



# SPRING 2026

## Program Guide

Registration Opens  
@ 8:30 am



Kitchener Residents March 10<sup>th</sup>  
Non-Kitchener Residents March 17<sup>th</sup>



## How to Register:

- \* Register **ONLINE** with our online registration system-ActiveNet  
[www.kitchener.ca/activenet](http://www.kitchener.ca/activenet)
- \* Register **IN PERSON** at any Community Centre or Public Pool.



Scan here to  
start your  
registration!



## Refund Statement:

- \* 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.
- \* Cash refunds over \$20.00 will be refunded by cheque.
- \* 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.

## Inclement Weather Policy:

HCA programs will be cancelled if the Huron Community Centre closes due to inclement weather. Inclement weather statements and cancellations will be shared through our social media pages and emails will be sent to participants regarding cancellation. Phone calls will not be made. Should a program be occurring outdoors, and inclement weather arises that puts participants in danger (i.e., thunder), the program will be immediately cancelled.

## How to Access Fee Assistance:

- \* If program fees are preventing you, or a member of your family from joining a City or Neighbourhood Association program, you could qualify for Leisure Access fee assistance. These funds can be put towards any Neighbourhood Association programs or City of Kitchener programs.
- \* To find out if you qualify and to apply, visit [www.kitchener.ca/feeassistance](http://www.kitchener.ca/feeassistance).
- \* If you require help applying, please visit any Community Centre or Kitchener City Hall with your required documents during operating hours. Or call Inclusion Services at 519-904-5793 for support.
- \* The Huron Community Association will cover up to 50% of the cost of one program per person, per session with proof of a Leisure Access Card. \*Limited funds available.

## Family Outreach Program Support:

House of Friendship's local Family Outreach Worker, Eric can support with program subsidies if needed, and can be reached at 519-742-8327 x 245.

## Inclusion Services Can Help!

If you or your child has a disability or special need, and requires accommodation to participate in programs, assistance may be available. Requests should be submitted at least two weeks prior to the program start date to allow time to coordinate the accommodation. Please call Inclusion Services staff at 519-904-5793 or TTY 1-866-969-9994.

How to contact the Huron Community Centre:

80 Tartan Avenue  
519-741-2478  
[huroncc@kitchener.ca](mailto:huroncc@kitchener.ca)

How to contact the Huron Community Association:



[www.huroncommunity.ca](http://www.huroncommunity.ca)



[info@huroncommunity.ca](mailto:info@huroncommunity.ca)



[/huroncommunity](https://www.facebook.com/huroncommunity)



House of  
Friendship

Family Outreach Program

[The House of Friendship's Family Outreach Workers can connect you to the support your family needs!](#)

The Family Outreach Program is a neighbourhood-based program that works with families with children aged 17 and under. Family Outreach Workers work with families to help meet basic needs by problem-solving solutions together, connecting them with services in their community and providing direct support when necessary.

If you have children 17 and under, and are living on a low income, and would like to get connected to one our Family Outreach Workers, see the information below.

[INFO@FAMILYOUTREACH.CA](mailto:INFO@FAMILYOUTREACH.CA)

519-742-8327 X 245

[WWW.FAMILYOUTREACH.CA](http://WWW.FAMILYOUTREACH.CA)

# HURON COMMUNITY ASSOCIATION (HCA)

## PROGRAM INFORMATION

- \* HCA programs will not be running on March 16-20, and April 25 afternoon (where noted)
- \* Only registered participants are permitted in programming spaces. All other patrons are welcome to wait in our lobby spaces.
- \* Programs in gyms 2 and 3 do not have viewing access.
- \* Please note that programs in the gym require indoor shoes with non-marking soles. Cleats are not permitted indoors.
- \* Unless specified, program equipment is provided.
- \* Please email any questions concerning programs to [huronce@kitchener.ca](mailto:huronce@kitchener.ca)


## Adult and Tot

Caregiver participation is required for all adult and tot programs. Caregiver participation is limited to one guardian.  
No unregistered siblings are allowed in the program.

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>Adult &amp; Tot Dance</b> Enjoy an introduction to dance, movement, improving rhythm and coordination. Participants will work with their caregiver and together, learn new moves that build onto a mini dance routine.	2-3Y	Friday 4:00-4:40pm	11 Weeks Apr 10-June 19	Program Room 2	\$66.00	209662
<b>Adult &amp; Tot Soccer</b> Parents/Guardians work with their child on their soccer drills during this active program! Participants will be running, dribbling, shooting, and passing with a parent/ guardian.	2-3Y	Saturday 9:00-9:55am	11 Weeks Apr 11-June 20	Gym 1	\$77.00	209667
	2-3Y	Saturday 10:00-10:55am	11 Weeks Apr 11-June 20	Gym 1	\$77.00	209668
<b>Adult &amp; Tot Multisport</b> An introduction to a variety of non-competitive sports focusing on fun, recreation, basic skills building, and building self-confidence. Participants will play a variety of sports and active games in this program, while interacting with their caregiver.	2-3Y	Tuesday 4:00-4:40pm	11 Weeks Apr 7-June 16	Gym 1	\$66.00	209511
	2-3Y	Tuesday 5:00-5:40pm	11 Weeks Apr 7-June 16	Gym 1	\$66.00	209520

## Child/Youth and Adult Music

To register for a session of piano lessons, enter the program code from 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 minutes sessions.

