Swimmers must bring a bubble buddy to be a victim for all pool times listed.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>October 16-18 &amp; 23-25</td>
<td>Fridays 7-10pm</td>
<td>Breithaupt Pool</td>
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<tr>
<td></td>
<td>Saturdays 9-1pm</td>
<td>Breithaupt Pool</td>
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<td>Sundays 9-1pm</td>
<td>Breithaupt Pool</td>
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<tr>
<td>November 6-8 &amp; 13-15</td>
<td>Fridays 7-10pm</td>
<td>Breithaupt Pool</td>
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<tr>
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<td>Saturdays 9-1pm</td>
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<td></td>
<td>Sundays 9-1pm</td>
<td>Breithaupt Pool</td>
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<tr>
<td>November 27-29 &amp; Dec 4-6</td>
<td>Fridays 7-10pm</td>
<td>Breithaupt Pool</td>
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<tr>
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<td>Saturdays 9-1pm</td>
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<td></td>
<td>Sundays 9-1pm</td>
<td>Breithaupt Pool</td>
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</tbody>
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### Swim Instructors course

**Note – Swimmers must bring a bubble buddy to be a victim for all pool times listed.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>October 30-Nov 1</td>
<td>Friday 7-10pm</td>
<td>Breithaupt Pool</td>
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<tr>
<td></td>
<td>Saturday 9-1pm</td>
<td>Breithaupt Pool</td>
</tr>
<tr>
<td></td>
<td>Sunday 9-1pm</td>
<td>Breithaupt Pool</td>
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<tr>
<td>November 20-22</td>
<td>Friday 7-10pm</td>
<td>Breithaupt Pool</td>
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<tr>
<td></td>
<td>Saturday 9-1pm</td>
<td>Breithaupt Pool</td>
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<tr>
<td></td>
<td>Sunday 9-1pm</td>
<td>Breithaupt Pool</td>
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</table>

### Standard First Aid and CPR-C course

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>November 7 &amp; 8</td>
<td>Saturday and Sunday</td>
<td>Lyle Hallman Pool 9-6pm</td>
</tr>
<tr>
<td>November 21 &amp; 22</td>
<td>Saturday and Sunday</td>
<td>Lyle Hallman Pool 9-6pm</td>
</tr>
<tr>
<td>December 12 &amp; 13</td>
<td>Saturday and Sunday</td>
<td>Lyle Hallman Pool 9-6pm</td>
</tr>
</tbody>
</table>

### Age of Certification change

The Lifesaving Society Canada is adopting 15 years as the minimum age prerequisite for certification as a Swim Instructor, Lifesaving Instructor, or National Lifeguard. Candidates must be at least 15 years of age as of the final day of the course.

This is a national change in these national awards. In Ontario, the change to 15 years is effective July 1, 2020.

This change is the result of two years of thoughtful consultation with the Society’s affiliate members, leadership personnel and Area Chairs. We thank them for their hard work.

The time is right. In an era of chronic staff shortages in aquatics, this change means more candidates can participate in the certification training they need for employment earlier than ever. And it means employers can tap into a larger talent pool too and begin staff recruitment efforts earlier.

In the discussions about age as a determinate of success, it was recognized that age is only one factor among many including physical, cognitive and emotional maturity that determine successful outcomes. There was consensus that the Society’s competency-based evaluation system (e.g., the Must Sees) is, in the end, a more useful and objective measure of success.

The Society’s minimum age for certification has no impact on the minimum age for employment for instructors and lifeguards (16 years) established by the Ontario government in Regulation 565.

### Extension of Award Currency

To support the re-opening of Ontario’s aquatic facilities, the Lifesaving Society Ontario is extending until October 1, 2020 the validity of awards needed by instructors and lifeguards for employment. This extension:

- applies only to awards that expired after March 1, 2020.
- includes Bronze Cross, National Lifeguard and Wading Pool Attendant, Instructor, Examiner and Trainer leadership certifications.

WSIB has extended the validity of Emergency First Aid and Standard First Aid certifications until December 31, 2020. Ergo, this extension applies to Lifesaving Society EFA and SFA certifications.

Aquatic employers and employees do not need to take any action to qualify for the extensions. The Society will not reprint certification cards.

### National Lifeguard recerts

**Note – Swimmers must bring a bubble buddy to be a victim.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 10</td>
<td>Saturday 5-9pm</td>
<td>Breithaupt Pool</td>
</tr>
<tr>
<td>December 12</td>
<td>Saturday 5-9pm</td>
<td>Breithaupt Pool</td>
</tr>
<tr>
<td>December 13</td>
<td>Sunday 5-9pm</td>
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</tr>
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### Standard First Aid and CPR-C recerts

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 1</td>
<td>Sunday 9-6pm</td>
<td>Lyle Hallman Pool</td>
</tr>
<tr>
<td>November 15</td>
<td>Sunday 9-6pm</td>
<td>Lyle Hallman Pool</td>
</tr>
<tr>
<td>November 28</td>
<td>Saturday 9-6pm</td>
<td>Lyle Hallman Pool</td>
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<tr>
<td>December 5</td>
<td>Saturday 9-6pm</td>
<td>Lyle Hallman Pool</td>
</tr>
</tbody>
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City of Kitchener indoor pools

**Breithaupt Pool**

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

Wheelchair Accessible: Yes
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**

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

**Cameron Heights Pool remains closed.**
Cameron Heights Pool is owned by the Waterloo Region District School Board (WRDSB) and is operated by the City of Kitchener. WRDSB has adopted a phased approach to reopening of board facilities with indoor facilities, like Cameron Heights Pool, remaining closed to rentals and public use until further notice.

**Forest Heights Pool**

*253 Fischer Hallman Road • 519-741-2493*

Wheelchair Accessible: Yes
Special Attributes:
- Warm water pool
- Family change room

Capacity:
- Main Pool - 230, Leisure Pool - 50

**Lyle Hallman Pool**

*Located in the Grand River Recreation Complex*
*600 Heritage Drive • 519-741-2670*

Wheelchair Accessible: Yes
Special Attributes:
- Family change area
- Warm swirl pool
- Private shower stalls

Capacity: 175
What’s new in aquatics?

The City of Kitchener normally operates 4 indoor pools year-round, with an additional 4 outdoor pools during the summer months. At the time of publication, outdoor pools have been closed for the season and 3 indoor pools are open for registered programming; Breithaupt Centre Pool, Forest Heights Pool, and Lyle Hallman Pool. Open pools are offering limited, registered in-person programming and swim times that are in line with current provincial and regional COVID-19 guidelines. All program and class information provided in this edition of Active Kitchener are accurate as of the publication date. For updated information, please visit www.kitchener.ca/pools

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) 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 family swims on Saturdays and Sundays. Regular admission rates apply. Parents of children under 7 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.

City of Kitchener learn to swim
The following COVID-19 procedures will be in place for all City of Kitchener swim lessons until COVID-19 is no longer present in our community or a vaccine has been found.

Learn to swim sessions:
For the fall session we will be offering three 4 week family style learn to swim sessions.

