

# 2017 ADULT PROGRAMMING GUIDE

REGISTRATION BEGINS  
MARCH 30TH, 10AM

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Welcome back, Waeg families!

On behalf of the entire Waegwoltic team, we are thrilled to welcome back our incredible community of members. We're excited to be joined this year by a number of new member families, and to be planning for a broad range of improvements to existing programs, as well as some exciting new ones.

Once again, we're striving to improve and increase the offerings for both our youth and adult members, with more programming and special evening events than ever before, and with more reasons for you to pop down to The Waeg, to enjoy great company, great food and beverages, and one of the most beautiful settings that this city has to offer!

We hope you enjoy every aspect of your time at the club. We encourage you to make yourself at home, and to take full advantage of our many offerings, our exceptional facilities, and the significant upgrades to our food and beverages services. And, we sincerely hope you'll continue to assist us in developing the blueprint for our club's future. There are a number of ways you can help. If you are interested in being an active member of a department committee, please contact Lisa, our member services director, and put your name forward to get involved. We also invite you to send us suggestions, questions, and comments via our online suggestion box, or to contact us personally via email or by phone, any time. Above all, we strive to be accessible, approachable, and a trusted ally to you for all aspects of your club experience.

Thank you for joining us for the 2017 season. Here's to another year as part of our special little community by the sea!

## **IMPORTANT REGISTRATION DATES:**

**Summer Camp Pre-registration:** Jan 26<sup>th</sup> - Feb 6<sup>th</sup> *(for returning campers only)*

*Sailing Pre-registration: Tuesday, Feb 7<sup>th</sup>, 10am* (for returning sailors only)

*Sailing Registration: Tuesday, Feb 14<sup>th</sup>, 10am*

**ALL CAMPS AND YOUTH PROGRAMMING:** Thursday, March 23<sup>rd</sup>, 10am

**ALL ADULT PROGRAMMING:** Thursday, March 30<sup>th</sup>, 10am

*To alleviate the traffic on general registration day, all adult programming will be open for registration on March 30th at 10am.*

# ADULT RECREATION

## NEW! EARLY MORNING FITNESS – FLEX PROGRAM

Wake up. Work Out. Kick start your day with our new Early Morning Fitness FLEX Program!

This program is open to all ages and fitness levels, and is conducted in a supportive, teamwork environment that ensures that everyone feels challenged and no one gets left behind. Our instructor will tailor each day's workout to the individual needs of each participant to ensure that everyone can achieve their own personal fitness goals. This program uses a range of circuits to improve cardiovascular and muscular endurance, core strength and muscle toning. When the weather's nice, participants head outside to work out in the fresh air and take advantage of our beautiful property.



**FLEX Pricing:** Does your schedule make it tricky to ensure that you can attend all classes? Our **FLEX** plans allow you to pick which classes you wish to attend anytime within the 8-week session. *Your fitness strategy, made simple.*

Instructor: Kim Houston

CLASS NAME	DATES	DAY	TIME	FEE
Early Fit FLEX 8 SPRING	May 15 <sup>th</sup> – July 7 <sup>th</sup>	8 workouts	6:30 – 7:30am	\$112 +tax
Early Fit FLEX 16 SPRING	May 15 <sup>th</sup> – July 7 <sup>th</sup>	16 workouts	6:30 – 7:30am	\$192 +tax
Early Fit FLEX 20 SPRING	May 15 <sup>th</sup> – July 7 <sup>th</sup>	20 workouts	6:30 – 7:30am	\$230 +tax
Early Fit FULL SPRING	May 15 <sup>th</sup> – July 7 <sup>th</sup>	Mon, Wed, Fri	6:30 – 7:30am	\$252 +tax