<b>Piano Lessons</b> Learn how to play piano through a private class with our professionally trained instructor. Available for a wide range of abilities. A piano or keyboard at home is recommended for practice.  	6Y+	Monday 3:30-9:00pm	10 Weeks Apr 13-June 22 (no class May 18)	Piano Room	\$250.00	209491
	6Y+	Tuesday 3:00-8:00pm	11 Weeks Apr 7-June 16	Piano Room	\$275.00	209535
	6Y+	Wednesday 3:00-8:00pm	11 Weeks Apr 8-June 17	Piano Room	\$275.00	209550
	6Y+	Thursday 3:30-9:00pm	11 Weeks Apr 9-June 18	Piano Room	\$275.00	209619
	6Y+	Friday 3:30-9:00pm	11 Weeks Apr 10-June 19	Piano Room	\$275.00	209647
	6Y+	Saturday 9:00am-12:00pm	11 Weeks Apr 11-June 20	Piano Room	\$275.00	209688



# BOOK A GYM SPACE




## FREE FOR 45 MINUTES

UP TO 10 PEOPLE



SCAN TO BOOK

## Child/Youth Fitness and Sports

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>Basketball</b> Some exercise with friends! Program focusing on skill development, teamwork, and sportsmanship! 	6-8Y	Tuesday 5:45-6:40pm	11 Weeks Apr 7-June 16	Gym 1	\$77.00	209521
	6-8Y	Wednesday 4:30-5:25pm	11 Weeks Apr 8-June 17	Gym 1	\$77.00	209563
	6-8Y	Wednesday 5:30-6:25pm	11 Weeks Apr 8-June 17	Gym 1	\$77.00	209564
	6-8Y	Thursday 4:00-4:55pm	11 Weeks Apr 9-June 18	Gym 1	\$77.00	209631
	6-8Y	Thursday 5:00-5:55pm	11 Weeks Apr 9-June 18	Gym 1	\$77.00	209632
	9-12Y	Tuesday 6:45-7:40pm	11 Weeks Apr 7-June 16	Gym 1	\$77.00	209522
	9-12Y	Wednesday 6:30-7:25pm	11 Weeks Apr 8-June 17	Gym 1	\$77.00	209565
	9-12Y	Thursday 6:00-6:55pm	11 Weeks Apr 9-June 18	Gym 1	\$77.00	209633
	13-15Y	Tuesday 7:45-8:40pm	11 Weeks Apr 7-June 16	Gym 1	\$77.00	209523
<b>*NEW* Dodgeball</b> Get ready to move! Each week we introduce a new dodgeball-style game, teaching the rules and quick skills before jumping into fast-paced, exciting play. Perfect for youth who love to stay active and have fun with friends.	7-9Y	Wednesday 7:30-8:25pm	11 Weeks Apr 8-June 17	Gym 3	\$77.00	213746
<b>Kinder Karate</b> Karate skills to increase self-confidence, self-discipline, and physical health designed for the younger kids. Optional testing and uniforms may be available from the instructor at an additional cost. 	4-5Y	Monday 4:00-4:55pm	10 Weeks Apr 13-June 22 (no class May 18)	Gym 1	\$70.00	209477
	4-5Y	Monday 5:00-5:55pm	10 Weeks Apr 13-June 22 (no class May 18)	Gym 1	\$70.00	209478
	4-5Y	Monday 6:00-6:55pm	10 Weeks Apr 13-June 22 (no class May 18)	Gym 1	\$70.00	209479
	4-5Y	Thursday 4:00-4:55pm	11 Weeks Apr 9-June 18	Program Room 1	\$77.00	209636
	4-5Y	Thursday 5:00-5:55pm	11 Weeks Apr 9-June 18	Program Room 1	\$77.00	209637
	4-5Y	Saturday 9:00-9:55am	11 Weeks Apr 11-June 20	Program Room 2	\$77.00	209676
<b>Karate</b> Karate skills to increase self-confidence, self-discipline, and physical health. Optional testing and uniforms may be available from the instructor at an additional cost. 	6-8Y	Monday 7:15-8:10pm	10 Weeks Apr 13-June 22 (no class May 18)	Program Room 1	\$70.00	209480
	6-8Y	Thursday 6:00-6:55pm	11 Weeks Apr 9-June 18	Program Room 1	\$77.00	209638
	6-8Y	Saturday 10:00-10:55am	11 Weeks Apr 11-June 20	Program Room 2	\$77.00	209677
	9-12Y	Thursday 7:00-7:55pm	11 Weeks Apr 9-June 18	Program Room 1	\$77.00	209639
	9-12Y	Saturday 11:00-11:55am	11 Weeks Apr 11-June 20	Program Room 2	\$77.00	209678

## Volunteer with the Huron Community Association!





Whether you want to be an occasional event volunteer, a regular program volunteer, or want to contribute to your community as a committed Board member, there are many ways to share your skills and give back to your community.