Family style lessons:
1 parent or a caregiver from the social bubble must be present and in the water for all pool lessons level Level A to level H. Levels B-Level H will be combined as per the Level 1, 2, and 3, into 45min lessons. This support person must be comfortable in the water and able to actively participate in the learning journey. A parent/caregiver can safely support a maximum of 1 child per lesson. Children in level I-N can attend lessons on their own.

Maximum capacities – The maximum capacities for all lessons has been set at 4 children.

Families unable to attend swim lessons this fall are welcome to register for family swims.

Tips for a successful pool visit:
- Access to showers, change space, washrooms, hair dryers and drinking fountains will be limited during your visit.
- Where possible shower at home before and after your visit.
- Come dressed for bathing.
- Lockers will not be available. Bring a bag for your belongings while in the pool. You will be directed to bring your belongings to designated areas on the pool deck.
- Pool equipment will be limited. If you need equipment for support or training purposes, please bring it from home. Pool toys will not be permitted.
- Some amenities will remain closed including slides and diving board.
- Please respect the signage and directions from staff.

Content may change after Active Kitchener is printed. For the most up-to-date program and activity information, visit www.kitchener.ca/activenet
Aquatics course descriptions & registration

Infant & Toddler programs
These levels require parents or caregivers over the age of 12 years to participate in the water with their child.

Adult and Tot /Adult and Tot Advanced
9 months – 30 months Time: 30 min
Class capacity: 4 (parent participation required)
Objective: Building foundation swimming skills with parent through playful water discovery and introducing safe play in water with parent
Level Highlights:
- Entries and exits with assistance from parent
- Child voluntarily puts face in water
- Child pushes off ledge or steps in to water to parent
- Submersion with assistance from parent

Toddler Program
Ages 2-3
Appropriate for swimmers in levels Tots and Sometimes Me,
Time: 30 min
Class capacity: 4 (parent participation required)
Objective: Developing independence with instructor/facility while building foundation swimming skills through playful water discovery.
Level Highlights:
- vertical movement through water without assistance
- blow bubbles unassisted

Developing Swimmer programs
New These levels require parents or caregivers over the age of 12 years to participate in the water with their child.

Level 1
Ages 3 years and older; Appropriate for swimmers in levels B-Level D & level 1
Time: 45 min
Class capacity: 4 (parent participation required)
Objective: Swimmers will learn how to submerge, float, and glide on front and back, jump into chest deep water.
Level Highlights: Front/back float, glides and jump into chest deep water without assistance

Level 2
Ages 4 years and older; Appropriate for swimmers in levels E, F and level #2
Time: 45 min
Class capacity: 4 (parent participation required)
Objective: Swimmer will learn how to use forward underwater propulsive movement with arms
Level Distance: 5m & 10m
Level Highlights:
- front crawl
- Back Crawl
- eggbeater & whip kick

Level 3
Ages 6 years and older
Appropriate for swimmers in level G, H, Level #3
Time: 45 min
Class capacity: 4 (parent participation required)
Objective: Swimmer will develop confidence & independence in the water, swimmer will be introduced to deep water
Level distance: 15m & 25m
Level Highlights:
- front crawl with side breathing
- Side glide with arms
- Whip kick on back, breast stroke
- sitting dive entry

Strokes, fitness and Skill Development programs
Children will attend these programs without their parents.

Level I
7 years or older
Time: 45 min
Class capacity: 4
Objective: Swimmer will focus on stroke fundamentals
Level distance: 50m
Level Highlights:
- elementary back stroke
- Dolphin kick
- Kneeling dive and forward roll

Level J
7 years or older
Time: 45 min
Class capacity: 4
Objective: Swimmer will focus on stroke efficiency
Level distance: 75m
Level Highlights:
- sidestroke with Scissor Kick
- Dive
- Foot first surface dive

Level K
8 years or older
Time: 45 min
Class capacity: 4
Objective: Swimmer will develop strokes for lifelong training
Level distance: 150m in 6 min
Level Highlights:
- butterfly
- eggbeater traveling backward with object

Level L
9 years or older
Time: 45 min
Class capacity: 4
Objective: Swimmer will develop stroke endurance and water rescue skills
Level distance: 250m in 8min 25m in 40 sec.
Level Highlights:
- Developing strokes for lifelong training

Level M
9 years or older
Time: 45 min
Class capacity: 4
Objective: Swimmer will improve stroke endurance and develop water rescue skills
Level distance: 400m
Level Highlights:
- Developing strokes for lifelong training
## Level N

10 years or older  
**Time:** 45 min  
**Class capacity:** 4

**Objective:** Swimmer will review all strokes for proficiency and endurance  
**Level distance:** 600m  
**Level Highlights:**  
- 10lb object support: 2 min  
- Time swim: 350m in 10 minutes, 50m in 50 seconds

**Class capacity:** refers to the number of swimmers permitted with one instructor. Class capacity has been modified to allow for physical distancing in our programs and facilities. These may be modified as we learn more.  
**Objective:** refers to the goal of the level  
**Level Highlights:** refers to some of the new skills introduced in this level

---

## Bronze Star

15 hour course.  
**Pre-requisite:** Recommended 12 years of age. Participants develop problem solving and decision making skills as individuals and in partners. Candidates will learn CPR and develop water smart confidence and the lifesaving skills needed to be their own personal lifeguard. Due to the intensity of this course, 100% attendance is recommended.

---

## Bronze Medallion & Emergency First Aid and CPR

Judgement, knowledge, skills and fitness for water rescues. Assessment and treatment for conscious and unconscious victims.  
**Pre-requisite:** Bronze Star OR 13 years of age by the end of the course.

---

## Bronze Medallion/Cross Combined

Cost: $239.56 plus exam fee

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## Bronze Cross

Lifesaving skills such as aiding a pulseless or spinal victim.  
**Pre-Requisite:** Bronze Medallion and Emergency First Aid.

---

## Bronze Medallion, Bronze Cross Recert & Re-Exam

This recert is an opportunity to be re-examined if you were unsuccessful in completing your Bronze Medallion or Bronze Cross course. You can also recert your qualification to maintain these awards. You will be re-examined on all your skills. We recommend you practice your skills before the recert.

---

## Examiners

The examiner course is the first step in the three-step process to be appointed as an Examiner for the Lifesaving Society and prepares candidates to successfully apprentice as an Examiner on the exam of their choice. The examiner course builds on the evaluation experience that candidates have attained in the instructor-evaluated content.

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## Junior Lifeguard Club

8-12 years lifesaving, fitness, leadership, swimming strokes and skills in a fun atmosphere. Must be able to swim 25 metres and tread water for 5 minutes. Junior Lifeguard Log book included in the registration fee.

---

## Lifesaving Society Assistant Instructor

This course prepares you to assist instructors with swimming lessons. Key principles of learning, teaching and progressions are taught.  
**Pre-requisite:** Bronze Cross or National Lifeguard AND 14 years of age.

---

## Lifesaving Society Swim Instructor

Lesson planning, stroke development and correction techniques are taught. You will learn how to teach and evaluate strokes and rescue skills.  
**Pre-Requisite:** Bronze Cross or National Lifeguard AND 16 years of age.

---

## Lifesaving Society Instructor

This course prepares you to teach the Swim patrols, Bronze levels and emergency first aid courses.  
**Pre-requisite:** Bronze Cross or National Lifeguard AND 16 years of age by the end of the course.

