



DOON PIONEER PARK COMMUNITY CENTRE

Registration opens March 7th at 8:30 am
www.kitchener.ca/activekitchener

Spring

2023 Program Guide

Doon Pioneer Park Community Centre
150 Pioneer Drive, Kitchener ON
N2P 2C2

519-741-2641

Monday-Thursday 9:00 am - 9:00 pm

Friday-Saturday 9:00 am - 5:30 pm

Sunday: CLOSED





Councillor
Christine Michaud
Ward 4

Hello Ward 4!

I'm honoured to be your Ward Councillor for a second term. I'm writing this note at our Community Center on Pioneer Drive, while listening to the sound of children playing sports in the gym down the hall, and watching many people come and go—it's beautiful to hear and see. The Doon Pioneer Park Community Center (DPPCC) is the heart of Ward 4, and every citizen who uses this excellent facility makes it come to life.

Community centers across Kitchener are essential hubs for people to connect and socialize. In addition, they are a place for volunteer opportunities that positively impact young and older adults' lives and help promote healthy living through the support and programming they offer.

At the DPPCC, staff and volunteers work hard to ensure their offerings meet the needs of our citizens. There are programs to suit everyone between the DPPCA, KPL, community partners and city events and program. Are you looking to burn off some energy with family or friends? You can book the gym for free for 45-minute time slots. There are also support services through a House of Friendship Outreach Worker onsite every Wednesday for families with children up to 17 years of age. In addition, a free ESL (English as a second language) Conversion Circle Drop-in is held Thursdays from 12:30 to 2:30 pm. If you're a regular at the centre, you likely know about these opportunities, and if you have yet to visit the center, I highly recommend it. Oh! And I would love to meet and have a coffee with you when I'm there on the 3rd Saturday of every other month. The next coffee chat will be on March 18, 2023.

Christine Michaud

Kitchener Public Library

Pioneer Park Library
150 Pioneer Drive
Kitchener ON N2P 2C2
Phone: 519-748-2740

In-person and curbside services
Monday to Thursday: 9 a.m. - 9 p.m.
Friday to Saturday: 9 a.m. - 5:30 p.m.
Sunday: CLOSED



ONLINE REGISTRATION STARTS

TUESDAY, MARCH 7TH AT 8:30 AM

Register online at www.kitchener.ca/activekitchener

Refund Policy

A 100% refund will be given if you withdraw from a program more than seven (7) days before the first day of program. Refunds will only be given in the same form as payment made. Cash refunds over \$20.00 will be refunded by cheque. Please note: If a credit is left on an account, the credit will expire after three (3) years. NO REFUND will be given if a request to withdraw is made less than seven (7) days prior to the first day of program.

Transfer Policy

Requests to transfer programs must be made prior to the third class taking place and will be based on program availability. Transfers after the third class must be approved at the program supervisor's discretion.

Registration Information

All programs and schedules can be subject to change in date, time, fee and location. Programs will be cancelled if registration is insufficient. No registration fees for accessibility support workers. Fee Assistance is available to those who require it. This must be arranged at least one week prior to registration. For more information, please call the DPPCC at 519-741-2641

Inclusion Support

Inclusion workers will support and provide program accommodations for participants in City of Kitchener programs. An inclusion worker may assist by providing program modifications and adaptations, redirection for safety reasons, opportunities for sensory or emotional breaks, and assisting with personal care. Space is limited based on staff availability. Families will still need an inclusion membership to register for support. Application can be found at Application Form: Inclusion Services <https://www.kitchener.ca/en/recreation-and-sports/inclusion-support.aspx>

Leisure Access

If program fees are preventing you or a member of your family from joining a city program, fee assistance may be available. You could qualify for \$300 per family member. You can apply online:

<https://www.kitchener.ca/en/recreation-and-sports/leisure-access.aspx>

Free Community Space

Visit www.kitchener.ca/bookfreespace

Book A Gym allows you to reserve gym space for 45 minutes, for up to 10 people to enjoy your favourite physical activity. Spaces are available on a first-come, first-served basis. Each group can book once every 7 days. If there are no times listed, then the times are booked for that day! (Must be 16 + to book a gym and anyone under 16 must be with an adult). You must bring all your own equipment

Book A Community Room to host your next book club or neighbourhood project meeting! Spaces are available at all centres on a first-come, first-served basis. If there are no times listed, that means all the times are booked for that particular day.