CLASS NAME	DATES	DAY	TIME	FEE
Early Fit FLEX 8 SUMMER	July 10 <sup>th</sup> - Sept 1 <sup>st</sup>	8 workouts	6:30 – 7:30am	\$112 +tax
Early Fit FLEX 16 SUMMER	July 10 <sup>th</sup> - Sept 1 <sup>st</sup>	16 workouts	6:30 – 7:30am	\$192 +tax
Early Fit FLEX 20 SUMMER	July 10 <sup>th</sup> - Sept 1 <sup>st</sup>	20 workouts	6:30 – 7:30am	\$230 +tax
Early Fit FULL SUMMER	July 10 <sup>th</sup> - Sept 1 <sup>st</sup>	Mon, Wed, Fri	6:30 – 7:30am	\$252 +tax

**Please Note:**

- Non-members are subject to a \$20 administration fee for each session of this program
- Those who wish to attend more classes than the number for which they've registered can attend additional classes at a rate of \$14 per class.

## BARRE 45

If you haven't tried Barre, it's an absolute must for your fitness routine. Enjoy this 45 minute unique, high-energy class that fuses legendary fitness techniques from Pilates, dance, yoga and interval training. You will streamline, firm, tighten and tone your entire body while creating balance, awareness, flexibility and cardiovascular endurance. No experience is necessary and this class is open to all fitness levels!

CLASS NAME	DATES	DAY	TIME	LOCATION	PRICE
Barre 45 SPRING	MAY 16 <sup>TH</sup> - JUNE 20 <sup>TH</sup>	TUESDAY	9:15 AM	M.P. BUILDING	\$83 +tax

## CORE 45

Kick start your week with Core 45! This fat-burning, body-sculpting class that allows individuals, from novice to athlete, to benefit from an activity which translates directly into their daily lives. This high-intensity class varies each time and mixes body weight exercises with cardio. Our instructor pushes participants harder than they'd push themselves knowing that long-term participation will greatly improve both mental and physical well-being. Participants will walk away feeling energized and more confident, ready to take on daily activities with self-assurance. Core training, balance and flexibility are all included to create a total well-rounded program.

CLASS NAME	DATES	DAY	TIME	LOCATION	PRICE
CORE 45 SPRING	MAY 15 <sup>TH</sup> - JUNE 19 <sup>TH</sup>	MONDAY	7:00PM	M.P. BUILDING	\$71 +tax
CORE 45 SUMMER	JULY 3 <sup>RD</sup> - Aug 25 <sup>TH</sup>	MONDAY	7:00PM	M.P. BUILDING	\$96 +tax

## PARENT & TOT YOGA

From six weeks on, you and your baby are ready to return to your yoga practice. Benefits includes relieve stress in neck and shoulders, rediscovering your abdominal and strengthening pelvic floor. A small play space will be set up in the corner to accommodate older babies who may get distracted. For parents of all levels and babies of all ages! Recommended for children ages 6 weeks to 2.5 years.

*Instructor: Estelle Thomson, The Coast's "Best of Halifax" Best Yoga Teacher Recipient*

CLASS NAME	DATES	DAY	TIME	LOCATION	PRICE
P&T YOGA SPRING	MAY 15 <sup>TH</sup> - JUNE 19 <sup>TH</sup>	MONDAY	9:15AM	M.P. BUILDING	\$96

## TUESDAY EVENING YOGA

Back again by popular demand, join us at the Waeg on Tuesday evenings for a soul-replenishing yoga flow class. Using breathing techniques and flowing from one pose to the next, participants will regain presence, strength, and ease of movement. Let go of your day and release into this energy-replenishing flow as you find a true sense of calmness and wellbeing within. All levels welcome! Barb Cameron's program offers the experience of a variety of yoga styles; from yoga flow and alignment to a yin/yang class, as well as the restorative practice of Yoga Nidra.

*Instructor: Barb Cameron*

CLASS NAME	DATES	DAY	TIME	LOCATION	PRICE
Evening Yoga SPRING	MAY 16 <sup>TH</sup> - JUNE 20 <sup>TH</sup>	TUESDAY	7:00PM	M.P. BUILDING	\$83 <i>+tax</i>
Evening Yoga SUMMER	July 4 <sup>th</sup> - Aug 22 <sup>nd</sup>	TUESDAY	7:00PM	M.P. BUILDING	\$110 <i>+tax</i>

## MORNING YOGA

Join us for an invigorating morning practice to start your day, escape the chilly weather, and restore balance and physical presence. This all-levels class consists of a flowing practice designed to build strength, balance and flexibility. Come wake up your body, settle your mind and find your breath.

