

FALL 2025

ACTIVE

KITCHENER

**Kitchener's largest
indoor pool is
coming to life**

Opening 2026

**More information on
the inside front cover**

**Registration
for fall
programs
begins
Aug. 12.**
(for Kitchener
residents)



www.kitchener.ca

A City of Kitchener Publication

Connect
with your
community.

COMING ★ 2026 ★

Compete
your way -
casually or
competitively.

Belong
in a space
built for you.



A game-changing indoor recreation complex for every age and every ability - to connect, compete and belong.

222,000 square feet of all-season fun - right here in Kitchener at RBJ Schlegel Park (1664 Huron Rd.)

- Quad gymnasium for basketball, volleyball, pickleball and more
- The region's first stainless steel indoor pools - eight-lane competition pool and warm leisure pool
- FIFA-sized turf field house for soccer, lacrosse, field hockey and more
- Indoor walking track
- Elevated viewing galleries
- Two cricket practice nets
- 4,000 sq. ft. of multipurpose community rooms
- Fully barrier-free design
- Kitchener's first net-zero building - featuring the city's largest array of solar panels

Program details and registration information coming in 2026.

Learn more: www.kitchener.ca/kirc

City of Kitchener mayor and council

Message from the Mayor of Kitchener

Welcome to the Fall edition of Active Kitchener! As we wind down summer in the weeks ahead, the leaves begin to turn colour and the crisp air returns, it's the perfect time to explore seasonal activities, embrace new routines, and enjoy all the vibrant offerings our community has in store this autumn.

As we step into a new school year, it's important that we all do our part to keep our children safe. With students soon returning to class, please take extra care when driving in school zones. Obey posted speed limits and no stopping zones, watch for crossing guards, and stay alert for children walking, biking, or playing near the road. Be especially mindful when approaching school buses. Together, we can help ensure a safe and successful start to the school year for families across Kitchener.

A busy season of festivals and events continues in the remaining weeks of summer and into the Fall. Some highlights to look forward to still include the 25th anniversary of Kitchener Blues Festival on August 7-10, KidsPark and the BIA Asian Night Market on August 18, Caribana Ignite on August 22 & 23, Paddle Palooza on August 26, Endless Summer on September 6, and then once the leaves have turned completely and autumn is in full swing, it will be time to celebrate our favourite local tradition – Oktoberfest! Mark your calendars for this year's official Keg Tapping on Friday, October 10, 2025. This will be followed by our festive Thanksgiving Day Parade, held on October 13, 2025. Hope to see you at these great events!

Have an idea that could bring your neighbourhood closer together, enhance safety, or inspire a stronger sense of pride and connection? The City of Kitchener's LoveMyHood Matching Grant might be just what you need to bring it to life. For more information on criteria, developing a budget, and submitting an application, visit www.lovemyhood.ca and apply by November 13, 2025.

This is also a great time of year to celebrate our City of Kitchener community centres which serve as vital gathering places at the heart of our neighbourhoods. Together with our dedicated neighbourhood associations, they take the lead in planning and delivering many of the offerings you'll find at our community centres. Fall program registration opens August 12 for Kitchener residents.

On behalf of my fellow Council members, I extend heartfelt thanks to the volunteers, board members, instructors, event organizers, and countless others who generously share their time and talents with our community. Your ongoing dedication plays a vital role in enhancing the quality of life for everyone who calls Kitchener home.

Have a great Fall everyone and watch for our next edition in a few short months!

Sincerely,



Berry Urbanovic, Mayor
City of Kitchener



WARD 1

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519-741-2784

scott.davey@kitchener.ca



WARD 2

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519-741-3424

dave.schnider@kitchener.ca



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This information is available in accessible formats upon request. Please call 519-741-2345 or TTY 1-866- 969-9994 for assistance.

Cover:
Kitchener Indoor Recreation Complex
pool under construction.

Mercedes-Benz Kitchener-Waterloo Luxury Suites



VIP entrance & parking | Premium seating | Private washrooms
Custom food & beverage service | Wet bar with fridge

Perfect for birthdays, team events, employee recognition, group outings, and time with friends and family.

 519-783-8692

The Aud

 info@TheAud.ca

City of Kitchener - inclusion services

Inclusion Support

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

Requesting 1:1 support for programs

1. Complete an Inclusion Membership Form. Visit www.kitchener.ca/inclusion
2. Register for a program that meets the needs and interests of the participant.
3. Request 1:1 support by contacting the Inclusion Services Coordinator at 519-904-5793 or emailing Olivia.Curtis@kitchener.ca

Personal assistance for leisure (PAL)

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

Leisure Access fee assistance

Families with low income who apply for Leisure Access can receive fee assistance for City of Kitchener direct municipal programs, Neighbourhood Association programs, swim/skate tickets and memberships. Apply online or pick up an application at any City of Kitchener community centre, or swimming pool. For more information on this program please call 519-741-2892 or visit www.kitchener.ca/FeeAssistance.

Programs for people with disabilities

The City of Kitchener offers a wide variety of program options, and inclusion support is available for all residents, through program adaptation or staff support. For those who wish, the city also offers specialized programs for those with a disability and their family, friends and support workers. These programs have a low participant-to-staff ratio to allow for increased support to create a program environment that will meet the participants' sensory, emotional and physical needs. We offer various program options at varying support levels to meet a variety of interests and needs. We encourage anyone who needs additional accommodation to request inclusion support. For more info on which programs are available please visit www.kitchener.ca/inclusion.

Inclusion Programs

Location, fees and ages vary. For more info visit www.kitchener.ca/specialized or call 519-783-8996.

All Access Hangout	191076
Inclusive Dance	194344
Inclusive Game Connect	194345
Sensitive Santa Skate	194347
Sensitive Santa Visit - Nov. 29, 9:30am	194264
Sensitive Santa Visit - Nov. 29, 10:30am	194267
Sensitive Santa Visit - Nov. 29, 11:30am	194268

Leisure support volunteer

Consider becoming a Leisure Support Volunteer and make a valuable contribution to our community! To learn more, visit www.kitchener.ca/volunteer or call 519-783-8996.

Accessible Golf Cart

An accessible golf cart is available for use at the Doon Valley golf course, located at 500 Doon Valley Drive. The cart allows people who have mobility challenges to play golf. For more info, and a video of the cart in action, visit www.kitchener.ca/AccessibleGolfCart





This summer, the City of Kitchener is launching a fun and engaging new initiative, Play in the Park. Running weekdays from July 2 to August 22 this exciting outdoor program offers children ages 4-12 a chance to enjoy creative activities, crafts, and games in three popular green spaces:

- **Wilson Park (Kingsdale)**
- **Morgan Park (Centreville-Chicopee)**
- **Gzowski Park (Victoria Hills)**

The program takes place Mon. to Fri. from 10 a.m. to 12 p.m. and is organized by City of Kitchener staff. City of Kitchener program staff are not responsible for child supervision.

Play in the Park is a free outdoor drop-in style program designed to spark children's imaginations, offering recreation options for families who were unable to secure a spot in summer camps. There's no need for prior registration, however participants will need to provide their name, age, and an emergency contact number during check-in. The program does not replace parent or guardian supervision. To find the program, look for the large Play in the Park branded tents and flags in the green spaces at each park.

Whether your child loves sports, arts and crafts, or just running around, Play in the Park promises a memorable summer experience. Get ready to create lasting memories and make the most of Kitchener's beautiful parks!

This is an outdoor program and may be cancelled due to extreme weather.

Contact: 226-751-6819
1-866-969-9994: use our TTY system for deaf and hard of hearing callers

www.kitchener.ca/PlayInThePark



Kitchener In Bloom Appreciation Event

Sat. Sept. 20
3 - 5 pm

Growing Together Community Garden
4th Ave., Kitchener

Celebrate community and gardens at the Kitchener in Bloom wrap-up event.

Explore the garden, meet experienced gardeners, take part in family-friendly garden activities, and connect with other gardeners.

Free event. All ages are welcome.

Learn more about this and other Kitchener in Bloom events at
www.lovelyhood.ca/bloom



City of Kitchener - youth leadership & employment

Building Youth Leadership Development (BYLD)

12 to 15 years old
Registration is required

A great way for youth to build their own leadership skills, responsibility, and self-confidence is to work with children in after-school and summer programs. Our Building Youth Leadership Development (BYLD) program offers this type of opportunity to young people ages 12 to 15. Youth will gain valuable hands-on leadership and skill building that will prepare them for roles in City of Kitchener children's programming. Participants can receive volunteer hours for completing this program and have the opportunity for hands-on experience in a holiday break camp or community project. This fall's program will run out of the Downtown Community Centre starting on October 1, 4:30 p.m. to 6:30 p.m.

Learn more at www.kitchener.ca/BYLD.

For more information, please contact 519-783-8527 or youth@kitchener.ca.



We will need lifeguards and instructors for our growing group of pools! Train now!

Aquatic Assistant (14+)

Swim instructor (15+)

Lifeguard (15+)

Head Lifeguard

To register for a training course, visit www.kitchener.ca/swimming

Kitchener Youth Crew

12 to 17 years old

The Kitchener Youth Crew program provides youth volunteers with opportunities to share their skills and talents by helping at any of our Youth Drop-In (YDI) programs. To join the Kitchener Youth Crew, talk to staff at any YDI program and build up your resume. Visit www.kitchener.ca/YDI for a complete list of Youth Drop-In locations and times.

Learn more at www.kitchener.ca/YouthCrew.

For more information, please contact 519-783-8527 or youth@kitchener.ca

Summer Employment at City of Kitchener

Each year, the City of Kitchener hires 150+ young people as leaders in both our summer camps and youth drop-in programs and our mobile skateboard park. These employment opportunities offer a great learning experience where young staff develop and build skills transferrable to a variety of other areas, including leadership, communications, team building, program planning, inclusion, and behaviour management. Applications for Summer 2026 positions open in December 2025.

To view the job postings, go to: www.kitchener.ca/jobs

Kitchener Public Library Lockers

We're bringing the library to you!

Pick up holds, browse, borrow and return items from a library locker at Victoria Hills Community Centre and Chandler Mowat Community Centre. All you need is a library card!

Lockers are currently available during business hours only. The lockers are available on a first-come, first served basis. The library lockers are refreshed each week. You will have five days to pick up your holds.

City of Kitchener - youth events & drop-in

Ambush the Arts 2025

Ambush the Arts is a free celebration of the artistic talents of young people in Kitchener. If you're a Kitchener youth, you can sign up to perform or show your art at the event. Join us on Wednesday, November 12 from 6 to 9 pm. at the Kitchener City Hall Rotunda for Ambush the Arts 2025 as we highlight the diversity of youth.

Want to sing, perform poetry, play an instrument or do some public speaking at Ambush the Arts 2025? Sign up for the open mic! For more information, please contact 519-783-8527, youth@kitchener.ca.

For up-to-date information, visit www.kitchener.ca/AmbushTheArts

To learn more about our upcoming youth events, please connect with us at youth@kitchener.ca

Youth Drop-in Badminton and Pickleball

Registration is not required.
12 to 17 years old.

Drop-in at the Downtown Community Centre on Mondays from 6:30 – 8:30pm for pick-up Badminton and Pickleball games. This is a safe space to try out both racket sports for all skills levels. This is a free program for youth ages 12-17 with no registration required. Starts Sept 22, 2025

Art Drop-In

Registration is not required.
12 to 17 years old.

Art Drop-In is a free, creative space for youth ages 12-17 to explore different styles and media of visual art at their own pace. Whether you're sketching, painting, crafting, or just experimenting, this drop-in encourages self-expression and creativity in a relaxed, supportive environment. Programs run weekly and start the week of September 22 to 28.

Chandler Mowat Community Centre

Mondays 6 to 7:30 pm.

Downtown Community Centre

Thursdays 6:30 to 8pm.

**Want to play tennis? Find
basketball court? Or a
skatepark?**

**See our list of facilities
available on pages 14-17 then
get outside and enjoy!**

Fall 2025 and Winter 2026 Youth Drop-In (YDI)

Registration not required

12-17 years old (unless otherwise noted)

See location, day and time below.

All YDI recreational programs are completely free and open to youth aged 12 to 17. No registration needed! Whether you're into sports, board games, music, art, cooking, or just want a space to hangout with friends, there's something for everyone. City of Kitchener program staff are trained, supportive, and genuinely interested in hearing from youth about what they want to see in their spaces. Our goal is to create a fun, inclusive, and welcoming environment where youth can be themselves and try new things. Programs run weekly and start the week of September 22 to 28. If you have any questions, contact youth@kitchener.ca or 519-783-8527.

Centreville Chicopee Community Centre

(141 Morgan Avenue)

Mondays: 7 to 8:30pm. **Ages 12-15**

Tuesdays: 3:30 to 5pm. **Ages 12-15**

Fridays: 6 to 8pm

Chandler Mowat Community Centre (222 Chandler Dr.)

Mondays, Tuesdays and Wednesdays: 4 to 6pm. **Ages: 8-15**

Fridays: 6 to 8pm

Country Hills Community Centre (100 Rittenhouse Dr.)

Tuesdays: 4:15 to 5:45 pm. **Ages 12-15**

Wednesdays: 3:30 to 4:45pm. **Ages 12-15**

Friday: 6:30 to 8:30pm.

Saturdays: 6 to 8pm

Doon Pioneer Park Community Centre (150 Pioneer Dr.)

Thursdays: 3 to 4:30pm.

Forest Heights Community Centre (1700 Queens Blvd.)

Tuesdays, Wednesdays, and Thursdays: 2:45 to 5pm.

Fridays: 7 to 9pm.

Huron Community Centre (80 Tartan Ave.)

Thursdays: 7 to 9pm.

Fridays: 6:30 to 9pm.

Sundays: 3 to 5pm.

Kingsdale Community Centre (73 Wilson Ave.)

Fridays: 3:30 to 5:30pm.

Victoria Hills Community Centre (10 Chopin Dr.)

Saturdays: 6 to 8pm

Williamsburg Community Centre

(1187 Fischer-Hallman Rd. #620)

Fridays: 6 to 8pm. **Ages 8-15.**

City of Kitchener - volunteer engagement

Volunteer opportunities

Adapted Aquatics Volunteer

Thursdays, 6-8 p.m. starting September

A fantastic way to gain work experience is to volunteer! Under the guidance of an Adapted Aquatics Instructor, volunteers will provide one-on-one support to children and adults with a disability by instructing and overseeing the swimming progression of their assigned participants. Volunteers must be able to pass the swim test and be 14 years or older. Thursday nights 6 -8 p.m. starting in September.

Becoming a volunteer with the City of Kitchener is as simple as 1..2..3

Review our list of current volunteer opportunities at www.kitchener.ca/volunteer. Find a volunteer opportunity that interests you and click 'Apply Online' to fill out application. We will contact you to discuss the next steps in our screening process

Check out our website www.kitchener.ca/volunteer for details about our current volunteer opportunities or contact Volunteer Engagement at 519-741-2663 or volunteer@kitchener.ca for more information.



**Stay up to date on
all things Kitchener!
Subscribe to our
newsletters.**

www.kitchener.ca/subscribe



Looking for a fun volunteer opportunity?

We are looking for volunteers to help maintain nearly 30 outdoor rinks in neighbourhoods across Kitchener this winter!

Volunteers are needed to help flood rinks, maintain the ice, conduct regular snow removal and inspect the site.

Contact us for more information:
Call 519-741-2663.



Affordable
groceries,
local vendors.

KITCHENER
MARKET

SINCE 1869

FARMERS' MARKET
Saturdays 7 a.m. – 2 p.m.

Looking for parking?

Kitchener Market garage – access from Cedar St.

Charles & Benton garage – access from Charles St. E.

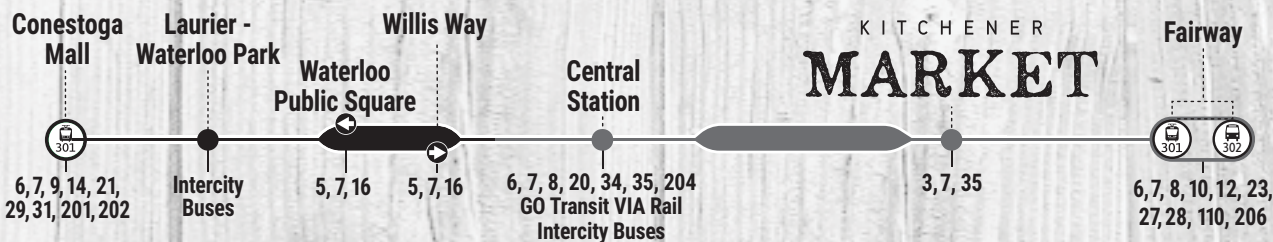
Market Square – access from Scott St.

KW Racquet Club – access from Duke St.

Queen St. N. lot – access from Goudies Lane

300 King St E, Kitchener · KitchenerMarket.ca

ION STATIONS AND BUS CONNECTIONS



WATERLOO

KITCHENER

Early childhood / Tutoring & education

**University of Waterloo
Early Childhood Education Centre
(ECEC)**

Come explore and play with us!

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

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

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



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WATERLOO**



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Discover the power of family music-making.

Join the musical fun at Music Together of Kitchener-Waterloo. With classes for babies through second-graders, there's something for your whole family! Learn more on our website and contact us to visit a class.



Babies 0-9 months



Mixed-age 0-5 years



Mixed-age 4-8 years

Waterloo • New Hamburg • Cambridge
www.musictogetherofkw.com



Secondary School Credit Courses start on September 3, 2025 at Kitchener Main Campus

REGISTER IN-PERSON Aug. 25 - 29

**Be Part of the
St. Louis Story.**



Earn School Credits

Gain Skills Training

Learn Languages

Get Student Support

519.745.1201



stlouis.wcdsb.ca





Strong Start®

A children's literacy charity

Help a Child Learn to Read Become a Volunteer Coach

Work one-on-one with children in Kindergarten and Grades 1-2, playing fun, structured games that build foundational literacy skills.



Getting Started is Easy!

- Attend two, 2-hour training sessions (in-person or online)
- Volunteer just 30 minutes a week for 10 weeks



Scan to sign up or visit **strongstart.ca**
info@strongstart.ca | 1-833-419-READ (7323)



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



Connect with nature, yourself and your community with Kitchener's Natural Areas Program!

Wellness walks, forest bathing, yoga in nature, forest school programs for kids, and more.

Explore upcoming programs
at **kitchener.ca/KNAP**

We deliver these programs through our local partners, Humans In Nature and Nature Connect.



Keep our workers safe!

*When you see road maintenance
activities, slow down, follow the
signs, and leave space for workers.*

*Planning your route before you
leave can help reduce frustration.*

*Learn more at
kitchener.ca/TrafficSafety*

Things to do



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

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

Places to play and explore

Art galleries

Berlin Tower ARTSPACE
Kitchener City Hall, 200 King St. W.
www.kitchener.ca/berlintowerartspace

Cambridge Galleries
Queen Square, Cambridge
www.ideaexchange.org/art

Canadian Clay & Glass Gallery
25 Caroline St N., Waterloo
www.theclayandglass.ca

Homer Watson House & Gallery
1754 Old Mill Rd, Kitchener
www.homerwatson.on.ca

Kitchener-Waterloo Art Gallery
Centre in the Square
101 Queen St N., Kitchener
www.kwag.ca

KPL Central Library Gallery
85 Queen Street N.
www.kpl.org

Robert Langen Art Gallery
Wilfrid Laurier University
www.wlu.ca

Rotunda Gallery
Kitchener City Hall, 200 King St. W.
www.kitchener.ca/rotundagallery

University of Waterloo Art Gallery (UWAG)
www.uwag.uwaterloo.ca

Basketball courts (outdoor)

Admiral Park
93 Roxborough Ave.

Belmont Park
285 Belmont Ave. W.

Bridgeport C.C.
20 Tyson Dr.

Caryndale Park
40 Chapel Hill Dr.

Centreville Chicopee CC
141 Morgan Ave.
(closed for summer 2025)

Chandler Mowat C.C.
222 Chandler Dr.

Country Hills C.C.
100 Rittenhouse Rd.

Forest Heights C.C.
1700 Queens Blvd.

George Lippert Park
200 Weber St W.

Glendale Park
130 Glen Rd.

Guelph Park
800 Guelph St.

McLennan Park
901 Ottawa St. S.

Mill Courtland C.C.
216 Mill St.
(closed for summer 2025)

Oaten Park (Tri-net)
155 Rutherford Dr.

Sandhills Park
130 Cedar St S.

Timberlane Park
38 Timberlane Cres.

Tremaine Park
100 Tremaine Dr.

Vanier Park
329 Vanier Dr

Weber Park
380 Frederick St.

Westchester Park
282 Keewatin Ave.

Wilson Park (half court)
75 Wilson Ave.

Windale Park
76 Windale Cres.

Yellow Birch Park
135 Yellow Birch Dr.

Destination parks

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

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

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

The pool at Kiwanis Park features a beach-like sloped entry that people love and a splash pad perfect for kids to enjoy interactive water play. With improved visibility and access for lifeguards and a filtration system, pool users will have confidence their experience will be safer as well.

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

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

Have a great idea for your neighbourhood, but need support and funds?

LoveMyHood can help you apply for a grant.

Check out what other Kitchener neighbours did at www.lovemyhood.ca/stories



KIDSPARK!

Sunday, August 17

Music • Magic
Animals • Crafts
Games • Dinosaurs
Food • Inflatables
Rock Wall • Activities
Touch a Truck
Face Painting
and MORE!

Victoria Park • 11 a.m. - 4 p.m.

FREE activities for all ages!

Don't miss TAYLOR SWIFT and KATY PERRY tributes!

wfcu DTK BIA KitchenerEvents.ca

Places to play and explore

Horseshoe Pits

Arnold Park Horseshoe Pitch
70 Arnold St.

Ash Park Horseshoe Pitch
7 Ash St.

Belmont Park Horseshoe Pitch
285 Belmont Ave. W.

Breithaupt Park Horseshoe Pitch,
Breithaupt Centre,
350 Margaret Ave.

Bridgeport C.C. Horseshoe Pitches
20 Tyson Dr.

Chandler Park Horseshoe Pitches
222 Chandler Dr.

Glendale Park Horseshoe Pitch
130 Glen Rd.

Mauser Park Horseshoe Pitches
219 Stirling Ave S.

Rockway Centre
1405 King St. E.

Schaefer Park Horseshoe Pitches
75 Bloomingdale Rd.

Weber Park Horseshoe Pitch
380 Frederick St.

Kitchener Public Libraries

Central Library
85 Queen Street N.
Phone: 519-743-0271

Country Hills
1500 Block Line Road, adjacent to St.
Mary's secondary school.
Phone: 519-743-3558

Forest Heights
251 Fischer-Hallman Road, adjacent
to Forest Heights Collegiate and
Forest Heights Pool.
Phone: 519-743-0644

Grand River Stanley Park
175 Indian Road, adjacent to Grand
River Collegiate
Phone: 519-896-1736

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

Southwest Library
100 Rosenberg Way
Phone: 519-804-2277

Museums

Doon Heritage Village
10 Huron Rd,
www.waterlooregionmuseum.ca

**Schneider Haus National
Historic Site**
466 Queen St. S
www.schneiderhaus.ca

Maple Syrup Museum of Ontario
144 King St. N, St. Jacobs
www.elmiramaplesyrup.com

THEMUSEUM
10 King St. W,
www.themuseum.ca

Victoria Park Gallery
Schneider Ave. Victoria Park,
519-742-4990

**Ken Seiling Waterloo
Region Museum**
10 Huron Rd.
www.regionofwaterloomuseums.ca

Woodside National Historic Site
528 Wellington St. N,
www.pc.gc.ca/woodside

Pickleball

The following tennis courts have lines
for pickleball:

Highland Courts

Kaufman Park

Montgomery Park

Weber Park

Fischer Park (school board side)

RBJ Schlegel Park



**City of Kitchener Bookable
Spaces** - There are many sport
fields and diamonds throughout
the city available to rent!
For more information, email
fieldbookings@kitchener.ca or
call 519-741-2447. Please note,
city sport fields and diamonds
are only available by reservation.
Please yield these spaces to
permit holders.

**For a full list of parks and amenities,
visit www.kitchener.ca/parks**

Places to play and explore

Skate parks

The Aud Skatepark
400 East Ave.

Fischer Park
Corner of Fischer-Hallman and
Queen's Boulevard

McLennan Park
901 Ottawa St. S.

Queensmount Arena
1200 Queen's Boulevard
Closed for the summer.

Upper Canada Skatepark
Corner of Homer Watson and
Pioneer Drive

Doon Skatium Mobile Skatepark

The park travels to a different community centre each week, making it accessible to boarders from across the city. It is also available for weekend rental for community events.

www.kitchener.ca/skatepark for dates and locations

Splash pads

Breithaupt Park Splash Pad
Breithaupt Park, 806 Union St.

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

Centreville Chicopee Splash Pad
141 Morgan Ave.
(closed for the 2025 summer season due to construction)

Chandler Mowat Splash Pad
222 Chandler Dr.

Doon Pioneer Park Splash Pad
150 Pioneer Dr.

Kingsdale Splash Pad
78 Wilson Ave.

McLennan Park Splash Pad
901 Ottawa St. S.

RBJ Schlegel Park Splash Pad
1664 Huron Road

Vanier Park Splash Pad
329 Vanier Dr.

Victoria Park Splash Pad
Courtland Ave. W.

Splash pads are
open until Sept 1

Tennis Courts

Admiral Park	93 Roxborough Ave.
Belmont Park	285 Belmont Ave. W.
Budd Park	1111 Homer Watson Blvd.
Heritage Park	30 Halifax Dr.
Kaufman Park	104 Stirling Ave. S.
Country Hills Park	365 Country Hill Dr.
Eby Park	137 Holborn Dr.
Eden Oak Park	125 Eden Oak Trail
Forest Heights C.I.	255 Fischer Hallman Rd.
Franklin Park	335 Franklin St N.
George Lippert Park	200 Weber St W.
Glendale Park	130 Glen Rd.
Highland Courts	120 Highland Rd E.
Margaret Avenue	325 Louisa St.
Montgomery Park	135 Montgomery Rd.
Notre Dame School	142 Rosemount Dr.
RBJ Schlegel Park	1664 Huron Rd.
Resurrection Park	71 Resurrection Dr.
Stanley Park Senior Public School	191 Hickson Dr.
Sunnyside Public School	1042 Weber St E.
Weber Park	380 Frederick St.



Kitchener
Public Library



Write the next chapter of your love story here

Celebrate your wedding day surrounded
by the greatest love stories of all time.

Book a venue tour today!

kpl.org/weddings



Rockin' it at Rockway



Rockin' it at Rockway is back for another summer!
Join us on the Rockway Centre Patio for live music.
The performance starts at 6 pm The August 2025
performers that will be joining us for Rockin' it at
Rockway in 2025:

August 6, 2025
Twas Now

August 20, 2025,
Welcome Back BBQ
(Registration required)
The Flamingos

Seating is limited, please bring your own lawn chair.
Please note that the BBQ and beverage Service
will not be available this year.

To support the costs associated with this event,
we would welcome a \$5.00 donation.



lovemyhood MATCHING GRANT

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

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

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

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

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

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

Review Period - Thursday, November 13, 2025

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

lovemyhood.ca
or call 519-741-2663



Public seating



Neighbourhood art



Community garden



Street party



Visit Williamsburg to enjoy its attractive, natural setting which includes a beautiful pond, wetlands and the Dedication Centre at Williamsburg.

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



1541 Fischer Hallman Rd., Kitchener, ON N2R 1P6

Arts & culture



2020 Artist in Residence, Behnaz Fatemi, photo by Magda Spurek Photography

At the heart of Kitchener's vibrant and active arts and culture scene are the artists who enhance community well-being and nurture the soul of our city.

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

The public galleries and museums in our community also offer programs and other opportunities to get involved. See the listings on page 14 or online at www.kitchener.ca/artsandculture

The city runs several direct programs including:

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

The city also provides services and supports to a community of approximately 10,000 entrepreneurs in the arts and creative industries.

City of Kitchener arts

City hall is home to two art galleries

Exhibits change monthly or bi-monthly and are free to the public in these two unique galleries on the ground floor of Kitchener City Hall.

Gallery hours: 7 am to 9 pm, Monday to Friday, and 9 am to 9pm Saturday and Sunday; free admission

Rotunda Gallery Exhibitions

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

August

Marjan Kaviani

Guelph artist Marjan aims to spotlight what often is unrecognized: the thinking that happens before the doing. She presents oil paintings showing a variety of figures in the process of thinking, creating or conceptualizing new ideas.