Please reach out at [volunteer@huroncommunity.ca](mailto:volunteer@huroncommunity.ca) or fill out the Volunteer Form by using this QR code:



## Child/Youth Fitness and Sports Continued

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<p><b>Soccer</b> The program will involve running/active games, dribbling, shooting practice, and playing soccer with a team!</p> 	4-6Y	Wednesday 6:00-6:40pm	11 Weeks Apr 8-June 17	Gym 3	\$66.00	<b>209569</b>
	4-6Y	Wednesday 6:45-7:25pm	11 Weeks Apr 8-June 17	Gym 3	\$66.00	<b>209570</b>
	4-6Y	Friday 4:15-4:55pm	11 Weeks Apr 10-June 19	Gym 1	\$66.00	<b>209659</b>
	4-6Y	Friday 5:00-5:40pm	11 Weeks Apr 10-June 19	Gym 1	\$66.00	<b>209660</b>
	7-9Y	Friday 5:45-6:25pm	11 Weeks Apr 10-June 19	Gym 1	\$66.00	<b>209661</b>
	7-9Y	Saturday 11:00-11:55am	11 Weeks Apr 11-June 20	Gym 1	\$77.00	<b>209669</b>
	9-12Y	Saturday 12:00-12:55pm	10 Weeks Apr 11-June 20 (No class Apr 25)	Gym 1	\$70.00	<b>209670</b>
<p><b>Kids Volleyball</b> An introductory program where participants learn key skills to develop their volleyball game. Participants will spend time playing volleyball games, with a few fun drills and skills incorporated in, as well.</p>	8-10Y	Monday 6:00-6:55pm	10 Weeks Apr 13-June 22 (no class May 18)	Gym 3	\$80.00	<b>209509</b>
<p><b>Youth Volleyball</b> An introductory program where participants learn key skills to develop their volleyball game. Participants will spend time playing volleyball games, with a few fun drills and skills incorporated in, as well.</p> 	10-12Y	Saturday 1:15-2:10pm	10 Weeks Apr 11-June 20 (no class April 25)	Gym 1	\$80.00	<b>209671</b>
	11-12Y	Thursday 6:00-6:55pm	11 Weeks Apr 9-June 18	Gym 3	\$88.00	<b>209634</b>
	13-15Y	Monday 6:00-6:55pm	10 Weeks Apr 13-June 22 (no class May 18)	Gym 2	\$80.00	<b>209510</b>
	13-15Y	Saturday 2:15-3:10pm	10 Weeks Apr 11-June 20 (no class Apr 25)	Gym 1	\$80.00 + HST	<b>209672</b>
<p><b>Youth Intro to Badminton</b> Learn how to play badminton or develop your skills! Program will involve skill practice, learning of the game, and a chance to play in doubles against others! You can bring your own racket if you would like but this is not necessary. This is a low participant program focused on skill development and learning of the game.</p>	13-15Y	Tuesday 7:00-7:55pm	11 Weeks Apr 7-June 16	Gym 2/3	\$77.00	<b>209526</b>
		Saturday 10:00-10:55am	10 Weeks Apr 11-June 20 (no class Apr 25)	Gym 2/3	\$70.00	<b>209679</b>
<p><b>*NEW* Youth Intro to Pickleball</b> A fun and welcoming introduction to pickleball for youth! Players will learn the basics, serving, rallying, simple rules, and safe movement on the court through easy drills and mini games. No experience needed. This program focuses on building confidence, coordination, and a love for the game in a supportive environment.</p>	13-17Y	Saturday 1:15-2:10pm	10 Weeks Apr 11-June 20 (no class Apr 25)	Gym 2/3	\$70.00 + HST	<b>213742</b>
<p><b>Kids Zumba</b> Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.</p>	5-10Y	Wednesday 6:00-6:40pm	11 Weeks Apr 8-June 17	Gym 2	\$66.00	<b>209566</b>



# SAVE THE DATE FOR HCA ECO QUEST

## APRIL 25<sup>TH</sup> FROM 1PM-3PM

AN ESCAPE ROOM PUZZLE GAME FOR THE  
WHOLE FAMILY. GO ON AN ADVENTURE TO  
HELP SAVE THE EARTH!




## Child/Youth Dance

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>Ballet</b> Enjoy an introduction to ballet, working on rhythm and coordination! Parents/Guardians will be invited into the last class to view the dance progress from their child's session. <div style="text-align: center; margin-top: 10px;">  </div>	3-4Y	Monday 4:45-5:25pm	10 Weeks Apr 13-June 22 (no class May 18)	Program Room 2	\$60.00	209482
	3-4Y	Thursday 4:45-5:25pm	11 Weeks Apr 9-June 18	Program Room 2	\$66.00	209641
	3-4Y	Friday 5:30-6:10pm	11 Weeks Apr 10-June 19	Program Room 2	\$66.00	209664
	5-8Y	Monday 6:15-6:55pm	10 Weeks Apr 13-June 22 (no class May 18)	Program Room 2	\$60.00	209484
	5-8Y	Thursday 5:30-6:10pm	11 Weeks Apr 9-June 18	Program Room 2	\$66.00	209642
<b>Intro to Dance</b> Come enjoy a variety of dance moves each week, working on rhythm and coordination! Parents/Guardians will be invited into the last class to view the dance progress from their child's session. <div style="text-align: center; margin-top: 10px;">  </div>	3-4Y	Monday 4:00-4:40pm	10 Weeks Apr 13-June 22 (no class May 18)	Program Room 2	\$60.00	209481
	3-4Y	Thursday 4:00-4:40pm	11 Weeks Apr 9-June 18	Program Room 2	\$66.00	209640
	3-4Y	Friday 4:45-5:25pm	11 Weeks Apr 10-June 19	Program Room 2	\$66.00	209663
	5-8Y	Monday 5:30-6:10pm	10 Weeks Apr 13-June 22 (no class May 18)	Program Room 2	\$60.00	209483
<b>Jazz</b> This introductory jazz dance class offers children a chance to explore movement, rhythm, and coordination in a supportive environment. Through simple exercises and beginner-friendly choreography, kids will learn basic jazz steps.	5-8Y	Thursday 6:15-6:50pm	11 Weeks Apr 9-June 18	Program Room 2	\$66.00	209643
	5-8Y	Friday 6:15-6:50pm	11 Weeks Apr 10-June 19	Program Room 2	\$66.00	209665