---

## National Lifeguard

Specialized rescues, lifeguarding situations, first aid, team communication and fitness for water rescues. This course prepares you to be a lifeguard.  
**Pre-requisite:** Bronze Cross, Standard First Aid & CPR C AND 16 years of age.

---

## Aquatic Supervisor Training

This training will provide deck level supervisory staff with the knowledge to provide a safe aquatic environment.  
**Pre-requisite:** Must hold the Lifesaving Society Instructor or National Lifeguard certification AND have proof of 100 hours experience as a lifeguard.

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## Aqua X Instructor Course

Active, friendly, learning environment for those interested in becoming certified aquafitness instructors. The key focus is practical skill development with adequate theory to support best practices.

---

## Swim Instructor Update Clinic

**Pre-Requisite:** Red Cross WS Instructor OR YMCA Instructor.  
This 4 hour clinic will provide current instructors with an overview of the Lifesaving Society Swim for Life Program and will certify them as a Lifesaving Society Swim Instructor. Participants must have the Swim for Life Award Guide and the Teaching Swim for Life manual. This clinic is worth 3 credits towards recertification.

---

## Lifesaving Society Standard First Aid/CPR Renewals

These courses focus on CPR for adult, child, and infant. First aid situations involving bleeding, burns and head injuries.
Where Community Connects

Follow our blogs for curated lists, community stories, suggestions for things to watch, listen or read, fun activities and more!

For everyone: wherecommunityconnects.wordpress.com
For kids: kplkids.wordpress.com
For local history: historicallyspeakingkitchener.wordpress.com

Virtual Programs

Enjoy acclaimed authors, fascinating talks, dynamic performances and workshops from the comfort of your home in an accessible online format.
For further details and registration, visit kpl.org

An Evening with Janie Chang
Thursday, November 5 @ 8 pm

Get Hired Workshops
Learn essential skills for getting the job you really want.
Mondays @ 2 pm
October 19, November 2 & 16, December 7 & 14

Learn to Pastel
Learn to use pastels to create landscapes and draw animals during this four-week virtual program for Grades 6 to 8.
Thursdays @ 7 pm

Beginner 3D Modeling for Adults
Learn how to create your own 3D models with TinkerCAD.
Tuesday, October 27 and Tuesday, November 3
More from Your Library . . .

Early Years
We will continue to offer virtual programs for kids from birth to five years! Baby programs, Community Playdates, Bedtime Stories and more.

School Age
New this fall! Programs designed for kids ages 3 to 8. Look for interactive virtual programs on STEAM, literacy and arts and crafts.

Tweens
Calling all Tweens ages 8 to 12! We have programs just for you! Go on a Minecraft adventure, join a book club, explore technology and get to know other awesome Tweens in our virtual and online programs.

Teens
If you are between the ages of 12 to 18 and looking for virtual volunteer opportunities, contests or programs to keep you connected, we have you covered.

(You)th Instagram @youth.kpl
Follow us on our youth focused Instagram page to stay up-to-date on the latest offerings for, and stellar content from, local Waterloo Region youth!

QueerKPL
QueerKPL delivers intersectional content and programming for the LGBTQIA2S+ community. To learn more, search for ‘QueerKPL’ on our blog and events calendar for resources, materials and events.

Virtual Library
Bookmark this link and keep up with our online programs and content for adults!
kpl.org/virtual-library

May We Suggest
Not sure what to read next? Looking for new music or shows to binge?
kpl.org/may-we-suggest

Visit our website for details on upcoming events, programs and digital resources.
kpl.org/at-home
WE MISS YOU AND HOPE TO SEE YOU SOON!

The Aud

STAY UPDATED AT THEAUD.CA
At the time of publication, most City-run recreation facilities, including sports fields and golf courses are open and a number of clubs and groups are operating, all following provincial and regional COVID-19 guidelines. If you are choosing to take part, please make sure to follow all current bylaws. Updated information can be found at [kitchener.ca/covid19](http://kitchener.ca/covid19).

During this time, some residents are returning to in-person activities while others are still staying at home. You can stay active either way by registering for an in-person activity or program, or by finding online options and following along in your space and on your time. 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. The following pages highlight some of the ways you can stay active as well as a listing of our facilities. Updated-to-date program information can be found at [www.kitchener.ca/activenet](http://www.kitchener.ca/activenet).
KW Water Polo

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

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

Great Gymnastics
Great Fun!
Recreational & Competitive Programs

Register for our Upcoming Sessions!
KinderGym (parent assisted)
2 - 4 years
Recreational Youth
5+ years
Covid-19 Safety Measures in Play

235 Ardelt Avenue, Kitchener, Ontario N2C 2M3
www.GlendonGymnastics.ca • 519-571-3777

We’re Open!
Physically Distanced Karate
Get back to the Fitness, Fun & Life Skills Karate has to offer!

Committed to Safety
• Distanced training and small class sizes.
• Cleaning protocols exceeding regional standards.
• Daily health screening.
• Spacious modern facility.

SPACE IS LIMITED - REGISTER NOW!

Driftwood Martial Arts
519 579-5656
1624 Highland Rd. W, Kitchener
driftwoodkarate.com
Learn to SKATE

For beginners of all ages, children or adults, as well as those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating, or just skating for fun.

kwsc@kwsc.org  www.kWSC.org

Active Kitchener www.kitchener.ca 45

Sport & athletics

ACTIVE KITCHENER

FITNESS, ACTIVITIES, NATURE AND MORE!

JOIN US ONLINE @ kitchener.ca/ActiveAtHome

Tell us what you think!

The City of Kitchener is committed to transparency and involving residents in important decisions. Engage Kitchener is an online forum that allows citizens to offer feedback, and share opinions and ideas about city projects, programs and services.

To participate in feedback opportunities for current projects, visit engagekitchener.ca
Kitchener Cemeteries
Informational webinar

Learn about end-of-life planning and final resting place options offered by Kitchener Cemeteries during our free online seminar

October 22, 2020
1 p.m.

To receive the webinar link, please RSVP by calling 519 741-2880

Where memories live on.
www.kitchenercemeteries.ca

See upcoming activities & programming
kitchener.ca/thisweek

Join us this fall for Kids in the Kitchen – VIRTUALLY
For event details, visit KitchenerMarket.ca/KidsInTheKitchen
Residents from every nook and corner of the city have an opportunity to foster strong relationships with their neighbours. There are 268 neighbourhood associations that actively connect their communities. Dedicated volunteers and community champions work to provide an inclusive, safe, and welcoming environment for all members within their jurisdiction. While physical distancing and gathering limitations are in place, there are still ways for residents to stay connected, informed and engaged with their surrounding community. Neighbourhood associations continue to offer unique programs and activities while being apart. These groups are an important fabric of our communities. Learn about how your neighbourhood association continues to foster a sense of belonging, no matter where in the city you live.

kitchener.ca/neighbourhoodassociations
Neighbourhood associations

Alpine Community Neighbourhood Association

The Alpine Community Neighbourhood Association represents the community of Alpine Village. Borders include Ottawa Street, Strasburg Road, Block Line and Homer Watson Boulevard.

The community has much to offer including small businesses, a veterinarian clinic, large grocery store, and elementary and high schools. Alpine Park is getting a complete upgrade, including the community gardens.