September & October

Alisa McDonald

Alisa is a textile artist from Guelph. She uses the punch needle method to create wall hangings that take inspiration from fairytales and folklore of Scotland and Ireland. She blends it with her love of faces, abstraction, kitsch and queerness to produce colourful artworks.

Berlin Tower ARTSPACE Exhibitions

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

August

Zachary Gucci Razal

The artist is showing two large scale works in different media, visually influenced by street art, comics and pop culture. He is concerned with a universal expression of freedom through movement and image. The artworks carry a childlike sense of wonder.

September & October

Sumaira Tazeen

The gallery welcomes back new work from Sumaira, the city of Kitchener's 2018 Artist in Residence. Sumaira has been actively exhibiting locally and abroad, most recently with a solo show in Karachi, Pakistan. She talks about norms and practices, oppressive values and skewed power dynamics through the female lens.



Tara Cooper, 2025 City of Kitchener Artist in Residence

Welcome 2025 City Of Kitchener Artist In Residence: Tara Cooper

Now in its 30th year, the residency program welcomes Tara Cooper. The 2025 program combines the usual opportunity to engage with the community with the goal of producing a site-specific art installation at the Doon Pioneer Park Community Centre. Tara's art practice embraces a combination of print, ceramics, film installation and book arts. Her subject matter draws from storytelling, with an eye for graphic design, pattern and poetics. She has exhibited across Canada and abroad and is an associated professor at the University of Waterloo. To find out more about the theme of the residency and upcoming community engagement activities, visit www.kitchener.ca/AIR.

Ellie Anglin's (2024 Artist in Residence) zine 'Ribbon' is available for pick up at city hall or at locations listed on www.kitchener.ca/AIR. During her residency she invited many local creatives to contribute work to the publication. Pick up a free copy before they are gone!

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

- Subscribe to Kitchener Arts e-newsletter: <https://subscribe.kitchener.ca/Subscribe>
- Check out the city's Arts, Culture and Events pages: www.kitchener.ca/artsandculture
- Or contact:
Karoline Varin,
Arts/Creative Industries Program Assistant
Economic Development
Phone 519.783.8302
E-mail: karoline.varin@kitchener.ca



The City of Kitchener operates four indoor pools year round, with an additional four outdoor pools open until September 1, 2025. Make us your recreation destination this summer.

Earlier this year, we launched Kitchener Swims at all of our pools, with swimming lessons for all ages and skill levels based on the Lifesaving Society's Swim for Life program. It's never too early, or too late, to learn to swim or to gain the certifications to become a lifeguard or swim instructor.

With a wide range of programming, including lessons, recreational and lane swims, aquafit classes and rental opportunities, Kitchener's pools have something for everyone.

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

Want to work with Kitchener pools?



Minimum age requirement



Minimum course length in hours

Become an Aquatic Assistant (14 years of age to apply)

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

Bronze Medallion & Emergency First Aid

Pre-requisites:
Age 13* or Bronze Star*

13 20



Bronze Cross & Standard First Aid with CPR-C

Pre-requisites:
Bronze Medallion and
Emergency First Aid

30



Assistant Instructor course

Pre-requisites:
Bronze Cross

14 18



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

The Lifesaving Society accepts Emergency First Aid and Standard First Aid certifications provided by training agencies approved by the Ontario Ministry of Labour.

*If you have passed your bronze star, you can go into bronze medallion at any age.

If you did not take bronze star, you must be 13 years of age to take bronze medallion.

Become an Instructor Guard

These additional courses are required to advance to the Instructor Guard position. You must be 15 years of age to be employed as an Instructor Guard

Lifesaving Society Swim Instructor

Pre-requisites:
Bronze Cross

15 20

National Lifeguard course

Pre-requisites:
Bronze Cross &
Standard First Aid
- CPR-C

15 40



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



Here's how to apply

Both the Aquatics Assistant and the Instructor Guard positions follow the same application process.

How to apply

1

Apply to the City of Kitchener

Visit our Job Opportunity portal at
www.kitchener.ca/jobs
Upload your resume and cover letter.

2

Skill Screening

Applicants will be contacted to attend a skill screening session to demonstrate the critical skills and knowledge learned in their aquatic leadership courses. An in person interview will be scheduled.

3

New Staff Orientation

Newly hired staff will be scheduled for a group orientation and on-boarding session.

4

Staff Training

Newly hired staff will join their co-workers for a site specific training of their new work location.

Candidates must bring copies of their certification cards on the first day of each leadership program. Certifications are legal documents. Copies of Lifesaving Qualifications can be found on the Lifesaving Society's website under 'Find a member'. www.lifesavingsociety.com

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

1. Go to ActiveNet Kitchener.
Find it at www.kitchener.ca/activenet
2. Sign in with your email address and password (or create a new account). If you are not sure if you have an account, click "forgot password." Please do not create multiple accounts.
3. Once logged in, select Activity Calendars in the top profile bar.



4. The drop-down menu provided will let you access different calendars based on the program that you are looking for:

AquaFit's, Lane Swims, Recreational Swims (Public Swim, Family Swim, Adult Swim etc.)



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



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

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



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

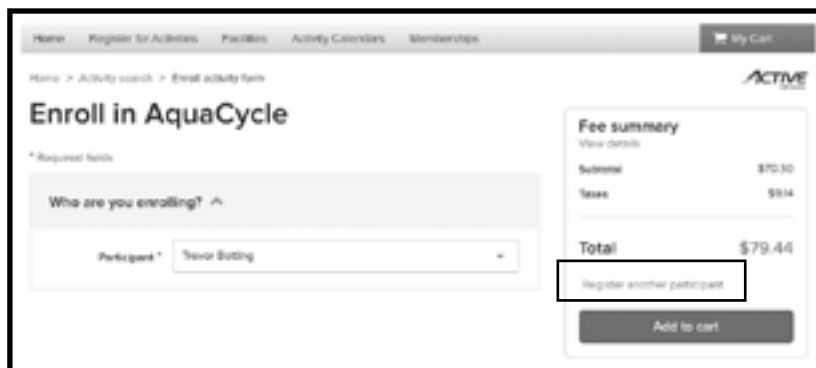


9. Pay online with a credit card to complete registration.

For program descriptions, see pages 31-37.

Additional information

To register more than one person to an activity at a time, select the **"Register Another Participant"** button above the "Add to Cart" button. Repeat until you have added all your desired participants to the activity and then proceed to checkout.





Breithaupt Recreation Centre (BRC)

BRC contains Breithaupt pools
350 Margaret Avenue • 519-741-2821

Wheelchair Accessible	Yes
Type of Pool	Indoor
Months of Operation	Year round
Office hours	Mon, Tues, Wed - 8-10:30pm Thu 8-10pm Sat & Sun, 6:30-5pm
Pool Dimensions	25 yards x 12 yards
Types of Activities	• All age lessons • Recreational swims • Aquafi • Rentals
Special Attributes	• Warm water exercise pool • Diving board • Small slide • Located in large park
Capacity	• 25 Yard Pool - 138 • Warm Water Pool - 20



Cameron Heights Pool (CHP)

301 Charles St. E., located in
Cameron Heights High School • 519-741-2821
New front entrance for all pool programs.
Beside the pool patio.

Wheelchair Accessible	No
Type of Pool	Indoor
Months of Operation	Year round
Office hours	Building hours: Mon to Fri 8:30-10pm Saturday and Sunday 8:30-6pm
Pool Dimensions	25 m x 10.8 m
Types of Activities	• Public swims • Lane swims • All ages swim lessons
Special Attributes	• Diving board
Capacity	• 230



Forest Heights Pool (FHP)

253 Fischer Hallman Road • 519-741-2821

Wheelchair Accessible	Yes
Type of Pool	Indoor
Months of Operation	Year round
Office hours	Mon-Fri: 7-9pm Sat & Sun: 8-9pm
Pool Dimensions	25 m x 12 m
Types of Activities	• All age lessons • Recreational swim • Aquafi • 25m lanes
Special Attributes	• Sauna • Warm water pool • Family change room • Diving board • Linked to library
Capacity	Main Pool - 200 Leisure Pool - 50



Grand River Recreation Complex (GRRRC)

GRRC contains Lyle Hallman pool

600 Heritage Drive • 519-741-2821

Wheelchair Accessible:	Yes
Type of pool:	Indoor
Months of operation:	Year round
Hours:	Mon-Thurs: 8-9pm Fri: 8-8:30pm Sat: 8-8:30pm Sun: 8-8:30pm
Pool dimensions:	25m
Types of Activities:	• Lessons • Aqua fitn ss • Recreational swims
Special Attributes:	• Family change area • Waterslide • Warm swirl pool • Sauna • Private shower stalls
Capacity:	• 175



Harry Class Pool

45 Woodside Ave. • 519-741-2821

Wheelchair Accessible Partially

Type of Pool Outdoor

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

Pool Dimensions 65 yds x 25 yds

Types of Activities Lessons for children, public, family & lane swims, aquatic leadership, WIBITS (inflatable play structures available on select weekends) Special

Attributes Extremely large shallow end, diving board

Capacity • 600

Swim season dates June 2 to Sept 1
weather dependent



Idlewood Pool

5 Thaler Avenue • 519-741-2821

Wheelchair Accessible No

Type of Pool Outdoor

Hours of operation: Full operation until
September 1

For a full schedule please visit
kitchener.ca/pools

Pool Dimensions 25 yd x 12 yd

Types of Activities Daily Swim Lesson: Mon-Fri
Aquafit: on/Wed/Fri
Daily public swims: Mon-Sun

Special Attributes: large shallow area, small slide

Capacity: • 175

Swim season dates June 14 - Sept 1
weather dependent

Aquatics - City of Kitchener outdoor pools



Kiwanis Pool

Located at the end of Kiwanis Park Drive.

1000 Kiwanis Park Drive • 519-741-2821

Wheelchair Accessible Yes

Type of Pool Outdoor

Hours of Operation August and September 1:
Mon - Thu: 11:30am-7pm
Fri - Sun: 10:30am - 7pm

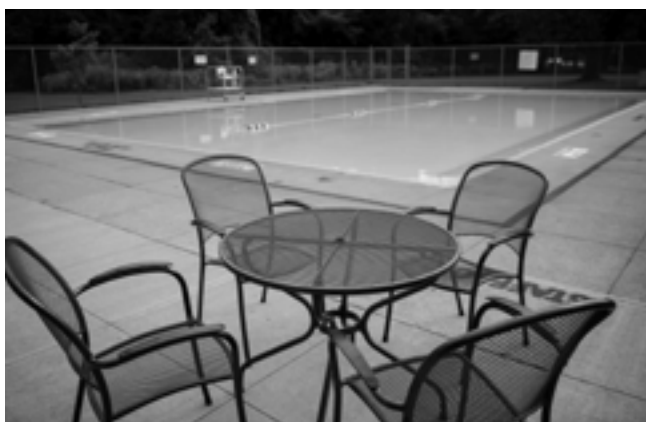
Pool Dimensions 1 acre

Types of Activities Daily Public Swim, Camps,
Rental Opportunities

Special Attributes Lake-like swimming pool with
beach front entry. Sports field ,
playground, 3 volleyball courts,
dog park, canoe launch

Capacity: • 600

Swim Season dates June to Sept 1
weather dependent



Wilson Pool

Located at Kingsdale Community Centre

78 Wilson Avenue • 519-741-2821

Wheelchair Accessible No

Type of Pool Outdoor

Hours of operation Full operation until September 1.
For a full schedule please visit
kitchener.ca/pools

Pool Dimensions 18 m x 12 m

Types of Activities Registered lessons, public
swims

Special Attributes Large shallow end, located in
large park

Capacity • 120

Swim Season dates June to Sept 1
weather dependent



KitchenerSwims

The City of Kitchener is proud to partner with the Lifesaving Society – recognized experts in lifeguarding, swim lessons, and drowning prevention – to deliver our new Kitchener Swims program.

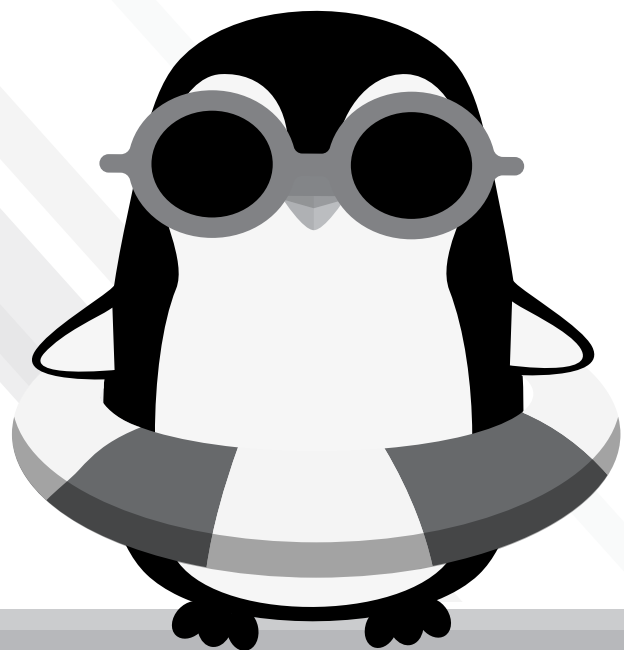
Kitchener Swims is based on the Lifesaving Society's Swim for Life program, used by municipalities across Canada, including the majority in Southwestern Ontario. The program's focus on teaching basic swim skills equips learners to safely enjoy water related activities, and introduces the skills required for more advanced swimmers to pursue lifesaving, lifeguarding, and aquatic sport programming.

NEW TO SWIM LESSONS?

Here's a guide to get started:

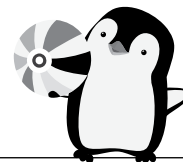
Age	Swim level
3-12 months	Kitchener Swims Parent & Tot 1
12-24 months	Kitchener Swims Parent & Tot 2
2-3 yrs	Kitchener Swims Parent & Tot 3
3-5 yrs	Kitchener Swims Preschool 1
5-12 yrs	Kitchener Swims Child 1
13-17 yrs	Kitchener Swims Teen 1
18+ yrs	Kitchener Swims Adult 1

New to Kitchener Swims? See next page for conversion chart with our old swim level system.



www.kitchener.ca/SwimmingLessons

KitchenerSwims



Previous swim level	»»»»	NEW swim level (as of 2025)
Waterbabies	»»»»	Kitchener Swims Parent & Tot 1 (3-12 months)
Adult & Tot	»»»»	Kitchener Swims Parent & Tot 2 (12-24 months)
Adult & Tot	»»»»	Kitchener Swims Parent & Tot 3 (2-3 yrs)
Tots & (Sometimes) Me	»»»»	Kitchener Swims Parent & Tot 3 (2-3 yrs)
		Kitchener Swims Preschool 1 (3-5 yrs)
Supertots	»»»»	Kitchener Swims Parent & Tot 3 (2-3 yrs)
		Kitchener Swims Preschool 1 (3-5 yrs)
Level B	»»»»	Kitchener Swims Preschool 2 (3-5 yrs)
		Kitchener Swims Child 1 (5-12 yrs)
Level C	»»»»	Kitchener Swims Preschool 2 (3-5 yrs)
		Kitchener Swims Child 1 (5-12 yrs)
Level D	»»»»	Kitchener Swims Preschool 3 (3-5 yrs)
		Kitchener Swims Child 1 (5-12 yrs)
Level E	»»»»	Kitchener Swims Preschool 4 (3-5 yrs)
		Kitchener Swims Child 1 (5-12 yrs)
Level F	»»»»	Kitchener Swims Preschool 5 (3-5 yrs)
		Kitchener Swims Child 1 (5-12 yrs)
Level G	»»»»	Kitchener Swims Child 2 (5-12 yrs)
Level H	»»»»	Kitchener Swims Child 3 (5-12 yrs)
Level I	»»»»	Kitchener Swims Child 4 (5-12 yrs)
Level J	»»»»	Kitchener Swims Child 5 (5-12 yrs)
Level K	»»»»	Kitchener Swims Child 5 (5-12 yrs)
Level L	»»»»	Kitchener Swims Child 6 (5-12 yrs)
Level M	»»»»	Rookie Patrol
Level N	»»»»	Rookie Patrol
Level 1 – Child	»»»»	Kitchener Swims Child 1 (5-12 yrs)
Level 2 – Child	»»»»	Kitchener Swims Child 2 (5-12 yrs)
Level 1 – Pre-Teen	»»»»	Kitchener Swims Child 1 (5-12 yrs)
Level 2 – Pre-Teen	»»»»	Kitchener Swims Child 2 (5-12 yrs)
Level 3 – Pre-Teen	»»»»	Kitchener Swims Child 3 (5-12 yrs)
Level 1 – Teen	»»»»	Kitchener Swims Teen 1 (13-17 yrs)
Level 2 – Teen	»»»»	Kitchener Swims Teen 2 (13-17 yrs)
Level 3 – Teen	»»»»	Kitchener Swims Teen 3 (13-17 yrs)
Level 1 – Adult	»»»»	Kitchener Swims Adult 1 (18+ yrs)
Level 2 – Adult	»»»»	Kitchener Swims Adult 2 (18+ yrs)
Level 3 – Adult	»»»»	Kitchener Swims Adult 3 (18+ yrs)

For swim level descriptions, visit www.kitchener.ca/SwimmingLessons

Aquatics - registration and admission guidelines

Pool Registration & Session Dates

Fall registration opens on Tuesday, August 12 for Kitchener residents and Tuesday, August 19 for non-residents.

Session name	Session Dates		Registration opens
	Start	End	
Session 5 - Fall 1	Mon Sep 8, 2025	Sun Oct 26, 2025	Tue Aug 12, 2025 (Kitchener residents) Tue Aug 19, 2025 (non-Kitchener)
Session 6 - Fall 2	Mon Oct 27, 2025	Sun Dec 21, 2025	
Winter Session 1	Jan 5, 2026	March 1, 2026	Tue Dec 9, 2025 (Kitchener residents) Tue Dec 16, 2025 (non-Kitchener)
Winter Session 2	March 2, 2026	April 26, 2026	
Srping Session 1	April 27, 2026	June 21, 2026	Tue Mar 10, 2026 (Kitchener residents) Tue Mar 17, 2026 (non-Kitchener)

Swim Admission Guidelines

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

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

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

We will need lifeguards and instructors for our growing group of pools! Train now!

Aquatic Assistant (14+)
Swim instructor (15+)
Lifeguard (15+)
Head Lifeguard

To register for a training course, visit
www.kitchener.ca/swimming

**Apply for
lower fees**

Through our leisure access program, you can apply for lower fees for city-run programs. Find out if you are eligible. Learn more, visit
www.kitchener.ca/FeeAssistance.

Aquatics - Kitchener Swims

Kitchener Swim Program

Swim Levels for All Ages

The City of Kitchener has Kitchener Swims courses for all levels and ages. The descriptions of all the levels, age requirements (if applicable) and pricing information 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, Lyle Hallman pool or Breithaupt Centre, during the public swims on Saturdays and Sundays (and all outdoor pools during the summer months). Parents of children under 10 must remain in the facility for the duration of the child's lesson.

Non-Resident Surcharge Fee

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

Things to consider before registration day:

- **NEW for 2025** - Our new Kitchener Swims program means new names for our swim levels. Read the swim level descriptions and become familiar with your swimmer's next appropriate swim level before registration day. Know what swim level each participant is in before the registration date.
- Lessons are in high demand, ensure to **have more than one option** for times you can attend. Add to your wish list in www.kitchener.ca/ActiveNet.
- If the desired time is no longer available, add the selection to the wait list in ActiveNet. Our staff team will review the waiting list regularly and how they go about adding spots or new classes.
- Set up or update your ActiveNet account before registration day, add family members, reset password if needed. Wish List your preferred options so they are easy to find and move to your cart on registration day.

Before your lessons begin, here are some tips

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



Aquatics - Kitchener Swims level descriptions

Parent & Tot

Kitchener Swims Parent & Tot 1

Designed for the 3 to 12-month-old to learn to enjoy the water with the parent.

A guardian must be in the water with the child for this level.

Level Highlights Include:

- Readiness for submersion
- Assisted front and back floats
- Splashing hands and moving feet in the water

Next level: *Kitchener Swims Parent & Tot 2*

Kitchener Swims Parent & Tot 2

Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.

A guardian must be in the water with the child for this level.

Level Highlights Include:

- Blowing bubbles and getting face wet
- Front float with face in the water (assisted)
- Kicking on front and back
- Surface passes

Next level: *Kitchener Swims Parent & Tot 3*

Kitchener Swims Parent & Tot 3

Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.

A guardian must be in the water with the child for this level.

Level Highlights Include:

- recovering object underwater
- jumping from standing position
- kicking on front and back
- underwater passes

Next level: *Kitchener Swims Preschool 1*

Apply for lower fees

Through our leisure access program, you can apply for lower fees for city-run programs.

Find out if you are eligible. Learn more, visit www.kitchener.ca/FeeAssistance

Preschool

Kitchener Swims Preschool 1

We encourage the parent to participate until their child lets them know they can do it themselves.

These preschoolers ages 3 to 5 years will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

Level Highlights Include:

- Enter & Exit Shallow Water (assisted)
- Face in Water
- Floats & Glides (assisted)

Next level: *Kitchener Swims Preschool 2*

Kitchener Swims Preschool 2

These preschoolers ages 3 to 5 years learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket they'll glide on their front and back.

Caregiver 12 years or older must be in the pool area, which includes the viewing galleries, during the lesson.

Level Highlights Include:

- Submerge & exhale
- Floats with PFD
- Roll over with PFD
- Flutter kick on back with buoyant aid (5m)

Next level: *Kitchener Swims Preschool 3*

Kitchener Swims Preschool 3

These youngsters ages 3 to 5 years will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

Caregiver 12 years or older must be in the pool area, which includes the viewing galleries, during the lesson.

Level Highlights Include:

- Sideways entry wearing PFD
- Hold breath under water 3 sec.
- Back float; roll to front, swim 3m

Next level: *Kitchener Swims Preschool 4*

Aquatics - Kitchener Swims level descriptions

Kitchener Swims Preschool 4

Advanced preschoolers ages 3 to 5 years will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.

Caregiver 12 years or older must be in the pool area, which includes the viewing galleries, during the lesson.

Level Highlights Include:

- Tread water 10 sec. wearing PFD
- Front crawl 5m wearing PFD
- Open eyes under water

Next level: *Kitchener Swims Preschool 5*

Kitchener Swims Preschool 5

These youngsters ages 3 to 5 years get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

Caregiver 12 years or older must be in the pool area, which includes the viewing galleries, during the lesson.

Level Highlights Include:

- Forward roll entry wearing PFD
- Tread water 10 sec.
- Whip kick in vertical position 20 sec. wearing PFD

Next level: *Kitchener Swims Child 2*

Child

Kitchener Swims Child 1

These beginners ages 5 to 12 years will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

Children under 10 years old require a caregiver 12 years or older to be in the pool area, which includes the viewing galleries, during the lesson.

Level Highlights Include:

- Treading Water for 30 seconds wearing a PFD
- Floating on Front and Back for 5 seconds
- Gliding on Front, Back and Sides for 3 metres
- Flutter Kick on front and back for 5 metres
- Front Crawl for 5 metres wearing a PFD

Next level: *Kitchener Swims Child 2*

Kitchener Swims Child 2

These advanced beginners ages 5 to 12 years will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

Children under 10 years old require a caregiver 12 years or older to be in the pool area, which includes the viewing galleries, during the lesson.

Level Highlights Include:

- Treading Water for 15 seconds
- Whip Kick in a vertical position for 30 seconds with an aid
- Flutter Kick on front, back and sides for 10 metres
- Front Crawl and Back Crawl for 10 metres
- Swim to Survive Skills: Wearing a PFD, Jump into deep water, tread 30 seconds and swim/kick 15 metres

Next level: *Kitchener Swims Child 3*

Kitchener Swims Child 3

These junior swimmers ages 5 to 12 years will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

Children under 10 years old require a caregiver 12 years or older to be in the pool area, which includes the viewing galleries, during the lesson.

Level Highlights Include:

- Treading water for 30 seconds
- Whip Kick on back for 10 metres
- Front and Back Crawl for 15 metres
- Swim to Survive Skills: Jump into deep water, tread 30 seconds and swim/kick 25 metres

Next level: *Kitchener Swims Child 4*

Kitchener Swims Child 4

These intermediate swimmers ages 5 to 12 years will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

Level Highlights Include:

- Treading water for 1 minute
- Swim underwater for 5 metres
- Whip kick on front for 15 metres
- Breaststroke arms drill 15 metres
- Front and Back Crawl for 15 metres
- Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 minute and swim 50 metres

Next level: *Kitchener Swims Child 5*

Aquatics - Kitchener Swims level descriptions

Kitchener Swims Child 5

These swimmers ages 5 to 12 years will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

Level Highlights Include:

- Jump into deep water and tread for 2 minutes
- Stationary eggbeater kick for 30 seconds
- Breaststroke for 25 metres
- Front and Back Crawl for 50 metres
- Head-up front crawl for 10 metres
- Swim to Survive Skills: Roll entry into deep water, tread 90 seconds and swim 75 metres

Next level: *Kitchener Swims Child 6*

Kitchener Swims Child 6

These advanced swimmers ages 5 to 12 years will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.

Level Highlights Include:

- Legs only surface support for 45 seconds
- Swim underwater for 10 metres to recover and object
- Eggbeater kick on back
- Scissor Kick for 15 metres
- Breaststroke for 50 metres
- Front and Back Crawl for 100 metres
- Head-up swim for 25 metres

Next level: *Rookie Patrol*

Rookie Patrol

Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

Pre-Requisite: *Kitchener Swims Child 6*

Next level: *Kitchener Swims Ranger Patrol*

Ranger Patrol

Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Pre-Requisite: *Kitchener Swims Rookie Patrol*

Next level: *Kitchener Swims Star Patrol*

Star Patrol

Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

Pre-Requisite: *Kitchener Swims Ranger Patrol*

Teen

Kitchener Swims Teen 1

Teens ages 13 to 17 years will work towards a 10-15 m swim on their front and back, do jump entries from the side and recover an object from the bottom in chest-deep water. Improve fitness and the flutter kick with 4 x 9-12 m interval training.

Level Highlights Include:

- Treading water for 30 seconds wearing a PFD
- Whip kick in a vertical position with a PFD for 15-30 seconds
- Floating on front and back
- Gliding on front, back and sides for 3-5 metres
- Flutter kick on front, back and sides for 10-15 metres
- Front or Back Crawl for 10-15 metres
- Swim to Survive Skills: Wearing a PFD, jump into deep water, tread 30 seconds, and swim/kick on back 5-10 metres

Next level: *Kitchener Swims Teen 2*

See page 25 for a step-by-step guide on how to search for available times or to register.

Aquatics - Kitchener Swims level descriptions

Kitchener Swims Teen 2

Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. Swimmers ages 13 to 17 years will be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m, supporting themselves at the surface for 1-2 minutes, and showing off their handstands in shallow water.

Level Highlights Include:

- Tread water for 1-2 minutes
- Whip kick on back for 10-15 metres
- Whip kick on front for 10-15 metres
- Breaststroke arms drill for 10-15 metres
- Front Crawl and Back Crawl for 25-50 metres
- Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 minute, and swim 50 metres

Next Level: *Kitchener Swims Teen 3*

Kitchener Swims Teen 3

No sweat (or at least none anyone can see). Teen swimmers ages 13 to 17 years will learn eggbeater, stride entries and compact jumps. They'll be doing a 300 m workout and sprinting 25-50 m and master the front crawl, back crawl and breaststroke.

Level Highlights Include:

- Legs only surface support 30-60 sec
- Swim underwater 5-10 metres to recover an object
- Eggbeater kick on back or scissor kick on side 10-15 metres
- Breaststroke 25-50 metres
- Front Crawl and Back Crawl 50-100 metres

Adult

Kitchener Swims Adult 1

Adults ages 18+ will work towards a 10-15 m swim on your front and back, do jump entries from the side and recover an object from the bottom in chest-deep water. Improve fitness and the flutter kick with 4 x 9-12 m interval training.

Level Highlights Include:

- Treading water for 30 seconds wearing a PFD
- Whip kick in a vertical position with a PFD for 15-30 seconds
- Floating on front and back
- Gliding on front, back and sides for 3-5 metres
- Flutter kick on front, back and sides for 10-15 metres
- Front or Back Crawl for 10-15 metres
- Swim to Survive Skills: Wearing a PFD, jump into deep water, tread 30 seconds, and swim/kick on back 5-10 metres

Next level: *Kitchener Swims Adult 2*

Kitchener Swims Adult 2

Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. Swimmers aged 18+ will be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. They'll be supporting themselves at the surface for 1-2 minutes, and showing off their handstands in shallow water.