## Child/Youth Arts, Drama and Learning Opportunities

<b>*NEW* Art Meets Science</b> Art Meets Science will explore simple science through fun, hands-on art! Each week, children mix colours, try easy experiments, and turn their discoveries into playful art projects. A perfect mix of creativity and curiosity for young learners.	4-5Y	Monday 4:00-4:50pm	10 Weeks Apr 13-June 22 (no class May 18)	Program Room 1	\$90.00	209506
	6-8Y	Monday 5:00-5:50pm	10 Weeks Apr 13-June 22 (no class May 18)	Program Room 1	\$90.00	209507
<b>Children's Creative Drawing Class</b> Unleash your child's imagination in our fun and inspiring art class, designed especially for young artists! Each session offers hands on exploration with a wide range of art material, including drawing pencils, coloured pencils and a variety of tools.	6-12Y	Tuesday 4:30-6:00pm	11 Weeks Apr 7-June 16	Program Room 2	\$107.25	209533
<b>Craft Club</b> A chance to be creative, use different materials, and make something your own! A variety of crafts will be created during this program designed for young art explorers! Each week participants will create a new craft, using different materials, to bring home with them!	6-8Y	Monday 6:00-6:50pm	10 Weeks Apr 13-June 22 (no class May 18)	Program Room 1	\$90.00	209508
<b>Creative Fun Art with Ceramics</b> Get creative with ceramic clay art! Children will learn how to make clay figurines such as animals, birds, frogs, fish, lady bugs, etc. Children can be creative and choose what objects they would like to create! Self-drying clay will be used and will be painted. All supplies are included.	6-12Y	Wednesday 6:15-7:45pm	4 Weeks Apr 8-Apr 29	Program Room 1	\$80.00	209615
	6-12Y	Wednesday 6:15-7:45pm	4 Weeks May 6-May 27	Program Room 1	\$80.00	209616
	6-12Y	Wednesday 6:15-7:45pm	4 Weeks June 3-June 24	Program Room 1	\$80.00	209617
<b>Creative Fun Art with Fondant</b> Demonstration of colouring and preparing fondant for making figurines. Learn how to use fondant tools and cutter molds (making flowers, star, and other different shapes). Step by step instructions on how to make animal figurines. Cookies and cupcakes are decorated as well.	6-12Y	Wednesday 4:30-6:00pm	4 Weeks Apr 8-Apr 29	Program Room 1	\$80.00	209612
	6-12Y	Wednesday 4:30-6:00pm	4 Weeks May 6-May 27	Program Room 1	\$80.00	209613
	6-12Y	Wednesday 4:30-6:00pm	4 Weeks June 3- June 24	Program Room 1	\$80.00	209614

## Child/Youth Arts, Drama and Learning Opportunities Continued

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>*NEW* Drama</b> Discover the excitement of drama! Participants will try improv, act out skits, read scripts, and work on one-act plays. The program ends with a special performance for family and friends!	7-12Y	Saturday 2:15-3:15pm	10 Weeks Apr 11-June 20 (no class Apr 25)	Program Room 1	\$75.00	213747
	13-17Y	Saturday 3:30-4:30pm	10 Weeks Apr 11-June 20 (no class Apr 25)	Program Room 1	\$75.00 + HST	213748
<b>Jr. Scientist</b> Be curious and explore science with age-appropriate lessons and fun hands-on experiments! Get ready for things to grow, explode and splatter! <div style="text-align: center; margin-top: 10px;">  </div>	4-5Y	Tuesday 4:00-4:50pm	11 Weeks Apr 7-June 16	Program Room 1	\$82.50	209527
	4-5Y	Saturday 10:00-10:50am	11 Weeks Apr 11-June 20	Program Room 1	\$82.50	209674
	4-5Y	Saturday 11:00-11:50am	11 Weeks Apr 11-June 20	Program Room 1	\$82.50	209675
<b>Kids Science</b> Be curious and explore science with age-appropriate lessons and fun hands-on experiments! Get ready for things to grow, explode and splatter!	6-8Y	Tuesday 5:00-5:50pm	11 Weeks Apr 7-June 16	Program Room 1	\$82.50	209528
	6-8Y	Saturday 9:00-9:50am	11 Weeks Apr 11-June 20	Program Room 1	\$82.50	209673
<b>Sr. Science</b> Interactive learning while children participate in hands-on science experiments. Sr. Scientists will get to learn, design and create their own fun science experiments using a variety of materials. Get ready for things to grow, explode and splatter!	9-12Y	Tuesday 6:00-6:55pm	11 Weeks Apr 7-June 16	Program Room 1	\$82.50	209529
<b>Chess Club</b> Play the game of chess in this fun group class that focuses on learning the basic steps and strategies of chess with guided lessons for those who need help. Have fun playing chess with peers.	6-9Y	Wednesday 6:00-6:55pm	11 Weeks Apr 8-June 17	EarlyON Meeting Room	\$77.00	209610
	9-14Y	Wednesday 7:00-7:55pm	11 Weeks Apr 8-June 17	EarlyON Meeting Room	\$77.00	209611



# Host a concert

Sign up at [www.kitchener.ca/NeighboursDay](http://www.kitchener.ca/NeighboursDay) to host a concert during Neighbours Day on Saturday June 20, 2026.