The group meets on the first Tuesday of every month at Alpine Public School and welcomes new members. Activities include Earth Day, Neighbourhood Day and a community garage sale. We produce a quarterly newsletter and have an active Facebook Page where you can keep connected with other members. During the pandemic, neighbours have been helping neighbours with groceries, sewing masks and more.

To inquire about the Alpine Community Neighbourhood Association contact us through email and connect with us on Facebook.

Auditorium Neighbourhood Association

The Auditorium Neighbourhood Association (ANA) is bounded by Krug, Weber, and Ottawa streets and the expressway. With more than 1000 households in the area, 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, two churches, 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, Rockway Centre and the facilities at the Auditorium.

The Auditorium Neighbourhood Association 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. Recent events have included: New Year skating party, neighbourhood chili cook-off, fall porch party, HoodKicks Soccer program, and regular neighbour night outings.

If you’re interested in learning more about the Auditorium Neighbourhood Association, its history, general meeting, activities and programming, visit their Facebook page and watch for announcements on their website. You can stay up to date by joining the email distribution list by contacting ana.eastward@gmail.com, and checking the ANA bulletin board in Knollwood Park at the corner of Stirling and East avenues. The association also welcomes new ideas for activities and programming that would benefit the community. Get in touch!

We are excited to launch our Book Your Bubble program. Residents can book gym time for up to ten people and bring their own equipment. Visit www.kitchener.ca/communitycentres for details.

Content may change after Active Kitchener is printed. For the most up-to-date program and activity information, visit www.kitchener.ca/activenet
Neighbourhood associations

Caryndale Neighbourhood Association

Caryndale Neighbourhood Association is a small neighbourhood association tucked into Brigadoon area of southwest Kitchener.

519 748 5181

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 it small town, welcoming “feel”.

The group continues to work closely with neighbours, our partners, the City of Kitchener Waterloo Regional Police Service, the House of Friendship and the Working Centre.

Through our relationship with Mill Courtland Community Centre, we sponsor the black Walnut Coffee House and the Cedar Hill Soccer Program.

Central Frederick Neighbourhood Association

The Central Frederick Neighbourhood Association is dedicated to increasing the quality of life for residents of the community through various neighbourhood initiatives and events. During these uncertain times the group is committed to keeping members connected with one another and informed. The spirit of the community remains strong during the pandemic. Residents have shown their neighbourhood pride with chalk art and words of kindness, window artwork, cheering on hospital staff every night, and residents volunteering to check on vulnerable residences.

The Central Frederick Neighbourhood Association will be doing a weekly spotlight on somebody who is helping neighbours during this incredible time. Please send us an email if you would like to nominate someone. Our Facebook page is updated regularly, and we can always be reached at central.frederick@gmail.com. Subscribe to our newsletter on our website.

Keep safe neighbours, we are here for you!

www.centralfrederick.org
central.frederick@gmail.com
/CentralFrederick
@CentralFred

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

Kitchener Connections - keeping seniors connected while apart. See page 18 for details.
Neighbourhood associations

Centreville-Chicopee Community Association

The Centreville Chicopee Community Association is proud to represent and lead the neighbourhood of Centreville-Chicopee. The area is a neighbourhood and community filled with passionate and friendly residents of all ages and backgrounds, as well as local businesses, churches, organizations and services who are still ready to support and serve residents.

The association is built of a team of neighbours who come together monthly to plan programs, events, and activities. They are always excited for new faces around the table, and encourage anyone to join. Residents are also encouraged to join us the Facebook page where information, photos and encouragement are shared to uplift members during this time.

The Centreville Chicopee Community Association would like to encourage their neighbours to keep supporting each other through this period of physical distancing. Although residents may be physically apart, there are still ways to remain engaged with the community. Reach out and stay connected.

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, including Victoria Hills Community Centre, Downtown Community Centre, Calvary United Church, KW Badminton Club, King Edward School, and St. John’s School.

Stay connected with current information by signing up for the newsletter and joining the group email list. See the website for more information and to subscribe.

Learning Opportunities

<table>
<thead>
<tr>
<th>ESL Book Club</th>
<th>16Y+</th>
<th>Tue</th>
<th>7-8:30pm</th>
<th>Sep 8</th>
<th>4wks</th>
<th>55961</th>
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</thead>
</table>

www.cherrypark.blogspot.com

cpna@execulink.com

/CherryParkNeighbourhood

@CherryParkNA

519-742-3248
Neighbourhood associations

Country Hills Recreation Association

The Country Hills Recreation Association represents the community of Country Hills in ward 6. Our boundaries are Homer Watson, Bleams, Fisher Hallman, Westmount to Blockline.

The community has lots to offer to residents including small businesses, fast food franchises, a thrift store, a grocery store, banks, a pharmacy, a gym, as well as Grand River Transit bus depot. There are several elementary schools, churches, and walking paths nestled within the community.

The association meets the third Wednesday of every month at Country Hills Community Centre and welcome new volunteers. The association offers several affordable programs for members of all ages including seniors, adults, youths, and preschoolers, as well as collaborate with the City of Kitchener to offer city funded and free programs. The group also hosts special events, like Family Fun Day.

A quarterly newsletter is produced for residents to stay informed. For more information on programming activities, visit our website. Stay connected with other group members on our Facebook page.

Doon Pioneer Park Community Association

Doon Pioneer Park Community Association (DPPCA) consists of dedicated volunteers that operate out of the renovated and expanded Doon Pioneer Park Community Center, located at 150 Pioneer Drive, Kitchener. Together the team of volunteers work to build an engaged community in a healthy and safe manner.

The volunteer association is committed to building a strong sense of community by developing, organizing, planning and offering a wide range of programming. They seek to make their community inclusive by creating community based events that try to best meet the leisure and recreational needs of the Doon Pioneer Park community.

To achieve these goals, the DPPCA board uses input from the community and updates programs and events on an annual basis. Covid-19 has created a challenging environment for all Community Associations. As they work through this new “normal”, the DPPCA looks forward to finding a variety of ways to offer programing and events to their community.

Connect with them through Facebook and their website for information and upcoming events. The DPPCA would like to send wishes of safety and health to community members during this trying time.

We are excited to launch our Book Your Bubble program. Residents can book gym time for up to ten people and bring their own equipment. Visit www.kitchener.ca/communitycentres for details.
Neighbourhood associations

Downtown Neighbourhood Alliance

The alliance of Downtown Neighbourhood Associations (DNA) in central Kitchener have collaborated since 2003 and work together to build healthy communities. This volunteer organization, formally established in 2005, played a key role in the development of the much-needed Downtown Community Centre.

The DNA offers a variety of programs for all ages at the Centre and is committed to quality service that is accessible to all. Stay connected as we all strive to overcome this pandemic. DNA coordinates programs and recreational activities for those who live, work and play in our communities. Programs are presented seasonally at the Downtown Community Centre, 35B Weber Street West – an inclusive, safe and welcoming space. Registered classes and Drop-In programs are offered with courses for children, youth and adults - such as dance, fitness, yoga, floor hockey, volleyball, basketball, badminton, dodgeball, indoor soccer, art and educational programs.

