

To contact the C-Plex:
Phone: 780-842-5508
Email: cplex@wainwright.ca
Or visit us at 700-2 Ave



Christmas Hours:
Dec 24: Close at noon for Christmas Eve
Dec 25 & 26: Closed for Christmas
Dec 31: Close at 3:00 pm for New Years Eve
Jan 1: Closed

Afternoon Swimming Christmas Break
1 – 3 pm
Dec 21, 22, 23, 28, 29, 30, & 31

Pool Schedule September 1 – December 31

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30 – 7:30	Early Bird	Maintenance	Early Bird	Maintenance	Early Bird		
7:30 – 8:30	Military	Rentals	Military	Rentals			
8:30 – 10:00	Rentals						
10:00 – 11:00	Rentals	Parent & Tot	Rentals				
11:00 – 12:00	Rentals						
12:00 – 1:00	Noon Lane & Wading Pool 12:00 – 12:55	Rentals	Noon Lane & Wading Pool 12:00 – 12:55	Rentals	Noon Lane & Wading Pool 12:00 – 12:55		
1:00-2:00	School Rentals					Public Swim 1:00 – 4:30	
2:00 – 3:00	Aqua & Adult	School Rentals	Aqua & Adult	School Rentals			
3:00 – 4:00	Swim Lessons						
4:00 – 5:00							
5:00 -6:00							
6:00 – 7:00	Public Swim 6:30 – 8:00				Public Swim 6:00 – 7:30	Public Swim 6:00 – 7:30	
7:00 – 8:00						Adult Lane 7:30-8:30	
8:00-9:00	Adult Lane						

Please Note:
Early Bird: Open to lane swimmers of any age
Noon Lane & Wading Pool 12:00 – 12:55 pm: Wading pool is open to parents and children 5 yrs and under. Lane pool is reserved for lane swimmers of any age & water fitness.
Adult Lane Swim: Open to teens ages 13 yrs. & older on Wednesday, Saturday & Sunday ONLY.
Parent & Tot: Open to parents/caregivers and children under 5 yrs
Adult & Aqua: will run Sept 14 – Dec 16, 2026

Swimming Lessons

Winter Lessons

5 Week Lesson Set (Mon & Wed)
Set 1: Jan 4 – Feb 3
Set 2: Feb 8 – Mar 15

10 Week Lesson Set
Tues: Jan 5 – Mar 9
Thurs: Jan 7 – Mar 11

Whether you're learning to swim, building confidence in the water, or working toward becoming a lifeguard, we have a program for you! Our swim programs include the **Lifesaving Swim for Life program**, **Canadian Swim Patrol**, and **Bronze Medal Courses**. Develop essential swimming and water-safety skills, challenge yourself, and work toward becoming a confident and capable swimmer or future lifesaver!

Aquatot: For children aged 1- 3 with parent in water $52.50

Sea Otter (P1/2): Children must be 3 yrs. by first day with parent in water or 4 yrs. by first day to swim without parent. $52.50

Salamander (P3): Children must be 4 yrs. by first day and completed Preschool 2. $52.50

Swimmer 1 - 4: $52.50

Swimmer 5 & 6: $60.00

Swim Patrol: $73.00

Bronze Star:
Taking this course eliminates the age requirement for Bronze Medallion.

Bronze Medallion:
Must be 12 years old by forst day or 12 yrs and completed Bronze Star. Manual is required.

Bronze Cross:
Swimmers must have completed Bronze Medallion and have Intermediate First Aid/CPR-C (will need manual purchased in Bronze Medallion)

*Please call the C-Plex for prices and times

Private Lessons

Looking for one on one lessons?
Contact the C-Plex and get your name on the waiting list.

10 Pack Private Lesson: $284.50
3 Pack Private Lesson: $94.50
Single 30 min. Lesson: $31.50

Adult & Teen Lessons

Adult Stroke Development:
For those with basic swim skills and are comfortable in deep water. $70.50

Adult Beginner:
For the scared stiff beginner and those just starting out. $70.50

Preteen/Teen Beginner:
For swimmers 9 – 16 yrs with no swimming skills or beginning to float. $52.50

Build Skills. Boost Confidence. Get Ready for the Next Level!

Fall Mini Lesson Set

5 Lessons (Mon & Wed)
Dec 2 – 16
All levels including Youth Stroke Improvement
Cost is 50% of regular prices

Need a little extra help mastering a skill? Or ready to get a head start on the next level? Our **Mini Set of Swim Lessons** is designed to give swimmers the focused practice and support they need to keep progressing. Whether they're working through a challenging skill or looking to build confidence before moving up, these lessons provide a great opportunity to strengthen skills and make a splash!

Unsure what level your swimmer is in?

Have a swim assessment done. Swim assessments can be done at public swim time.
There is no extra fee (only the admission fee to enter the pool). Let the cashier know you want a swim assessment done at time of payment

C-Plex Fitness

Aqua Fitness

Make a splash with a full-body workout that's easy on the joints! Use the natural resistance of the water to build strength, improve endurance, and tone your whole body. A variety of fun equipment, energizing movements and upbeat music

Mon & Wed
2:00 – 3:00 pm

Sept 14-Dec 16, 2026 & Jan 4 – Apr 28, 2027

Cardio Blast

Turn up the music and unleash your inner powerhouse! Cardio Blast is a fun cardio class designed to get your heart pumping and your muscles working. With high and low impact movements and upbeat music, every class keeps you moving and motivated! All Fitness levels welcome!