Adult Arts & Crafts						
HST now applicable to HCA programs ages 16+						
Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>Intro to Sewing</b> This program will focus on the basics of operating a sewing machine, while creating a beginner-friendly duffle bag project. Participants will learn about fabric selection, how to read a basic pattern, measuring, piecing, and finishing seams. Attendees are encouraged to bring fabric they would like to repurpose into a handmade accessory.	18Y+	Tuesday 7:15-8:45pm	10 Weeks Apr 7-June 9	Program Room 1	\$115.00 + HST	209534
		Saturday 12:30-2:00pm	7 Weeks Apr 11-June 6 (no class Apr 25 or May 2)	Program Room 1	\$80.50 +HST	209799
Adult Cards & Games						
<b>Dungeons &amp; Dragons</b> Meet new friends while playing D&D, a cooperative storytelling and role-playing tabletop game. Your next adventure awaits.	16Y+	Friday 7:00-9:00pm	11 Weeks Apr 10-June 19	EarlyON Meeting Room	\$55.00 + HST	209666

## Adult Fitness and Sports

**HST now applicable to HCA programs ages 16 plus**

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>Drop-In Basketball</b> Looking for a place to play pickup basketball, shoot hoops, or work on your skills? We are now offering 18+ Drop-In Basketball at HCC. We have added a second gym for drop-in basketball due to popular demand. \$2/drop-in.	18Y+	Tuesday 8:45-10:15pm	11 Weeks Apr 7-June 16	Gym 1/2	<b>\$2.00/Drop In (Includes HST)</b>	
<b>Intro to Badminton</b> Learn how to play badminton or develop your skills! Program involves skill practice, learning of the game, and a chance to play doubles against others! Bring your own racket if you would like but this is not necessary. This is a low participant program focused on skill development and learning the game.	16Y+	Tuesday 8:00-8:55pm	10 Weeks Apr 7-June 16	Gym 2/3	\$77.00 + HST	<b>209525</b>
		Saturday 9:00-9:55am	11 Weeks Apr 11-June 20 (no class April 25)	Gym 2/3	\$70.00 + HST	<b>209686</b>
<b>Intro to Pickleball</b> Learn how to play pickleball! Program will involve skill practice, learning of the game, and a chance to play in doubles against others! Bring your own paddle if you would like but this is not necessary. This is a low participant program focused on skill development and learning of the game.	16Y+	Tuesday 6:00-6:55pm	11 Weeks Apr 7-June 16	Gym 2/3	\$77.00 + HST	<b>209524</b>
		Saturday 11:15am-12:10pm	10 Weeks Apr 11-June 20 (no class Apr 25)	Gym 2/3	\$70.00 + HST	<b>209682</b>
		Saturday 12:15-1:10pm	10 Weeks Apr 11-June 20 (no class Apr 25)	Gym 2/3	\$70.00 + HST	<b>209685</b>
<b>*NEW* Intermediate Pickleball</b> Build your skills and sharpen your strategy in this fun Intermediate Pickleball program. Each session includes a mix of open play and focused skill development, covering techniques like dinking, volleys, footwork, and court positioning. You'll receive guidance as you play, helping you improve consistency and confidence on the court.	16Y+	Saturday 2:15-3:10pm	10 Weeks Apr 11-June 20 (no class Apr 25)	Gym 2/3	\$70.00 + HST	<b>213743</b>
<b>*NEW* Open Play Pickleball</b> Join us for Registered Open Play Pickleball! All skill levels are welcome. It's a great opportunity to meet other players, practice your skills, and enjoy some friendly competition. Come ready to play, have fun, and connect with fellow pickleball enthusiasts!	16Y+	Saturday 3:15-4:45pm	10 Weeks Apr 11-June 20 (no class Apr 25)	Gym 2/3	\$80.00 + HST	<b>213744</b>
<b>Beginner Pilates</b> Tone your entire body working from the core, including your stomach muscles, hips, glutes, lower back, side obliques and adductors. Learn the fundamentals of Pilates balance, control, concentration, coordination centering, and core stability with breathing techniques to ensure proper abdominal engagement. Please bring a mat with you.	16Y+	Tuesday 9:30-10:25am	11 Weeks Apr 7-June 16	Program Room 1	\$77.00 + HST	<b>209532</b>
		Tuesday 7:00-7:55pm	11 Weeks Apr 7-June 16	Program Room 2	\$77.00 + HST	<b>209530</b>
		Thursday 7:00-7:55pm	11 Weeks Apr 9-June 18	Program Room 2	\$77.00 + HST	<b>209645</b>
<b>Power Core Pilates</b> This class works your entire body, leaving no muscles untouched! Power Core includes exercises that strengthen the core and spine while improving posture, flexibility, and endurance in a safe effective way. All fitness levels are welcome, and this class is perfect for the beginner who is just getting started or the Pilates enthusiast looking for a challenge. Please bring a mat with you.	16Y+	Monday 7:15-8:10pm	10 Weeks Apr 13-June 22 (no class May 18)	Program Room 2	\$70.00 + HST	<b>209489</b>
		Tuesday 8:00-8:55pm	11 Weeks Apr 7-June 16	Program Room 2	\$77.00 + HST	<b>209531</b>
		Thursday 9:30-10:25am	11 Weeks Apr 9-June 18	Program Room 2	\$77.00 + HST	<b>209644</b>
		Thursday 8:00-8:55pm	11 Weeks Apr 9-June 18	Program Room 2	\$77.00 + HST	<b>209646</b>
<b>Interval Fitness</b> Interval Fitness is a low-impact interval training class designed to help you build strength, boost energy, and gain confidence. This class alternates between cardio and strength training exercises, with encouragement along the way. No experience needed—modifications available for all levels.	18Y+	Wednesday 7:45-8:45pm	11 Weeks Apr 8-June 17	Gym 1	\$77.00 + HST	<b>209618</b>
<b>Total Body Sculpt</b> This fitness class is a dynamic workout, with a warmup, work out, and cooldown/stretch. The class will target your entire body through a variety of exercises using a variety of equipment. Contains cardio and strength components. All fitness levels welcome—including beginners!	18Y+	Monday 9:30-10:30am	10 Weeks Apr 13-June 22 (no class May 18)	Gym 1	\$70.00 + HST	<b>209488</b>
		Wednesday 9:30-10:30am	11 Weeks Apr 8-June 17	Gym 1	\$77.00 + HST	<b>209549</b>