If you are looking for a quote to book a room for a larger event, please complete the online inquiry form at www.kitchener.ca/facility-rental.

Doon Pioneer Park Community Association Programs					
Early Childhood Programs					
Only registered participants are allowed in program rooms. Non-marking indoor shoes must be worn for all sport/fitness activities.					
Description	Ages	Day/Time	Start Date/ Weeks	Cost \$	Barcode
Small Wonders with Ms. Sue and Ms. Ann Designed to be the intro class before attending Morning Marvels, this program is specifically geared to meet the needs of the younger-aged child. Crafts, games, and activities are designed to meet development capabilities and emotional needs. Small Wonders offers a smaller staff-to-child ratio. Parents/caregivers do not stay for this program. Be sure to bring a change of clothes including extra diaper(s) and wipes, as well as a snack and a water bottle.	2-3.5 Y	Monday 9:30 -11:30am	Mar 20 11 wks	\$171.25	107186
	2-3.5 Y	Friday 9:30 -11:30am	Mar 24 12 wks	\$186.25	107185
Morning Marvels with Ms. Sue and Ms. Ann A well-balanced and structured program where children will develop their social, physical, and creative abilities with the use of a variety of activities. Parent/caregivers do not stay for this program. Please be sure to bring a water bottle and snack and a change of clothes. Participants must be toilet trained.	3-4.5 Y	Tuesday/ Thursday 9:30-12:00pm	Mar 21 13 wks	\$500.00	107163
	3-4.5 Y	Wednesday 9:30-12:00pm	Mar 22 13 wks	\$250.00	107164
Child/Youth Dance					
Only registered participants are allowed in program rooms. Non-marking indoor shoes must be worn for all sport/fitness activities.					
Description	Ages	Day/Time	Start Date/ Weeks	Cost \$	Barcode
Children's Happy Feet A great introduction to dance through creative movement, fun, music and games.	4-6 Y	Wednesday 4:45-5:15pm	Mar 22 13 wks	\$43.00	107149
Children's Ballet An intro to ballet with an emphasis on fun! Learn the foundations of ballet and build creativity, musicality & coordination.	5-7 Y	Wednesday 5:20-5:50pm	Mar 22 13 wks	\$43.00	107148
Children's Hip Hop-Mini Learn new moves, create combinations, and dance together as a group in this fun introduction to hip hop!	5-7 Y	Wednesday 5:55-6:25pm	Mar 22 13 wks	\$43.00	107150
Children's Mini Hip Hop Learn new moves, create combinations, and dance together as a group in this fun introduction to hip hop!	5-7 Y	Wednesday 6:30-7:00pm	Mar 22 13 wks	\$43.00	107151
Irish Dance Learn soft-shoe jigs, reels, Celtic dances and more in this exciting style made popular by Riverdance and Lord of the Dance!	6-12 Y	Wednesday 7:05-7:50pm	Mar 22 13 wks	\$65.00	107157