Level Highlights Include:

- Tread water for 1-2 minutes
- Whip kick on back for 10-15 metres
- Whip kick on front for 10-15 metres
- Breaststroke arms drill for 10-15 metres
- Front Crawl and Back Crawl for 25-50 metres
- Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 minute, and swim 50 metres

Next Level: *Kitchener Swims Adult 3*

Kitchener Swims Adult 3

No sweat (or at least none anyone can see). Adult swimmers aged 18+ will learn eggbeater, stride entries and compact jumps. They'll be doing a 300 m workout and sprinting 25-50 m and master the front crawl, back crawl and breaststroke.

Level Highlights Include:

- Legs only surface support 30-60 sec
- Swim underwater 5-10 metres to recover an object
- Eggbeater kick on back or scissor kick on side 10-15 metres
- Breaststroke 25-50 metres
- Front Crawl and Back Crawl 50-100 metres

Get Inclusion Support

If you or your child has a disability, you can apply for an Inclusion Membership to get support.

Visit www.kitchener.ca/InclusionSupport

Aquatics - single visit activities

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

Aquafit

Warm Water Aquafit

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

AquaCardio – Shallow

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

AquaCardio - Deep

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

AquaCycle

AquaCycle combines the benefits of cycling with the resistance of water while riding a stationary bike submerged in chest deep water. Classes are led by certified instructors and offer a high-energy, low-impact workout suitable for individuals of all fitness levels with a focus on cardio and muscle conditioning.

Lane Swim

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

Recreational Swims

Family Swim

Recreational swimming. Children 17yrs and under must be accompanied by an adult. Regular Swim Admission Guidelines apply.

Public Swim

All sections of the pool are available for everyone to enjoy a leisurely swim. Regular Swim Admission Guidelines apply.

Adult Swim

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

Be U Open Swim

Swim time for 2SLGBTQIA+ community members, their friends, families, and allies. The facility will provide added privacy for all in attendance. Changerooms will be accessible to everyone, all swimming attire is acceptable. All sections of the pool are available for everyone to enjoy a leisurely swim.

Be U: Lane & Leisure Swim

Must be 18Y+. Swim time for 2SLGBTQIA+ community members, their friends, families, and allies. The facility will provide added privacy for all in attendance. Changerooms will be accessible to everyone, all swimming attire is acceptable. This swim will include sections of the pool that are set aside for lane swimmers and people looking to swim/water walk or float at their own pace.

Women's only swim

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

To swim safely in our community pools, remember:

- Don't swim if you're sick, have digestive problems, or open wounds.
- Shower before entering the pool.
- Wear a swim diaper or incontinence aid if needed.

By following these tips, we can all enjoy our community pools while keeping them healthy and safe.

Aquatics - fees & leadership courses

Fees

	Single swim	5 swims	20 swims	60 swims	3-month Pass
Child (0-17Y)	\$4.42	\$20.96	\$79.42	\$211.78	\$136.03
Adults 18Y+	\$6.62	\$31.47	\$119.24	\$317.97	\$213.72
55Y+	\$4.42	\$20.96	\$79.42	\$211.78	\$136.03
Family	\$15.06	\$67.76			\$314.59

2025 pricing, subject to change

**New this year, tickets are digital.
Please see pool staff for assistance if needed.**

Aquatic Leadership Courses

Assistant Instructor

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

Bronze Star

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

Bronze Medallion and Emergency First Aid

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

Bronze Cross and Standard First Aid

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Standard First Aid provides comprehensive training covering all aspects of

first aid. Standard First Aid incorporates Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies

Lifesaving Instructor

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

National Lifeguard

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

Swim Instructors

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

**Learn lifesaving skills now for a
future job opportunity with the
City of Kitchener**

Sport & athletics



The benefits of sport extend to people of all ages and interests. Sports can increase both physical and mental health, can build connections with other people, build confidence and teach people how to both win and lose gracefully. Whether you choose to play an organized sport or would rather take advantage of some of the drop-in activities around town, make sports a part of your healthy lifestyle.



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www.kitchener.ca/sportsfields

Email: fieldbookings@kitchener.ca

Phone: 519-741-2447



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CALENDAR



PARKING



MARKET

DOWNTOWN KITCHENER

WELCOME TO DTK, THE HEART OF THE CITY THAT EXCITES, SUPPORTS, AND UNITES.

Fall is the perfect time to explore downtown Kitchener!

With the crisp air and vibrant autumn colours, the city comes alive with a cozy charm that's hard to resist. Whether you're looking to enjoy a stroll through Victoria Park (hi Otis and Opheila!), savour delicious treats at local cafes, or shop for seasonal produce at our bustling farmers' market, there's something for everyone. Iconic fall festivals add an extra layer of excitement to our streets!

So, gather your friends and family and experience the warmth and beauty of downtown Kitchener this fall!

SEPTEMBER 6 ENDLESS SUMMER | OCTOBER 10-12 OKTOBERFEST | NOVEMBER 1 DIA DE LOS MUERTOS

Community centres & Neighbourhood associations

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

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

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

Registration for all neighbourhood association and community centre programs starts **Tuesday, August 12 at 8:30 am** for Kitchener residents

New this year, the city introduced a 7-day advance registration window for Kitchener residents for city-led and neighbourhood association programs.

www.kitchener.ca/ProgramRegistration

This policy does not apply to Ontario Health Funded programs, drop-ins and Pay As You Play.



Alpine Community Neighbourhood Association

The Alpine Community Neighbourhood Association (ACNA) is a non-profit organization run by a dedicated group of volunteers who engage with residents living in the Strasburg Rd., Block Line Rd., Homer Watson Blvd., and Ottawa St. boundaries. ACNA works to foster pride in their neighbourhood, maintain a safe and environmentally friendly community, encourage resident participation, provide a forum for problem solving and community issues, and enhance the quality of life for residents living in this area and act as the voice for neighbourhood interests.

alpinecommunityassociation@gmail.com

Facebook - search Alpine Community Neighbourhood Association

ACNA is always looking to recruit new volunteers to join their team and welcomes anyone interested in learning more about the work they do to attend one of their monthly Board meetings held at Alpine Public School. These meetings are held on the second Tuesday of each month from September to June. You might just find a role for yourself in their organization and the level of participation is up to you! Councillor Paul Singh (Ward 6) is very supportive of ACNA and speaks at each meeting - keeping the group updated on new and exciting initiatives happening in the neighbourhood.

ACNA is passionate about bringing the community together through a variety of special events held at Alpine Park and surrounding areas throughout the year. From Earth Day Clean-ups to Movie Nights at the Country Hills Community Centre, ACNA is always busy organizing fun and engaging events for the community to enjoy. ACNA also has a green thumb and in the Spring/Summer of 2024 they worked with the lovemeyhood project team to build and install a brand-new Community Garden, featuring 13 garden plots. This Community Garden has brought vibrancy to the neighbourhood and has been a wonderful addition to the new park. For more information about the Community Garden or to become involved with the garden committee email the garden team at alpinecommunitygardens@gmail.com

Auditorium Neighbourhood Association

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

www.auditoriumna.ca

ana.eastward@gmail.com

www.X.com/ANABoard1

www.facebook.com/auditoriumneighbourhoodassociation

www.instagram.com/ana.eastward

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

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

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

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

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



Registration for all neighbourhood association and community centre programs starts Tuesday, August 12 at 8:30am for Kitchener residents.

Community centre and neighbourhood association programs

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, 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.

350 Margaret Ave, Kitchener, ON

519-741-2502

www.kitchener.ca/BreithauptCentre

Child - Camps

Program	Age	Date	Time	Start date	Length	Cost	Code
Day Camp	4-11Y	Fri	9-4pm	Oct 10	1wks	\$32.06	189240
Holiday Break Camp	4-11Y	Mon,Tue	9-4pm	Dec 22	1wks	\$64.12	189248
	4-11Y	Mon,Tue	9-4pm	Dec 29	1wks	\$64.12	189729

Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Ceramic Slab Building	13Y+	Tue	6-9pm	Sep 9	4wks	\$121.80	187714
	13Y+	Tue	6-9pm	Oct 7	4wks	\$121.80	187715
	13Y+	Sun	10am-1pm	Sep 14	4wks	\$121.80	187716
	13Y+	Sun	10am-1pm	Oct 12	4wks	\$121.80	187717
	13Y+	Sun	10am-1pm	Nov 9	4wks	\$121.80	187720
	13Y+	Sun	10am-2pm	Dec 7	3wks	\$121.80	187721
	13Y+	Tue	6-9pm	Nov 4	4wks	\$121.80	187722
Fictional Worldbuilding: Step-by-Step	13Y+	Mon	6:30-8pm	Sep 8	7wks	\$106.58	187718
	13Y+	Mon	6:30-8pm	Nov 3	7wks	\$106.58	187723
Woodworking & Weaving Art Program	16Y+	Wed	6:30-8pm	Sep 10	8wks	\$121.80	187719
	16Y+	Wed	6:30-8pm	Nov 5	7wks	\$106.58	187724

Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Barre Above	18Y+	Wed	10-10:55am	Sep 10	8wks	\$59.92	187727
	18Y+	Wed	10-10:55am	Nov 5	7wks	\$52.43	187728
Cardio & Pilates	18Y+	Mon	5-5:55pm	Sep 8	7wks	\$52.43	186827
	18Y+	Mon	5-5:55pm	Nov 3	7wks	\$52.43	187659
Chair Yoga	18Y+	Thu	8-8:55am	Sep 11	8wks	\$59.92	186829
	18Y+	Thu	8-8:55am	Nov 6	7wks	\$52.43	187660
Chi Ball Energize	18Y+	Mon	6-6:55pm	Sep 8	7wks	\$52.43	186833
	18Y+	Mon	6-6:55pm	Nov 3	7wks	\$52.43	187662

Pricing and availability are subject to change.

Community centre and neighbourhood association programs

Breithaupt Centre continued

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

Fitness & wellness continued

Program	Age	Date	Time	Start date	Length	Cost	Code
Chi Ball Flow	18Y+	Fri	9-9:55am	Sep 12	8wks	\$59.92	186835
	18Y+	Fri	9-9:55am	Nov 7	7wks	\$52.43	187663
Gentle Moves	18Y+	Mon	10:30-11:25am	Sep 8	7wks	\$46.55	186865
	18Y+	Wed	10:30-11:25am	Sep 10	8wks	\$53.20	186866
	18Y+	Mon	10:30-11:25am	Nov 3	7wks	\$46.55	187665
	18Y+	Wed	10:30-11:25am	Nov 5	7wks	\$46.55	187666
Inclusive Dance	18Y+	Tue	10-10:55am	Sep 9	8wks	\$53.20	187729
	18Y+	Tue	10-10:55am	Nov 4	7wks	\$46.55	187730
Meditation & Movement	18Y+	Thu	9-9:45am	Sep 11	8wks	\$44.94	186867
	18Y+	Thu	9-9:45am	Nov 6	7wks	\$39.32	187667
Nia	18Y+	Wed	6:15-7:10pm	Sep 10	8wks	\$59.92	186869
	18Y+	Wed	6:15-7:10pm	Nov 5	7wks	\$59.92	187670
Pilates - Beginner	18Y+	Mon	9:30-10:25am	Sep 8	7wks	\$52.43	186873
	18Y+	Tue	9-9:55am	Sep 9	8wks	\$59.92	187021
	18Y+	Wed	9-9:55am	Sep 10	8wks	\$59.92	187022
	18Y+	Thu	9-9:55am	Sep 11	8wks	\$59.92	187023
	18Y+	Thu	4:30-5:25pm	Sep 11	8wks	\$59.92	187024
	18Y+	Fri	10-10:55am	Sep 12	8wks	\$59.92	187025
	18Y+	Mon	9:30-10:25am	Nov 3	7wks	\$52.43	187673
	18Y+	Tue	9-9:55am	Nov 4	7wks	\$52.43	187674
	18Y+	Wed	9-9:55am	Nov 5	7wks	\$52.43	187675
	18Y+	Thu	9-9:55am	Nov 6	7wks	\$52.43	187676
	18Y+	Thu	4:30-5:25pm	Nov 6	7wks	\$52.43	187677
	18Y+	Fri	10-10:55am	Nov 7	7wks	\$52.43	187678
	18Y+	Tue	8-8:55am	Sep 9	8wks	\$59.92	187026
Power Yoga	18Y+	Tue	6-6:55pm	Sep 9	8wks	\$59.92	187027
	18Y+	Tue	8-8:55am	Nov 4	7wks	\$52.43	187679
	18Y+	Tue	6-6:55pm	Nov 4	7wks	\$52.43	187680
	18Y+	Tue	8-8:55am	Nov 4	7wks	\$52.43	187680
Pulse & Sculpt	18Y+	Sat	9:30-10:25am	Sep 13	8wks	\$53.20	187029
	18Y+	Sun	11-11:55am	Sep 14	8wks	\$53.20	187030
	18Y+	Sat	9:30-10:25am	Nov 8	7wks	\$46.55	187682
	18Y+	Sun	11-11:55am	Nov 9	7wks	\$46.55	187683
Step Blast	18Y+	Wed	10-10:55am	Sep 10	8wks	\$53.20	187031
	18Y+	Wed	10-10:55am	Nov 5	7wks	\$46.55	187684

Community centre and neighbourhood association programs

Breithaupt Centre continued

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

Fitness & wellness continued

Program	Age	Date	Time	Start date	Length	Cost	Code
Strength Training	18Y+	Tue	10:30-11:25am	Sep 9	8wks	\$53.20	187033
	18Y+	Wed	5-5:55pm	Sep 10	8wks	\$53.20	187034
	18Y+	Thu	6-6:55pm	Sep 11	8wks	\$53.20	187048
	18Y+	Sun	10-10:55am	Sep 14	8wks	\$53.20	187056
	18Y+	Tue	10:30-11:25am	Nov 4	7wks	\$46.55	187685
	18Y+	Wed	5-5:55pm	Nov 5	7wks	\$46.55	187686
	18Y+	Thu	6-6:55pm	Nov 6	7wks	\$46.55	187687
	18Y+	Sun	10-10:55am	Nov 9	7wks	\$46.55	187688
	18Y+	Thu	10:30-11:25am	Sep 11	8wks	\$53.20	187974
	18Y+	Thu	10:30-11:25am	Nov 6	7wks	\$46.55	187975
Strength Training & Yoga	18Y+	Mon	8-8:55am	Sep 8	8wks	\$52.43	187062
	18Y+	Mon	8-8:55am	Nov 3	7wks	\$52.43	187731
Strengthening, Aerobics and Stretching (S.A.S.)	18Y+	Mon	11-11:55am	Sep 8	7wks	\$46.55	187064
	18Y+	Tue	11-11:55am	Sep 9	8wks	\$53.20	187092
	18Y+	Wed	11-11:55am	Sep 10	8wks	\$53.20	187093
	18Y+	Thu	11-11:55am	Sep 11	8wks	\$53.20	187096
	18Y+	Mon	11-11:55am	Nov 3	7wks	\$46.55	187696
	18Y+	Tue	11-11:55am	Nov 4	7wks	\$46.55	187697
	18Y+	Wed	11-11:55am	Nov 5	7wks	\$46.55	187698
	18Y+	Thu	11-11:55am	Nov 6	7wks	\$46.55	187699
Super Seniors	55Y+	Tue	9-9:55am	Sep 16	7wks	\$46.55	187202
	55Y+	Thu	9-9:55am	Sep 18	7wks	\$46.55	187222
	55Y+	Tue	9-9:55am	Nov 4	7wks	\$46.55	187700
	55Y+	Thu	9-9:55am	Nov 6	7wks	\$46.55	187701
Tai Chi - Beginner	18Y+	Thu	10-10:55am	Sep 11	8wks	\$59.92	187228
	18Y+	Thu	10-10:55am	Nov 6	7wks	\$52.43	187702
Tai Chi - Intermediate	18Y+	Thu	11-11:55am	Sep 11	8wks	\$59.92	187229
	18Y+	Thu	11-11:55am	Nov 6	7wks	\$52.43	187704
Total Body Sculpt	18Y+	Mon	10:30-11:25am	Sep 8	7wks	\$46.55	187350
	18Y+	Mon	10:30-11:25am	Nov 3	7wks	\$46.55	187705
Tri-Fusion Fitness	18Y+	Sat	10:30-11:25am	Sep 13	8wks	\$53.20	187577
	18Y+	Sat	10:30-11:25am	Nov 8	7wks	\$46.55	187706
Virtual Pilates - Beginner	18Y+	Wed	9-9:55am	Sep 10	8wks	\$44.56	187725
	18Y+	Wed	9-9:55am	Nov 5	7wks	\$38.99	187726
Yoga For All	18Y+	Tue	7-8pm	Sep 9	8wks	\$59.92	187642

Community centre and neighbourhood association programs

Breithaupt Centre continued

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

Fitness & wellness continued

Program	Age	Date	Time	Start date	Length	Cost	Code
Yoga For All	18Y+	Thu	1-2pm	Sep 11	8wks	\$59.92	187643
	18Y+	Thu	7-8pm	Sep 11	8wks	\$59.92	187644
	18Y+	Tue	7-8pm	Nov 4	7wks	\$52.43	187707
	18Y+	Thu	1-2pm	Nov 6	7wks	\$52.43	187708
	18Y+	Thu	7-8pm	Nov 6	7wks	\$52.43	187709
Yogalates	18Y+	Wed	11-11:55am	Sep 10	8wks	\$59.92	187649
	18Y+	Wed	11-11:55am	Nov 5	7wks	\$52.43	187711
Zumba	18Y+	Mon	6:20-7:15pm	Sep 8	7wks	\$46.55	187651
	18Y+	Mon	6:20-7:15pm	Nov 3	7wks	\$46.55	187712
Zumba Gold	18Y+	Tue	9:30-10:15am	Sep 9	8wks	\$39.90	187654
	18Y+	Tue	9:30-10:15am	Nov 4	7wks	\$34.91	187713

Technology

Program	Age	Date	Time	Start date	Length	Cost	Code
Introduction to Chromebooks	55Y+	Tue	2:15-3:15pm	Dec 9	1wks	Free	188393
Making the Most of your iPad	55Y+	Thu	1-2pm	Dec 4	3wks	Free	188391
Using Email Effectively	55Y+	Tue	1-2pm	Dec 9	2wks	Free	188392
Using the Internet Effectively	55Y+	Thu	2:15-3:15pm	Dec 4	2wks	Free	188389

Piano lessons also available at Breithaupt Centre. Please contact the centre for details.

Bridgeport Community Association

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

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

bridgeportcommunity.ca

www.instagram.com/BCA_kitchener

Facebook - search Bridgeport Community Association



Registration for all neighbourhood association and community centre programs starts Tuesday, August 12 at 8:30am for Kitchener residents.

Community centre and neighbourhood association programs

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

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

20 Tyson Dr., Kitchener ON

519-741-2271

www.kitchener.ca/BridgeportCC

Program	Age	Date	Time	Start date	Length	Cost	Code
Bid Euchre	18Y+	Thu	12:45-3:15pm	Sep 11	15wks	Free	187814
Euchre	18Y+	Wed	1-3:30pm	Sep 10	15wks	Free	187813

Child - Music

Program	Age	Date	Time	Start date	Length	Cost	Code
Piano Lessons Beginner for Children	5-8Y	Thu	5-5:55pm	Sep 11	13wks	\$108.16	187473
	9-12Y	Thu	6-6:55pm	Sep 11	13wks	\$108.16	187474
	5-8Y	Thu	4-4:55pm	Sep 11	13wks	\$108.16	187475
	9-12Y	Thu	7-7:55pm	Sep 11	13wks	\$108.16	187476

Youth

Program	Age	Date	Time	Start date	Length	Cost	Code
Heart for Art	11-15Y	Mon	6-7:30pm	Sep 22	11wks	Free	190706

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

Adult - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Watercolour for Wellness: Beyond the Basics	55Y+	Tue	1-2:30pm	Sep 16	10wks	\$124.80	187526

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
SMART Group Exercises	55Y+	Tue	10:45-11:45am	Sep 16	12wks	Free	185748
	55Y+	Thu	9:30-10:30am	Sep 18	13wks	Free	185752
	55Y+	Thu	10:45-11:45am	Sep 18	13wks	Free	185758
Zumba	55Y+	Tue	8-9pm	Sep 9	13wks	\$70.85	187735
	55Y+	Thu	8-9pm	Sep 11	14wks	\$76.30	187742
Zumba Toning	55Y+	Sat	9:30-10:30am	Sep 13	14wks	\$76.30	187743

Pricing and availability are subject to change.

Community centre and neighbourhood association programs

Bridgeport Community Centre

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

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Hatha Yoga	55Y+	Wed	9:30-10:30am	Sep 10	14wks	\$86.10	187736
New! Meditation	55Y+	Wed	10:45-11:45am	Sep 10	7wks	\$43.05	187737
	55Y+	Wed	10:45-11:45am	Oct 29	7wks	\$43.05	187738
Tai Chi Advanced	55Y+	Mon	11:05-12:05pm	Sep 15	12wks	\$73.80	187734
Tai Chi Intermediate	55Y+	Mon	10-11am	Sep 15	12wks	\$73.80	187733

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Fit Minds	55Y+	Fri	1:15-2:15pm	Oct 3	11wks	Free	185722
Pelvic Floor Basics	55Y+	Mon	12:30-2pm	Dec 1	1wks	Free	187744

Adult - Music

Program	Age	Date	Time	Start date	Length	Cost	Code
Piano Lessons for Adults: Beginner	55Y+	Thu	3-3:55pm	Sep 11	13wks	\$108.16	187480
Piano Lessons for Adults: Continuing	55Y+	Thu	8-8:55pm	Sep 11	13wks	\$108.16	187484

Adult - Social & fun

Program	Age	Date	Time	Start date	Length	Cost	Code
Bird Nature Walk	55Y+	Wed	10:30-11:30am	Sep 10	1wks	Free	185738
NEW! Walkie Talkies Outdoor Walking Group	55Y+	Wed	1:30-2:30pm	Sep 17	7wks	Free	185761

New this year, the city introduced a 7-day advance registration window for Kitchener residents for city-led and neighbourhood association programs.

www.kitchener.ca/ProgramRegistration

This policy does not apply to Ontario Health Funded programs, drop-ins and Pay As You Play.



Stay up to date on all things Kitchener!
Subscribe to our newsletters.

www.kitchener.ca/subscribe

Cedar Hill Community Group

Chanel Cressman - Co-chair

Email: chanelcressman@gmail.com

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.

Mill Courtland Neighbourhood Association, Highland Stirling Community Group, and Cedar Hill Community Group are comprised of dedicated volunteers and operate out of the Mill Courtland Community Centre.

Our last day of programs and services at Mill Courtland Community Centre will be Saturday, June 21. We will still be offering programs to the community, but they will be at alternate locations within the community.

Stay connected with us by following on social media: @millcourtlandassociations and www.mcna-hscg.com for the latest updates on programs, events and services.

We appreciate your understanding during this transition and look forward to staying connected during our temporary closure.

We are not online for program registration through Active Net. If you are interested in registering for a program, please call 519-741-2491 or email us at mcna.hscg@gmail.com.

www.mcna-hscg.com

www.instagram.com/millcourtlandassociations

Central Frederick Neighbourhood Association

Phone: 519-741-2501 (please leave a message with DCC staff).

Email: Central.Frederick@gmail.com

The Central Frederick Neighbourhood Association (CFNA) represents approximately 1,700 households in one of Kitchener's oldest neighbourhoods. Along with diverse housing including several significant

heritage properties, this vibrant downtown area has a range of commercial, professional and public areas as well, including Weber Park and the Frederick Mall - the first plaza in Kitchener. The CFNA is dedicated to enhancing the quality of life for the residents of the Central Frederick Neighbourhood. It is supported by dedicated volunteers who work on many interests important to the neighbourhood including event and activity planning, neighbourhood improvements and communications. If you're interested in volunteering or learning more about ways to be involved, please email central.frederick@gmail.com. We're always looking for more neighbours to join us!

www.centralfrederick.org

www.X.com/CentralFred

www.facebook.com/CentralFrederick

Centreville-Chicopee Community Association

141 Morgan Ave, Kitchener ON N2A 2M4.

Contact: Dr Ernest Osei – Chair.

Email: contactus@cccakitchener.ca

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

www.cccakitchener.ca

www.instagram.com/centrevillechicopee

www.facebook.com

and search Centreville Chicopee Community Association

Community centre and neighbourhood association programs

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.

141 Morgan Ave., Kitchener ON

519-741-2490

www.kitchener.ca/centrevillechicopeecc

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

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

Early Childhood

Program	Age	Date	Time	Start date	Length	Cost	Code
Stay and Play	0-6Y	Tue	9:30-11:30am	Sep 9	14wks	Free	188752

Child - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Intro to Drawing	8-12Y	Sun	1:30-2:30pm	Sep 28	11wks	Free	189105

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Fearless Youth (Girls Boxing)	9-12Y	Thu	4:30-5:30pm	Sep 25	11wks	Free	188705
Girls Basketball	6-11Y	Sun	1-2pm	Sep 21	11wks	Free	188714
Multi-sport	9-12Y	Wed	5:30-7pm	Sep 24	12wks	Free	189132

Youth

Program	Age	Date	Time	Start date	Length	Cost	Code
Heart for Art	11-15Y	Sun	3-4:30pm	Sep 28	11wks	Free	190710
Tween YDI Gym	12-15Y	Tue	3:30-5pm	Sep 23	12wks	Free	190724
Tween YDI Lounge	12-15Y	Mon	7-8:30pm	Sep 22	11wks	Free	190723
YDI (Youth Drop-In)	12-17Y	Fri	6-8pm	Sep 26	12wks	Free	190733



When: Saturday afternoons (until Sept. 20)
Where: Neighbourhood community gardens
What: Tour a garden, ask questions, enjoy garden activities and lemonade and connect with neighbours.

For schedule visit, www.lovelyhood.ca/bloom

Centreville Chicopee Community Centre

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

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Benefits of Exercise for Older Adults	55Y+	Mon	1:30-3pm	Oct 27	1wks	Free	187772
Mindfulness & Meditation	55Y+	Mon	1-2:30pm	Nov 24	1wks	Free	187773

Adult - Language classes

Program	Age	Date	Time	Start date	Length	Cost	Code
Spanish for Beginners	55Y+	Mon	9:30-10:25am	Sep 15	12wks	Free	187838

Adult - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Learn to Sew - Quilting Basics	18Y+	Sun	2-4pm	Sep 21	8wks	Free	188712
Painting with Acrylics	55Y+	Wed	9:30-11am	Sep 17	12wks	Free	187468
Watercolour Fundamentals	55Y+	Tue	10-11:30am	Sep 16	11wks	Free	187831

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Activator-Nordic Pole Walking for Beginners	55Y+	Mon	9:15-10:15am	Sep 8	14wks	Free	187751
New! Barre Above	55Y+	Mon	11:45-12:45pm	Sep 8	14wks	Free	187776
New! Zumba Gold	55Y+	Mon	10:45-11:30am	Sep 8	14wks	Free	187774
Pilates Basic	55Y+	Thu	7-8pm	Sep 11	14wks	Free	187758
Women's Boxing	18Y+	Thu	5:45-6:45pm	Sep 25	12wks	\$47.45	188702

Adult - Social & fun

Program	Age	Date	Time	Start date	Length	Cost	Code
NEW! Colouring and Conversations	55Y+	Thu	10:45-11:45am	Sep 18	13wks	Free	188594

Have a great idea for your neighbourhood, but need support and funds?

LoveMyHood can help you apply for a grant.

Check out what other Kitchener neighbours did at

www.lovemyhood.ca/stories



Chandler Mowat Community Centre

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

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

Kitchener Public Library- Library Locker location. Community members with library membership are able to pick up holds, browse, and return library items.