## Adult Fitness and Sports Continued

**HST now applicable to HCA programs ages 16+**

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<p><b>*NEW* Real-World Self-Defense Training</b> Learn practical self-defence skills that work in real-life situations. This comprehensive program blends proven techniques from Muay Thai, Krav Maga, Jeet Kune Do and Boxing to give you the tools to protect yourself and stay safe. You will learn striking techniques, defense against grabs and chokes, environmental awareness and realistic scenario training. Our classes are designed for all fitness levels emphasizing on easy to remember techniques to build confidence, physical capability and mental resilience. Train with an experienced martial arts instructor.</p>	18Y+	Monday 7:05-8:05pm	10 Weeks Apr 13-June 22 (no class May 18)	Gym 1	\$90.00 + HST	209485
<p><b>Volleyball Drop In</b> This drop-in is designed for participants with previous volleyball experience. For the safety and enjoyment of all, participants should be comfortable with basic rules, rotation, and rallying. Weekly pre-registration is advised.</p>	18Y+	Saturday 3:15-4:55pm	10 Weeks Apr 11-June 20 (no class Apr 25)	Gym 1	\$3.00 +HST	209787
<p><b>Recreational Volleyball</b> Meet others in your neighbourhood by playing volleyball! This program involves casual, friendly competitive games each week. Does not require previous volleyball experience.</p>	16Y+	Monday 7:00-8:55pm	10 Weeks Apr 13-June 22 (no class May 18)	Gym 3	\$80.00 + HST	209487
<p><b>Intermediate Volleyball</b></p> <ul style="list-style-type: none"> <li><b>Skills:</b> Have at least a couple of years of experience playing on organized teams; Able to consistently serve, pass (bump or volley), set, attack (spike), block and/or dig; Able to execute the three-touch sequence and keep the ball in play.</li> <li><b>Understanding:</b> Solid knowledge of the game and rules; good court movement, understands positions, and defensive coverage.</li> </ul>	16Y+	Monday 7:00-8:55pm	10 Weeks Apr 13-June 22 (no class May 18)	Gym 2	\$80.00 + HST	209486
<p><b>Advanced Volleyball</b></p> <ul style="list-style-type: none"> <li><b>Skills:</b> Have several years of experience playing on organized teams; Able to consistently serve, pass (bump or volley), set, attack (spike), block and/or dig; Able to execute the three-touch sequence and keep the ball in play; Able to consistently execute all skills with power and accuracy; Able to provide strong defensive coverage.</li> <li><b>Understanding:</b> Excellent knowledge of rules, strategies, and offensive/defensive positions; Deep understanding of offensive and defensive strategies, running offensive plays, and reading opponent's plays.</li> </ul>	16Y+	Thursday 7:00-8:55pm	11 Weeks Apr 9-June 18	Gym 3	\$88.00 + HST	209635
<p><b>*NEW* Yoga &amp; Meditation Through Chinese Medicine</b> A 5 Week series that explores the elements of Chinese Medicine through yoga, meditation and a reflective discussion each week.</p>	16Y+	Monday 9:30-11:00am	5 Weeks Apr 13-May 11	Program Room 2	\$50.00 + HST	213745
<p><b>Gentle Yoga with Janet</b> Take time to breathe and relax during this slow-paced gentle yoga practice. Enjoy the benefits of movement while building strength and flexibility. Please bring your own mat.</p>	16Y+	Wednesday 9:30-10:30am	11 Weeks Apr 8-June 17	Program Room 2	\$82.50 + HST	209571
<p><b>Baby &amp; Me Yoga with Janet</b> Join Janet for a fun Yoga class for parents and babies up to 12 months. This class provides parents time to enjoy themselves through movement to gain strength and flexibility as well as bonding with baby and connecting with other parents. Please bring your own mat.</p>	16Y+	Wednesday 10:45-11:45am	11 Weeks Apr 8-June 17	Program Room 2	\$82.50 + HST	209595
<p><b>Beginner Yoga with Janet</b> This class is for the level one or the first-time yogi. Come relax your mind and body as we move through Yoga poses to gain strength and flexibility. Enjoy the benefits and have fun. Please bring your own mat.</p>	16Y+	Wednesday 5:15-6:15pm	11 Weeks Apr 8-June 17	Program Room 2	\$82.50 + HST	209596
<p><b>Slow Flow Yoga with Janet</b> Make time to connect with mind, body and breath while moving through each pose. Please bring your own mat.</p>	16Y+	Wednesday 6:30-7:30pm	11 Weeks Apr 8-June 17	Program Room 2	\$82.50 + HST	209597