Child/Youth Fitness and Sports					
Only registered participants are allowed in program rooms. Non-marking indoor shoes must be worn for all sport/fitness activities.					
Description	Ages	Day/Time	Start Date/ Weeks	Cost \$	Barcode
Basketball This program emphasizes skill development, teamwork, sportsmanship, and positive participation in a fun and rewarding basketball experience where players can create a bond with the game, while also learning how to be successful away from the court.	5-7 Y	Wednesday 5:00-6:00pm	Mar 22 13 wks	\$47.50	107144
	8-11 Y	Wednesday 6:10-7:10pm	Mar 22 13 wks	\$47.50	107145
	8-11 Y	Wednesday 7:20-8:20pm	Mar 22 13 wks	\$47.50	107146
	5-7 Y	Saturday 9:00-10:00am	Mar 25 13 wks	\$47.50	108549
	8-11 Y	Saturday 10:10-11:10am	Mar 25 13 wks	\$47.50	108551
	8-11 Y	Saturday 11:10-12:10am	Mar 25 13 wks	\$47.50	108552
Saturday Morning Multisport Come play with us in the gym! Multisport includes fast paced, fun games like dodgeball, tag, soccer baseball, and more!	6-8 Y	Saturday 9:00-10:00am	Mar 25 13 wks	\$62.40	107182
	9-12 Y	Saturday 10:05-11:05am	Mar 25 13 wks	\$62.40	107183
	6-8 Y	Saturday 11:10-12:10pm	Mar 25 13 wks	\$62.40	107184
Soccer This program emphasizes skill development, teamwork, sportsmanship, and positive participation in a fun and rewarding soccer experience.	4.5-6 Y	Tuesday 5:00-6:00pm	Mar 21 13 wks	\$52.00	107187
	6-8 Y	Tuesday 6:05-7:05pm	Mar 21 13 wks	\$52.00	107188
	9-11 Y	Tuesday 7:10-8:10pm	Mar 21 13 wks	\$52.00	107189
	7-9 Y	Thursday 5:00-6:00pm	Mar 23 13 wks	\$52.00	107192
	9-11 Y	Thursday 6:05-7:05pm	Mar 23 13 wks	\$52.00	107190
	9-11 Y	Thursday 7:10-8:10pm	Mar 23 13 wks	\$52.00	107191



If your child requires support to join any of our programs, you can apply for an inclusion membership. Contact Inclusion Services at 519-741-2200 x7229

Child/Youth Technology

**Only registered participants are allowed in program rooms.
Non-marking indoor shoes must be worn for all sport/fitness activities.**

Description	Ages	Day/Time	Start Date/Weeks	Cost \$	Barcode
<p>Lego-Spike Essential-Amusement Park This unit introduces your child to engineering design skills. They'll learn about the steps that are involved in defining a problem, brainstorming solutions, and testing and refining prototypes to improve their ideas. They will learn observation skills by gathering information about a problem and modifying a solution to meet the needs of others. Kids will build Classic Carousel, Swings, Twirling Teacups, Ferris Wheels and more. Your students will help a story character by recounting experiences using relevant facts and descriptive details. This will help to develop their collaborative conversation skills.</p>	4-6 Y	Wednesday 5:00-5:55pm	Mar 29 4 wks	\$63.28	107158
<p>LEGO spike prime essentials-Quirky Creations This unit will develop your child's engineering design skills as they investigate ways of defining problems, brainstorming solutions, and testing and refining prototypes. They will refine their problem-solving skills as they create a solution to a problem that has constraints and improve on others' ideas, all while enhancing their ability to identify failure points and success criteria when comparing, modifying, and evaluating a solution. Kids will build See Saw, Soccer Game, Trash Monster machines and more. Your students will improve their communication skills as they engage in a range of collaborative discussions about their solutions.</p>	6-8 Y	Wednesday 6:00-6:55pm	Mar 29 4 wks	\$63.28	107159
<p>Lego-Spike Prime Build Confidence with LEGO® Education. SPIKE™ Prime course equips participants with the knowledge and skills necessary to build confidence in STEAM learning. "day one," also actively involves participants in discovery and experimentation! The LEGO Education SPIKE PRIME Curriculum is designed to teach core computer programming logic and reasoning skills using primary robotics engineering context. SPIKE Prime engages students through playful learning to think critically and solve complex problems, regardless of their learning level – while having fun. It is not limited to classroom learning; SPIKE Prime also brings this creative spirit outside the classroom!</p>	8-12 Y	Wednesday 7:00-7:55pm	Mar 29 4 wks	\$63.28	107160
<p>Lego WeDo 2.0- Robotics-Fix and Code This WeDo 2.0 curriculum involves students in the exciting story about the future life. In legend, soon, we will be surrounded by smart robots that will actively help people in a variety of industries. However, even such smart robots cannot do without human help. The course of 12 lessons, tells on how children (as part of a team of specialists) can create robots themselves and help them by learning to interact. In each lesson, a unique robot character reports it's breakdown (this is a real problem in our life) and asks them to fix it. Children repair and improve their new friend.</p>	4-6 Y	Wednesday 5:00-5:55pm	Apr 26 4 wks	\$63.28	107162