Our affiliated Neighbourhood Associations, run by volunteers, are a great resource for residents. They can connect to their neighbours through social media such as websites, Facebook or just by asking their neighbours. Many associations have newsletters that share local information and ways to get connected. You can find out more about them at our DNA website - http://www.kitchenerdna.com/. Affiliated Neighbourhood Associations include: 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; Mount Hope Breithaupt on the West side of downtown; Downtown Kitchener in the heart of the city.

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.

Forest Heights Community Association

The primary goal of Forest Heights Community Association is to promote overall health and well being for our residents by developing and offering a variety of affordable programs, special events and related community activities. As a board we are equally concerned with a range issues in our immediate catchment area. We are a volunteer, incorporated, not for profit organization, governed by a dedicated, elected Board of Directors. Our programs are for people of all ages and abilities; we create sport, recreation, fitness, music and dance, and technology courses opportunities all at no cost or at very modest costs to everyone. We support a variety of community action aimed at improving our community and resolving broad issues. We stay alert to identify community needs and gaps in services. We love to serve!

The Forest Heights Community Association cares about our community and has been staying connected with our neighbourhood by sponsoring a number of @heartbeatshate signs for distribution to Forest Heights/Forest Hill community members who wanted to show their support of the movement to be kinder by taking a sign! We thank our community for showing their support by proudly posting our signs on their front lawns. This was a great opportunity to meet and talk with our community members. This initiative was so well received that we are now out of signs but if you would like one you can contact Heart Beats Hate.

As safety is one of our main priorities, we are taking things slowly to ensure that we all stay safe. The community centre will be opening on Monday, September 21, with limited city services and programs. For city updates please visit the City of Kitchener website.

Content may change after Active Kitchener is printed. For the most up-to-date program and activity information, visit www.kitchener.ca/activenet
Greenbelt Neighbourhood Association

Green Belt Neighbourhood Association’s main focuses are the maintenance of mature forest along Glasgow, the quality of life of all area residents, and road safety.

Highland Stirling Community Group

Mill Courtland Neighbourhood Association, Highland Stirling Community Group and Cedar Hill Community Group are comprised of dedicated volunteers that operate out of the Mill Courtland Community Centre. Together the team works hard to build a healthy, safe and engaged community. These groups offer a variety of accessible and affordable resources and programs. During this time, they feel it is essential to adapt to ensure that they are still serving their community in the best ways possible. They are continuing the Lunch Connection program and will be offering a variety of physically distant, active, and educational programs for the fall. For up-to-date information and programming, you can follow on Instagram and Facebook and visit their website.

“We are all being affected by this pandemic, but we will get through this together. Stay Safe. Stay Healthy!”

Huron Community Association

The Huron Community Association (HCA) has been offering virtual programs and contests throughout the spring and summer and launched active outdoor programs for the month of August. Coming up in the fall session, the HCA will be offering the following outdoor programs: gymnastics, karate, zumba, yoga, soccer drills, and HIIT. Indoor programs will also be offered and include: piano lessons (in-person and virtual), gymnastics, and intro to dance. There are also several leadership and learning opportunities for youth and adults as well, including the babysitting course, Stay Safe, and various first aid courses.

For more information about HCA programs please visit the HCA facebook page www.facebook.com/huroncommunity

Kingsdale Neighbourhood Association

The Kingsdale Neighbourhood Association is a group of community members dedicated to developing a safe and healthy neighbourhood through positive recreational, social and educational activities in a diverse and nurturing environment for all Kingsdale residents, using a partnership model. If you’re interested in joining the KNA board, please connect with us.

Check out Kingsdale Neighbourhood Association Facebook page for the most up to date information.

Kitchener Connections - keeping seniors connected while apart. See page 18 for details.
Neighbourhood associations

King East Neighbourhood Association

The King East Neighbourhood is located on the edge of downtown Kitchener, beginning at the Kitchener Market and ending at Eastwood Square.

It has easy access to shopping, services, cultural centres, and transportation. This neighbourhood is one of the oldest in the city and is home to a vibrant and diverse community.

The goal of the King East Neighbourhood Association is to maximize pride, increase safety, and improve the quality of living in our community by encouraging interaction between neighbours, visitors, and businesses alike. The group works to foster a connected, informed, and welcoming community that takes an active role in determining their place within the city.

Our grid of streets with mature trees allow neighbours a place to talk with each other at safe distance, and for children to ride bikes and leave chalk messages on the sidewalks. Visit our Facebook page to keep up-to-date with ongoing initiatives and current issues.

Mill-Courtland Neighbourhood Association

Mill Courtland Neighbourhood Association, Highland Stirling Community Group and Cedar Hill Community Group are comprised of dedicated volunteers that operate out of the Mill Courtland Community Centre. Together the team works hard to build a healthy, safe and engaged community. These groups offer a variety of accessible and affordable resources and programs. During this time, they feel it is essential to adapt to ensure that they are still serving their community in the best ways possible. They are continuing the Lunch Connection program and will be offering a variety of physically distant, active, and educational programs for the fall. For up-to-date information and programming, you can follow on Instagram and Facebook and visit their website.

“We are all being affected by this pandemic, but we will get through this together. Stay Safe. Stay Healthy!”

Mount Hope - Breithaupt Park Neighbourhood Association

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

Volunteer in Kitchener.
See page 12.
North Six Neighbourhood Association

The North Six Neighbourhood Association has existed in some form since 1987. From Strasburg to Fischer Hallman and the highway to hydro corridor, the North Six neighbourhood Association community is diverse, friendly and has so much to offer. The board is a dedicated group of residents who endeavor to bring a lot of good to the community.

The neighbourhood features a grocery store, pharmacy, coffee shop, restaurants, gym and a number of parks and green spaces, including McLennan Park. Residents can access and use the many amenities and services which are all available in the neighbourhood. The group works with many of their amazing community partners to host a variety of special events. Events include games nights, an annual general meeting, movie nights, and several other events each year that support friends and neighbours. Stay connected with up to date information on their Facebook page.

Olde Berlin Town Neighbourhood Association in the Civic Centre

The Olde Berlin Town Neighbourhood Association is a community-minded neighbourhood that formed in 1972. Located in one of the oldest parts of Kitchener, Olde Berlin Town is bounded by Weber, Victoria, Lancaster and Frederick streets and is rich with cultural and historical significance. Almost all of the area is designated as the Civic Centre Heritage Conservation District under the Ontario Heritage Act. Many of the beautiful homes owned by industrialists from the ‘Busy Berlin’ period are maintained as family residences. Hibner Park is a green jewel in the centre of the district. A short walk around the neighbourhood reveals an abundance of arts, culture and entertainment including the Registry Theatre, Centre in the Square, K-W Art Gallery, the ‘firefighter’s park’, Public Library and the lovely gardens at the historical Governor’s House and Gaol on Queen Street - the birthplace of Waterloo Region.

The neighbourhood association aims to foster pride in our neighbourhood, advocate for a safe community and promote community awareness. An active volunteer board promotes resident involvement through our website, Facebook, E-news, Instagram, and a hand-delivered, printed seasonal newsletter. Specific projects like safety, heritage, new developments, neighbourhood events and others are handled by committees. Many thanks to the volunteers who make these things happen. To get involved, connect online or email writeus@oldeberlintown.ca.