## Adult Fitness and Sports Continued

**HST now applicable to HCA programs ages 16+**

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
<b>Yin Yoga with Janet</b> Yin yoga is a slow-paced stationary practice which poses are held for longer periods of time. In stillness, the practice of yin targets the deeper connective tissue to help prevent joint rigidity and immobility. Please bring your own mat.	16Y+	Wednesday 7:45-8:45pm	11 Weeks Apr 8-June 17	Program Room 2	\$82.50 + HST	<b>209609</b>
<b>Zumba Gold</b> Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.	18Y+	Wednesday 7:00-7:40pm	11 Weeks Apr 8-June 17	Gym 2	\$71.50 + HST	<b>209567</b>
<b>Zumba</b> Enjoy a Latin inspired dance aerobic workout through our easy-to-follow fitness classes. You will learn the steps and have a great workout.	16Y+	Wednesday 8:00-8:55pm	11 Weeks Apr 8-June 17	Gym 2	\$77.00 + HST	<b>209568</b>

## CITY OF KITCHENER

### Camps

Description	Ages	Day/Time	Duration	Cost	Barcode
<b>PD Day Camps</b> Day camps are sure to be a highlight for your child and help to develop friendships, learn new skills, and celebrate creativity! Come to camp prepared with a refillable water bottle, peanut-free lunch/snacks, appropriate clothing for outside play, and indoor running shoes. Please note minimum age of participant is 4 years old. For any questions, please email <a href="mailto:camp@kitchener.ca">camp@kitchener.ca</a>	4-11Y	Monday 9:00am-4:00pm	1 Day Apr 6	\$32.06	<b>210037</b>
	4-11Y	Friday 9:00am-4:00pm	1 Day Apr 24	\$32.06	<b>210036</b>

### Child and Youth Drop-In

<b>Youth Drop In (YDI)</b> Youth Drop In (YDI) is a FREE drop-in program that allows participants ages 12-17 to hang out in a supported space with our staff and engage in different themes, games, and activities. Each week, activities will include a rotation of sports (basketball, soccer, etc.), art and crafts, group games, board games and so much more.	12-17Y	Thursday 7:00-9:00pm	10 Weeks Apr 9-June 11	FREE	<b>NO REGISTRATION REQUIRED</b>
	12-17Y	Friday 6:30-9:00pm	10 Weeks Apr 10-June 12	FREE	<b>NO REGISTRATION REQUIRED</b>
	12-17Y	Sunday 3:00-5:00pm	9 Weeks Apr 12-June 7	FREE	<b>NO REGISTRATION REQUIRED</b>
<b>Kids Drop In (KDI)</b> Children are invited to join for drop-in programming. Supported by trained staff, participants will have the opportunity to participate in a rotation of sports, arts and crafts, and games or homework help in age-appropriate groupings.	9-11Y	Sunday 1:00-2:30pm	9 Weeks Apr 12-June 7	FREE	<b>NO REGISTRATION REQUIRED</b>

### Adult Fitness

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

<b>Pilates Basic</b> If you are new to Pilates, then this mat class is for you. We will focus on the Pilates principles of control, precision, centering, concentration, and flow, as you experience the benefits of breathing for mindful movement. You will develop a strong core, sculpt long and lean muscles, and improve your posture, flexibility, and strength. Recharge and de-stress with our Pilates Basic class.	18Y+	Tuesday 11:00am-12:00pm	11 Weeks Apr 7-June 16	\$85.69 +HST	<b>210627</b>
	55Y+			\$70.29 + HST	
<b>SMART Group Exercises</b> Join us for a free gentle exercise program led by SMART™ (Seniors Maintaining Active Roles Together) trained staff. Each class includes a warm-up, aerobic endurance, cool down, balance, strength (using 1 or 2 lb. weights), and flexibility movements. All classes can be done seated or standing. This program is offered in collaboration with Community Support Connections.	55Y+	Thursday 11:00am-12:00pm	11 Weeks Apr 9-June 18	FREE	<b>208130</b>

## Adult Fitness

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

Description	Ages	Day/Time	Duration	Cost	Barcode
<b>Zumba Gold</b> Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.	18Y+	Thursday 9:45-10:30am	11 Weeks Apr 9-June 18	\$57.01 +HST	<b>210628</b>
	55Y+			\$46.78 + HST	
<b>Gentle Yoga</b> In this class we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind. Everybody is welcome to practice yoga in this supportive environment. No yoga experience is required.	18Y+	Tuesday 9:45-10:45am	11 Weeks Apr 7-June 16	\$85.69 + HST	<b>210626</b>
	55Y+			\$70.29 + HST	



Councillor **Ayo Owodunni**  
Ward 5



Hello Neighbours!