Child/Youth Technology Continued

**Only registered participants are allowed in program rooms.
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Description	Ages	Day/Time	Start Date/ Weeks	Cost	Barcode
<p>Lego WeDO 2.0-Space Journey This extraordinary WeDo 2.0 curriculum involves students in the exciting story about creating the colony on the far planet. We combine robotics, Scratch programming and game design to achieve the maximum students' involvement in the learning process. Students will become a member of the expedition to the planet suitable for life. An experienced team of engineers, programmers, and planetologists will help to solve the tasks and problems that appear on the way, but the creation of the base on the planet's surface is only the beginning of the adventure! This planet has a lot of secrets and a long history. Only teamwork and collaboration with the new friends will help to survive and resolve the mistakes done by previous inhabitants of the planet!</p>	6-8 Y	Wednesday 6:00-6:55pm	Apr 26 4 wks	\$63.28	107161
<p>Microbit-Intro to Microcontroller Micro:bit is a tiny computer designed for beginners in electronics and coding. It can be coded with something simple in seconds – like lighting up its LEDs or displaying a pattern, without prior knowledge of computing. Programming the micro:bit can be done by computer or by the app available for Android and iOS devices. Code is designed using a drag and drop interface in the Blocks editor. It also connects to other devices, sensors, kits and objects to encourage more complex learning. Each element is completely programmable via easy-to-use software on a dedicated website, microbit.org, which can be accessed from a PC, tablet or mobile.</p>	8-12 Y	Wednesday 7:00-7:55pm	Apr 26 4 wks	\$63.28	108667
<p>Lego WeDo Robotics-City Bots Cities grow as a result of human development. It is a difficult and important task to provide life in the city. The primary challenges are ecology, life safety, modern construction, agriculture, and efficient use of natural resources. Students will learn how to solve these problems using STEM methods such as robotics and programming. In the CityBots course, you will build robots to help make cities more comfortable, cleaner, and safe. You will walk down the breathtaking path of creating urban civilizations near future; and it is your children who will construct this future.</p>	4-6 Y	Wednesday 5:00-5:55pm	May 24 4 wks	\$63.28	108668
<p>Lego WeDo Robotics-Amazing Mechanisms The Amazing Mechanisms theme focuses on physical science concepts. In Dancing Birds, students learn about pulleys and belts, experimenting with the size of pulleys and the crossing and uncrossing of the belt. In Smart Spinner, students investigate the effect of smaller and larger gears on a spinning top. In Drumming Monkey, students learn about levers, cams, and movement patterns. They experiment with the number and position of cams, using them as the effort causing the monkey's arms to drum up and down on a surface at different rates.</p>	6-8 Y	Wednesday 6:00-6:55pm	May 24 4 wks	\$63.28	108669
<p>Lego Mindstorms Inventor Mindstorm kits take the boundless possibilities of Lego blocks (and the mechanical potential of the Technic system) and add robotic components like servo motors, sensors, and a brain you can program. Robot Inventor uses drag-and-drop coding language based on Scratch and Python, to support those new to robotics. Over 50 new challenges and fun activities to help all abilities build coding confidence in a fun, exciting way.</p>	8-12 Y	Wednesday 7:00-7:55pm	May 24 4 wks	\$63.28	108670