The group collaborates with other downtown neighbourhoods 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. Read more at www.kitchenerdna.com/.

For those at home during this stressful coronavirus pandemic, what better time to do some research online about the history of your home, write a short story, or create a virtual tour of your home on camera; keep a diary of this eventful time and save it for future generations to read, or take a ‘sidewalk’ tour of your neighbourhood. Plan a future event or offer to help a neighbour. The possibilities are endless. Stay connected or get connected at www.oldeberlintown.ca.

Settler’s Grove Association

The Settler’s Grove Community Association serves the community around Settler’s Grove Park.

During the pandemic, residents coordinated a food drive in support of the food bank and the association also made a cash donation.

Neighbours have been reaching out to each other to stay connected, and some have been taken turns going to the grocery store to eliminate the need of so many people having to go out for groceries.

Children in the community have been painting inspirational rocks along trails to encourage people to stay positive.

The community is tight-knit and residents reach out to each other to ensure everyone is managing and if anyone needs support of any kind.

Once some of the restrictions relax, the Settler’s Grove Community Association would like to host an event to bring neighbours together.
Neighbourhood associations

Stanley Park Community Association

The Stanley Park Community Association serves the area of Victoria Street N., the Grand River, Idlewood Creek, Fairway Road North, Lackner Boulevard, Daimler Drive, Old Chicopee to River Road, NW boundary of Idlewood Park and Woodland Cemetery, Weber Street East, and Conestoga Parkway.

The SPCA is excited to provide opportunities for residents to connect and engage in their communities this fall. Please keep an eye out for programs running at the community centre, outside and virtually. In addition we plan to host new Christmas and Halloween events this year so please keep checking our website and social media for the most up to date information. We will be holding our AGM on October 20th and look forward to seeing you there! Community Fridge is coming to the SPCC - please stay tuned for more information on how to support this great initiative for our community or email us for more information. To view a listing of our current program offerings please visit www.spcakitchener.ca/programs

<table>
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<tr>
<th>Arts</th>
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<td>Adult Drawing</td>
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<td>Krafty Kids</td>
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<td>Cartooning for Kids</td>
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<td>Muscle Up</td>
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<td>Zumba</td>
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We are excited to launch our Book Your Bubble program. Residents can book gym time for up to ten people and bring their own equipment. Visit www.kitchener.ca/communitycentres for details.
Neighbourhood associations

Stanley Park Community Association continued

<table>
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<th>Learning Opportunities</th>
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Victoria Hills Neighbourhood Association

Monthly board meetings are held the first Tuesday of each month at 6:30 pm at Victoria Hills Community Centre. Temporary bikeways have been set up in the neighbourhood, so please watch for pedestrians and cyclists, and obey all signage, to keep everyone safe when you visit.

Programs for the Fall 2020 season will take place both virtually and in person. Details can be found on the association’s Facebook page and website, or you can connect through email.

Victoria Park Neighbourhood Association

The Victoria Park Neighbourhood Association proudly represents residents of Victoria Park neighbourhood, bounded by Joseph, Queen, and Victoria streets, and Highland and West avenues. Typically, the association provides programming and events to keep the community connected, including the Earth Day Clean-Up, Pumpkinspaloza, monthly meetings, quarterly newsletters and a pizza trivia party/annual general meeting.

The pandemic has motivated us to increase our use of social media to connect neighbours in new and creative ways, such as online Arshshine tutorials, neighbourhood ‘art gallery’ walks, and other activities.

Neighbours are sharing pictures to our Facebook page of what they’ve been doing during this unique period.

In spite of COVID-19, we’ve successfully moved forward on projects such as the West Avenue Beautification Planters, ComeUnity Garden, and new Food Forest. New issues we are addressing are the Gypsy Moth infestation and how walkers, cyclists, and others can more safely share the Iron Horse Trail.

Stay connected with your neighbours! Sign up for our newsletter, visit us on Facebook and Twitter, or email us at info@victoriaparkna.com.
Neighbourhood associations

Westmount Neighbourhood Association

The Westmount Neighbourhood Association is an energetic group, dedicated to the social engagement, heritage and history, urban forest, traffic calming, and pedestrian safety of their community. The Neighbourhood boundaries include John Street, Belmont Avenue, Brandon Avenue, and the homes on Glasgow Street until Knell Drive.

In a typical year, they plan social events, an Earth Day clean up and celebration, a Neighbour’s Day street party, and many special Facebook initiatives and special projects, as well as some neighbourhood advocacy. Community accomplishments include the presentation of a heritage plaque with the Waterloo Historical Society and an upcoming Loose Parts Bin at Argyle Park (post-COVID).

Early in the pandemic, the association connected with neighbours using social media initiatives – ‘chalking the walk’, teddy bears in windows, and a ‘virtual Science/Art or Anything Fair’ on their Facebook page. As the pandemic continues, they are brainstorming even more creative ways to connect with neighbours and foster a sense of community.

Williamsburg Community Association

The Williamsburg Community Association (WCA) have been busy figuring out a safe way to offer programming to those ready to be at the community centre as well as for those that still wish to distance at home. The WCA was the recipient of a Canadian Red Cross grant that is allowing them to purchase the necessary equipment to live stream some of their classes while they take place at the centre!

Check out more programming and information on their Facebook page and website.

For more information about WCA programs, please visit the WCA Facebook page www.facebook.com/williamsburgca

Book your Bubble is available at the following Community Centres:

- Bridgeport C.C.
- Centerville Chicopee C.C.
- Country Hills C.C.
- Doon Pioneer Park C.C.
- Forest Heights C.C.
- Mill Courtland C.C.
Kitchener Cemeteries

Offices are now open for appointments

We are proudly serving the community with cemetery inquiries and planning needs. Guidelines are in place for the health and safety of families and staff inside the facility.

To book, please call 519-741-2880

Where memories live on.

www.kitchenercemeteries.ca

Active Kitchener www.kitchener.ca 59

See upcoming activities & programming

kitchener.ca/thisweek
Know someone who helps to make your neighbourhood a great place to live?

Recognize them for their kindness.

Share your good neighbour story at www.lovemyhood.ca/goodneighbour

Nominees will receive a thank you card signed by the mayor and a member of council and be entered into a draw to win great prizes.
The City of Kitchener operates 14 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. At the time of publication, all community centres are open and following provincial and regional COVID-19 guidelines. Some centres do have reduced hours and limited programming. For the most up-to-date information, and to learn more about our new ‘Book your Bubble’ program, visit kitchener.ca/CommunityCentres
Breithaupt Centre

Breithaupt Centre is a fully accessible, multi-use facility, featuring a 25 yard pool, a warm water pool, gymnasium, solarium and several rooms to accommodate small to large events. The centre offers registered programs, drop-in, pay-as-you-play gym programs, a snack bar, swimming lessons for all ages, recreational swims and aqua fitness - activities for everyone to enjoy. With plenty of free parking and the convenience of public transport nearby, Breithaupt Centre is the ideal place to spend part of your day. Breithaupt Centre offers a lower program rate for adults 55+.

**Fitness & Sport**

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Bridgeport Community Centre

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

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

Rent-a-Camp-Counsellor
See pages 14, 15 for program description.