222 Chandler Dr., Kitchener ON

519-741-2733

www.kitchener.ca/chandlermowatcc

Child - Camps

Program	Age	Date	Time	Start date	Length	Cost	Code
Day Camp	4-11Y	Fri	9-4pm	Oct 10	1wks	\$32.06	189209

Child - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Kids Dance	4-7Y	Tue	5-5:45pm	Sep 23	11wks	Free	189183
	8-11Y	Tue	6-6:45pm	Sep 23	11wks	Free	189187

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Weekend Champs	6-8Y	Sat	12:30-1:30pm	Sep 27	10wks	Free	188727

Youth

Program	Age	Date	Time	Start date	Length	Cost	Code
Art Drop-In	11-15Y	Mon	6-7:30pm	Sep 22	11wks	Free	190745
Chandler Children and Youth After-school Drop-in	8-15Y	Mon, Tue, Wed	4-6pm	Sep 22	12wks	Free	189203
YDI (Youth Drop-In)	12-17Y	Fri	6-8pm	Sep 26	12wks	Free	190732

JOIN US FOR THE KITCHENER FIRE

OPEN HOUSE

SATURDAY, SEPT. 20
9 A.M. - 2:30 P.M.

KITCHENER FIRE HEADQUARTERS, 270 STRASBURG RD.

DEMONSTRATIONS, FOOD TRUCKS,
FACE PAINTERS & MORE!



Community centre and neighbourhood association programs

Chandler Mowat Community Centre

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

Adult - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Claude Monet: Water Lilies	55Y+	Tue	12:15-1:45pm	Sep 16	5wks	Free	187757
Painting with Acrylics	55Y+	Fri	9:30-11am	Sep 19	11wks	Free	187470
Painting with Acrylics for Beginners	55Y+	Tue	10-12pm	Sep 16	5wks	Free	187455

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
NEW! Pound Unplugged	55Y+	Thu	8:10-8:40pm	Sep 11	14wks	Free	187817
SMART Group Exercises	55Y+	Fri	11:15am-12:15pm	Sep 19	12wks	Free	185754
Zumba	55Y+	Thu	7-8pm	Sep 11	14wks	Free	187811
Zumba Gold	55Y+	Fri	12:30-1:15pm	Sep 12	13wks	Free	187818
Zumba Gold	55Y+	Sat	2-2:45pm	Sep 13	14wks	Free	187819
Zumba Toning	55Y+	Sat	3-4pm	Sep 13	14wks	Free	187820

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Strong Bones & Strong Body	55Y+	Tue	10-11:30am	Oct 28	1wks	Free	187822

Adult - Social Fun

Program	Age	Date	Time	Start date	Length	Cost	Code
Knit, Crochet and Coffee Group	18Y+	Thu	11am-1pm	Oct 2	11wks	Free	188587
NEW! Colouring and Conversations	55Y+	Mon	10:30-11:30am	Sep 15	12wks	Free	188588
NEW! Indoor Backyard Games	55Y+	Wed	11:15am-12:15pm	Sep 17	13wks	Free	188592

Adult - Sport

**Weekly registration is required. Registration opens for Badminton six days prior to start date. You can register for these programs in person, or online at www.kitchener.ca/activenet

Program	Age	Date	Time	Start date	Length	Cost	Code
Badminton for Adults	55Y+	Sat	10:15-12:15pm	Sep 13	Ongoing	Free	--
New! Badminton for Adults	55Y+	Tue	9:30-11:30am	Sep 9	Ongoing	Free	--

Pricing and availability are subject to change.

Community centre and neighbourhood association programs

Cherry Park Neighbourhood Association

The Cherry Park Neighbourhood Association is in the Downtown Kitchener Area, covering From King Street to Belmont Avenue, and Victoria Street to the Kitchener/Waterloo boundary with programming running out of various local sites: Victoria Hills Community Centre; Downtown Community Centre; Calvary United Church; King Edward School; And St. John's School. Contact 519-741-2717 (please leave a message with VHCC staff). Email cpna@execulink.com

<https://cherryparkkitchener.com>

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

Child - Cards & games

Program	Age	Date	Time	Start date	Length	Cost	Code
Basic D&D for Youth	11-15Y	Wed	7-8pm	Sep 24	10wks	\$10	186972
Basic D&D for Kids	7-12Y	Thu	6:30-7:30pm	Sep 25	10wks	\$10	186973

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Basketball Skills for Kids	7-12Y	Wed	6:30-7:30pm	Sep 24	10wks	\$50	186974
Pickleball for Kids	9-12Y	Wed	6:15-7:15pm	Sep 24	10wks	\$50	186977
Volleyball Skills for Kids	7-12Y	Tue	6:30-7:30pm	Sep 23	10wks	\$50	186980
Yoga	12Y+	Wed	7-8pm	Sep 24	10wks	\$60	186981

Child - Language classes

Program	Age	Date	Time	Start date	Length	Cost	Code
ASL - Beginners I	12Y+	Tue	6-7pm	Sep 23	10wks	\$60	186968
	12Y+	Thu	7-8pm	Sep 25	10wks	\$60	186967
ASL - Beginners II	12Y+	Tue	7-8pm	Sep 23	10wks	\$60	186969
	12Y+	Thu	8-9pm	Sep 25	10wks	\$60	186971
ASL - Intermediate	12Y+	Tue	8-9pm	Sep 23	10wks	\$60	186970

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Zumba	16Y+	Mon	7-8pm	Sep 22	10wks	\$60	186982

Adult - Language classes

Program	Age	Date	Time	Start date	Length	Cost	Code
German Advanced	16Y+	Wed	8-9pm	Sep 24	10wks	\$60	188590
German Intermediates	16Y+	Wed	7-8pm	Sep 24	10wks	\$60	186975
German-Beginners	16Y+	Wed	6-7pm	Sep 24	10wks	\$60	186976
Spanish-Beginners	16Y+	Tue	7-8pm	Sep 23	10wks	\$60	186978
Spanish-Intermediate	16Y+	Tue	8-9pm	Sep 23	10wks	\$60	186979

Community centre and neighbourhood association programs

Country Hills Community Centre

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

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

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

100 Rittenhouse Rd., Kitchener ON

519-741-2596

www.kitchener.ca/countryhillsc

Early childhood

Program	Age	Date	Time	Start date	Length	Cost	Code
Stay and Play	0-6Y	Sat	9:30-11:30am	Sep 20	13wks	Free	188739

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Children's Soccer	5-7Y	Sun	2:30-3:30pm	Sep 28	11wks	Free	189205
	8-12Y	Sun	3:45-4:45pm	Sep 28	11wks	Free	189206

Youth

Program	Age	Date	Time	Start date	Length	Cost	Code
After-school YDI (Youth Drop-In)	12-17Y	Wed	3:30-4:45pm	Sep 24	12wks	Free	190743
Ball is Life- Basketball skills and games	9-10Y	Tue	4:30-5:30pm	Sep 23	11wks	Free	190714
	12-15Y	Tue	5:45-7:15pm	Sep 23	11wks	Free	190715
Teen Cooking Creations	12-15Y	Fri	3:45-5:15pm	Sep 26	12wks	Free	190712
Tween YDI Lounge	12-15Y	Tue	4:15-5:45pm	Sep 23	12wks	Free	190742
YDI (Youth Drop-In)	12-17Y	Fri	6:30-8:30pm	Sep 26	12wks	Free	190735
	12-17Y	Sat	6-8pm	Sep 27	10wks	Free	190736

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

Adult - Cards & games

Program	Age	Date	Time	Start date	Length	Cost	Code
Board Games Drop In	18Y+	Tue	6-8:45pm	Sep 9	14wks	Free	190144

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Adult Soccer 18+	18Y+	Sat	8-10pm	Sep 13	12wks	Free	188760
SMART Group Exercises	55Y+	Wed	9:30-10:30am	Sep 17	13wks	Free	185760

Pricing and availability are subject to change.

Community centre and neighbourhood association programs

Country Hills Community Centre continued

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

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Indoor Walking Group	18Y+	Mon	9-10am	Sep 8	13wks	Free	190145

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Benefits of Exercise for Older Adults	55Y+	Mon	1:30-3pm	Oct 6	1wks	Free	187789
Osteoporosis and You	55Y+	Mon	1-2:30pm	Sep 22	1wks	Free	187788
Pelvic Floor Basics	55Y+	Mon	12:30-2pm	Nov 10	1wks	Free	187790

Adult - Technology

Program	Age	Date	Time	Start date	Length	Cost	Code
Google Drive and Docs	55Y+	Tue	2:30-3:30pm	Sep 16	2wks	Free	187786
Introduction to Chromebooks	55Y+	Thu	2:15-3:15pm	Sep 11	1wks	Free	187787
Kitchener Tech Connects Support Session	55Y+	Thu	2:15-3:30pm	Sep 25	1wks	Free	187784
Making the Most of your iPad	55Y+	Thu	1-2pm	Sep 11	3wks	Free	187781
Safe and Savvy Online	55Y+	Fri	1-2:30pm	Sep 26	1wks	Free	187785
Using Email Effectively	55Y+	Tue	1-2pm	Sep 23	2wks	Free	187783
Using the Internet Effectively	55Y+	Tue	1-2pm	Sep 9	2wks	Free	187778

Country Hills Recreation Association

100 Rittenhouse Road, Kitchener N2E 2M9. Contact: Karlene Duff.
Phone: 519-578-4884.

chraboard@hotmail.com

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

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

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

Early childhood

Program	Age	Date	Time	Start date	Length	Cost	Code
Little Tots	3-4Y	Mon, Tue	9:30-11:30am	Sep 8	14wks	\$105	186855
	3-4Y	Thu, Fri	9:30-11:30am	Sep 11	14wks	\$105	187653
Parent and Tot Drop In	0-5Y	Wed	9:30-11:30am	Sep 10	14wks	\$2	186868

Country Hills Recreation Association continued

Child - Arts & craft

Program	Age	Date	Time	Start date	Length	Cost	Code
Crafty Kids	5-8Y	Wed	5-6pm	Sep 10	14wks	\$105	186837
	9-11Y	Wed	6:15-7:15pm	Sep 10	14wks	\$105	186842
Youth Drama	7-12Y	Sat	9:15-10:45am	Sep 13	14wks	\$105	186986
	13-17Y	Sat	10:45-12:15pm	Sep 13	14wks	\$105	186987

Child - Cooking classes

Program	Age	Date	Time	Start date	Length	Cost	Code
Jr. Chefs	5-8Y	Wed	4-5pm	Sep 10	14wks	\$140	186850
	5-8Y	Tue	4-5pm	Sep 9	14wks	\$140	186853
	5-8Y	Mon	4-5pm	Sep 8	14wks	\$140	186854
Young Chefs	9-12Y	Wed	5:45-6:45pm	Sep 10	14wks	\$140	186886
	9-12Y	Mon	5:45-6:45pm	Sep 8	14wks	\$140	186984
	9-12Y	Tue	5:45-6:45pm	Sep 9	14wks	\$140	186985

Child - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Ballet	11-13Y	Sat	2:15-3pm	Sep 13	30wks	\$225	188737
	3-4Y	Tue	4:45-5:15pm	Sep 16	30wks	\$225	187782
	3-4Y	Thu	5-5:30pm	Sep 18	31wks	\$225	188080
	3-4Y	Sat	9:15-9:45am	Sep 13	31wks	\$225	188134
	5-6Y	Mon	4:30-5pm	Sep 15	28wks	\$225	187259
	5-6Y	Tue	5:15-5:45pm	Sep 16	31wks	\$225	187815
	5-6Y	Wed	5:30-6pm	Sep 17	30wks	\$225	187863
	5-6Y	Sat	9:45-10:15am	Sep 13	30wks	\$225	188137
	7-10Y	Mon	5-5:45pm	Sep 15	28wks	\$225	187278
	7-10Y	Thu	6:15-7pm	Sep 18	30wks	\$225	188115
Advance Hip Hop	13-17Y	Mon	6:30-7:15pm	Sep 15	28wks	\$225	187285
	13-17Y	Thu	8-8:45pm	Sep 18	30wks	\$225	188129
Advance Jazz 1	11-17Y	Wed	8-8:45pm	Sep 17	30wks	\$225	188012
Advance Jazz 2	13-17Y	Thu	7-8pm	Sep 18	30wks	\$225	188126
Advance Tap	11-17Y	Mon	7:15-8pm	Sep 15	28wks	\$225	187288
Beginner Jazz	7-9Y	Tue	5:45-6:30pm	Sep 16	30wks	\$225	187840
	7-17Y	Thu	5:30-6:15pm	Sep 18	30wks	\$225	188109
	7-17Y	Sat	11:30-12:15pm	Sep 13	30wks	\$225	188141
Beginner Tap	7-17Y	Sat	12:15-1pm	Sep 13	30wks	\$225	188729
HipHop	11-17Y	Wed	7:15-8pm	Sep 17	30wks	\$225	187998
	11-17Y	Tue	8:15-9pm	Sep 16	30wks	\$225	187856

Country Hills Recreation Association continued

Child - Dance continued

Program	Age	Date	Time	Start date	Length	Cost	Code
Intermediate Jazz 1	9-17Y	Tue	7:15-8:15pm	Sep 16	30wks	\$225	187851
Intermediate Tap	10-17Y	Mon	5:45-6:30pm	Sep 15	28wks	\$225	187284
Kinder Jazz	5-6Y	Wed	6-6:30pm	Sep 17	30wks	\$225	187865
	5-6Y	Sat	10:15-10:45am	Sep 13	30wks	\$225	188139
Kinder Tap	5-6Y	Wed	5-5:30pm	Sep 17	30wks	\$225	187861
Lyrical	13-17Y	Mon	8-9pm	Sep 15	28wks	\$225	187289
Pre-Intermediate Jazz	8-17Y	Wed	6:30-7:15pm	Sep 17	30wks	\$225	187992
	8-17Y	Sat	1:30-2:15pm	Sep 13	30wks	\$225	188732
Pre-Hip Hop	9-10Y	Tue	6:30-7:15pm	Sep 16	30wks	\$225	187846

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Martial Arts - Advanced	6-17Y	Sat	11am-12:30pm	Sep 13	14wks	\$119	186856
Martial Arts - Beginner	6-17Y	Sat	9:15-10:45am	Sep 13	14wks	\$119	186857
Multi-Sport	5-7Y	Mon	4-5pm	Sep 8	13wks	\$84.50	186858
	11-13Y	Mon	6:10-7:10pm	Sep 8	13wks	\$84.50	186859
	8-10Y	Mon	5:05-6:05pm	Sep 8	13wks	\$84.50	186861
Teen Volleyball Fundamentals	13-17Y	Sat	2:15-3:30pm	Sep 13	13wks	\$100	188591
Youth Volleyball Basics	10-12Y	Sat	1-2pm	Sep 13	13wks	\$90	188589

Child - Technology

Program	Age	Date	Time	Start date	Length	Cost	Code
Stemotics-3D Modelling & Printing with TinkerCad	8-12Y	Mon	7-7:55pm	Nov 17	4wks	\$70	187695
Stemotics-Build & Code Space Robots with LEGO WeDo Robotics	6-9Y	Mon	6-6:55pm	Sep 15	4wks	\$70	187672
Stemotics-Build & Code with LEGO SPIKE Prime	8-12Y	Mon	7-7:55pm	Oct 20	4wks	\$70	187692
Stemotics-Explore AI with Microbit Coding	6-9Y	Mon	7-7:55pm	Sep 15	4wks	\$70	187689
Stemotics-Explore the Animal Kingdom with LEGO WeDo Robotic	4-7Y	Mon	5-5:55pm	Sep 15	4wks	\$70	187671
Stemotics-LEGO SPIKE ESSENTIALS, Amusement Park	6-8Y	Mon	6-6:55pm	Nov 17	4wks	\$70	187694
Stemotics-LEGO SPIKE ESSENTIALS, RoboExpress	4-6Y	Mon	5-5:55pm	Nov 17	4wks	\$70	187693
Stemotics-LEGO SPIKE ESSENTIALS, RoboMovers	4-6Y	Mon	5-5:55pm	Oct 20	4wks	\$70	187690
Stemotics-LEGO SPIKE ESSENTIALS, Smart Builders	6-8Y	Mon	6-6:55pm	Oct 20	4wks	\$70	187691



Registration for all neighbourhood association and community centre programs starts Tuesday, August 12 at 8:30am for Kitchener residents.

Country Hills Recreation Association continued

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Adult Volleyball - Recreational	18Y+	Wed	6:30-8:30pm	Sep 10	14wks	\$63	186815
All Level Pickleball Drop-In	18Y+	Tue	12:30-2:30pm	Sep 9	14wks	\$2	186816
	18Y+	Fri	4:15-6:15pm	Sep 12	14wks	\$2	190068
Pickleball Drop-In - Intermediate	18Y+	Thu	6:30-8:30pm	Sep 11	14wks	\$2	186870
Volleyball Drop-In	18Y+	Mon, Wed, Fri	1-3:30pm	Sep 8	14wks	\$2	186880

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Baby & Me Yoga with Janet	18Y+	Tue	11:45am-12:45pm	Sep 9	14wks	\$140	188593
Boot Camp	18Y+	Mon	7:30-8:30pm	Sep 8	14wks	\$140	186834
Chairfit	18Y+	Thu	10:45-11:45am	Sep 11	14wks	\$140	187142
Classic Mat Pilates	18Y+	Wed	9:45-10:45am	Sep 10	14wks	\$140	187178
Fit For All	18Y+	Tue, Thu	9:15-10:15am	Sep 9	14wks	\$119	186848
Gentle Yoga	18Y+	Tue	9:15-10:15am	Sep 9	14wks	\$140	186828
Hatha Yoga	18Y+	Wed	11-12pm	Sep 10	14wks	\$140	187135
Mommy and Me Yoga	18Y+	Thu	9:30-10:30am	Sep 11	14wks	\$140	187150
Pilates	18Y+	Wed	5-6pm	Sep 10	14wks	\$140	186874
	18Y+	Wed	6:05-7:05pm	Sep 10	14wks	\$140	186875
Slow Flow Yoga	18Y+	Tue	5-6pm	Sep 9	14wks	\$140	186876
Step Aerobics	18Y+	Tue	7:30-8:30pm	Sep 9	14wks	\$140	187134
Total Body Work Out	18Y+	Wed	7:30-8:30pm	Sep 10	14wks	\$140	186878
Yang Yin Yoga	18Y+	Mon	7:30-8:30pm	Sep 8	14wks	\$140	186881
Yin Yoga	18Y+	Tue	6:15-7:15pm	Sep 9	14wks	\$140	188775
Yoga Flow	18Y+	Mon	6:15-7:15pm	Sep 8	14wks	\$140	186884
Zumba	18Y+	Thu	6-7pm	Sep 11	14wks	\$140	187136



When: Saturday afternoons (until Sept. 20)
Where: Neighbourhood community gardens
What: Tour a garden, ask questions, enjoy garden activities and lemonade and connect with neighbours.

For schedule visit, www.lovemyhood.ca/bloom

Community centre and neighbourhood association programs

Doon Pioneer Park Community Association

The DPPCA was established in 1981. The DPPCA's mandate is to provide recreational programming and to encourage residents of all ages to be actively engaged in our community life. We look forward to seeing you this fall.

www.dppca.ca

www.facebook.com/doonpioneerparkcommunityassociation

For an up-to-date listing of all the active programs, please check out ActiveNet! Any questions or concerns, please email info.dppca@gmail.com

Early childhood

Program	Age	Date	Time	Start date	Length	Cost	Code
Morning Marvels with Ms. Ann and Ms. Mihret	3-4.5Y	Wed	9:30-12pm	Sep 10	14wks	\$286	186286
	3.5-4.5Y	Tue, Thu	9:30-12pm	Sep 9	14wks	\$572	186287
Small Wonders with Ms. Ann and Ms. Mihret	2.5-3.5Y	Fri	9:30-11:30am	Sep 12	14wks	\$230	186443
	2.5-3.5Y	Mon	9:30-11:30am	Sep 8	14wks	\$215	186444

Child - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Creative Fun Art with Clay	7-12Y	Thu	5-6:30pm	Sep 11	4wks	\$85	186264
	7-12Y	Thu	5-6:30pm	Oct 9	4wks	\$85	186265
	7-12Y	Thu	5-6:30pm	Nov 6	4wks	\$85	186266
Creative Fun Art with Fondant	7-12Y	Mon	5-6:30pm	Oct 6	4wks	\$85	186267
	7-12Y	Mon	5-6:30pm	Nov 10	4wks	\$85	186268
	7-12Y	Mon	5-6:30pm	Sep 8	4wks	\$85	186269

Child - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Children's Ballet	4-7Y	Wed	5:20-5:50pm	Sep 10	14wks	\$49	186259
Children's Happy Feet	4-6Y	Wed	4:45-5:15pm	Sep 10	14wks	\$49	186260
Children's Hip Hop-Mini	5-7Y	Wed	5:55-6:25pm	Sep 10	14wks	\$49	186261
Children's Jazz/Hip Hop	8-14Y	Wed	7:05-8:05pm	Sep 10	14wks	\$98	186262
Children's Mini Hip Hop	5-7Y	Wed	6:30-7pm	Sep 10	14wks	\$49	186263
Zumba Kids	5-11Y	Tue	5:30-6:15pm	Sep 9	14wks	\$94	186457

Pricing and availability are subject to change.

New this year, the city introduced a 7-day advance registration window for Kitchener residents for city-led and neighbourhood association programs.

www.kitchener.ca/ProgramRegistration

This policy does not apply to Ontario Health Funded programs, drop-ins and Pay As You Play.

Doon Pioneer Park Community Association cont.

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Basketball	5-7Y	Wed	5-6pm	Sep 10	14wks	\$52	186251
	8-11Y	Wed	6:10-7:10pm	Sep 10	14wks	\$52	186252
	8-11Y	Wed	7:20-8:20pm	Sep 10	14wks	\$52	186253
	5-7Y	Sat	9-10am	Sep 13	12wks	\$44	186254
	8-11Y	Sat	10:05-11:05am	Sep 13	12wks	\$44	186255
	8-11Y	Sat	11:10-12:10pm	Sep 13	12wks	\$44	186256
	8-11Y	Sat	12:15-1:15pm	Sep 13	12wks	\$44	186257
Indoor Soccer	4.5-6Y	Tue	5-6pm	Sep 9	14wks	\$68	186273
	6-8Y	Tue	6:05-7:05pm	Sep 9	14wks	\$68	186274
	9-11Y	Tue	7:10-8:10pm	Sep 9	14wks	\$68	186275
	9-11Y	Thu	6:05-7:05pm	Sep 11	14wks	\$68	186276
	9-11Y	Thu	7:10-8:10pm	Sep 11	14wks	\$68	186277
	7-9Y	Thu	5-6pm	Sep 11	14wks	\$68	186278
Saturday Morning Multisport	6-8Y	Sat	9-10am	Sep 13	11wks	\$53	186439
	9-12Y	Sat	10:05-11:05am	Sep 13	11wks	\$53	186440
	6-8Y	Sat	11:10-12:10pm	Sep 13	11wks	\$53	186441

Children - Music

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

Parents codes:

Program	Age	Date	Time	Start date	Length	Cost	Code
Piano Lessons	6Y+	Mon	4-9pm	Sep 8	13wks	\$350	
	6Y+	Thu	4-9pm	Sep 11	14wks	\$375	
Ukulele Kids	6-12Y	Mon	7:15-8:15pm	Sep 8	13wks	\$179	187226

Child - Technology

Program	Age	Date	Time	Start date	Length	Cost	Code
3D Modelling & Printing with TinkerCad	8-12Y	Wed	7-7:55pm	Nov 19	4wks	\$70	186249
Build & Code with LEGO SPIKE, Prime	8-12Y	Wed	7-7:55pm	Oct 22	4wks	\$70	186248
Climate Innovators: Build, Code & Take Action!	8-12Y	Wed	7-7:55pm	Sep 17	4wks	\$70	186285
LEGO Robotics, Fun with Sports	4-6Y	Wed	5-5:55pm	Oct 22	4wks	\$70	186445
LEGO Robotics, Space Exploration	6-8Y	Wed	6-6:55pm	Oct 22	4wks	\$70	186284
LEGO SPIKE, Amazing Structure	6-8Y	Wed	6-6:55pm	Nov 19	4wks	\$70	186280
LEGO SPIKE, Machines and Mechanisms	4-6Y	Wed	5-5:55pm	Nov 19	4wks	\$70	186282
Little Coders: Adventures in Algorithms with CodeCombat!	4-6Y	Wed	5-5:55pm	Sep 17	4wks	\$70	186281
Micro:bit: Introduction to Coding	6-8Y	Wed	6-6:55pm	Sep 17	4wks	\$70	186283

Community centre and neighbourhood association programs

Doon Pioneer Park Community Association cont.

Adult - Badminton

Program	Age	Date	Time	Start date	Length	Cost	Code
Badminton	18Y+	Sat	1:15-2:45pm 3-4pm	Sep 13	14wks	\$2	Register weekly online

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Baby and Me Yoga	16Y+	Thu	10:45-11:45am	Sep 11	14wks	\$94	186250
Body Sculpt	16Y+	Mon	6:35-7:35pm	Sep 8	13wks	\$93	186258
Gentle Yoga with Janet	16Y+	Thu	9:30-10:30am	Sep 11	14wks	\$94	186270
Gentle Yoga with Le	16Y+	Tue	9:30-10:30am	Sep 9	14wks	\$94	186271
High-Intensity Interval Training H.I.I.T.	16Y+	Mon	5:30-6:30pm	Sep 8	13wks	\$93	186272
Kickboxing	16Y+	Mon	5:15-6:15pm	Sep 8	13wks	\$112	186279
Monday Night Basketball Drop-In	18Y+	Mon	7:45-8:45pm	Sep 8	15wks	\$2	188765
Tai Chi with Stephen	16Y+	Mon	6-7pm	Sep 8	13wks	\$82	186446
Yin Yang Yoga with Le	16Y+	Tue	7:30-8:30pm	Sep 9	14wks	\$94	186450
Yin Yoga with Janet	16Y+	Thu	7-8pm	Sep 11	14wks	\$94	186451
New! Yoga Beginner Plus with Janet	16Y+	Thu	5:45-6:45pm	Sep 11	14wks	\$94	186452
Yoga Beginner with Janet	16Y+	Thu	4:30-5:30pm	Sep 11	14wks	\$94	187821
Yoga Beginner with Le	16Y+	Tue	5:15-6:15pm	Sep 9	14wks	\$94	186453
Yoga intermediate with Le	16Y+	Tue	6:20-7:20pm	Sep 9	14wks	\$94	186454
Zumba	16Y+	Tue	6:30-7:30pm	Sep 9	14wks	\$94	186455

Adult- Pickleball

Program	Age	Date	Time	Start date	Length	Cost	Code
Pickleball	16Y+	Tues	1-2:30pm 2:30-4pm	Sep 9	14wks	\$2	Register weekly online
	16Y+	Thu	1-2:30pm 2:30-4pm	Sep 11	14wks	\$2	Register weekly online
Pickleball Beginner	16Y+	Wed	5:6:30pm	Sep 10	14wks	\$2	Register weekly online
	16Y+	Sat	12:30-2pm	Sep 13	14wks	\$2	Register weekly online
Pickleball Beginner Plus	16Y+	Wed	6:30-8:30	Sep 11	14wks	\$2	Register weekly online
	16Y+	Sat	2-3:30pm	Sep 14	14wks	\$2	Register weekly online
Pickleball Intermediate	16Y+	Mon	6:30-8:30pm	Sep 8	14wks	\$2	Register weekly online
	16Y+	Sat	3:30-5pm	Sep 13	14wks	\$2	Register weekly online
Pickleball Novice	16Y+	Wed	6:30-8:30pm	Sep 10	14wks	\$2	Register weekly online
	16Y+	Sat	2-3:30pm	Sep 13	14wks	\$2	Register weekly online

Pricing and availability are subject to change.

Community centre and neighbourhood association programs

Doon Pioneer Park Community Centre

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

The combined library and community centre building's fall operating hours are Monday to Thursday 9-9pm, Friday and Saturday, 9-5pm and Sunday, 10:45-5pm. The centre is fully accessible - and conveniently located within close walking distance of public transit. Visit Grand River Transit for route information and schedules.