Child/Youth Music and Art

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Description	Ages	Day/Time	Start Date/Weeks	Cost \$	Barcode
Creative Fun Art with Fondant Demonstration of colouring and preparing fondant for making figurines. Students will learn how to use fondant tools and cutter moulds (making flowers, stars, hearts and other different shapes). Step by step instructions on how to make cute fondant jungle animal cake figurines. They will decorate cookies and cupcakes as well.	7-11 Y	Monday 5:00-6:30pm	Mar 20 4 wks	\$60.00	108379
			Apr 24 4 wks	\$60.00	108386
			May 29 4 wks	\$60.00	108391
Imagineers Mini Imagineers is a maker class for kids who have lots of ideas and love to make things. In this program Imagineers will learn new craft skills to bring their ideas to life!	7-12 Y	Saturday 9:00-10:00am	Mar 25 13 wks	\$45.00	108673

Child/Youth/Adult Music and Art

**Only registered participants are allowed in program rooms.
Non-marking indoor shoes must be worn for all sport/fitness activities.**

Description	Ages	Day/Time	Start Date/Weeks	Cost \$	Barcode
Piano Want to learn piano? Learn piano in a private class with our classically trained instructor. Keyboards will be supplied during the private class. Piano is open to all age groups who want to learn.	6+ Y	Monday 5:00-5:30pm	Mar 20 11 wks	\$300.00	110832
	6+ Y	Monday 5:30-6:00pm	Mar 20 11 wks	\$300.00	107166
	6+ Y	Monday 6:00-6:30pm	Mar 20 11 wks	\$300.00	107167
	6+ Y	Monday 6:30-7:00pm	Mar 20 11 wks	\$300.00	107168
	6+ Y	Monday 7:00-7:30pm	Mar 20 11 wks	\$300.00	107169
	6+ Y	Monday 7:30-8:00pm	Mar 20 11 wks	\$300.00	107170
	6+ Y	Thursday 5:00-5:30pm	Mar 23 13 wks	\$350.00	107172
	6+ Y	Thursday 5:30-6:00pm	Mar 23 13 wks	\$350.00	107173
	6+ Y	Thursday 6:00-6:30pm	Mar 23 13 wks	\$350.00	107174
	6+ Y	Thursday 6:30-7:00pm	Mar 23 13 wks	\$350.00	107171
	6+ Y	Thursday 7:00-7:30pm	Mar 23 13 wks	\$350.00	107175
	6+ Y	Thursday 7:30-8:00pm	Mar 23 13 wks	\$350.00	107176

Adult Fitness and Sports

**Only registered participants are allowed in program rooms.
Non-marking indoor shoes must be worn for all sport/fitness activities.**

Description	Ages	Day/Time	Start Date/Weeks	Cost \$	Barcode
<p>Baby and Me Yoga A fun yoga class for new parents and babies, under 12 months of age. This class provides a parent the opportunity to gain strength and tone muscle while bonding, singing and playing with their babies. A parent can slowly gain strength while cultivating confidence and alleviate neck, shoulder, and back pain through yoga postures. Please bring your own mat.</p>	16+ Y	Thursday 10:30-11:30am	Mar 23 13 wks	\$91.00	107143
<p>Gentle Yoga with Le These yoga moves and stretches help build muscle strength and tone your body. As your posture and flexibility improve, your overall energy increases.</p>	16+ Y	Tuesday 9:30-10:30am	Mar 21 13 wks	\$92.00	107153
<p>High Intensity Interval Training – H.I.I.T Join Carolyn for a unique high intensity interval workout which alternates cardiovascular strength and muscle conditioning, in energizing intervals for total body conditioning. Exercises designed to get your heart pumping in addition to muscular strength, making this a complete workout. Be prepared to sweat! Water bottle and sweat towel are recommended.</p>	16+ Y	Monday 5:30-6:30pm	Mar 20 11 wks	\$78.00	107154
<p>Intro to Resistance/Strength Training New to fitness and want to learn how to use the equipment correctly. Come join this smaller class and use weight, kettlebells, and bands and learn proper technique, and form to get strong and toned.</p>	16+ Y	Tuesday 7:00-8:00pm	Mar 21 13 wks	\$97.50	107156
<p>Muscles in Motion Join Carolyn for a fun and challenging workout using low impact movement combined with light dumbbells. This workout will keep you moving while conditioning all muscle groups. Rounding out this awesome workout, is a concentration of Ab exercises that will tone and strengthen your core.</p>	16+ Y	Monday 6:35-7:35pm	Mar 20 11 wks	\$78.00	107165
<p>Tai Chi with Stephen This alternative form of exercise is a combination of soft martial arts and meditation. It is a low impact fitness that improves muscle control, coordination and promotes health.</p>	16+ Y	Monday 6:00-7:00pm	Mar 20 11 wks	\$77.00	107193