Sat 10am-12pm or 1-3 pm $60 for entire group for 2 hours 57786

Book your Bubble is available at the following Community Centers:

- Bridgeport C.C.
- Centerville Chicopee C.C.
- Country Hills C.C.
- Doon Pioneer Park C.C.
- Forest Heights C.C.
- Mill Courtland C.C.
Centreville Chicopee Community Centre

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 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.

For the Fall session, the Centreville Chicopee Community Centre is open from 12-4pm, Monday–Friday. Please continue to check kitchener.ca/centreville-chicopee or call the centre for up to date information on programs and services.

Chandler Mowat Community Centre

Chandler Mowat Community Centre, together with House of Friendship and various other 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.

Public Access Technology Service

The COVID-19 pandemic has made internet access more important than ever. To ensure that those with unreliable computer access can still access the internet, we offer free wi-fi at many City facilities. We’re also reintroducing our public access computers and printers during dedicated hours at select locations:

- Chandler Mowat Community Centre  Weekdays 12 – 4 p.m.  Book online or call 519-741-2733
Country Hills Community Centre

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, three 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. For the Fall session, the Country Hills Community Centre is open from 4pm-9pm, Monday-Friday.

Doon Pioneer Park Community Centre

The new Doon Pioneer Park Community Centre is open. Staff from both the Community Centre and the Pioneer Park Library branch are thrilled to have patrons coming through the front door.

Drop by to use the library or centre Monday to Thursday 9am-7pm, Friday and Saturday 9am-5:30 pm

Sundays the library and centre are both closed.

Content may change after Active Kitchener is printed. For the most up-to-date program and activity information, visit www.kitchener.ca/activenet

Kitchener Connections - keeping seniors connected while apart. See page 18 for details.
Community centres

Downtown Community Centre

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

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

Forest Heights Community Centre

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

Working closely with the Forest Heights Community Association and Boardwalk Neighbourhood Association, there are programs and activities for all ages and interests.
Community centres

Kingsdale Community Centre

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

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 bar area. All rooms are equipped to offer programs and activities for everyone to enjoy.

Please continue to check kitchener.ca/kingsdalecc or call the centre for up to date information on programs and services.

Public Access Technology Service

The COVID-19 pandemic has made internet access more important than ever. To ensure that those with unreliable computer access can still access the internet, we offer free wi-fi at many City facilities. We’re also reintroducing our public access computers and printers during dedicated hours at select locations. Book online or call 519-741-2540.

Monday, Tuesday, Wednesday, Friday 10am-2pm
Thursdays 2-6pm

Mill Courtland Community Centre

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

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

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

Rockway Community Centre

After great care and planning we are excited to share that the gradual re-start of programs at Rockway Centre will begin September 21, 2020. We wish that we could initially resume all activities that were available prior to the pandemic however due to public health measures that include physical distancing, screening, decreased occupancy for program rooms, and frequent disinfecting we will need to take a gradual and staged approach to the resumption of all programs. Activities offered in the beginning stages of re-opening at Rockway will be those that are able to meet public health measures and have been assessed as a low risk activity, such as social groups.

It is recognized that the social connections formed between group members at Rockway Centre is valued and needed at this time. As a staff team we are committed to working with groups to determine other opportunities to connect members either in-person or virtually based on their interests. Brenda van De Keere, will be reaching out to the ongoing group conveners and program instructors to communicate the re-start plan for their group and discuss program alternatives for those groups whose return will be delayed. Please call the Rockway Centre at 519-741-2507 if you need additional information.

We also know that there are a number of members who are not comfortable returning to Rockway Centre Programs during the pandemic. To support these individuals to maintain their connection to the centre we have increased our virtual Zoom Programs and our teleconferencing programs delivered through Kitchener Connections. To learn more or to register for these programs please contact Julie Laderoute at 519-741-2200 ext. 5346

Stanley Park Community Centre

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 and bar serving area 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.
Community centres

Victoria Hills Community Centre

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.

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. The multipurpose room is a bright and welcoming space suitable for programs and activities for everyone to enjoy. Additional services include an outdoor winter rink and a community outreach worker.

Working closely with the Huron Community Association (HCA) and 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.

Rent-a-Camp-Counsellor

See pages 14, 15 for program description.

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<th>Time</th>
<th>Starting</th>
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<td>Sat</td>
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<td>Oct 10, 24 or 31</td>
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Drop and Dash – Half-day Camp Fun for Homeschoolers

See pages 14, 15 for program description. Starting the first week of October.

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<th>Cost</th>
<th>Duration</th>
<th>Wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-7Y</td>
<td>9:30am-12pm or 1-3:30pm</td>
<td>$75</td>
<td>2.5 hours</td>
<td>10 wks</td>
</tr>
</tbody>
</table>
ANSWER KEY

Boggle

POSSIBLE WORDS

Abed Arty Bead Cadet Debit Fate Octet Putt Rutted Tate Tuttis Waited Witted
Abet Attar Bean Cion Debt Fated Opiate Putted Sitar Taut Twae Wart Warty Yupon
Acta Attic Beano Cite Doit Fatted Opiated Putti Site Tauted Twat Wary
Acted Await Beat Cited Doited Fatuity Optic Rate Sited Tawed Twit Wary
Action Awaited Beta Citrate Dona Fiar Pica Rated Swart Taws Upon Watt
Actuary Awed Betta Citrated Edacity Fiat Pion Ratio Swarty Teat Urate Waur
Actuate Bacon Bipod City Etic Fitted Pita Ration Swat Titrate Utratic Waws
Actuated Bade Bite Dacoit Etui Icon Pitted Ratted Swatted Titrated Waif Wean
Airt Banco Bitt Dacoity Fair Irate Pity Raws Tafia Trait Waifs Wiry
Airy Band Bitted Deacon Fairy Iwis Pond Riata Tart Tutted Wair Wite
Anopia Beacon Cade Dean Fart Nabe Puri Rifs Tarty Tutti Wait Wited
Cell Spell answer key

ANSWER KEY

How to Beat the Winter Blues
**Fall tee times are still available.**

All of us at Kitchener Golf appreciate your patience and willingness to adapt to new ways of doing things. We can't thank you enough for choosing to spend some of your summer with us.

[www.kitchenergolf.ca](http://www.kitchenergolf.ca)
Book your Bubble is available at the following Community Centres:

- Bridgeport C.C.
- Centreville Chicopee C.C.
- Country Hills C.C.
- Doon Pioneer Park C.C.
- Forest Heights C.C.
- Mill Courtland C.C.

BOOK SOME FUN!

Gym time can only be used for recreational activities. Team practices or individual coaching is not permitted.

With the Book your Bubble program, residents can pre-book time to use a community centre gym for physical activity with their social bubble of up to 10 people. Booking gym time is free and bookings for each 45-minute time slot can be made online, in-person or by calling the centre.

PLEASE NOTE:
Individuals booking time must be 18 years or older and “the bubble” must have a minimum of 1 adult in the gym for use with people under 16 years. Users are required to bring their own recreational equipment. Staff will sweep and clean gym after each user group.
ELECTRICAL SAFETY
While working from home

Wherever you work, it’s always important to be safe. If you’re setting up a home office, the Kitchener Fire Department wants to remind you to follow these electrical safety tips to keep you and your home safe from electrical hazards.