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

150 Pioneer Dr., Kitchener ON

519-741-2641

www.kitchener.ca/doonpioneerparkcc

Child - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Creative Kids	5-7Y	Tue	4:15-5:15pm	Sep 23	11wks	\$67.65	189089

Child - Camps

Program	Age	Date	Time	Start date	Length	Cost	Code
Day Camp	4-11Y	Mon	9-4pm	Nov 17	1wks	\$32.06	189242

Youth

Program	Age	Date	Time	Start date	Length	Cost	Code
After-school YDI (Youth Drop-In)	12-17Y	Thu	3-4:45pm	Sep 25	12wks	Free	190728
Heart for Art	11-15Y	Tue	5:30-7pm	Sep 23	11wks	Free	190707

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

Adult - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Watercolour Fundamentals	55Y+	Mon	10-11:30am	Sep 15	12wks	\$149.76	187520

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Core Strengthening	55Y+	Mon	10:45-11:30am	Sep 8	12wks	\$49.05	187878
Shape Up with Weights	55Y+	Mon	9:30-10:30am	Sep 8	12wks	\$65.40	187877
SMART Group Exercises	55Y+	Wed	1:15-2:15pm	Sep 17	13wks	Free	185747
	55Y+	Mon	1:15-2:15pm	Sep 15	11wks	Free	188611
Strength & Balance	55Y+	Wed	10:30-11:30am	Sep 10	14wks	\$76.30	187881

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Meditation for Wellness	55Y+	Thu	12:15-1:30pm	Sep 18	13wks	\$99.94	187884
NEW! Flowga	55Y+	Wed	9:15-10:15am	Sep 10	14wks	Free	187879

Doon Pioneer Park Community Centre continued

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

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Breathwork & Gentle Movement for Grounding and Resourcing	55Y+	Sat	3-4:30pm	Nov 15	1wks	Free	187888
Fit Minds	55Y+	Thu	9:30-10:30am	Sep 18	13wks	Free	188613
Gentle Movement for Chronic Pain, Stress and Trauma	55Y+	Mon	1-2:30pm	Sep 29	1wks	Free	187886
Pelvic Floor Basics	55Y+	Mon	12:30-2pm	Oct 27	1wks	Free	187887

Adult - Social & fun

Program	Age	Date	Time	Start date	Length	Cost	Code
Morning Out	55Y+	Tue	10-11:30am	Sep 16	12wks	Free	185732
NEW! Trivia and Game Squad	55Y+	Thu	10:45-11:45am	Sep 18	13wks	Free	188612

Adult - Sports

Program	Age	Date	Time	Start date	Length	Cost	Code
New! Pickleball Drill & Play	55Y+	Thu	9:30-11:30am	Nov 20	4wks	\$49.20	187885
Pickleball for Beginner Plus to Intermediate	55Y+	Thu	10:35-11:35am	Sep 18	8wks	\$49.20	187883
Pickleball for New Players to Beginners	55Y+	Thu	9:30-10:30am	Sep 18	8wks	\$49.20	187882
Simplified Pickleball	55Y+	Tue	1-2:30pm	Sep 16	12wks	\$43.29	185744



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

**Get involved and stay connected
to projects important to you
at www.EngageKitchener.ca**

Community centre and neighbourhood association programs

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.

35B Weber St. W., Kitchener ON

519-741-2501

www.kitchener.ca/downtowncc

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

Child - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Creative Kids	4-7Y	Thu	5-6pm	Sep 25	12wks	\$73.80	189104
Intro to Drawing	8-13Y	Mon	5:30-6:30pm	Sep 22	11wks	\$43.05	190717

Child - Cooking classes

Program	Age	Date	Time	Start date	Length	Cost	Code
Tween Baking	8-11Y	Wed	4:30-6pm	Sep 24	12wks	Free	190713

Child - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Kids Dance	8-11Y	Thu	5:15-6pm	Sep 25	12wks	\$65.40	189172
	4-7Y	Thu	6-6:45pm	Sep 25	12wks	\$65.40	189173

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Children's Basketball	8-12Y	Sat	10:30-12pm	Sep 27	11wks	Free	189141
Children's Soccer	4-8Y	Sat	9:15-10:15am	Sep 27	11wks	Free	189138

Youth

Program	Age	Date	Time	Start date	Length	Cost	Code
Art Drop-In	11-15Y	Thu	6:30-8pm	Sep 25	12wks	Free	190746
Drama in the City	10-14Y	Tue	6-7:30pm	Sep 23	11wks	Free	190718
Heart for Art	11-15Y	Mon	7-8:30pm	Sep 22	11wks	Free	190716
Moving Me: Youth Mental Health and Movement Workshop	15-19Y	Wed	7-8:30pm	Oct 1	9wks	Free	188726
Teen Cooking Creations	12-15Y	Wed	6:30-8pm	Sep 24	12wks	Free	190711
Youth Drop-in Badminton and Pickleball	12-17Y	Mon	6:30-8:30pm	Sep 22	11wks	Free	190739



Registration for all neighbourhood association and community centre programs starts Tuesday, August 12 at 8:30am for Kitchener residents.

Downtown Community Centre continued

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

Adults - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Learn to Sew	18Y+	Thu	6:30-8pm	Sep 25	8wks	\$42.18	188707
New! Pencil Sketching	55Y+	Tue	11:45-1:15pm	Sep 16	12wks	\$149.76	187469
Watercolour: Mixed Media	55Y+	Tue	10-11:30am	Sep 16	12wks	\$149.76	187440

Adults - Cards & games

Program	Age	Date	Time	Start date	Length	Cost	Code
Bingo	55Y+	Tue	1:30-3:30pm	Sep 16	12wks	Free	185736

Adults - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Sashay & Slay - Advanced Beginners	18Y+	Mon	7-8:45pm	Sep 22	11wks	Free	188724
Sashay & Slay Beginners	18Y+	Thu	7-8:45pm	Sep 25	11wks	Free	188725

Adults - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Boxfit	55Y+	Wed	5:15-6:15pm	Sep 10	14wks	\$76.30	187862
Gentle Moves	55Y+	Thu	12:15-1:15pm	Sep 11	14wks	\$76.30	187867
New! Barre Above	55Y+	Tue	5:30-6:30pm	Sep 9	6wks	\$36.90	187869
	55Y+	Tue	5:30-6:30pm	Oct 21	7wks	\$43.05	187870
Pilates	55Y+	Thu	10-11am	Sep 25	10wks	\$61.50	187866
Pilates Intermediate	55Y+	Tue	10-11am	Sep 23	10wks	\$61.50	187848
SMART Group Exercises	55Y+	Wed	11:15am-12:15pm	Sep 17	13wks	Free	185753

Adults - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Gentle Yoga	55Y+	Wed	1-2pm	Sep 10	14wks	\$86.10	187858
New! Meditation	55Y+	Thu	3-4pm	Sep 11	7wks	\$43.05	187859
	55Y+	Thu	3-4pm	Oct 30	7wks	\$43.05	187860
Tai Chi Beginner	55Y+	Mon	9:15-10:15am	Oct 20	9wks	\$55.35	187841
Tai Chi Beginner Plus & Intermediate	55Y+	Mon	10:20-11:20am	Oct 20	9wks	\$55.35	187842

Community centre and neighbourhood association programs

Downtown Community Centre continued

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

Adults - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Foam Rolling Fundamentals	55Y+	Thu	6:30-8pm	Oct 9	1wks	Free	187868
Gentle Movement for Chronic Pain, Stress and Trauma	55Y+	Fri	2-3:30pm	Nov 7	1wks	Free	187864
Moving Me: Youth Mental Health and Movement Workshop	15-19Y	Wed	7-8:30pm	Oct 1	9wks	Free	188726
Osteoporosis and You	55Y+	Mon	1-2:30pm	Nov 3	1wks	Free	187844

Adults - Music

Program	Age	Date	Time	Start date	Length	Cost	Code
Piano Lessons: Beginner	55Y+	Thu	9:30-10:25am	Sep 11	14wks	\$116.48	187489
Piano Lessons: Intermediate	55Y+	Thu	10:30-11:25am	Sep 11	14wks	\$116.48	187800

Adults - Sports

Program	Age	Date	Time	Start date	Length	Cost	Code
New! Pickleball Drill & Play	55Y+	Tue	9:30-11:30am	Nov 18	4wks	\$49.20	187857
Pickleball for Beginner Plus to Intermediate	55Y+	Tue	10:35-11:35am	Sep 16	8wks	\$49.20	187854
Pickleball for New Players to Beginners	55Y+	Tue	9:30-10:30am	Sep 16	8wks	\$49.20	187847

Adults - Sport Drop in

Program	Age	Date	Time	Start date	Length	Cost	Code
PAYP - Pickleball	55Y+	Wed	1:30-4pm	Sep 3	16wks	Free	187952
PAYP - Pickleball	55Y+	Fri	1:30-4pm	Sep 5	16wks	Free	187956
PAYP - Pickleball	55Y+	Fri	7-10pm	Sep 5	16wks	Free	187957
Adults 55Y+ \$3.93/pass or \$35.43/book of 10 or \$62.99/book of 20							
Adult 18-54Y \$4.79/pass or \$43.21/book of 10 or \$76.81/book of 20							
Prices do not include tax.							



Registration for all neighbourhood association and community centre programs starts Tuesday, August 12 at 8:30am for Kitchener residents.

Downtown Neighbourhood Alliance

The Downtown Neighbourhood Alliance (DNA), is an Alliance of Neighbourhood Associations. DNA coordinates programs and recreational activities for those who live, work and play in our communities and offers programs at the Downtown Community Centre, 35B Weber Street West – an inclusive, safe and welcoming space. Drop-in programs offered for badminton, basketball, volleyball and floor hockey.

www.facebook.com/DowntownNeighbourhoodAllianceDNA

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

Adult - Sports

Program	Age	Date	Time	Start date	Length	Cost	Code
Advanced Basketball at Noon Drop-In	18Y+	Fri	12-1pm	Sep 5	16wks	Free	188419
Volleyball at Noon Drop-In	18Y+	Tue	12-1:30pm	Sep 5	16wks	Free	188411
Volleyball L.E.A.P. Skills Workshop	16Y+	Sat	9:15-10:50am	Sep 6	1wks	\$3	188426
	16Y+	Sat	9:15-10:50am	Sep 13	1wks	\$3	188434
	16Y+	Sat	9:15-10:50am	Sep 20	1wks	\$3	188435
	16Y+	Sat	9:15-10:50am	Sep 27	1wks	\$3	188437
	16Y+	Sat	9:15-10:50am	Oct 4	1wks	\$3	188439
	16Y+	Sat	9:15-10:50am	Oct 11	1wks	\$3	188441
	16Y+	Sat	9:15-10:50am	Oct 18	1wks	\$3	188443
	16Y+	Sat	9:15-10:50am	Oct 25	1wks	\$3	188444
	16Y+	Sat	9:15-10:50am	Nov 1	1wks	\$3	188446
	16Y+	Sat	9:15-10:50am	Nov 8	1wks	\$3	188448
	16Y+	Sat	9:15-10:50am	Nov 15	1wks	\$3	188449
	16Y+	Sat	9:15-10:50am	Nov 22	1wks	\$3	188451
	16Y+	Sat	9:15-10:50am	Nov 29	1wks	\$3	188453
	16Y+	Sat	9:15-10:50am	Dec 6	1wks	\$3	188455
	16Y+	Sat	9:15-10:50am	Dec 13	1wks	\$3	188457
	16Y+	Sat	9:15-10:50am	Dec 20	1wks	\$3	188458



Stay up to date on all things Kitchener!
Subscribe to our newsletters.

www.kitchener.ca/subscribe

Eastwood Neighbourhood Association

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

www.enak.ca

hello@enak.ca

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

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

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.

1700 Queens Blvd., Kitchener ON

519-741-2621

www.kitchener.ca/forestheightscc

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

Child - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Creative Kids	5-7Y	Tue	4:30-5:30pm	Sep 23	11wks	\$67.65	189086
	8-10Y	Tue	5:45-6:45pm	Sep 23	11wks	\$67.65	189087

Child - Camps

Program	Age	Date	Time	Start date	Length	Cost	Code
Day Camp	4-11Y	Mon	9-4pm	Nov 17	1wks	\$32.06	189243

Child - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Intermediate Hip Hop	10-12Y	Mon	7:45-8:25pm	Sep 22	11wks	\$45.10	189034
Junior Ballet	7-9Y	Sat	10:30-11:10am	Sep 27	10wks	\$40.10	189035
Junior Hip Hop	7-9Y	Thu	5:50-6:30pm	Sep 25	12wks	\$49.20	189044
Junior Tap	7-9Y	Mon	7-7:40pm	Sep 22	11wks	\$45.10	189037
Kinder Ballet	4-6Y	Mon	4:45-5:25pm	Sep 22	11wks	\$45.10	189025
	4-6Y	Sat	9-9:40am	Sep 27	10wks	\$41	189026
Kinder Ballet/Jazz	4-6Y	Sat	11:15-11:55am	Sep 27	10wks	\$41	189029
	4-6Y	Thu	4:20-5pm	Sep 25	12wks	\$49.20	189033

Forest Heights Community Centre continued

Child - Dance continued

Program	Age	Date	Time	Start date	Length	Cost	Code
Kinder Hip Hop	4-6Y	Thu	5:05-5:45pm	Sep 25	12wks	\$49.20	189041
Kinder Jazz	4-6Y	Mon	5:30-6:10pm	Sep 22	11wks	\$45.10	189027
	4-6Y	Sat	9:45-10:25am	Sep 27	10wks	\$41	189028
Kinder Tap	4-6Y	Mon	6:15-6:55pm	Sep 22	11wks	\$45.10	189036

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Basketball Happy Hoops	7-8Y	Mon	4:45-5:45pm	Sep 22	11wks	Free	189057
	9-10Y	Fri	4:30-5:30pm	Sep 26	12wks	Free	189058
	11-12Y	Fri	5:30-6:30pm	Sep 26	12wks	Free	189059
Children's Dodgeball	7-11Y	Sat	4-5pm	Sep 27	10wks	Free	189062
	7-11Y	Wed	5:30-6:30pm	Sep 24	12wks	Free	189060
Children's Soccer	6-8Y	Tue	5:30-6:30pm	Sep 23	11wks	Free	189056
Karate Kids Beginners	4-8Y	Thu	5:05-5:50pm	Sep 25	12wks	\$55.35	189045
	4-8Y	Sat	9-9:45am	Sep 27	10wks	\$46.12	189046
Karate Red Belt (and up)	5-17Y	Thu	5:55-6:40pm	Sep 25	12wks	\$55.35	189054
	5-17Y	Sat	10-10:45am	Sep 27	10wks	\$46.12	189055
Multi-sport	5-8Y	Sat	12:30-2pm	Sep 27	10wks	Free	189133
	8-11Y	Sat	2:15-3:45pm	Sep 27	10wks	Free	189134

Youth

Program	Age	Date	Time	Start date	Length	Cost	Code
After-school YDI (Youth Drop-In)	12-17Y	Tue, Wed, Thu	2:45-5pm	Sep 23	12wks	Free	190726
Basketball Teen Hoops	12-14Y	Mon	6-7pm	Sep 22	11wks	Free	190696
Creative Writing	12-17Y	Thu	3:45-4:45pm	Sep 25	12wks	Free	190722
Forest Heights Dodgeball for Teens	12-16Y	Sat	11-12pm	Sep 27	10wks	Free	190704
Heart for Art	11-15Y	Tue	7:15-8:45pm	Sep 23	11wks	Free	190708
YDI (Youth Drop-In)	12-17Y	Fri	7-9pm	Sep 26	12wks	Free	190731

Forest Heights Movie Nights

Saturday, Sept. 13 from 5 to 9:30 p.m.
Forest Heights Community Centre

Join us for a free evening of fun with mini putt, inflatable slides, food trucks, face painting, balloon artists, and an outdoor movie starting at 7:30 p.m.

For event details, visit www.kitchener.ca/forestheightscc

Community centre and neighbourhood association programs

Forest Heights Community Centre

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

Adult - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
New! Handmade Books for Beginners	55Y+	Mon	12-1:30pm	Sep 15	11wks	\$157.28	188713
Watercolour for Wellness: Beyond the Basics	55Y+	Wed	12-1:30pm	Sep 17	10wks	\$124.80	187524
Watercolour for Wellness: Introduction to Watercolour	55Y+	Wed	2-3:30pm	Sep 17	10wks	\$124.80	187528
Watercolour: Mixed Media	55Y+	Mon	10-11:30am	Sep 15	11wks	\$137.28	187461

Adult - Cards and games drop-in

Program	Age	Date	Time	Start date	Length	Cost	Code
Bridge	55Y+	Thu	12:45-4:30pm	Sep 11	41wks	Free	--
Happy Gang	55Y+	Tue	12:45-4pm	Sep 9	42wks	Free	--
Mahjong	55Y+	Wed	1-3:30pm	Sep 10	40wks	Free	--

Adult - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Parent & Tot Drop in	0-4Y	Mon	9-10:30am	Sep 8	Ongoing	Free	--
	0-4Y	Thu	9-10:30am	Sep10	Ongoing	Free	--
Women's Bollywood	18Y+	Thu	6:45-7:45pm	Sep 11	14wks	\$84	187999
Line Dance Absolute Beginner (AB)-Level 1	18Y+	Fri	11:40-12:40pm	Sep 12	14wks	\$42	188045
Line Dance Beginner/Beginner Plus-Level 2	18Y+	Fri	12:50-1:50pm	Sep 12	14wks	\$42	188047
Line Dance Improver-Level 3	18Y+	Wed	1-2pm	Sep 10	14wks	\$42	188049
Sharing Dance	55Y+	Wed	1:30-2:30pm	Nov 5	6wks	Free	185742

Adult - Drop-in

Program	Age	Date	Time	Start date	Length	Cost	Code
Pickleball Drop In	18Y+	Mon	12:15-2:45pm	Sep 8	13wks	\$2/visit	--
	18Y+	Wed	9:15-12:15pm	Sep 10	14wks	\$2/visit	--
	18Y+	Thu	12-2:15pm	Sep 11	14wks	\$2/visit	--
	18Y+	Fri	9:15-12:15pm	Sep 12	14wks	\$2/visit	--

Older Adult Programs (55+)

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

kitchener.ca/SeniorsNewsletter

Community centre and neighbourhood association programs

Forest Heights Community Centre

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

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Active Older Adult Fitness	55Y+	Mon	10:45-11:45am	Sep 8	13wks	\$65	187977
	55Y+	Thu	10:45-11:45am	Sep 11	14wks	\$70	187978
Adult Drop-in Basketball	18-29Y	Sun	4-7pm	Sep 28	11wks	Free	190741
Boot Camp	18Y+	Mon	7:15-8:15pm	Sep 8	14wks	\$84	188005
Boxfit	55Y+	Wed	9:15-10:15am	Sep 10	14wks	\$76.30	187910
Chair Fitness	55Y+	Fri	10-11am	Sep 19	13wks	\$65	188010
Core Strengthening	18Y+	Tue	10:30-11:30am	Sep 16	12wks	\$60	188034
	18Y+	Thu	10:30-11:30am	Sep 18	13wks	\$65	188037
Fitness for Every BODY	18Y+	Wed	10:30-11:30am	Sep 10	14wks	\$70	188038
NEW! Pound Unplugged	18Y+	Tue	7:45-8:15pm	Sep 9	13wks	\$35.43	187945
Osteo Moves	55Y+	Tue	9:15-10:15am	Sep 9	13wks	\$70.85	187893
	55Y+	Wed	9:15-10:15am	Sep 10	14wks	\$76.30	187894
	55Y+	Thu	9:15-10:15am	Sep 11	14wks	\$76.30	187895
Pilates	18Y+	Wed	10:45-11:45am	Sep 10	14wks	\$84	188076
SMART Group Exercises	55Y+	Mon	10-11am	Sep 15	11wks	Free	185750
	55Y+	Fri	1-2pm	Sep 19	13wks	Free	185751
	55Y+	Mon	11:15-12:15pm	Sep 15	11wks	Free	185755
Strength & Balance	55Y+	Thu	2-3pm	Sep 11	14wks	\$76.30	187896
	18Y+	Mon	10-11am	Sep 15	13wks	\$65	188103
	18Y+	Fri	11:15am-12:15pm	Sep 19	13wks	\$65	188104
Total Body Workout	18Y+	Wed	7:15-8:15pm	Sep 10	14wks	\$84	188105
Zumba	18Y+	Tue	6:40-7:40pm	Sep 9	13wks	\$78	188121

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Chair Yoga	55Y+	Tue	12-1pm	Sep 9	13wks	\$79.95	187905
Hatha Yoga	18Y+	Fri	9:15-10:15am	Sep 12	14wks	\$84	188040
	18Y+	Fri	10:25-11:25am	Sep 12	14wks	\$84	188041
NEW! Tai Chi Beginner	55Y+	Tue	1:30-2:30pm	Oct 14	9wks	\$55.35	187925
QiGong and Meditation-Level 1	18Y+	Fri	12:30-1:30pm	Sep 19	13wks	\$65	188081
	18Y+	Fri	1:45-2:45pm	Sep 19	13wks	\$65	188082
QiGong and Meditation-Level 2	18Y+	Tue	9:15-10:15am	Sep 16	12wks	\$60	188079
Yoga (Gentle Chair)	55Y+	Thu	9:15-10:15am	Sep 11	14wks	\$70	188113
Yoga Flow 2	18Y+	Mon	6:15-7:15pm	Sep 8	14wks	\$84	188116
Yoga Slow Flow	18Y+	Thu	6:15-7:15pm	Sep 11	14wks	\$84	188118
	18Y+	Thu	7:30-8:30pm	Sep 11	14wks	\$84	188119

Community centre and neighbourhood association programs

Forest Heights Community Centre

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

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Bone Health 101	55Y+	Mon	1:30-3pm	Nov 24	1wks	Free	187972
Eat Well, Age Well	55Y+	Thu	1-2:30pm	Nov 20	1wks	Free	187969
Fit Minds	55Y+	Tue	9:15-10:15am	Sep 16	12wks	Free	185723
	55Y+	Mon	12:45-1:45pm	Sep 15	11wks	Free	188731
Meditation Basics	55Y+	Mon	11:30-1pm	Oct 20	1wks	Free	187960
Mindfulness & Meditation	55Y+	Mon	1-2:30pm	Sep 22	1wks	Free	187955

Adult - Music

Program	Age	Date	Time	Start date	Length	Cost	Code
Guitar Lessons for Adults: Beginner	55Y+	Wed	7-8pm	Sep 17	13wks	\$108.16	187434
Piano Lessons for Adults: Beginner	55Y+	Wed	1:30-2:25pm	Sep 17	13wks	\$108.16	187478
	55Y+	Wed	2:30-3:25pm	Sep 17	13wks	\$108.16	187479
Piano Lessons for Adults: Continuing	55Y+	Wed	3:30-4:25pm	Sep 17	13wks	\$108.16	187483
Ukulele Lessons for Adults: Beginner	55Y+	Wed	5-5:55pm	Sep 17	13wks	\$108.16	187522
Ukulele Lessons for Adults: Continuing	55Y+	Wed	6-6:55pm	Sep 17	13wks	\$108.16	187523

Adult - Social & fun

Program	Age	Date	Time	Start date	Length	Cost	Code
Morning Out	55Y+	Tue	10:45am-12:15pm	Sep 16	12wks	Free	185733
NEW! Get Up and Move Bingo	55Y+	Mon	2-3pm	Sep 15	11wks	Free	185737

Adult - Sports

Program	Age	Date	Time	Start date	Length	Cost	Code
Badminton	18Y+	Mon	8:30-10pm	Sep 8	14wks	\$84	187982
	18Y+	Wed	8:30-10pm	Sep 10	14wks	\$84	187994
Badminton for All	18Y+	Mon	3-4:30pm	Sep 8	13wks	\$39	187995
Competitive Volleyball Intermediate	18Y+	Thu	8:15-10:15pm	Sep 11	14wks	\$96.78	188021
Pickleball-Intro for Beginners	18Y+	Fri	2:15-3:15pm	Sep 12	14wks	\$24.78	188065
	18Y+	Fri	3:15-4:15pm	Sep 12	14wks	\$24.78	188072
Recreational Volleyball	18Y+	Tue	8:30-10pm	Sep 9	13wks	\$78	188091
	18Y+	Thu	6:50-8:05pm	Sep 11	14wks	\$84	188099

New this year, the city introduced a 7-day advance registration window for Kitchener residents for city-led and neighbourhood association programs.

www.kitchener.ca/ProgramRegistration

This policy does not apply to Ontario Health Funded programs, drop-ins and Pay As You Play.

Community centre and neighbourhood association programs

Grand River Recreation Complex

Grand River Recreation Complex contains Lyle Hallman Pool and also additional program rooms to offer programs and activities for everyone to enjoy. The centre is fully accessible and conveniently located within close walking distance to public transit.

600 Heritage Dr, Kitchener, ON N2B 3T9
519-741-2670

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
SMART Group Exercises	55Y+	Tue	1-2pm	Sep 16	12wks	Free	185757

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Chair Yoga	18Y+	Thu	8-8:55am	Sep 11	8wks	\$59.92	186831
	18Y+	Thu	8-8:55am	Nov 6	7wks	\$52.43	187661
Core Strengthening	18Y+	Thu	9-9:45am	Sep 11	8wks	\$44.96	186849
	18Y+	Thu	9-9:45am	Nov 6	7wks	\$34.91	187664
Fraud Prevention	18Y+	Wed	11:30am-12:30pm	Sep 17	1wks	Free	184712
Power Yoga	18Y+	Fri	10-10:55am	Sep 12	8wks	\$59.92	187028
	18Y+	Fri	10-10:55am	Nov 7	7wks	\$52.43	187681
Yoga For All	18Y+	Fri	11-12pm	Sep 12	8wks	\$59.92	187645
	18Y+	Fri	11-12pm	Nov 7	7wks	\$52.43	187710

Adult - Technology

Program	Age	Date	Time	Start date	Length	Cost	Code
Introduction to Chromebooks	55Y+	Tue	1-2pm	Oct 21	1wks	Free	188132
Kitchener Tech Connects Support Session	55Y+	Tue	2:15-3:30pm	Oct 21	1wks	Free	188131
Making the Most of your iPad	55Y+	Thu	1-2pm	Oct 9	3wks	Free	188133
Safe and Savvy Online	55Y+	Wed	1-2:30pm	Oct 8	1wks	Free	188128
Using Email Effectively	55Y+	Tue	1-2pm	Oct 14	1wks	Free	188127
Using the Internet Effectively	55Y+	Thu	2:15-3:15pm	Oct 16	2wks	Free	188125

JOIN US FOR THE KITCHENER FIRE

OPEN HOUSE

SATURDAY, SEPT. 20
9 A.M. - 2:30 P.M.

KITCHENER FIRE HEADQUARTERS, 270 STRASBURG RD.

DEMONSTRATIONS, FOOD TRUCKS,
FACE PAINTERS & MORE!



Community centre and neighbourhood association programs

Highland-Stirling Community Group

Email: highlandstirling@gmail.com

Mill Courtland Neighbourhood Association, Highland Stirling Community Group, and Cedar Hill Community Group are comprised of dedicated volunteers and operate out of the Mill Courtland Community Centre.

www.mcna-hscg.com

www.facebook.com/millcourtlandassociations

www.instagram.com/millcourtlandassociations

Our last day of programs and services at Mill Courtland Community Centre will be Saturday, June 21. We will still be offering programs to the community, but they will be at alternate locations within the community.

Stay connected with us by following on social media: @millcourtlandassociations and www.mcna-hscg.com for the latest updates on programs, events and services.

We appreciate your understanding during this transition and look forward to staying connected during our temporary closure.

We are not online for program registration through Active Net. If you are interested in registering for a program, please call 519-741-2491 or email us at mcna.hscg@gmail.com.

Huron Community Association

Programs take place at Huron Community Centre (80 Tartan Avenue), unless otherwise indicated. Other locations are Huron Natural Area (HNA), 801 Trillium Dr. and Freedom Community Centre (FCC), 1643 Bleams Rd.

www.huroncommunity.ca

www.facebook.com/huroncommunity

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

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

The Huron Community Centre officially opened in Sep 2022 and is where most of our community programming occurs. We are thankful for our dedicated volunteers of the HCA board and City of Kitchener staff that helped to bring this vision to reality. The space includes a gymnasium, a studio, a program room, and additional office spaces. As the population of Southwest Kitchener continues to grow, so does our potential. Please check us out and be a part of the interconnectivity and diversity that makes the Huron Community a great place to live and visit.