Adult Fitness and Sports					
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Description	Ages	Day/Time	Start Date/Weeks	Cost \$	Barcode
Yin Yang Yoga with Le This class designed to offer a balanced and combined practice between Yang and Yin Yoga. Yang yoga is an active, dynamic flow aiming to improve muscular strength and flexibility. Yin Yoga is stationary. In stillness, the practice of Yin Yoga targets the deeper connective tissues to prevent joint rigidity and immobility. Bring your own mat.	16+ Y	Tuesday 7:30-8:30pm	Mar 21 13 wks	\$92.00	107194
Yin Yoga with Janet This class designed to offer a balanced and combined practice between Yang and Yin Yoga. Yang yoga is an active, dynamic flow aiming to improve muscular strength and flexibility. Yin Yoga is stationary. In stillness, the practice of Yin Yoga targets the deeper connective tissues to prevent joint rigidity and immobility. Bring your own mat.	16+ Y	Thursday 7:00-8:00pm	Mar 23 13 wks	\$91.00	107195
Yoga Beginner with Janet Come relax your mind and body and improve muscle tone, flexibility, and circulation. Enjoy the benefits and have fun. Bring your own mat.	16+ Y	Thursday 5:45-6:45pm	Mar 23 13 wks	\$91.00	107196
Yoga Beginner with Le Come relax your mind and body and improve muscle tone, flexibility, and circulation. Enjoy the benefits and have fun. Bring your own mat.	16+ Y	Tuesday 5:15-6:15pm	Mar 21 13 wks	\$92.00	107197
Yoga Intermediate with Le The class will enhance your technique and enjoyment. It will build on what you have learned in the beginners class. Bring your own mat.	16+ Y	Tuesday 6:20-7:20pm	Mar 21 13 wks	\$92.00	107198
Zumba Gold Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at lower intensity. It burns calories, gets your heart racing and muscles pumping!	16+ Y	Monday 7:40-8:40pm	Mar 20 11 wks	\$62.50	107199



FAMILY OUTREACH

Assists children and families to access services in their own neighbourhood. Please schedule a time to meet with our outreach worker.
519-742-8327 X 250

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Adult Fitness and Sport Drop-In Programs

**Only registered participants are allowed in program rooms.
Non-marking indoor shoes must be worn for all sport/fitness activities.**

Description	Ages	Day/Time	Start Date/ Weeks	Cost \$	Barcode
Pickleball Drop-In Beginner This program is suited for the newer player with some basic understanding of the game. There is no instruction during this time, but it will allow you to play the game with other beginner level participants. There is some availability for paddles and balls. \$3 per class or purchase a 10-game punch card for \$20.00. Purchase your punch card at the Doon Pioneer Park Community Centre.	16+ Y	Wednesday 5:00-6:30pm	Mar 15 15 wks	\$3/play	Drop-In
	16+ Y	Saturday 3:00-5:00pm	Mar 18 15 wks	\$3/play	Drop-In
Pickleball Drop-In Beginner Plus Beginners Plus is suitable for the more experienced player and those looking at taking their game to the next level. If you are new to Pickleball, please consider our Pickleball Beginner drop-in. There is some availability for paddles. Balls not provided. \$3 drop in or \$20 punch card for 10 visits. Purchase your punch card at the Doon Pioneer Park Community Centre	16+ Y	Wednesday 6:30-8:30pm	Mar 15 15 wks	\$3/play	Drop-In
Pickleball Drop-In Pickleball is a mix of badminton, ping pong, and tennis played on an indoor court. It is designed to be easy to learn and play whatever age and ability you are. There is some availability for paddles. \$3 per class or purchase a 10-game punch card for \$20.00. Balls not provided.	16+ Y	Tuesday 1:00-4:00pm	Mar 14 15 wks	\$3/play	Drop-In
	16+ Y	Thursday 1:00-4:00pm	Mar 16 15 wks	\$3/play	Drop-In
Pickleball Drop-In Intermediate Intermediate Drop-In Pickleball (not intended for beginners) for the experienced competitive player. If you are a beginner, please consider the other programs. There is some availability for paddles. Balls are not provided. \$3 drop in price or booklet of 10 tickets for \$20.	16+ Y	Monday 6:00-8:30pm	Mar 13 15 wks	\$3/play	Drop-In
	16+ Y	Saturday 12:30-3:00pm	Mar 18 15 wks	\$3/play	Drop-In