Sept 14-Dec 16, 2026 & Jan 4 – Apr 28, 2027

Cardio Fit Card

Fitness Punch Cards include all 3 fitness classes.

5 Punch Card: $30.50
10 Punch Card: $61.00
15 Punch Card: $91.50

Cards expire April 28, 2027

Refunds/credit will not be given for unused punches
The C-Plex is not responsible for lost cards

Drop In: $10.00

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Weight Room Hours	6:30 am – 9:00 pm	6:30 am – 9:00 pm	6:30 am – 9:00 pm	6:30 am – 9:00 pm	6:30 am – 7:30 pm	1:00 – 8:30 pm	1:00 – 8:30 pm
Court Hours	7:00 am – 9:00 pm	7:00 am – 9:00 pm	7:00 am – 9:00 pm	7:00 am – 9:00 pm	7:00 am – 7:00 pm	1:00 – 8:00 pm	1:00 – 8:00 pm

Weight Room

The C-Plex has a fully equipped weight room to meet all your cardio and strength training needs.

*14 & 15 yr. old must take an orientation prior to accessing the weight room
*16 & 17 yr. old must have parent signed waiver to use the weight room

Court Fees:

Racquetball & Squash:
Single admission/per player/per hour

Wally Ball:
$20.00/hour (Not included in Membership)

Memberships & Strip tickets:
Are good for one-hour court booking only for Racquetball & Squash

Weight Room Orientation

This course will allow those who are 14 and 15 yrs. access to the C-Plex weight room. Also great for anyone just starting out or needing a refresher.
Cost: $61.25

Admission Fees:

SINGLE ADMISSIONS		BOOK OF 10 TICKETS	MEMBERSHIPS*		
			Monthly	Quarterly	Annual
Adult (18 & over)	$7.25	$65.25	$72.50	$166.75	$500.25
Jr (6 – 17 yrs.)	$6.25	$56.25	$62.50	$143.72	$431.25
Sr (Over 65 yrs.)	$6.25	$56.25	$62.50	$143.75	$431.25
Child (1 – 5 yrs.)	$3.75	$33.75	$37.50	$86.25	$258.75
Infant (Under 1 yr.)	$2.25	-------	-------	--------	-------
Family*	$18.75	$164.25	$182.50	$419.75	$1259.25

*Memberships include use of the pool, weight room, racquetball & squash (Wallyball is not included)
*Memberships are non-refundable for any reason and non-transferable
*Family is classified as: 2 parents and 1 or more children OR 1 parent and 2 or more children. Immediate family only. All children must be 17 yrs. or younger

Benefits of A Membership

1. All Memberships include use of the pool, weight room, racquetball and squash (during scheduled hours) *Please note:* ***Wallyball and all fitness classes are not included in the membership***
2. Courts: Memberships are limited to *one-hour court booking per day for each person playing*. If additional hours are required, all players must pay single admission per hour required.
3. The longer you purchase, the bigger your savings.
4. Purchase an annual membership for the most savings! Annual memberships are the cost of 3 quarterly memberships.
5. GST is included in all prices

Books of 10 Tickets

1. Buy 9 get 1 free
2. Tickets never expire
3. Tickets are good for one-time use. *However,* plan your work out, squash or racquetball game back to back with any swim time and you can use the pool, weight room and/or courts on *one ticket!*

Walking Track

Winter Hours
Mon—Fri: 7 am—10 pm
Sat & Sun 8 am – 10 pm

*Walking track is closed all Stat holidays and during paid events.
*Additional hours may be available.

Please check PMM schedule online at https://calendar.townofwainwright.intellionline.ca or scan here

Hall Rentals

The C-Plex has a variety of halls and meeting rooms available. We also have audio/visual equipment rentals for your function.

All rentals are made by calling Jaden at Town Office 780-842-3381

Rock Wall

Sat & Sun 2:30 – 5:30pm
Opens Oct 24, 2026

	Single Admission	10 Punch Card
One time Climb (Requires Rock Staff to Belay)	$3.75	$33.75
Bring your own belayer and pay:		
Adult	$12.00	$108.00
Jr/Sr	$10.00	$90.00
Family	$20.50	$184.50

Group Rentals:
Starting rate is $85.50/Hour.
(includes the use of equipment)
Hourly rates subject to change pending number of climbers

Rental Guidelines:

- One hour rentals can be booked 1:30 – 2:30 or 5:30 – 6:30 pm on Saturday and Sundays.
- Rentals on a different day or time may be considered but will be a minimum of 2 hours.
- Minimum of 3 weeks notice must be given for all rentals

To book your rental call 780-842-5508

Fitness & Lesson Registration Policy

Those currently registered in swimming lessons may not register for the next session until they have completed their lessons or checked with their current instructor. The Wainwright Communiplex Pool reserves the right to open classes only as required and to accept registration for chosen classes only. Available classes must be filled before remaining classes may be opened. After course registration, cancellations by the registrant, changes of class, day, time etc. must be approved by management and will incur an administration fee per person.
Refunds are only available with a medical certificate. No refunds will be given if 50% of the course instruction has occurred. Refunds with a medical certificate are still charged the administration fee.
Classes will be cancelled if not enough people register at the time. The instructor will indicate any additional award fees. **NOTICE:** Any missed sessions by the registrant in the programs will not be rescheduled. **This applies to all programs, Swim Lessons & Fitness Classes**

Please Note: The C-plex is not responsible for swimmers registered in wrong classes or registered before their current set is over. Refunds may not be given, and all transfers are subject to an administration fee