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

Child - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Craft Club	4-5Y	Mon	4-4:50pm	Sep 15	12wks	\$90	187253
	6-8Y	Mon	5-5:50pm	Sep 15	12wks	\$90	187254
Creative Fun Art with Ceramics	6-12Y	Wed	6:15-7:45pm	Sep 17	4wks	\$80	188255
	6-12Y	Wed	6:15-7:45pm	Oct 15	4wks	\$80	188257
	6-12Y	Wed	6:15-7:45pm	Nov 12	4wks	\$80	188263
Creative Fun Art with Fondant	6-12Y	Wed	4:30-6pm	Sep 17	4wks	\$80	188251
	6-12Y	Wed	4:30-6pm	Oct 15	4wks	\$80	188252
	6-12Y	Wed	4:30-6pm	Nov 12	4wks	\$80	188254
Pinterest Projects	9-12Y	Mon	6-7pm	Sep 15	12wks	\$90	187255

Community centre and neighbourhood association programs

Huron Community Association continued

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

Child - Cards & games

Program	Age	Date	Time	Start date	Length	Cost	Code
Chess Club	6-9Y	Wed	6-6:55pm	Sep 17	13wks	\$91	188246
	9-14Y	Wed	7-7:55pm	Sep 17	13wks	\$91	188248

Child - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Adult & Tot Dance	2-3Y	Fri	3:45-4:25pm	Sep 19	13wks	\$78	188299
Ballet	3-4Y	Mon	4:45-5:25pm	Sep 15	12wks	\$72	187249
	5-8Y	Mon	6:15-6:55pm	Sep 15	12wks	\$72	187250
	3-4Y	Thu	4:30-5:10pm	Sep 18	13wks	\$78	188283
	5-8Y	Thu	6-6:40pm	Sep 18	13wks	\$78	188284
	3-4Y	Fri	5:15-5:55pm	Sep 19	13wks	\$78	188302
	5-8Y	Fri	6:45-7:25pm	Sep 19	13wks	\$78	188303
Intro To Dance	3-4Y	Mon	4-4:40pm	Sep 15	12wks	\$72	187244
	5-8Y	Mon	5:30-6:10pm	Sep 15	12wks	\$72	187248
	3-4Y	Thu	3:45-4:25pm	Sep 18	13wks	\$78	188280
	5-8Y	Thu	5:15-5:55pm	Sep 18	13wks	\$78	188281
	3-4Y	Fri	4:30-5:10pm	Sep 19	13wks	\$78	188300
	5-8Y	Fri	6-6:40pm	Sep 19	13wks	\$78	188304
Jazz/Hip Hop	9-12Y	Mon	7-7:55pm	Sep 15	12wks	\$84	187251

Child - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Jr. Scientist	4-5Y	Tue	4-4:50pm	Sep 16	13wks	\$97.50	187797
	4-5Y	Sat	11-11:50am	Sep 20	12wks	\$90	188356
	4-5Y	Sat	10-10:50am	Sep 20	12wks	\$90	188358
Kids Science	6-8Y	Tue	5-5:50pm	Sep 16	13wks	\$97.50	187806
	6-8Y	Sat	9-9:50am	Sep 20	12wks	\$90	188347
Sr. Science	9-12Y	Tue	6-6:55pm	Sep 16	13wks	\$97.50	187809



Registration for all neighbourhood association and community centre programs starts Tuesday, August 12 at 8:30am for Kitchener residents.

Community centre and neighbourhood association programs

Huron Community Association continued

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

Children - Music

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

Parents codes:

Program	Age	Date	Time	Start date	Length	Cost	Code
Piano Lessons	6Y+	Mon	3-9pm	Sep 15	12wks	\$300	188528
	6Y+	Tue	3-9pm	Sep 16	13wks	\$325	188560
	6Y+	Wed	3-9pm	Sep 17	13wks	\$325	188573
	6Y+	Thu	3-9pm	Sep 18	13wks	\$325	188548
	6Y+	Fri	3-9pm	Sep 19	13wks	\$325	188515
	6Y+	Sat	9-12pm	Sep 20	12wks	\$300	188541

Children - Sports

Program	Age	Date	Time	Start date	Length	Cost	Code
Adult & Tot Multisport	2-3Y	Tue	4-4:40pm	Sep 16	13wks	\$91	187279
	2-3Y	Tue	5-5:40pm	Sep 16	13wks	\$91	187280
Adult & Tot Soccer	2-3Y	Sat	9-9:55am	Sep 20	12wks	\$84	188326
	2-3Y	Sat	10-10:55am	Sep 20	12wks	\$84	188328
Basketball	6-8Y	Tue	5:45-6:40pm	Sep 16	13wks	\$91	187281
	9-12Y	Tue	6:45-7:40pm	Sep 16	13wks	\$91	187282
	13-15Y	Tue	7:45-8:40pm	Sep 16	13wks	\$91	187283
	6-8Y	Wed	4-4:55pm	Sep 17	13wks	\$91	187997
	6-8Y	Wed	5-5:55pm	Sep 17	13wks	\$91	188000
	9-12Y	Wed	6-6:55pm	Sep 17	13wks	\$91	188003
	9-12Y	Wed	7-7:55pm	Sep 17	13wks	\$91	188004
	6-8Y	Thu	4-4:55pm	Sep 18	13wks	\$91	188264
	6-8Y	Thu	5-5:55pm	Sep 18	13wks	\$91	188265
	9-12Y	Thu	6-6:55pm	Sep 18	13wks	\$91	188266
Karate	6-8Y	Mon	7:15-8:10pm	Sep 15	12wks	\$84	187243
	6-8Y	Thu	6-6:55pm	Sep 18	13wks	\$91	188276
	9-12Y	Thu	7-7:55pm	Sep 18	13wks	\$91	188278
	6-8Y	Sat	10-10:55am	Sep 20	12wks	\$84	188366
	9-12Y	Sat	11-11:55am	Sep 20	12wks	\$84	188368

Pricing and availability are subject to change.

Community centre and neighbourhood association programs

Huron Community Association continued

Children - Sports continued

Program	Age	Date	Time	Start date	Length	Cost	Code
Kinder Karate	4-5Y	Thu	4-4:55pm	Sep 18	13wks	\$91	188272
	4-5Y	Thu	5-5:55pm	Sep 18	13wks	\$91	188274
	4-5Y	Sat	9-9:55pm	Sep 20	12wks	\$84	188364
	4-5Y	Mon	4-4:55pm	Sep 15	12wks	\$84	187240
	4-5Y	Mon	5-5:55pm	Sep 15	12wks	\$84	187241
	4-5Y	Mon	6-6:55pm	Sep 15	12wks	\$84	187242
Kids Volleyball	8-10Y	Mon	6-6:55pm	Sep 15	12wks	\$96	187256
Youth Intro to Badminton	13-15Y	Tue	7-7:55pm	Sep 16	13wks	\$91	187555
Youth Volleyball	13-15Y	Mon	6-6:55pm	Sep 15	12wks	\$96	187257
Youth Basketball	13-15Y	Wed	8-8:55pm	Sep 17	13wks	\$91	188006

HST now applicable to HCA programs ages 16 plus.

Adult - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Intro to Sewing	18Y+	Tue	7:15-8:45pm	Sep 23	8wks	\$92	187816

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Baby & Me Yoga with Janet	16Y+	Wed	10:45-11:45am	Sep 17	13wks	\$97.50	188035
Beginner Pilates	16Y+	Tue	7-7:55pm	Sep 16	13wks	\$91	187810
	16Y+	Thu	7-7:55pm	Sep 18	13wks	\$91	188286
Beginner Yoga with Janet	16Y+	Wed	5:15-6:15pm	Sep 17	13wks	\$97.50	188236
Gentle Yoga with Janet	16Y+	Wed	9:30-10:30am	Sep 17	13wks	\$97.50	188030
Power Core Pilates	16Y+	Tue	8-8:55pm	Sep 16	13wks	\$91	187812
	16Y+	Thu	8-8:55pm	Sep 18	13wks	\$91	188288
Slow Flow Yoga with Janet	16Y+	Wed	6:30-7:30pm	Sep 17	13wks	\$97.50	188240
Total Body Sculpt	18Y+	Mon	9:30-10:30am	Sep 15	12wks	\$84	187275
	18Y+	Wed	9:30-10:30am	Sep 17	13wks	\$91	187990
Yin Yoga with Janet	16Y+	Wed	7:45-8:45pm	Sep 17	13wks	\$97.50	188245
Zumba	16Y+	Wed	8-8:55pm	Sep 17	13wks	\$91	188017
Zumba Gold	18Y+	Wed	7-7:40pm	Sep 17	13wks	\$84.50	188009



Registration for all neighbourhood association and community centre programs starts Tuesday, August 12 at 8:30am for Kitchener residents.

Community centre and neighbourhood association programs

Huron Community Association continued

HST now applicable to HCA programs ages 16 plus.

Adult - Sports

Program	Age	Date	Time	Start date	Length	Cost	Code
Adult Drop in Basketball	18Y+	Tue	8:45-10:15pm	Sep 16	14wks	\$2/wk	187286
Adult Intermediate Pickleball	16Y+	Sat	3:15-4:45pm	Sep 20	12wks	\$96	188377
Adult Intro to Badminton	16Y+	Tue	8-8:55pm	Sep 16	13wks	\$91	187792
	16Y+	Sat	9-9:55am	Sep 20	12wks	\$84	188369
Adult Intro to Pickleball	16Y+	Tue	6-6:55pm	Sep 16	13wks	\$91	187287
	16Y+	Sat	11:15-12:10pm	Sep 20	12wks	\$84	188372
	16Y+	Sat	12:30-1:25pm	Sep 20	12wks	\$84	188374
Adult Volleyball Advanced	16Y+	Thu	7-8:55pm	Sep 18	13wks	\$104	188268
Adult Volleyball-Intermediate	16Y+	Mon	7-8:55pm	Sep 15	12wks	\$96	187258
	18Y+	Sat	3:15-4:55pm	Sep 20	12wks	\$96	188344
Adult Volleyball-Recreational	16Y+	Mon	7-8:55pm	Sep 15	12wks	\$96	187266
Kickboxing (Co-ed)	18Y+	Mon	7:05-8:05pm	Sep 15	12wks	\$108	187252

Huron Community Centre

The Huron Community Centre (HCC) opened its doors in Sep 2022 to serve Huron and surrounding neighbourhoods. The Community Centre is uniquely connected to three community partners: EarlyON Child and Family Centre, Oak Creek Public School and Rising Oaks Early Learning Ontario. The Centre is a bright and welcoming space suitable for programs and activities for everyone to enjoy in our two rooms and large gym. Public access computers are also available for use free of charge. Additional services include a community outreach worker. Huron Community Centre is also available to rent for meetings and special events. Working closely with the Huron Community Association (HCA), there are programs and activities for all ages and interests at the centre.

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

Child - Camps

Program	Age	Date	Time	Start date	Length	Cost	Code
Day Camp	4-11Y	Mon	9-4pm	Nov 17	1wks	\$32.06	189244
	4-11Y	Fri	9-4pm	Oct 10	1wks	\$32.06	189207
Holiday Break Camp	4-11Y	Mon, Tue	9-4pm	Dec 22	1wks	\$64.12	189245
	4-11Y	Mon, Tue	9-4pm	Dec 29	1wks	\$64.12	189388

Youth

Program	Age	Date	Time	Start date	Length	Cost	Code
KDI (Kids Drop-In)	9-11Y	Sun	1-2:30pm	Sep 28	11wks	Free	190740
YDI (Youth Drop-In)	12-17Y	Thu	7-9pm	Sep 25	12wks	Free	190727
	12-17Y	Fri	6:30-9pm	Sep 26	12wks	Free	190729
	12-17Y	Sun	3-5pm	Sep 28	11wks	Free	190737

Community centre and neighbourhood association programs

Huron Community Centre continued

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

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Pilates Basic	55Y+	Tue	11am-12pm	Oct 21	7wks	\$43.05	188136
SMART Group Exercises	55Y+	Thu	11am-12pm	Sep 18	13wks	Free	185756
Zumba Gold	55Y+	Thu	9:45-10:30am	Sep 11	14wks	\$57.23	188138

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Gentle Yoga	55Y+	Tue	9:45-10:45am	Oct 21	7wks	\$43.05	188135

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Bone Health 101	55Y+	Mon	1:30-3pm	Oct 20	1wks	Free	188225
Breathwork & Gentle Movement for Grounding and Resourcing	55Y+	Mon	1-2:30pm	Sep 15	1wks	Free	188222
Strong Bones & Strong Body	55Y+	Tue	9:30-11am	Sep 23	1wk	Free	188223

Adult - Social & fun

Program	Age	Date	Time	Start date	Length	Cost	Code
NEW! Colouring and Conversations	55Y+	Tue	1:30-2:30pm	Sep 16	12wks	Free	188601

Neighbourhood Nights

Grab some food, enjoy the show – where neighbours meet and friendships grow!

Saturday, Sept. 6
6:30 p.m. – 10 p.m.

Kingsdale Community Centre

Enjoy an evening of fun, a delicious BBQ and an outdoor movie.

For event details, visit www.kitchener.ca/kingsdalecc



Inclusion 1:1 support can be applied to any program or camp.
See page 117 or visit kitchener.ca/inclusion for more information.

Community centre and neighbourhood association programs

Kingsdale Community Centre

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

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

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

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

Early childhood

Program	Age	Date	Time	Start date	Length	Cost	Code
Play Pals	3Y+	Wed	9:30-11:30am	Oct 8	8wks	\$44	190087
Stay and Play	0-8Y	Sat	12-3pm	Sep 13	14wks	Free	188745
	0-6Y	Thu	9:30-11:30am	Sep 11	14wks	Free	188751

Child - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Creative Kids	4-7Y	Tue	4:30-5:30pm	Sep 23	11wks	Free	189099

Child - Camps

Program	Age	Date	Time	Start date	Length	Cost	Code
Day Camp	4-11Y	Mon	9-4pm	Nov 17	1wks	\$32.06	189241
Holiday Break Camp	4-11Y	Mon,Tue	9-4pm	Dec 22	1wks	\$64.12	189247
	4-11Y	Mon,Tue	9-4pm	Dec 29	1wks	\$64.12	189527

Child - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Kids Dance	4-5Y	Wed	5-5:45pm	Sep 24	12wks	Free	189151
	6-7Y	Wed	6-6:45pm	Sep 24	12wks	Free	189158
	8-10Y	Wed	7-7:45pm	Sep 24	12wks	Free	189162

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Girls Basketball	6-9Y	Sat	12-12:50pm	Sep 20	12wks	\$44	188717
	10-12Y	Sat	1-1:50pm	Sep 20	12wks	\$44	188719
Girls Soccer	6-9Y	Sat	2-2:50pm	Sep 20	12wks	\$44	188720
	10-12Y	Sat	3-3:50pm	Sep 20	12wks	\$44	188721
Multi-sport	5-8Y	Sat	9:30-11am	Sep 27	11wks	Free	189135
Rockway Public School	All Ages	Thu	12-1:30pm	Sep 11	15wks	Free	188755

Pricing and availability are subject to change.

Kingsdale Community Centre continued

Child - Music

Program	Age	Date	Time	Start date	Length	Cost	Code
Baby Music Makerz	0-1Y	Mon	9:30-10:15am	Sep 15	10wks	\$59	190050
Mini Music Makerz	3-4Y	Tue	10:30-11:15am	Sep 23	10wks	\$59	190044
Mini Musicianz	3-4Y	Tue	4-4:45pm	Sep 23	10wks	\$135	190054
Songbirds Singers Music Makerz	6-9Y	Tue	5-5:50pm	Sep 23	10wks	\$59	190038
Tiny Tots Music Makerz	1-2Y	Mon	10:30-11:15am	Sep 15	10wks	\$59	190040

Youth

Program	Age	Date	Time	Start date	Length	Cost	Code
After-school YDI (Youth Drop-In)	12-17Y	Fri	3:30-5:30pm	Sep 26	12wks	Free	190730
Heart for Art	11-15Y	Tue	6-7:30pm	Sep 23	11wks	Free	190709

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

Adult - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Knitting: Learn to Knit a Hat	55Y+	Thu	6:30-7:30pm	Oct 2	4wks	Free	187843
Knitting: Learn to Knit Mittens	55Y+	Thu	6:30-7:30pm	Nov 6	6wks	Free	187845
Painting with Acrylics	55Y+	Mon	9:30-11am	Sep 22	11wks	Free	187467
Watercolour Fundamentals	55Y+	Thu	10-11:30am	Sep 18	12wks	Free	187519
	55Y+	Thu	11:45-1:15pm	Sep 18	12wks	Free	187521

Adult - Cards & games

Program	Age	Date	Time	Start date	Length	Cost	Code
Euchre	18Y+	Mon	12:30-3:15pm	Sep 8	13wks	Free	190765
Solo	18Y+	Thu	1-4pm	Sep 11	15wks	Free	190764

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Adult Drop-in Volleyball	18-29Y	Sat	4-7pm	Sep 27	11wks	Free	190744
Core Strengthening	55Y+	Tue	12-12:45pm	Sep 9	13wks	Free	188106
	55Y+	Thu	10:45-11:30am	Sep 11	14wks	Free	188108
Gentle Moves	55Y+	Tue	1-2pm	Sep 9	13wks	Free	188111
NEW! Zumba Gold	55Y+	Mon	10:45-11:30am	Sep 15	12wks	Free	187976
Pilates Basic	55Y+	Thu	5:20-6:20pm	Sep 11	14wks	Free	188117
Shape Up with Weights	55Y+	Thu	9:30-10:30am	Sep 11	14wks	Free	188122
SMART Group Exercises	55Y+	Mon	9:30-10:30am	Sep 15	11wks	Free	185745
	55Y+	Fri	9:30-10:30am	Sep 19	13wks	Free	185746
Total Body Workout	55Y+	Sat	12:45-1:45pm	Sep 13	14wks	Free	188124
Women's Drop-in Basketball	16Y+	Wed	7-9pm	Sep 24	10wks	Free	188730

Community centre and neighbourhood association programs

Kingsdale Community Centre

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

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Flowga	55Y+	Sat	11:30-12:30pm	Sep 13	14wks	Free	188123
Gentle Yoga	55Y+	Tue	9:30-10:30am	Sep 9	13wks	Free	188096
	55Y+	Tue	10:45-11:45am	Sep 9	13wks	Free	188100
	55Y+	Wed	3:45-4:45pm	Sep 10	14wks	Free	188120

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Breathwork & Gentle Movement for Grounding and Resourcing	55Y+	Mon	1-2:30pm	Oct 6	1wks	Free	188130
Eat Well, Age Well	55Y+	Wed	6:30-8pm	Oct 15	1wks	Free	188226
Fit Minds	55Y+	Wed	1:30-2:30pm	Sep 17	13wks	Free	185721

Adult - Social & fun

Program	Age	Date	Time	Start date	Length	Cost	Code
Memory Boosters Social Group	55Y+	2nd and 4th Tues of month	1:15-3pm	Sep 9	6wks	Free	185731

Adult - Pay as you play

Program	Age	Date	Time	Start date	Length	Cost	Code
PAYP - Badminton	55Y+	Tue	6:30-9pm	Sep 2	15wks	\$3.93/visit	188243
PAYP - Pickleball Intermediate	55Y+	Mon	12-2:30pm	Sep 8	13wks	\$3.93/visit	188237
	55Y+	Fri	12-2:30pm	Sep 5	16wks	\$3.93/visit	188241
Adults 55Y+ \$3.93/pass or \$35.43/book of 10 or \$62.99/book of 20							
Adult 18-54Y \$4.79/pass or \$43.21/book of 10 or \$76.81/book of 20							

Mill Courtland Community Centre

Mill Courtland Community Centre has been serving the Mill Courtland Community since 1986. We'd like to inform you of some work that is about to begin at Mill Courtland Community Centre. We're undertaking an addition to the back of the centre and indoor renovations with significant upgrades, ensuring we can continue to provide programs and services for years to come. The work is expected to start on July 2. At this time the centre will be completely closed until December 2026.

216 Mill Street, Kitchener ON

519-741-2491

www.kitchener.ca/millcourtlandcc



Want to advertise in Active Kitchener? You can reach 66,000+ homes, 4 times a year! Email active@kitchener.ca or visit www.kitchener.ca/activekitchener for details.

Community centre and neighbourhood association programs

Mill Courtland Neighbourhood Association

Email: mcna.hscg@gmail.com

Mill Courtland Neighbourhood Association, Highland Stirling Community Group, and Cedar Hill Community Group are comprised of dedicated volunteers and operate out of the Mill Courtland Community Centre.

Stay connected with us by following on social media: @millcourtlandassociations and www.mcna-hscg.com for the latest updates on programs, events and services.

We appreciate your understanding during this transition and look forward to staying connected during our temporary closure.

We are not online for program registration through Active Net. If you are interested in registering for a program, please visit www.mcna-hscg.com or call 519-741-2491. All dates, times, locations and costs are subject to change.

www.mcna-hscg.com

www.facebook.com/millcourtlandassociations

www.instagram.com/millcourtlandassociations

Early childhood

Program	Age	Date	Time	Start date	Length	Cost	Code
Family Time	0-6 yrs	Wed	10:00-11:30am	Sept 10	10wks	Free	

Children/Youth/Teen

Program	Age	Date	Time	Start date	Length	Cost	Code
More to Know	6-12Y	Mon	4-5pm	Sep 22	8wks	Free	
Gardening Club	Gr, 6, 7 & 8	Mon	3:45-5pm	Sep 22	8wks	Free	
Guitar	Grade 6+	Tue	4-5:30pm	Sep 9	Ongoing	Free	
Drama	8-12Y	Wed	4:30-5:30 pm	Sep 10	6wks	\$25	

Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Ballet	3-5Y	Thu	5-5:30pm	Sep 25	8wks	\$30	
Jazz/Hip Hop	5-7Y	Thu	5:35-6:05pm	Sep 25	8wks	\$30	
Irish	7-12Y	Thu	6:10-7pm	Sep 25	8wks	\$30	

Adult fitness

Program	Age	Date	Time	Start date	Length	Cost	Code
Pilates	Adult	Mon	12:30-1:30pm	Sep 8	6wks	\$40	
Walking Group	Adult	Tue	9-10am	Sep 8	Ongoing	Free	
Knit & Chat	Adult	Thu	10:30-12pm	Sep11	Ongoing	Free	
Parkinson's and Caregivers (SMART)	Adult	Tue and Fri	1:30-2:30pm	Sep 9 & 12	Ongoing	Free	
Zumba	Adult	Thu	7:15-8:15pm	Sep 11	6wks	\$40	

Adult leisure

Program	Age	Date	Time	Start date	Length	Cost	Code
Community Games Night	Family 4Y+	Thu	5:30-6:30pm	Sep 18	8wks	Free	
	Adult	Thu	6:30-8pm	Sep 18	8wks	Free	

Pricing and availability are subject to change.

Mount Hope - Breithaupt Park Neighbourhood Association

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

Mount Hope-Breithaupt Park Neighbourhood Association is a long-standing organization with over 40 years of community-building, organizing events and advocating for improvements to the neighbourhood. Our area is a “shoulder” community to the downtown core of Kitchener. Our programs are run out of the Breithaupt Centre on Margaret Avenue or at other neighbourhood locations such as parks or businesses. Information on current and upcoming events can be viewed on our website at mhbpna.org

www.mhbpna.org
www.X.com/mhbpna
www.facebook.com/mhbpna
www.instagram.com/mhbpna.kw

North Six Neighbourhood Association

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

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

www.instagram.com/northsixna

Olde Berlin Town Neighbourhood Association in the Civic Centre

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

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

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

Programming: The Association is affiliated with several other downtown neighbourhoods who collaborate under the umbrella of the Downtown Neighbourhood Alliance (DNA) to provide community programs for all age groups at the Downtown Community Centre, 35B Weber St. W. Check DNA for details of the many programs offered to youths and adults.

www.oldeberlintown.ca
www.X.com/oldeberlintown
www.facebook.com/OldeBerlinTown



Registration for all neighbourhood association and community centre programs starts Tuesday, August 12 at 8:30am for Kitchener residents.

Community centre and neighbourhood association programs

Rockway Community Centre

Rockway Community Centre has been offering programs and services for older adults since 1975. The Centre is fully accessible and offers free parking from King St. E. or Charles St. A GRT bus stop is located directly in front of the building on King. St. E.

1405 King St. E., Kitchener ON
519-741-2507

www.kitchener.ca/rockwaycentre

Featuring ten rooms including a large auditorium, this facility offers activities for everyone to enjoy. The centre focuses on delivering programming for adults and older adults in wellness, active living, learning and connecting.

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

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

Adult - Arts & Crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Crafts with Recycling	55Y+	Sat	10:15-11:45am	Sep 20	10wks	\$124.80	187456
Diamond Painting Art	55Y+	Mon	4:30-6pm	Sep 15	5wks	\$62.40	187423
	55Y+	Mon	4:30-6pm	Nov 3	5wks	\$62.40	188334
Knitting Basics: Learn to Knit Slippers	55Y+	Wed	6:30-7:30pm	Nov 5	4wks	\$33.28	188365
Knitting Basics: Learn to Knit a Dishcloth	55Y+	Wed	6:30-7:30pm	Oct 1	4wks	\$33.28	188360
New! Learn to Sew	55Y+	Tue	6:30-8pm	Sep 23	11wks	\$137.28	188381
Model Railroad Basics	18Y+	Thu	6:30-8:30pm	Oct 2	10wks	\$85	188367
Pottery: Intermediate Hand Building with Clay	55Y+	Wed	5:30-8:30pm	Sep 10	6wks	\$149.76	187492
	55Y+	Wed	5:30-8:30pm	Oct 29	6wks	\$149.76	187849
Pottery: Introduction to Hand Building with Clay I	55Y+	Mon	1-4pm	Sep 8	6wks	\$149.76	187493
Pottery: Introduction to Hand Building with Clay I	55Y+	Mon	1-4pm	Nov 3	6wks	\$149.76	187494
Pottery: Introduction to Hand Building with Clay I	55Y+	Tue	5:30-8:30pm	Sep 9	6wks	\$149.76	188112
Pottery: Introduction to Hand Building with Clay II	55Y+	Tue	5:30-8:30pm	Oct 28	6wks	\$149.76	188114
Watercolour Painting	55Y+	Mon	9:30-11:30am	Oct 6	8wks	\$133.12	187530
	55Y+	Thu	9:30-11:30am	Oct 9	8wks	\$133.12	187531
New! Watercolour for Wellness: Beyond the Basics	55Y+	Thu	2:45-4:15pm	Sep 18	10wks	\$124.80	188417

Adult - Cards & games

Program	Age	Date	Time	Start date	Length	Cost	Code
New! Trivia Challenge	55Y+	Thu	10:30-11:30am	Sep 18	10wks	\$45.80	188409

Adult - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Modern Line Dance for Beginners	55Y+	Wed	11:30-12:30pm	Sep 10	14wks	\$116.48	187449
Modern Line Dance for Improver	55Y+	Wed	10:15-11:15am	Sep 10	14wks	\$116.48	187450
Modern Line Dance for Intermediate	55Y+	Tue	11:15-12:15pm	Sep 9	13wks	\$108.16	187451
Mostly Country Line Dance	55Y+	Tue	7-8pm	Sep 9	13wks	\$108.16	187452

Pricing and availability are subject to change.