Adult Drop-in Programs

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ESL Conversation Circle Practice your English skills in a fun, safe, and interactive space. This FREE drop-in program is a great way to improve your English and meet others in the community! Open to adults of all ages!	16+ Y	Thursday 12:30-2:30pm	Mar 23 11 wks	FREE	Drop-In
M.S. Support Group Drop-in support group for those living with Multiple Sclerosis. Open to adults of all ages!	16+ Y	First Monday of every Month 11:30-2:00pm	Mar 6 4 wks	FREE	Drop-In

City Programs - Adult Fitness and Sports

**Only registered participants are allowed in program rooms.
Non-marking indoor shoes must be worn for all sport/fitness activities.**

Description	Ages	Day/Time	Start Date/ Weeks	Cost	Barcode
Core Strengthening A strong core aids in balance and stability for total body use and everyday activities. This class will help strengthen and tone your muscles focusing on core and lower body. All fitness levels welcome.	18+ Y	Monday 10:45-11:00am	Apr 3 10 weeks	Ages 18-54: \$46.05	108763
				Ages 55+ \$37.80	
Shape Up with Weights Tone, strengthen and sculpt your body using various resistance tools. Alternatives given for limitations.	18+ Y	Monday 9:30-10:30am	Apr 3 10 weeks	Ages 18-54: \$61.40	108864
				Ages 55+: \$50.40	
Pole Walking Come and learn the many benefits of using walking poles. This is a low impact, easy, fun, and convenient way to increase the health benefits of walking, while teaching you how to correctly use walking poles. Each class will include a warmup, exercises, and active walking with the poles. Equipment is available or you can bring your own.	18+ Y	Monday 9:15-10:15am	May 15 5 wks	Ages 18-54: \$30.70	109174
				Ages 55+: \$25.20	
Meditation Combined techniques for a practice that's comfortable and effective resulting in relaxation and self-understanding.	18+ Y	Thursday 1:00-2:00pm	Apr 6 6 wks	Ages 18-54: \$41.58	111251
				Ages 55+: \$34.14	
Meditation Combined techniques for a practice that's comfortable and effective resulting in relaxation and self-understanding.	18+ Y	Thursday 1:00-2:00pm	May 18 6 wks	Ages 18-54: \$41.58	111252
				Ages 55+: \$34.14	
Pickleball Beginner New to the sport, or just started to play Pickleball? These lessons are designed to teach basic skills and rules of the game.	18+ Y	Thursday 9:30-10:25am	Apr 13 10 weeks	Ages 18-54: \$69.30	108840
				Ages 55+: \$56.90	
Pickleball Intermediate Lessons include drills for the short game, serve to receive, lobs, blocking and strategy.	18+ Y	Thursday 10:30-11:30am	Apr 13 10 weeks	Ages 18-54: \$69.30	108847
				Ages 55+: \$56.90	
Pickleball Clinic for Intermediate For players who are interested in developing some new skills and team tactics. Emphasis on third shot drop, short shot, block volley and lob retrieval. This is a three-hour clinic and will also cover common questions dealing with rules and strategy.	18+ Y	Friday 9:30 -12:30pm	June 2 1 Day	Ages 18-54: \$20.79	108843
				Ages 55+: \$17.07	
Pickleball Clinic Intermediate Plus This player plays regularly and is looking to take their game to a 3.5 or higher level. Focus will be on strategy and placement of shots to gain the advantage over the opponents. There will be drills to develop net play, working a point and movement as a team. Third shot drops and working through the transition zone will also be an area of focus.	18+ Y	Friday 9:30-12:30pm	June 9 1 Day	Ages 18-54: \$20.79	108844
				Ages 55+: \$17.07	