1. Avoid overloading outlets.
2. Unplug appliances when not in use to save energy and minimize the risk of shock and fire.
3. Regularly inspect electrical cords and extension cords for damage.
4. Extension cords should only be used on a temporary basis.
5. Never plug a space heater or fan into an extension cord or power strip.
6. Never run cords under rugs / carpets, doors, or windows.
8. Keep papers and other potential combustibles at least three feet away from space heaters and other heat sources.
9. Make sure you use proper wattage for lamps / lighting.
10. Make sure your home has smoke alarms. Test them monthly, change batteries twice per year, and replace the unit every 10 years.

To learn more visit the Kitchener Fire Department website at www.kitchenerfire.ca
In response to the Covid-19 pandemic, programming offered at municipal facilities across the region has been cancelled until June 30. As a result, program registrations have been temporarily suspended. To be notified when registration becomes available again, visit www.kitchener.ca/programregistration and subscribe to the page to receive regular updates.

We have three ways to register:

1. Online (preferable)

   www.kitchener.ca/activenet

   ACTIVE

   Net

   Visit the city’s online registration portal to:
   • Browse a wide selection of programming for residents of all ages and abilities
   • Create a user account to manage program registrations and process payments
   • Register for programs using your email address

   Have an existing account? Make sure the information in your user account is up-to-date.

2. In person

   Registrations can be made in-person at City facilities.

3. By phone

   Registrations for programming can be made by phone.
   For more information visit www.kitchener.ca/communitycentres

Refunds and Withdrawals

Programs and/or classes may be cancelled in the event of insufficient registration or as part of the city’s response to the Covid-19 pandemic.

• Refunds will only be given in the same form as payment made.
• 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. Please ensure information on your Active Net account, including credit card details, are valid and up-to-date.

Program Cancellation

Programs and/or classes may be cancelled in the event of insufficient registration or in the case that facility closures are prolonged as a result of the city’s response to the Covid-19 pandemic. 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.

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 call 519-741-2200 ext. 7228.

Get email updates on any City of Kitchener website page you are interested in! All you have to do is click ‘subscribe to this page’ at the bottom of the page. Visit, subscribe and keep up-to-date. www.kitchener.ca
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 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
• Have a disability that could affect the safe and successful enjoyment of themselves or others
• Require extra support at home for basic 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. Our workers are not able to administer medication. Upon request, we will do our best to arrange a 1:1 support worker for a participant to have them integrated successfully in a program. To request 1:1 support, please follow these steps:

1. Ensure you have completed an Inclusion Membership Form by visiting www.kitchener.ca/leisuresupport. It is important to do this at least two weeks prior to the start of a registered program, as it is not guaranteed that Inclusion Support Staff will be secured for the date and time requested.
2. Register into a program in the Active Kitchener Guide that meets the needs, hobbies and interest of the participant.
3. Request 1:1 support by registering into the corresponding Inclusion 1:1 Support Program. If the program is full, register onto the waitlist.

Note:
• It is important to complete an inclusion membership and requested support at least two weeks prior to program starting.
• 1:1 support is available based on staff assessment and availability of support workers/volunteers. For Summer Camp: Where support is deemed necessary, every effort will be made to provide support for up to two weeks (based on availability).
City facilities

City facilities

★ - Kitchener City Hall
200 King St W
519-741-2345

◆ - Kitchener Market
300 King St E
519-741-2287

Arenas and ice pads

㊡ - Activa Sportsplex
135 Lennox Lewis Way
519-741-2699

㊢ - The Aud
400 East Ave
519-741-2287

㊣ - 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

㊧ - Kitchener Minor Hockey Alumni Association Arena
Located at the Activa Sportsplex

㊨ - Kiwanis 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
519-741-2699

㊭ - 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
519-741-2596

㊬ - 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

㊯ - Kingsdale Community Centre
72 Wilson Ave
519-741-2540

㊰ - Mill Courtland Community Centre
216 Mill St
519-741-2491

㊱ - Stanley Park Community Centre
505 Franklin St N
519-741-2504

㊲ - Victoria Hills Community Centre
10 Chopin Dr
519-741-2717

㊳ - Williamsburg Community Centre
1187 Fischer-Hallman Rd
519-741-2240

Golf courses

㊣ - Doon Valley Golf Course
500 Doon Valley Dr
519-741-2939

㊤ - Rockway Golf Course
625 Rockway Dr
519-741-2949

 Libraries

㊠ - Grand River Stanley Park
175 Indian Rd
519-896-1736

㊡ - Forest Heights
251 Fischer-Hallman Rd
519-743-0271

㊢ - 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.

 Pools, Outdoor

㊠ - Harry Class Pool
45 Woodside Ave

㊡ - Idlewood Pool
5 Thaler Ave

㊢ - Kiwanis Pool
Kiwanis Park Dr

 Pools, Outdoor

㊠ - Wilson Pool
78 Wilson Ave

 Splash Pads

㊠ - Breithaupt Park Splash Pad
Breithaupt Park, 806 Union St

㊡ - Centreville Chicopee Splash Pad
141 Morgan Ave

㊢ - Chandler Mowat Splash Pad
222 Chandler Dr

㊣ - Doon Pioneer Park Splash Pad
150 Pioneer Dr

 Pools, Outdoor

㊠ - Kingsdale Splash Pad
78 Wilson Ave

 Pools, Outdoor

㊠ - McLennan Park Splash Pad
901 Ottawa St S

 Pools, Outdoor

㊠ - Vanier Park Splash Pad
329 Vanier Dr

 Pools, Outdoor

㊠ - Victoria Park Splash Pad
Courtland Ave W

 Older Adult Centres

㊠ - Breithaupt Centre
350 Margaret Ave
519-741-2502

 Pools, Outdoor

㊠ - Downtown Community Centre
35-B Weber St W
519-741-2501

 Older Adult Centres

㊠ - Rockway Senior Centre
1405 King St E
519-741-2507

 Older Adult Centres

 metastart:72 metastop:77
This icon represents the Ward number. For a full list of councillors and which Ward they represent, visit page one.
ACTIVE KITCHENER @ HOME

FITNESS, ACTIVITIES, NATURE AND MORE!

JOIN US ONLINE @ kitchener.ca/ActiveAtHome
“It is no longer a conversation about overcoming deficiency... It’s a conversation about potential.”

Aimee Mullins, Olympic champion, fashion model, inspirational speaker, and double amputee

Human Plus: Real Lives + Real Engineering is an engaging exhibition that shows how we all can use our ingenuity to build body replacements, develop brain-machine interfaces, and engineer unique assistive tools that push human potential beyond limits.

Human Plus invites visitors to explore the dynamic, creative, user-focused engineering processes that help improve people’s lives.

On exhibit September 25, 2020 to January 3, 2021

Ken Seiling Waterloo Region Museum
10 Huron Road, Kitchener
519-748-1914 | TTY: 519-575-4608

www.waterlooregionmuseum.ca
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 phone call away at 519-741-2529.
- Peace of mind with no unexpected repair costs.

SWITCH AND SAVE

kitchenerutilities.ca/switchandsave

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.*

* For residential properties in the City of Kitchener.