Community centre and neighbourhood association programs

Rockway Community Centre continued

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

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Active Older Adult Fitness	55Y+	Fri	10:15-11:10am	Sep 12	14wks	\$76.30	187393
	55Y+	Tue	11:15-12:10pm	Sep 9	13wks	\$70.85	187394
All in one Workout	55Y+	Mon	11-11:55am	Sep 8	14wks	\$76.30	187396
	55Y+	Wed	11-11:55am	Sep 10	14wks	\$76.30	187397
Boxfit	55Y+	Mon	10-10:55am	Sep 8	14wks	\$76.30	187402
Chair Pilates	55Y+	Wed	8:45-9:40am	Oct 29	7wks	\$43.05	187412
Mats & Bands	55Y+	Thu	9-9:55am	Sep 11	14wks	\$76.30	187448
New! Barre Above	55Y+	Thu	9-9:55am	Sep 11	14wks	\$76.30	187464
New! Functional Fitness Circuit	55Y+	Fri	1:30-2:25pm	Sep 12	14wks	\$76.30	188378
New! Strengthening, Aerobics and Stretching (SAS)	55Y+	Mon	5:45-6:40pm	Sep 8	14wks	\$76.30	188408
Shape Up	55Y+	Wed	4:30-5:25pm	Sep 10	14wks	\$76.30	187502
	55Y+	Mon	4:30-5:25pm	Sep 8	14wks	\$76.30	187503
Shape Up with Weights	55Y+	Mon	9-9:55am	Sep 8	14wks	\$76.30	187504
SMART Group Exercises	55Y+	Tue	9:15-10:15am	Sep 16	12wks	Free	185759
Stability Ball	55Y+	Thu	10-10:55am	Sep 11	14wks	\$76.30	187511
Strength and Balance	55Y+	Sat	11-11:55am	Sep 20	12wks	\$65.40	188390
	55Y+	Tue	3-3:55pm	Sep 9	13wks	\$70.85	188394
Strength Training Advanced	55Y+	Fri	9-9:55am	Sep 12	14wks	\$76.30	187512
Stretch for All	55Y+	Wed	9-9:55am	Sep 10	14wks	\$76.30	187513
	55Y+	Thu	4:30-5:25pm	Sep 11	14wks	\$76.30	187514
New! Zumba Gold	55Y+	Thu	10-10:55am	Sep 11	14wks	\$76.30	188424

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Chair Yoga	55Y+	Tue	2-2:55pm	Sep 9	13wks	\$79.95	187413
	55Y+	Wed	10-10:55am	Sep 10	14wks	\$86.10	187414
Flowga	55Y+	Sat	10-10:55am	Sep 20	12wks	\$73.80	187429
Gentle Yoga	55Y+	Tue	1-1:55pm	Sep 9	13wks	\$79.95	187431
	55Y+	Wed	9-9:55am	Sep 10	14wks	\$86.10	188348
	55Y+	Thu	7-7:55pm	Sep 11	14wks	\$86.10	188355
Hatha Yoga	55Y+	Thu	6-6:55pm	Sep 11	14wks	\$86.10	188357
Tai Chi Yang Family 13 Style Form Beginner Level	55Y+	Wed	1-1:55pm	Sep 10	14wks	\$86.10	187517
Tai Chi Yang Long Form Continuing Level	55Y+	Wed	2:15-3:10pm	Sep 10	14wks	\$86.10	187518

Community centre and neighbourhood association programs

Rockway Community Centre continued

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

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Bereavement Support Group	55Y+	Tue	9:30-11am	Sep 16	13wks	Free	185735
Continuing Bereavement Support Group	55Y+	Tue	11:15am-12:15pm	Sep 16	13wks	Free	185740
Fit Minds	55Y+	Fri	9:15-10:15am	Sep 19	13wks	Free	185725
Meditation Basics	55Y+	Thu	6:30-8pm	Nov 6	1wks	Free	188259
Plan for Peace of Mind	55Y+	Tue	10-11am	Oct 21	1wks	Free	189064
Ride a Bus Workshop: Get to know Grand River Transit	55Y+	Sat	9:30-12:30pm	Sep 13	1wks	Free	180574
Strong Bones & Strong Body	55Y+	Tue	10-11:30am	Sep 30	1wk	Free	188256

Adult - Language classes

Program	Age	Date	Time	Start date	Length	Cost	Code
New! French for Beginners	55Y+	Sat	9-9:55am	Sep 20	10wks	\$83.20	188373
Spanish for Beginners	55Y+	Fri	9-9:55am	Sep 12	14wks	\$116.48	187508
Spanish Intermediate Plus	55Y+	Fri	11-11:55am	Sep 12	14wks	\$116.48	187510
Spanish Intermediate	55Y+	Fri	10-10:55am	Sep 12	14wks	\$116.48	187507

Adult - Music

Program	Age	Date	Time	Start date	Length	Cost	Code
Guitar Lessons: Level 1	55Y+	Mon	6-6:55pm	Sep 29	10wks	\$83.20	187435
Guitar Lessons: Level 2	55Y+	Mon	8-8:55pm	Sep 29	10wks	\$83.20	187436
Guitar Lessons: Level 3	55Y+	Mon	7-7:55pm	Sep 29	10wks	\$83.20	187437
New! Sing-A-Long	55Y+	Wed	10:30-11:30am	Nov 5	5wks	\$22.90	188387
Piano Lessons: Beginner	55Y+	Tue	9-9:55am	Sep 9	13wks	\$108.16	187485
	55Y+	Sat	10-10:55am	Sep 13	13wks	\$108.16	187486
Piano Lessons Intermediate	55Y+	Sat	11-11:55am	Sep 13	13wks	\$108.16	188418
	55Y+	Tue	10-10:55am	Sep 9	13wks	\$108.16	187488
Piano Lessons: Continuing	55Y+	Tue	11-11:55am	Sep 9	13wks	\$108.16	187487

Rockin' It At Rockway

We're excited to bring back Rockin' It At Rockway on the patio this summer! Please bring your own lawn chair and a friend (or two)! Note that food and beverages will NOT be available for sale.

Drop in for FREE the following Wednesday nights from 6-7:30 p.m:

Aug. 6 - Twas Now

Aug 20 - The Flamingos & Welcome Back BBQ (Registration is required #187855)

Join us on the Rockway Centre Patio for our welcome back to fall BBQ. Enjoy live music by The Flamingos and a free BBQ!

Community centre and neighbourhood association programs

Rockway Community Centre continued

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

Adult - Social & fun

Program	Age	Date	Time	Start date	Length	Cost	Code
BOO! Bingo	55Y+	Fri	10:30am-12pm	Oct 31	1wks	Free	188626
Fall Social	55Y+	Sat	1:30-3pm	Oct 18	1day	Free	188744
Holiday Bingo Social	55Y+	Thu	1:30-3pm	Dec 18	1wks	Free	188772
Holiday Craft Social	55Y+	Mon	10:30am-12pm	Dec 15	1wks	Free	188768
Holiday Trivia Social	55Y+	Wed	10:30am-12pm	Dec 17	1wks	Free	188771
Morning Out	55Y+	Fri	10:30am-12pm	Sep 19	12wks	Free	185734
New! Musical Mix Games	55Y+	Wed	10:30-11:30am	Oct 1	5wks	Free	188764
Rockin' It at Rockway: Holiday Social	55Y+	Tue	1-3pm	Dec 16	1day	\$8	188407
Rockway Christmas Market	55Y+	Sat	9:30am-1pm	Nov 15	1day	Free	188400
Rockway Entertainers Christmas Concert	All ages	Sat	2-3:30pm	Dec 6	1day	\$10	188404
	All ages	Thu	2-3:30pm	Dec 11	1day	\$10	188405

Adult - Technology

Program	Age	Date	Time	Start date	Length	Cost	Code
Google Drive and Docs	55Y+	Tue	2:30-3:30pm	Nov 18	2wks	Free	188291
Kitchener Tech Connects Support Session	55Y+	Thu	2:15-3:30pm	Nov 27	1wks	Free	188273
Safe and Savvy Online	55Y+	Mon	1-2:30pm	Nov 24	1wks	Free	188279
Using Email Effectively	55Y+	Thu	1-2pm	Nov 20	2wks	Free	188270
Using the Internet Effectively	55Y+	Tue	1-2pm	Nov 18	2wks	Free	188262

Adult - Virtual programming

Program	Age	Date	Time	Start date	Length	Cost	Code
*Virtual Fit Minds	55Y+	Wed	11-12pm	Sep 17	13wks	Free	185716
*Virtual Shape Up with Weights	55Y+	Wed	10-10:55am	Sep 10	14wks	\$76.30	187390
*Virtual Stretch for All	55Y+	Fri	10-10:55am	Sep 12	14wks	\$76.30	187391
*Virtual The Chair and I	55Y+	Mon	10-10:55am	Sep 8	14wks	\$76.30	187392

Pricing and availability are subject to change.

New this year, the city introduced a 7-day advance registration window for Kitchener residents for city-led and neighbourhood association programs.

www.kitchener.ca/ProgramRegistration

This policy does not apply to Ontario Health Funded programs, drop-ins and Pay As You Play.

Stanley Park Community Association

The Stanley Park Community Association (SPCA) is a group of dedicated volunteers that promote community activities, community outreach, and encourage participation of residents, of all ages, endeavouring to foster community spirit.

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

www.spcakitchener.ca

www.X.com/SPCAKitchener

www.facebook.com/SPCAKitchener

www.instagram.com/SPCAKitchener



FALL PROGRAMS 2025

**FALL REGISTRATION
STARTS AUGUST 12TH**



Activities You Can Find:

- ✓ Ballet Beginner
- ✓ Yoga
- ✓ Chess
- ✓ Piano
- ✓ Cooking Classes

and many more....

Stanley Park Community Centre

To register online visit:

<https://spcakitchener.ca/programs>

To register in person:

Visit Stanley Park Community Centre

More Information

519-741-2504



Community centre and neighbourhood association programs

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 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.

505 Franklin St. N., Kitchener ON

519-741-2504

www.kitchener.ca/stanleyparkcc

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 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.

10 Chopin Dr., Kitchener ON

519-741-2717

www.kitchener.ca/victoriahillscs

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.

Child - Camps

Program	Age	Date	Time	Start date	Length	Cost	Code
Day Camp	4-11Y	Fri	9-4pm	Oct 10	1wks	\$32.06	189208
Holiday Break Camp	4-11Y	Mon,Tue	9-4pm	Dec 22	1wks	\$64.12	189246
	4-11Y	Mon,Tue	9-4pm	Dec 29	1wks	\$64.12	189753

Youth

Program	Age	Date	Time	Start date	Length	Cost	Code
YDI (Youth Drop-in)	12-17Y	Sat	6-8pm	Sep 27	10wks	Free	190738

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

Adult - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Oil Painting	55Y+	Wed	1-2:30pm	Sep 17	12wks	Free	187465
The Fundamentals of Drawing	55Y+	Mon	12:30-2pm	Sep 15	12wks	Free	187745

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Zumba Gold	55Y+	Sat	2-2:45pm	Sep 13	14wks	Free	188317

Pricing and availability are subject to change.

Community centre and neighbourhood association programs

Victoria Hills Community Centre

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

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Chair Yoga	55Y+	Sat	11:30-12:30pm	Sep 13	14wks	Free	188301
Gentle Yoga	55Y+	Sat	12:45-1:45pm	Sep 13	14wks	Free	188305

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Fit Minds	55Y+	Wed	9:30-10:30am	Sep 17	13wks	Free	185724

Adult - Music

Program	Age	Date	Time	Start date	Length	Cost	Code
Piano Lessons for Adults: Beginner	55Y+	Tue	6:30-7:25pm	Sep 9	12wks	\$99.84	187477
	55Y+	Tue	3:25-4:20pm	Sep 9	12wks	\$99.84	187481
Piano Lessons for Adults: Continuing	55Y+	Tue	7:30-8:25pm	Sep 9	12wks	\$99.84	187482

Victoria Hills Neighbourhood Association

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

www.vhna.ca

www.facebook.com/victoriahills.neighbourhoodassociation

VHNA runs a wide variety of programs at VHCC including: Cooking for kids, dance for children: ballet, jazz, hip hop, arts and crafts, sports for children and youth, and adult fitness. While VHNA coordinates the programs, the Community Centre is administered, maintained and owned by the City of Kitchener. We continue to run many programs in partnership with our community partners.

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

Child - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
3D Children's Silly Faces Stacked Pumpkin Sign	6-12Y	Tue	6-7pm	Oct 21	1wks	\$23	188412
Youth Art	7-12Y	Fri	6-6:55pm	Sep 19	12wks	\$10	186959
	7-12Y	Fri	7-7:55pm	Sep 19	12wks	\$10	186960

Victoria Hills Neighbourhood Association cont.

Child - Cooking classes

Program	Age	Date	Time	Start date	Length	Cost	Code
Children's Cooking Creations	5-7Y	Fri	4:30-5:55pm	Sep 19	5wks	\$85	186900
	5-7Y	Wed	4:30-5:55pm	Sep 17	5wks	\$85	186901
	5-7Y	Thu	4:30-5:55pm	Sep 18	5wks	\$85	186902
	5-7Y	Thu	4:30-5:55pm	Oct 23	5wks	\$85	186903
	5-7Y	Fri	4:30-5:55pm	Oct 24	5wks	\$85	186904
	8-11Y	Wed	6-7:25pm	Sep 17	5wks	\$85	186905
	8-11Y	Thu	6-7:25pm	Sep 18	5wks	\$85	186906
	8-11Y	Thu	6-7:25pm	Oct 23	5wks	\$85	186907
	8-11Y	Wed	6-7:25pm	Oct 22	5wks	\$85	186908
	5-7Y	Wed	4:30-5:55pm	Oct 22	5wks	\$85	186909
	8-11Y	Fri	6-7:25pm	Sep 19	5wks	\$85	186910
	8-11Y	Fri	6-7:25pm	Oct 24	5wks	\$85	186911

Child - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Beginner Ballet	4-6Y	Thu	5:35-6:30pm	Sep 18	12wks	\$80	186895
	7-10Y	Thu	6:35-7:30pm	Sep 18	12wks	\$80	186896
Beginner Jazz/Hip Hop	4-6Y	Wed	5:35-6:30pm	Sep 17	12wks	\$80	186897
	7-10Y	Wed	6:35-7:30pm	Sep 17	12wks	\$80	186898
Kids Dance	3-5Y	Sat	9:50-10:35am	Sep 20	12wks	\$73	186922
	6-8Y	Sat	10:40-11:25am	Sep 20	12wks	\$73	186923
Kinder Ballet	2.5-3Y	Sat	9:15-9:45am	Sep 20	12wks	\$80	186924
	2.5-3Y	Thu	5-5:30pm	Sep 18	12wks	\$80	186925
Kinder Jazz/Hip Hop	2.5-3Y	Wed	5-5:30pm	Sep 17	12wks	\$80	186926

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Basketball	10-12Y	Mon	6-6:55pm	Sep 15	11wks	\$73	186892
	7-9Y	Wed	5-5:55pm	Sep 17	12wks	\$80	186893
	7-9Y	Mon	5-5:55pm	Sep 15	11wks	\$73	186894
Girls Soccer	8-11Y	Fri	5-5:55pm	Sep 19	12wks	\$80	186918
Kinder Soccer	3.5-4Y	Mon	4:40-5:25pm	Sep 15	11wks	\$73	186927
Multisport	4-6Y	Wed	4-4:45pm	Sep 17	12wks	\$80	186929
Outdoor Soccer	8-13Y	Tue	4:30-6pm	Sep 9	8wks	\$125	186931
	8-13Y	Wed	4:30-6pm	Sep 10	8wks	\$125	186932

Pricing and availability are subject to change.

Community centre and neighbourhood association programs

Victoria Hills Neighbourhood Association cont.

Child - Fitness & sport continued

Program	Age	Date	Time	Start date	Length	Cost	Code
Soccer	13-15Y	Fri	5-5:55pm	Sep 19	12wks	\$80	186947
	6-9Y	Fri	4-4:55pm	Sep 19	12wks	\$80	186948
	10-12Y	Fri	4-4:55pm	Sep 19	12wks	\$80	186949
	6-9Y	Mon	5:30-6:25pm	Sep 15	11wks	\$73	186950
Youth Basketball Jr.	9-12Y	Fri	6:30-7:25pm	Sep 19	12wks	Free	186961
	9-12Y	Fri	7:30-8:25pm	Sep 19	12wks	Free	186962
Youth Basketball Sr.	13-17Y	Fri	6:30-8:30pm	Sep 19	12wks	Free	186963

Child - Music

Program	Age	Date	Time	Start date	Length	Cost	Code
Piano	12-17Y	Mon	7:30-8:25pm	Sep 15	11wks	\$135	186934
	5-8Y	Mon	4:30-5:25pm	Sep 15	11wks	\$135	186935
	5-8Y	Mon	5:30-6:25pm	Sep 15	11wks	\$135	186936
	5-8Y	Tue	4:30-5:25pm	Sep 16	12wks	\$150	186937
	5-8Y	Tue	5:30-6:25pm	Sep 16	12wks	\$150	186938
	6-11Y	Mon	6:30-7:25pm	Sep 15	11wks	\$135	186943
	6-11Y	Fri	7:30-8:25pm	Sep 19	12wks	\$150	186944
	6-11Y	Fri	3:30-4:25pm	Sep 19	12wks	\$150	186939
	6-11Y	Fri	4:30-5:25pm	Sep 19	12wks	\$150	186940
	6-11Y	Fri	6:30-6:25pm	Sep 19	12wks	\$150	186941
	6-11Y	Fri	7:30-7:25pm	Sep 19	12wks	\$150	186942

Child - Sports

Program	Age	Date	Time	Start date	Length	Cost	Code
Girls Basketball	13-17Y	Wed	7-7:55pm	Sep 17	12wks	\$80	186916
	9-12Y	Wed	6-6:55pm	Sep 17	12wks	\$80	186917

Child - Technology

Program	Age	Date	Time	Start date	Length	Cost	Code
LEGO Robotics - Animal Kingdom	7-9Y	Sat	10:30-11:25am	Oct 18	4wks	\$70	186954
LEGO Robotics - Fun with Sports	4-6Y	Sat	9:30-10:25am	Nov 15	4wks	\$70	186955
LEGO Robotics - Modes of Transportation	4-6Y	Sat	9:30-10:25am	Oct 18	4wks	\$70	186953
LEGO Robotics - Space Exploration	7-9Y	Sat	10:30-11:25am	Nov 15	4wks	\$70	186956
LEGO Robotics - Spike Essentials - RoboMovers	4-6Y	Sat	9:30-10:25am	Sep 20	4wks	\$70	186951
LEGO Spike Essentials - Smart Builders	7-9Y	Sat	10:30-11:25am	Sep 20	4wks	\$70	186952

Pricing and availability are subject to change.

Victoria Hills Neighbourhood Association cont.

Adult - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
3D "Fall" Shelf Letters	16Y+	Tue	7-8:30pm	Sep 23	1wks	\$35	172546
3D Frosty the Snowman Door Hanger	16Y+	Tue	7-8:30pm	Nov 18	1wks	\$37	188414
3D Have Yourself A Merry Little Christmas Door Hanger	16Y+	Tue	7-8:30pm	Dec 9	1wks	\$37	188416
3D Welcome Fall Truck Sign	16Y+	Tue	7-8:30pm	Oct 7	1wks	\$35	188410

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Adult Volleyball	18Y+	Wed	7:30-8:55pm	Sep 17	12wks	\$85	186891
Badminton	18Y+	Wed	6:30-7:25pm	Sep 17	12wks	\$85	186914
Core Strengthening	16Y+	Thu	7:35-8:30pm	Sep 18	12wks	\$85	186912
Hatha Flow Yoga	16Y+	Tue	7-7:55pm	Sep 16	12wks	\$85	186919
Intermediate Basketball	18Y+	Mon	7:30-8:55pm	Sep 15	11wks	\$78	186920
	18Y+	Thu	7:30-8:55pm	Sep 18	12wks	\$85	186921
Meditation	16Y+	Wed	7:45-8:40pm	Sep 17	12wks	\$85	186928
Pilates	16Y+	Thu	6:30-7:25pm	Sep 18	12wks	\$85	186945
	16Y+	Sat	11:30-12:25pm	Sep 20	12wks	\$85	186946
Total Body Workout	16Y+	Sat	12:30-1:25pm	Sep 20	12wks	\$85	186957
Yin Yoga	16Y+	Tue	8-8:45pm	Sep 16	12wks	\$85	186958
Zumba	16Y+	Tue	6-6:55pm	Sep 16	12wks	\$85	186964
Zumba Toning	16Y+	Sat	3-3:55pm	Sep 20	12wks	\$85	186965



Connect with nature, yourself and your community with Kitchener's Natural Areas Program!

Wellness walks, forest bathing, yoga in nature,
forest school programs for kids, and more.

Explore upcoming programs at kitchener.ca/KNAP

We deliver these programs through our local partners,
Humans In Nature and Nature Connect.

Victoria Park Neighbourhood Association

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

www.victoriaparkna.com

www.X.com/victoriaparkna

www.facebook.com/victoriaparkna

Westmount Neighbourhood Association

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

At the northern edge of Kitchener, nestled between Westmount Golf Course, Belmont Village, and the railroad tracks, lies the historic neighbourhood of Westmount, home to over 600 households. Representing Kitchener's first

suburban residential development, the Westmount Neighbourhood Association takes great care to maintain the classic residential character of our beautiful area. We strive to be inclusive and responsive to the needs of our residents and we initiate social and community events to further foster our neighbourhood's strong sense of community. Our association also focuses on urban forestry and green spaces, heritage issues, traffic, safety, and planning and zoning. We look forward to new ways of expanding our neighbourhood engagement in 2023!

www.X.com/westmountkw

www.instagram.com/westmount_neighbourhood

www.facebook.com/westmountneighbourhoodassociation



Registration for all neighbourhood association and community centre programs starts Tuesday, August 12 at 8:30am for Kitchener residents.

OLDER ADULT PROGRAMS (55+)

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

kitchener.ca/SeniorsNewsletter

Williamsburg Community Association

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

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

Our purpose is:

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

www.williamsburgcommunity.ca

www.X.com/williamsburgca

www.instagram.com/williamsburgcommunity

www.facebook.com/williamsburgca

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

Early childhood

Program	Age	Date	Time	Start date	Length	Cost	Code
Little Learners	3-5Y	Fri	9:30-11:45am	Sep 19	13wks	\$169	187973
	3-5Y	Mon	9:30-11:45am	Sep 15	12wks	\$156	187967
	3-5Y	Thu	9:30-11:45am	Sep 18	13wks	\$169	187971
	3-5Y	Tue	9:30-11:45am	Sep 16	13wks	\$169	187968
	3-5Y	Wed	9:30-11:45am	Sep 17	13wks	\$169	187970
Play Pals Toddler Drop In	1-4Y	Sat	10:15-11:10am	Sep 13	13wks	\$2	188149

Child - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Crafty Creations	5-11Y	Sat	11:10-12:05pm	Sep 13	13wks	\$59	188150
	5-11Y	Thu	4:15-5:10am	Sep 18	13wks	\$59	188234
Kids Gardening	9-14Y	Tue	4:30-5:30pm	Sep 16	4wks	\$20	188147
Kids Watercolour	7-12Y	Thu	6:20-7:15pm	Sep 18	13wks	\$78	188230
Learn to Crochet Kids @Winston Park	8-12Y	Tue	5:30-6:25pm	Sep 16	13wks	\$72	188066
Random Acts of Crochet Kindness @ Winston Park	13Y+	Tue	7:30-8:25pm	Sep 16	13wks	Free	188077



Stay up to date on all things Kitchener!
Subscribe to our newsletters.

www.kitchener.ca/subscribe

Community centre and neighbourhood association programs

Williamsburg Community Association

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

Child - Cards & games

Program	Age	Date	Time	Start date	Length	Cost	Code
Adventures in Dungeons and Dragons	10-15Y	Thu	5-6:30pm	Sep 18	13wks	\$98	188232
	10-15Y	Thu	6:40-8:10pm	Sep 18	13wks	\$98	188233
Intermediate Chess @ Freedom Church	9-15Y	Mon	7-7:55pm	Sep 15	12wks	\$78	188018
Intro to Chess@ Freedom Church	9-15Y	Mon	6-6:55pm	Sep 15	12wks	\$78	188020
Intro to Chess for Younger Players @ Freedom Church	5-9Y	Mon	5-5:55pm	Sep 15	12wks	\$78	188008

Child - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Ballet @ Freedom Church	3-4Y	Thu	4:30-5pm	Sep 18	13wks	\$59	188235
	5-6Y	Thu	5-5:30pm	Sep 18	13wks	\$59	188238
	4-6Y	Thu	6:15-6:45pm	Sep 18	13wks	\$59	188242
Mixed Dance@ Freedom Church	7-10Y	Thu	5:30-6:15pm	Sep 18	13wks	\$65	188239

Child - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Basketball @ Williamsburg PS	7-9Y	Mon	6:30-7:25pm	Sep 15	12wks	\$60	187996
	8-10Y	Mon	7:30-8:25pm	Sep 15	12wks	\$60	188001
Basketball @ WT Townshend PS	8-10Y	Thu	6:30-7:25pm	Sep 18	13wks	\$65	188249
	10-12Y	Thu	7:30-8:25pm	Sep 18	13wks	\$65	188250
Beginner Fencing @ Freedom Church	8-12Y	Thu	6-7pm	Sep 18	6wks	\$125	188260
Cricket Champions @ John Sweeney CS	8-12Y	Thu	6:15-7:10pm	Sep 18	13wks	\$65	188247
Family Yoga	Family	Wed	5:30-6:15pm	Sep 17	13wks	\$15	188142
Intermediate Fencing @ Freedom Church	8-12Y	Thu	7:15-8:30pm	Sep 18	6wks	\$150	188261
Karate	6-16Y	Sat	9-9:55am	Sep 13	13wks	\$72	188148
Parent and Child Floor Hockey @ John Sweeney CS	2-5Y	Sat	10-10:55am	Sep 13	13wks	\$59	188155
Parent and Child Soccer @ John Sweeney CS	2-5Y	Sat	9-9:55am	Sep 13	13wks	\$59	188154
Parent and Child Sports @ John Sweeney CS	2-5Y	Sat	11-11:55am	Sep 13	13wks	\$59	188156
Soccer @ Williamsburg PS	5-7Y	Wed	6:30-7:25pm	Sep 17	13wks	\$65	188145
	8-10Y	Wed	7:30-8:25pm	Sep 17	13wks	\$65	188146
	4-5Y	Sat	9-9:55am	Sep 13	13wks	\$59	188151
	6-9Y	Sat	10-10:55am	Sep 13	13wks	\$59	188152
	10-12Y	Sat	11-11:55am	Sep 13	13wks	\$59	188153

Williamsburg Community Association

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

Child - Music

Program	Age	Date	Time	Start date	Length	Cost	Code
Glee @ Freedom Church	9-13Y	Thu	6:45-7:30pm	Sep 18	13wks	\$72	188244
Ukulele Kids @ Winston Park	7-11Y	Thu	4:30-5:25pm	Sep 18	13wks	\$72	188253
Ukulele Teens @ Winston Park	12-15Y	Thu	5:30-6:25pm	Sep 18	13wks	\$72	188258

Child - Sports

Program	Age	Date	Time	Start date	Length	Cost	Code
Karate @ Freedom Church	5-7Y	Mon	6-6:55pm	Sep 15	12wks	\$66	188028
	8-14Y	Mon	7-7:55pm	Sep 15	12wks	\$66	188036

Child - Technology

Program	Age	Date	Time	Start date	Length	Cost	Code
3D Modelling & Printing With TinkerCAD	8-12Y	Mon	6:30-7:25pm	Nov 17	4wks	\$70	188298
Build the Foundations of AI with Minecraft	8-12Y	Mon	6:30-7:25pm	Sep 15	4wks	\$70	188275
LEGO Mindstorms-Coding & Engineering	8-12Y	Mon	6:30-7:25pm	Oct 20	4wks	\$70	188287
LEGO Robotics-Animal Kingdom	6-8Y	Mon	5:30-6:25pm	Nov 17	4wks	\$70	188294
LEGO Robotics-Modes of Transportation	4-6Y	Mon	4:30-5:25pm	Nov 17	4wks	\$70	188289
LEGO Spike Essentials-Amusement Park	6-8Y	Mon	5:30-6:25pm	Oct 20	4wks	\$70	188282
LEGO Spike Essentials-RoboExpress	4-6Y	Mon	4:30-5:25pm	Oct 20	4wks	\$70	188277
LEGO Spike Essentials-RoboMovers	4-6Y	Mon	4:30-5:25pm	Sep 15	4wks	\$70	188269
LEGO Spike Essentials-Smart Builder	6-8Y	Mon	5:30-6:25pm	Sep 15	4wks	\$70	188271



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

**Get involved and stay connected
to projects important to you
at www.EngageKitchener.ca**

Community centre and neighbourhood association programs

Williamsburg Community Association

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

Adult - Arts & crafts

Program	Age	Date	Time	Start date	Length	Cost	Code
Adult Gardening Basics	16Y+	Tue	4:45-5:45pm	Sep 16	4wks	\$20	188046
Adult Watercolour	16Y+	Thu	7:30-8:25pm	Sep 18	13wks	\$78	188231
Learn to Crochet Adults @ Winston Park	16Y+	Tue	6:30-7:25pm	Sep 16	13wks	\$72	188075
Random Acts of Crochet Kindness @ Winston Park	13Y+	Tue	7:30-8:25pm	Sep 16	13wks	Free	188077

Adult - Dance

Program	Age	Date	Time	Start date	Length	Cost	Code
Bollywood	16Y+	Wed	7:30-8:25pm	Sep 17	13wks	\$91	188143

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
Zumba	16Y+	Tue	6:50-7:45pm	Sep 16	13wks	\$91	188050
	16Y+	Wed	6:30-7:25pm	Sep 17	13wks	\$91	188144
Zumba Gold	16Y+	Tue	6-6:45pm	Sep 16	13wks	\$91	188048

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Vinyassa/Hatha Yoga	16Y+	Mon	8:15-9:10pm	Sep 15	12wks	\$84	187989
Women's Only Yoga	16Y+	Mon	7:15-8:10pm	Sep 15	12wks	\$84	187981

Adult - Language classes

Program	Age	Date	Time	Start date	Length	Cost	Code
FREE Learn English	16Y+	Tue	2:30-4pm	Sep 16	13wks	Free	188039

Kitchener Public Library Lockers

We are bringing the library to you!