City Programs - Adult Music and Art					
<p align="center">Only registered participants are allowed in program rooms. Non-marking indoor shoes must be worn for all sport/fitness activities.</p>					
Description	Ages	Day/Time	Start Date/ Weeks	Cost	Barcode
Painting with Acrylics Join instructor Shaun in this dynamic and interactive class to learn the basics, and more, of painting with acrylics. No experience required; supplies included.	18+ Y	Wednesday 12:30-2:30pm	Apr 5 6 wks	Ages 18-54: \$122.68	108825
				Ages 55+: 102.28	
Painting with Acrylics Join instructor Shaun in this dynamic and interactive class to learn the basics, and more, of painting with acrylics. No experience required; supplies included	18+ Y	Wednesday 12:30-2:30pm	May 17 6 wks	Ages 18-54: \$122.68	108826
				Ages 55+: \$102.28	
City Programs – Adult Technology					
<p align="center">Only registered participants are allowed in program rooms. Non-marking indoor shoes must be worn for all sport/fitness activities.</p>					
Description	Ages	Day/Time	Start Date/ Weeks	Cost	Barcode
Introduction to iPads Participants will learn the physical parts of the iPad, navigation, gestures, settings, camera, photos, the App Store, apps, Safari, and more as time allows. Please bring your iPad and your iTunes account information (username/email and password). This is needed if you wish to use the App Store. This course is 4 one-hour sessions.	18+ Y	Tuesdays 10:30-11:30pm	Mar 7 4 wks	Free	112279
Google Drive & Docs In this introductory level 2-part course, we will explore Google Drive for file storage and Google Docs for the creation and organization of documents. Participants must have a Google / Gmail account and bring your own device. You will be asked to submit your Gmail address prior to the class so material can be shared with you ahead of the course.	18+ Y	Tuesday 1:00-2:00pm/ Thursday 1:00-2:00pm	Mar 28/ Mar 30 1 wk	Free	112280
City Programs – Child Music and Art					
<p align="center">Only registered participants are allowed in program rooms. Non-marking indoor shoes must be worn for all sport/fitness activities.</p>					
Description	Ages	Day/Time	Start Date/ Weeks	Cost	Barcode
Creative Kids Creative arts spark children’s interest and help them to think and imagine! Each week will include a variety of activities that provide opportunities to be creative and use our imaginations with a focus on visual arts and crafts. All activities are carefully planned and adapted to maintain physical distance between participants. All art supplies are included through generous sponsorship from Heffner Lexus Toyota. Fee subsidy for qualified families; contact-emily.wark@kitchener.ca	5-7 Y	Tuesday 4:30-5:30pm	Apr 4 10 wks	\$40.00	110043
Heart for Art Heart for Art is a hands-on art program where young people get to try their hand at different mediums of visual arts and get the opportunity to share their thoughts and ideas and use their creative voice. See how creative arts can spark their ability to think and imagine, set goals and build their confidence. All supplies are included through sponsorship from Heffner Lexus and Toyota. Fee subsidy for qualified families; contact-emily.wark@kitchener.ca	8-11 Y	Tuesday 6:00-7:30pm	Apr 4 10 wks	\$60.00	110016

Support Links

Connect to our links below by opening your camera application on your phone, get the correct QR code in the camera frame and a yellow link will appear.
Press on that link and it will direct you to the corresponding page.

<p>Active Kitchener</p> 	<p>Leisure Access Application 2023</p> 
<p>Leisure Access Information</p> 	<p>Rental Request</p> 
<p>Free or Nearly Free Things to do in Kitchener</p> 	<p>House of Friendship - all contacts</p> 