Welcome to spring at the Huron Community Centre. This season is all about connection, community pride, and getting outdoors together. The Huron Community Association has several exciting events planned. Earth Day celebrations take place April 25 and 26, offering a great opportunity to learn, reflect, and take action for our environment. In June, neighbours can take part in the Neighbourhood Garage Sale on June 13, a fun way to reuse, recycle, and connect with one another.

We will also celebrate Neighbours Day on June 20, a perfect occasion to strengthen relationships and celebrate the people who make our neighbourhood such a great place to live. We hope to see many familiar faces and welcome new ones as well.

Spring is a season of renewal, and Huron continues to be a place where community truly comes together.

Do you have a city-related question or comment? Please be in touch! I'm always happy to hear from you.

Sincerely,

Councillor Ayo Owodunni – Ward 5

Email: [ayo.owodunni@kitchener.ca](mailto:ayo.owodunni@kitchener.ca)

Office: 519-741-2791

@ayoowodunni

Cell: 519-897-5019

ayo.owodunni

## SAVE THE DATE Summer Camp Registration

**March 24 Kitchener Residents**  
**March 31 Non Kitchener Residents**



## Chair of the Board, Jen Hoffman-Bailey



I think we can all agree that this has been a very long winter full of snowfalls, snow days and snow shovelling! My hope is that by the time you read this, the snow has started to melt, the sun is shining, and there is a feeling of excitement for you as you start to plan your Spring session! Speaking of Spring programs...

Our Interim Programmer, Susan, has curated a wonderful line up of programs for you to choose from this Spring and our HCA Board has a number of free, family-friendly activities for you to mark on your calendar. If you haven't done so already, be sure to read Susan's message to learn more about the HCA programming options. On behalf of the Board, I want to take a moment to thank and share our immense gratitude for the HCA Instructors who put time and energy into planning weekly lessons and activities for these sessions. I know each of them do their best to make sure that our participants have a safe and fun learning environment. If you and/or your child is enjoying your class, please be sure to share your gratitude as well! A little positivity goes a long way.

As for our family-friendly activities, mark the following dates on your calendar and then follow us on Facebook, Instagram or bookmark our website ([huroncommunity.ca](http://huroncommunity.ca)) to learn more about each event:

- **Saturday, April 25 - Earth Day Clean up (9:30 am - 12 noon)**
  - *Grab the family and plan to spend an hour or two cleaning up the 'hood. We will supply the gloves and garbage bags; you supply the effort and energy!*
- **Saturday, April 25 - Eco Quest (1 - 3 pm)**
  - *Join us for an environmentally-themed, family-friendly, escape-room like event that involves solving puzzles to find codes to open locks. If you joined us last June, we are re-running the event but with a few additional puzzles for you to try! Watch our website in the coming months to learn how to sign up and participate. Want to volunteer for this event? Let us know! [volunteer@huroncommunity.ca](mailto:volunteer@huroncommunity.ca)*
- **Saturday, June 13 - Annual Community Garage Sale! (8 am - 12 noon)**
  - *Your garage, your time frame (ours is just a suggestion) and your items for sale. We will have a sign up form posted on our socials and website soon. To help get the word out about your garage sale, we'll put your name and location on a map and share it on Facebook for others to come check out your items.*
- **Saturday, June 20 - Neighbours Day**
  - *Watch the City of Kitchener postings for Neighbours Day activities happening in the 'hood. If you don't want to participate in something the City plans, then why not plan a get together with neighbours around your home?*

If you are interested in learning more about the Huron Community Association and what we do, feel free to reach out to me ([info@huroncommunity.ca](mailto:info@huroncommunity.ca)). I would love to connect and tell you about the Board and what we do.

We look forward to seeing you around the community centre this Spring!

## Program Coordinator, Susan Hirschberger



Hello Huron Community,

Spring is on the way, and we're excited to share that our HCA Spring Programs are bringing fresh energy, new activities, and plenty of opportunities to get involved. Thank you to everyone who joined us this Winter, it was wonderful to see so many familiar faces and welcome new ones.

As Melissa begins her maternity leave (a big congratulations to her and her family!), I'll be stepping into the Program Coordinator role over the next several months. I'm looking forward to supporting our instructors and continuing the great work happening here at HCA.

This Spring, you'll notice an update to many of our favourite programs, along with new classes, new schedules, and some wonderful new instructors joining the team. We're expanding our Adult Fitness options with both morning and evening classes, including more Total Body Sculpt, additional Pilates, and new Self-Defense programs. And of course, fan favourites like Basketball, Dance, and Craft Club are all returning.

We're also excited to introduce several new programs based on your feedback. This includes Youth Pickleball, Intermediate Pickleball, Dodgeball, and creative offerings like Art Meets Science, giving kids and families even more ways to learn, move, and explore together.

For the full list of Spring Programs, be sure to check out ActiveNet and the HCA Program Guide. Don't forget to follow us on social media for updates and behind-the-scenes highlights. We're excited for everything this Spring has to offer and hope to see you joining in on the programs that help our community thrive.

Kindly,  
Susan