Pick up holds, browse, borrow and return items from a library locker at Chandler Mowat Community Centre and Victoria Hills Community Centre.
All you need is a library card!

Lockers are currently available during business hours only.
The lockers are available on a first-come, first served basis. The library lockers are refreshed each week. You will have five days to pick up your holds.

Williamsburg Community Centre

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

1187 Fischer-Hallman Rd., Building 600 Suite 620
519-741-2240
www.kitchener.ca/williamsburgcc

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

Youth programs

Program	Age	Date	Time	Start date	Length	Cost	Code
YDI (Youth Drop-in)	8-15Y	Fri	6-8pm	Sep 26	12wks	Free	190734

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

Adult - Fitness & sport

Program	Age	Date	Time	Start date	Length	Cost	Code
SMART Group Exercises	55Y+	Thu	1-2pm	Sep 18	13wks	Free	185749

Adult - Fitness & wellness

Program	Age	Date	Time	Start date	Length	Cost	Code
Chair Yoga	55Y+	Tue	1-2pm	Sep 9	13wks	\$79.95	188376

Adult - General classes & programs

Program	Age	Date	Time	Start date	Length	Cost	Code
Fit Minds	55Y+	Thu	2:15-3:15pm	Sep 18	13wks	Free	185726
Foam Rolling Fundamentals	55Y+	Mon	12:30-2pm	Nov 17	1wks	Free	188382
Meditation Basics	55Y+	Mon	12:30-2pm	Sep 29	1wks	Free	188379

JOIN US FOR THE KITCHENER FIRE

OPEN HOUSE

SATURDAY, SEPT. 20
9 A.M. - 2:30 P.M.

KITCHENER FIRE HEADQUARTERS, 270 STRASBURG RD.

DEMONSTRATIONS, FOOD TRUCKS,
FACE PAINTERS & MORE!



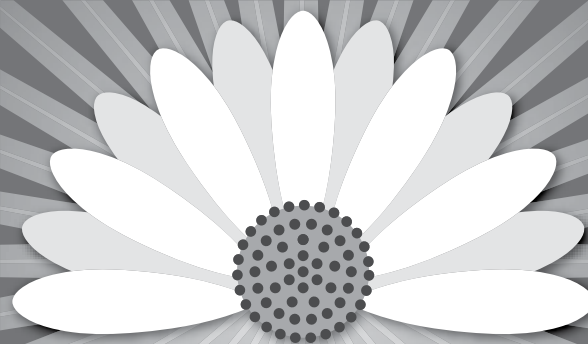


Connect with nature, yourself and your community with Kitchener's Natural Areas Program!

Wellness walks, forest bathing, yoga
in nature, forest school programs
for kids, and more.

Explore upcoming programs
at kitchener.ca/KNAP

We deliver these programs through our
local partners, Humans In Nature and
Nature Connect.



Kitchener in Bloom

Kitchener In Bloom Appreciation Event

Sat. Sept. 20
3 - 5 pm

Growing Together Community Garden
4th Ave., Kitchener

Celebrate community and gardens at the
Kitchener in Bloom wrap-up event.

Explore the garden, meet experienced gardeners,
take part in family-friendly garden activities,
and connect with other gardeners.

Free event. All ages are welcome.

Learn more about this and other
Kitchener in Bloom events at
www.lovelyhood.ca/bloom





Adults 55+

Pick up your older adult services guide at any community centre, call 519-741-2507 to receive a copy or visit www.kitchener.ca/OlderAdults



City of Kitchener Adults 55+

Did you know we have a separate activity guide just for adults 55+, featuring over 200 programs geared for older adults? The Older Adults 55+ Program Guide can help you find just the program you're looking for to keep physically, mentally and socially active, both in person and at home.

To get your copy:

- Visit www.kitchener.ca/olderadults
- Pick up a copy at any City of Kitchener Community Centre

Call 519-741-2507 to request a copy

Please visit all the Community Centre and Neighbourhood Association pages in this publication or visit www.kitchener.ca/olderadults for a complete list of older adult programs or pick up an Older Adults 55+ Program Guide at any City of Kitchener Community Centre.

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

Kitchener Tech Connect

We are excited to offer FREE essential technology training and a lending library for older adults. The goal of this program is to improve older adults' ability to access technology, information, and to improve their digital literacy all while making social connections. Current course topics include:

- **Making the Most of your iPad**
- **Intro to Chromebooks**
- **Using Email Effectively**
- **Using the Internet Effectively**
- **Google Drive and Docs**
- **Tech Support sessions**
- **Safe and Savvy Online**

These courses are offered in person at various centres, visit the centre page for more details:

Sept- Country Hills Community Centre [Pg. 59](#)

Oct- Grand River Recreation Complex [Pg. 78](#)

Nov - Rockway Community Centre [Pg. 90](#)

Dec - Breithaupt Centre [Pg. 47](#)

Borrow a Chromebook or iPad. The goal of this program is to help older adults access technology and improve their digital literacy. As a registered participant of this program, you can borrow an iPad or a Chromebook. Some devices are enabled with LTE/cellular service for those who do not have access to Wi-Fi. Call 519 783-8560 to inquire.

For up-to-date information visit www.kitchener.ca/techconnects

Ride-A-Bus Workshop: Get to Know Grand River Transit

This free event is for older adults wishing to become comfortable with bus service in Waterloo Region. A bus ride and training session with GRT's travel training experts is included. Please note that a ride on the ION train is not included.

Saturday September 13, 10am–12pm

Rockway Community Centre

1405 King St East Kitchener

Register online at www.kitchener.ca/activenet (course code 180574) or call Rockway Centre to register 519-741-2507.

Are you looking for support in your use of technology?



The KITCHENER TECH CLUB is a community of older adults interested in technology. Whether you are a beginner or have more experience, we have something for everyone! We offer guest presentations, group learning events, individual support sessions, and more, all of which help our members to learn, grow and thrive in their use of technology. Membership is free with a valid Kitchener Group Card.

Email kitchenertechclub@gmail.com to learn more or to join.

For more info about all the things we offer, visit the club website: www.kitchenertechclub.ca

City of Kitchener Adults 55+

Pay-As-You-Play (PAYP) Programs

Pay-As-You-Play programs are organized by the City of Kitchener staff in the Adults 55+ division with the daily play of these activities looked after by direct City volunteers. These are drop-in programs with no instruction.

PAYP programs include Pickleball at Downtown Community Centre as well as Pickleball-Intermediate and Badminton at Kingsdale Community Centre. Pre-registration is required, and individuals purchase and hand in tickets for each time they participate.

Adults 55+ \$3.93/pass; \$35.43/book of 10;
\$62.99/book of 20

Adults 18-54 \$4.79/pass; \$43.21 /book of 10;
\$76.81/book of 20

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

For specific program information visit:
Downtown Community Centre - [Pg 69](#)
Kingsdale Community Centre: [Pg. 85](#)

Connected @ Home Programs

For information about any of the following programs, or to register, please call 519-783-8565 (TTY 1-866-969-9994) or email karrie.zettler@kitchener.ca

Activity Kits – We're offering free sessional activity kits, created for older adults to stay engaged while at home. These kits include a variety of activities like word and math puzzles, trivia, crafts and much more for you to complete independently. When you register for an Activity Kit, we'll discuss delivery options.

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

Summer Social Event Series

Join us this summer for a series of social events on the patio at Rockway Centre. Bring a group of friends or come and meet some new ones. All events are free but due to limited seating, registration is required.

August 13, 6-7:30 pm

Trivia Night #182044

Hosted by: Host Wanted Productions

August 27, 6-7 pm

Meditation on the Patio #182198

Guided by: Jasmine Reid

To register for any of these events visit or call any community centre, or register online at www.kitchener.ca/Activenet



Ongoing Groups

www.kitchener.ca/ongoinggroups

ONGOING GROUPS are non-instructional, volunteer led and supported by the City of Kitchener for older adults, aged 55+. With the purchase of a Kitchener Group Card for \$16.32 (ages 55+), you can attend any of these low-cost/no cost activities on a regular basis (e.g. weekly, monthly, seasonally). Kitchener Group Cards can be purchased at any Community Centre or online with ActiveNet. Register for ongoing groups in person, by phone or online with ActiveNet. A list of the ongoing groups available at each centre can be found in the following chart. For more information, call your nearest Community Centre. **Schedule subject to change, price does not include tax.

Arts & Crafts

Centre	Program	Date	Time
Breithaupt Centre	In Stitches Knitting & Crocheting	Thursday	1 to 3 pm
Rockway Centre	Oil Painting Practice	Monday	1 to 3 pm
	Needles and Crafts	Wednesday	9:30 to 11:30 am
		Friday	1 to 3 pm
	Quilting	Thursday	10 am to 1 pm
	Adult Colouring	Thursday	1 to 3:30 pm
	Drawing Practice Group	Friday	10 am to noon
	Bunka	Monday	1:30 to 3:30pm

Billiards

Centre	Program	Date	Time
Breithaupt Centre	Drop-in billiards	Monday to Friday	8:30 to noon
		Monday, Wednesday, Thursday and Friday	noon to 4 pm
Downtown Community Centre	Billiards for all	Monday to Friday	8:30 am to 7 pm
		Saturday	9 am to 3 pm
Rockway Centre	Billiards for all (first come first served)	Monday to Thursday	8:30 am to 8 pm
		Friday	8:30 am to 4 pm
		Saturday	9am to noon

Ongoing Groups continued

Book & Writing

Centre	Program	Date	Time
Rockway Centre	Writer's Collective	Tuesday	12:30 to 3pm

Cards & Games

Centre	Program	Date	Time
Breithaupt Centre	Euchre	Friday	12:45 pm to 3:45 pm
Downtown Community Centre	Solo Progressive	Wednesday	6:45 to 9:15 pm
	Bid Euchre	Friday	12:45 to 3:45 pm
	Bridge Partner Progressive	Saturday	12:30 to 3:30 pm
Rockway Centre	Euchre	Monday	12:45 to 4 pm
	Scrabble	Monday	1 to 4 pm
	Canasta Hand and Foot	Monday	1 to 4 pm
		Wednesday	6:30 to 9 pm
		Friday	1 to 4 pm
	Chess	Monday	1:15 to 4:45 pm
		Tuesday	1:15 to 4:45 pm
	Bridge Casual	Monday	6:30 to 9 pm
	Solo Progressive	Monday	6:30 to 8:30 pm
	Bridge Progressive Intermediate	Tuesday	12:30 to 4 pm
		Friday	12:30 to 3:30 pm
	Canasta	Wednesday	12pm to 3:30 pm
	Bid Euchre	Wednesday	12:45 to 3:15 pm
	Bridge Partner Progressive	Wednesday	6:30 to 9:30 pm
	Cribbage	Thursday	11:30 to 2:30 pm
	Crokinole	Wednesday	1 to 3:30pm
	Mahjongg	Monday	1 to 3pm
	Dominoes: Mexican Train	Saturday	10am to 12pm

Ongoing Groups continued

Dance

Centre	Program	Date	Time
Rockway Centre	Ballroom, Latin and Social Dancing	Thursday	6:30 to 8:30pm
	Line Dance Practice Beginner	Thursday	2:45 to 3:45pm
	Line Dance Practice Intermediate	Thursday	1:30 to 2:30pm
	Line Dance Practice Improver	Friday	11:30am to 12:30pm

Music

Centre	Program	Date	Time
Rockway Centre	Guitar Jam	Tuesday	9 to 11 am
		Thursday	6 to 8pm
	Rockway Amigos Travel Band	Tuesday	10 am to noon
	Happy Harmonicas	Tuesday	10 to 11:30am
	Rockway Entertainers	Thursday	1:15 to 4pm
	Drum Group	Saturday	10 to 11am

Physical Activity & Sports

Centre	Program	Date	Time
Breithaupt Centre	Indoor Walking Group	Weekdays	8 to 8:45am
		Weekends	6:30 to 8:45am
Downtown Community Centre	Shuffleboa	Thursday	1 to 3 pm
Downtown Community Centre Highland Court Park, 120 Highland Rd. E, corner of Highland & Spadina	Senior Tennis	Monday -Friday	8:30 to 11 am
Kingsdale Community Centre	Tai Chi Movements	Tuesday	11 to 12:30pm
		Friday	11 to 12:30pm
	Bocce Ball	Wednesday	2 to 3:30pm
Rockway Centre	Tai Chi Practice	Monday	1 to 2 pm
		Thursday	11:30 am to 12:30 pm
	Ping Pong	Monday	2:15 to 4:15 pm
		Wednesday	6:30 to 8pm
	Shuffleboa	Tuesday	1 to 3 pm

Ongoing Groups continued

Physical Activity & Sports continued

Centre	Program	Date	Time
Rockway Centre	Floor Curling	Monday	10am to noon
	Darts	Tuesday	6:30 to 8:30pm
		Wednesday	9:30 to 11:30am
		Friday	9:30 to 11:30am
	Horseshoes (until mid-October)	Tuesday	9:30 to 11:30am
		Thursday	9:30 to 11:30am
	Ladder Ball/Corn Hole	Friday	1 to 3pm

Social Groups

Centre	Program	Date	Time
Downtown Community Centre	Amigos	Saturday	10 am to 2 pm
Rockway Centre	Friends	Tuesday	1 to 3pm
	Manos a la Obra	Wednesday	1 to 4 pm
		Friday	1 to 4 pm

Technology

Centre	Program	Date	Time
Downtown Community Centre	Kitchener Tech Club SPEAKERS MEETING	third Wednesday of month	9:30 to 11:30 am
	Kitchener Tech Club SHARE & LEARN GATHERING	fourth Wednesday of month	9:30 to 11:30 am
	Kitchener Tech Club DROP IN Sessions (tech support and 1:1 help for members)	second Wednesday of month	9:30 to 11:30 am
		fourth Monday of month (virtual)	1:30 to 3:30pm

Kitchener Public Library Lockers

We are bringing the library to you!

Pick up holds, browse, borrow and return items from a library locker at Victoria Hills Community Centre and Chandler Mowat Community Centre. All you need is a library card!

Lockers are currently available during business hours only.

The lockers are available on a first-come, first served basis. The library lockers are refreshed each week. You will have five days to pick up your holds.

KIDSPARK

Sunday, August 17

Music • Magic
Animals • Crafts
Games • Dinosaurs
Food • Inflatables
Rock Wall • Activities
Touch a Truck
Face Painting
and MORE!

Victoria Park • 11 a.m. - 4 p.m.

FREE activities for all ages!

Don't miss TAYLOR SWIFT and KATY PERRY tributes!

wfcu DTK BIA KITCHENER
KitchenerEvents.ca

Mercedes-Benz Kitchener-Waterloo Luxury Suites



VIP entrance & parking | Premium seating | Private washrooms
Custom food & beverage service | Wet bar with fridge

Perfect for birthdays, team events, employee recognition, group outings, and time with friends and family.

 519-783-8692

The Aud

 info@TheAud.ca

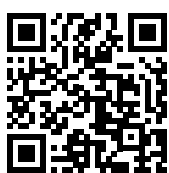
Get Ready to Register!

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

Program registration opens for Kitchener residents on Tuesday, August 12 at 8:30 a.m. and for non-residents on Tuesday, August 19 at 8:30 am.



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



Don't have an ActiveNet account?

Hop online to create an account for yourself and your family today! Use the QR code or visit www.kitchener.ca/activenet and select the *Create an Account* button in the top right corner to get started.



Use the Wish List!

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



Add your family members.

Select the "Add Another Participant" option at checkout to register more than one person for an activity.



We have a waitlist just in case.

Put yourself on a waitlist for a program in case spaces become available.

Need some help?

Program registration support is available at 519-741-2907.

Advanced program registration for Kitchener residents

Kitchener residents have a seven-day advance registration period for City-operated programs before registration opens to non-residents. Registration for fall programs will open on August 12 for Kitchener residents and August 19 for all other residents. The updated registration process is designed to provide Kitchener residents with greater access to programs that are operated or supported by the City of Kitchener, in a tax-funded City facility.

Learn more at www.kitchener.ca/ProgramRegistration.

Inclusion support and refund policy

The City of Kitchener is dedicated to providing a more accessible and inclusive recreation environment for individuals of all abilities. We offer support services and welcome private support within our program settings. If you think you or your child may require support, contact Inclusion Services to discuss registration plans and possible support options at least two weeks prior to registration at 519-904-5793.

How do I know if extra support is required?

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

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

Requesting Inclusion Support

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

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

1. Fill out form

Complete an Inclusion Membership Form by visiting www.kitchener.ca/inclusion

2. Register for a program

Select programs offered in Active Kitchener that meet the needs, hobbies and interest of the participant

3. Request 1:1 support

Contact the Inclusion Services Coordinator at 519-904-5793 or email Olivia.Curtis@kitchener.ca

Note:

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



Fee Assistance

Families living on a low income can receive fee assistance for programs, golf, swim/skate tickets, and swimming memberships by applying for Leisure Access. Applications can be picked up at any City of Kitchener swimming pool, community centre or City Hall. Additional fee assistance may be available through your Neighbourhood Association. Call a community centre near you to find out more.

For more information on Leisure Access visit www.kitchener.ca/FeeAssistance or call 519-741-2892.

Refunds and Withdrawals

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

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

Program Cancellation

The program and/or classes may be cancelled in the event of insufficient registration. We reserve the right to change, cancel, or alter any class times or instructors if necessary. You will be contacted in the event of a cancellation. Every effort will be made to avoid these changes.



Facilities & wards

- ★ - **Kitchener City Hall**
200 King St W, 519-741-2345
- ◆ - **Kitchener Market**
300 King St E, 519-741-2287

- 38 - **Williamsburg Dedication Centre**
1541 Fischer Hallman Road
519-741-2880

Arenas and ice pads

- 26 - **Activa Sportsplex**
135 Lennox Lewis Way
519-741-2699
- 12 - **The Aud**
400 East Ave, 519-741-2699
- 4 - **Don McLaren Arena**
61 Green St
519-741-2900
- 12 - **Dom Cardillo Arena**
Located at The Aud
- 8 - **Grand River Arena**
555 Heritage Dr
519-741-2900
- 12 - **Kinsmen Arena**
Located at The Aud
- 26 - **Tom Graham Arena**
Located at the Activa Sportsplex
- 12 - **Kiwanis Arena**
Located at The Aud
- 30 - **Lions Arena**
20 Rittenhouse Rd
519-741-2900
- 26 - **Patrick J. Doherty Arena**
Located at the Activa Sportsplex
- 19 - **Queensmount Arena** (no ice surface)
1260 Queen's Blvd
- 33 - **Sportsworld Arena - Practice Pad**
35 Sportsworld Crossing Rd
519-741-2699
- 33 - **Sportsworld Arena - Spectator Pad**
35 Sportsworld Crossing Rd

Community Centres

- 3 - **Breithaupt Centre**
350 Margaret Ave
519-741-2502
- 2 - **Bridgeport Community Centre**
20 Tyson Dr
519-741-2271
- 29 - **Centreville Chicopee Community Centre**
141 Morgan Ave, 519-741-2490
- 24 - **Chandler Mowat Community Centre**
222 Chandler Dr
519-741-2733

- 31 - **Country Hills Community Centre**
100 Rittenhouse Rd
519-741-2596
- 34 - **Doon Pioneer Park Community Centre**
150 Pioneer Dr, 519-741-2641
- 6 - **Downtown Community Centre**
35-B Weber St W
519-741-2501
- 17 - **Forest Heights Community Centre**
1700 Queens Blvd, 519 741-2621
- 37 - **Huron Community Centre**
80 Tartan Avenue, 519-741-2478
- 22 - **Kingsdale Community Centre**
72 Wilson Ave
519-741-2540
- 20 - **Mill Courtland Community Centre**
216 Mill St
519-741-2491
- 16 - **Rockway Centre**
1405 King St E
519-741-2507
- 18 - **Stanley Park Community Centre**
505 Franklin St N
519-741-2504
- 10 - **Victoria Hills Community Centre**
10 Chopin Dr, 519-741-2717
- 32 - **Williamsburg Community Centre**
1187 Fischer-Hallman Rd
519-741-2240

Golf courses

- 35 - **Doon Valley Golf Course**
500 Doon Valley Dr
519-741-2939
- 21 - **Rockway Golf Course**
625 Rockway Dr
519-741-2949

Libraries

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

Pools, Indoor

- 3 - **Breithaupt Centre**
350 Margaret Ave
519-741-2502
- 15 - **Cameron Heights Pool**
301 Charles St E
- 18 - **Forest Heights Pool**
253 Fischer Hallman Rd
519-741-2493.
- 9 - **Lyle Hallman Pool**
600 Heritage Dr
519-741-2670

Pools, Outdoor

- 14 - **Harry Class Pool**
45 Woodside Ave
- 23 - **Idlewood Pool**
5 Thaler Ave
- 1 - **Kiwanis Pool**
Kiwanis Park Dr
- 22 - **Wilson Pool**
78 Wilson Ave

Splash Pads

- 3 - **Breithaupt Park Splash Pad**
Breithaupt Park, 806 Union St
- ★ - **Carl Zehr Square**
200 King St. West
- 29 - **Centreville Chicopee Splash Pad**
(closed for summer 2025)
141 Morgan Ave
- 24 - **Chandler Mowat Splash Pad**
222 Chandler Dr
- 34 - **Doon Pioneer Park Splash Pad**
150 Pioneer Dr.
- 22 - **Kingsdale Splash Pad**
78 Wilson Ave
- 25 - **McLennan Park Splash Pad**
901 Ottawa St S
- 23 - **Vanier Park Splash Pad**
329 Vanier Dr
- 11 - **Victoria Park Splash Pad**
Courtland Ave W
- 36 - **RBJ Schlegel Park Splash Pad**
1664 Huron Rd

Older Adult Centres

- 6 - **Downtown Community Centre**
35-B Weber St W
519-741-2501
- 16 - **Rockway Centre**
1405 King St E
519-741-2507

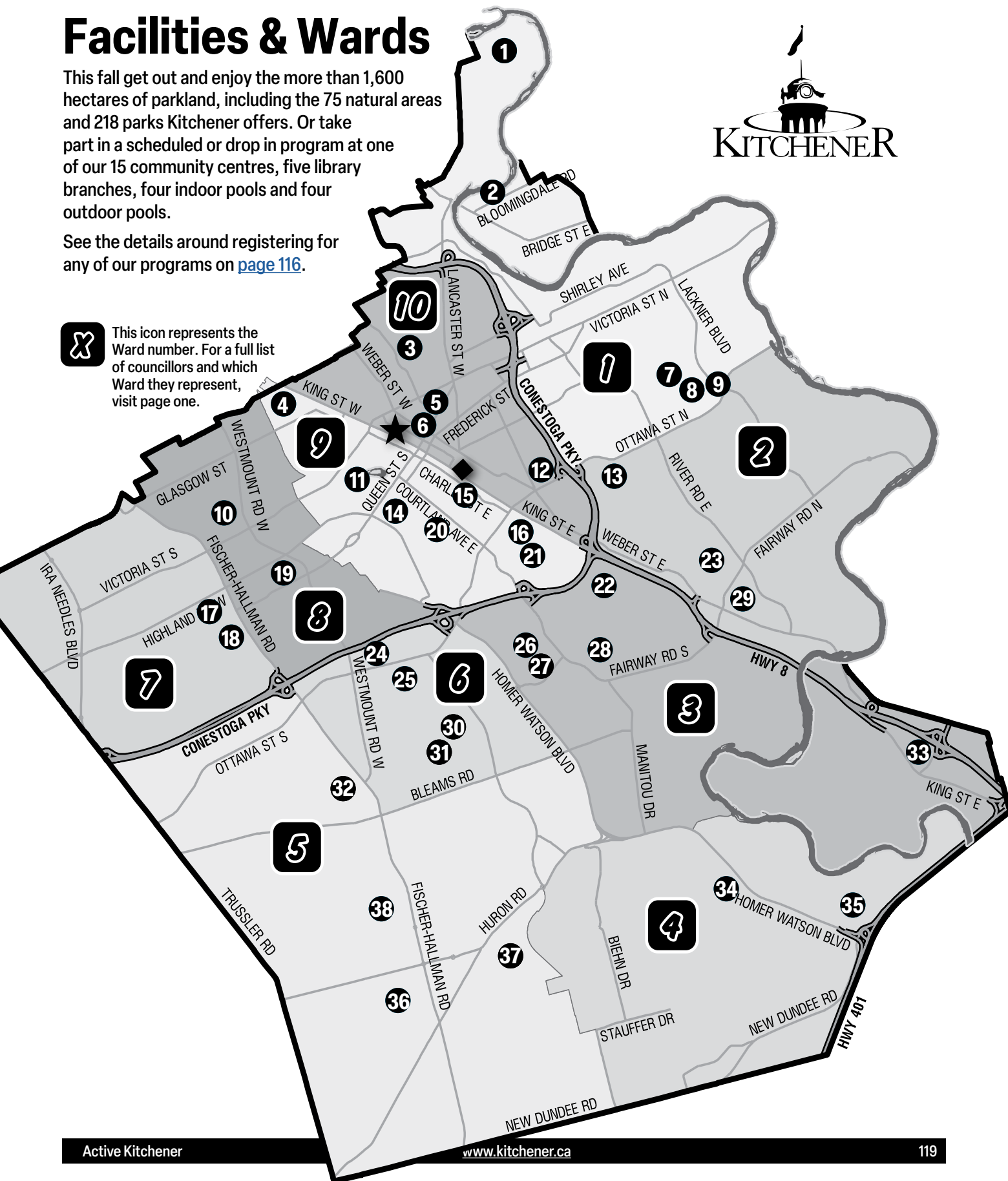
Facilities & Wards

This fall get out and enjoy the more than 1,600 hectares of parkland, including the 75 natural areas and 218 parks Kitchener offers. Or take part in a scheduled or drop in program at one of our 15 community centres, five library branches, four indoor pools and four outdoor pools.

See the details around registering for any of our programs on [page 116](#).



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





There is a place for you in DTK.

Discover more at downtownkitchener.ca



CALENDAR



PARKING



MARKET

DOWNTOWN KITCHENER

WELCOME TO DTK, THE HEART OF THE CITY THAT EXCITES, SUPPORTS, AND UNITES.

Fall is the perfect time to explore downtown Kitchener!

With the crisp air and vibrant autumn colours, the city comes alive with a cozy charm that's hard to resist. Whether you're looking to enjoy a stroll through Victoria Park (hi Otis and Opheila!), savour delicious treats at local cafes, or shop for seasonal produce at our bustling farmers' market, there's something for everyone. Iconic fall festivals add an extra layer of excitement to our streets!

So, gather your friends and family and experience the warmth and beauty of downtown Kitchener this fall!

SEPTEMBER 6 ENDLESS SUMMER | OCTOBER 10-12 OKTOBERFEST | NOVEMBER 1 DIA DE LOS MUERTOS



CONESTOGA

CONTINUING EDUCATION

DESIGNED TO FIT YOUR LIFE

Study part-time | Learn online or in-person
Continuing Education at Conestoga College

CONNECT
LIFE AND
LEARNING

WHY TAKE CONTINUING EDUCATION COURSES AT CONESTOGA?

- ✓ Flexible schedules
- ✓ Professional development
- ✓ Personal enrichment
- ✓ Quality content from industry experts
- ✓ Keep up with technology
- ✓ Affordable options

100+ Programs

Grouped courses that lead to an academic credential.

1500+ Courses

Register for an individual course on its own or as part of a program to work towards a certification.

80+ Micro-credentials

Shorter, industry-driven, innovative courses that lead to a specific skill or competency.



For more information, visit continuing-education.conestogac.on.ca

\$500 REBATE

High efficiency water heater

When you upgrade to a high-efficiency condensing water heater with Kitchener Utilities, you could get an on-bill credit of \$500; plus you could save up to 25 percent on your water heating costs*.



To be eligible, you must:

- own a residential property in Kitchener
- upgrade from a non-condensing model to a 0.86 Uniform Energy Factor (UEF) or higher condensing water heater



Learn more: KitchenerUtilities.ca/WaterHeaters or call 519-741-2626

*Program conditions and additional installation charges may apply.