*Instructor: Coleen Nolan*

CLASS NAME	DATES	DAY	TIME	LOCATION	PRICE
MORNING YOGA SPRING	MAY 18 <sup>TH</sup> - JUNE 22 <sup>ND</sup>	THURSDAY	6:15AM	M.P. BUILDING	\$83 <i>+tax</i>
MORNING YOGA SUMMER	July 6 <sup>th</sup> - Aug 24 <sup>th</sup>	THURSDAY	6:15AM	M.P. BUILDING	\$110 <i>+tax</i>

## ADULT SAILING

### WOMEN'S SAILING SERIES

The NEW Waeg Women's Sailing Series is designed to give women of all ages and skill level the opportunity to experience sailing, share their knowledge and learn from others. Classes will be held on Mondays and Wednesdays, and will be led by an experienced *CanSail* Certified Instructor. After the sail, we encourage everyone to come to the Clubhouse for a late evening drink and social on the deck.

PROGRAM NAME	DATES	DAY	TIME	LOCATION	FEE
WOMEN'S SAILING A	JULY 3RD - JULY 28TH	M, W	6PM - 8PM	SAILING BUILDING	\$180 <i>+tax</i>
WOMEN'S SAILING B	JULY 31ST - AUGUST 25TH	M, W	6PM - 8PM	SAILING BUILDING	\$180 <i>+tax</i>

*If you are interested in an Adult Learn to Sail Program, please contact us at 902.429.2822 (ext. 2) or email [katelyn@waegwoltic.ca](mailto:katelyn@waegwoltic.ca)*

# ADULT AQUATICS

## AQUASIZE

Use of a floatation belt and noodle provides a superior and challenging non-impact water workout. Improve cardiovascular fitness, muscular endurance, and flexibility without stressing your joints. This program is great for injury or joint rehabilitation, cross training, back problems, arthritis, fibromyalgia, and pre/postnatal.

PROGRAM	DATE	DAY	TIME	LOCATION	FEE
AQUASIZE 1	JUNE 19 <sup>TH</sup> - JULY 19 <sup>TH</sup>	M,W	5:30PM – 6:15PM	MAIN POOL	\$67 <i>+tax</i>
AQUASIZE 2	JUNE 22 <sup>ND</sup> - JULY 20 <sup>TH</sup>	TH	5:30PM – 6:15PM	MAIN POOL	\$34 <i>+tax</i>
AQUASIZE 3	JULY 31 <sup>ST</sup> - SEPT. 6 <sup>TH</sup>	M,W	5:30PM – 6:15PM	MAIN POOL	\$77 <i>+tax</i>
AQUASIZE 4	AUG 3 <sup>RD</sup> - SEPT. 7 <sup>TH</sup>	TH	5:30PM – 6:15PM	MAIN POOL	\$39 <i>+tax</i>

## AQUAFIT (FREE)

An introduction to deep water exercise, AquaFit, unlike the Deep Water AquaSize class, focuses more on teaching beginner techniques and less on cardiovascular endurance.

PROGRAM NAME	DATES	DAY	TIME	LOCATION	FEE
AQUAFIT	JULY 3 <sup>RD</sup> - AUG 23 <sup>RD</sup>	M,W	12:45PM - 1:45PM	MAIN POOL	FREE

## ADULT SWIM CLUB

Adult Swim Club is an organized program for adults (19+) who are interested in swimming and improving their overall fitness. The club provides an exercise regimen that benefits its participants in the form of physical and mental well-being. The Adult Swim Club provides an opportunity not only to get fit, but also to meet new people adding fun and friendship to fitness.

PROGRAM NAME	DATES	DAY	TIME	LOCATION	FEE
ADULT SWIM CLUB	JUNE 19 <sup>TH</sup> - AUG 25 <sup>TH</sup>	M,W,F	6:30AM – 7:30AM	MAIN POOL	\$185 <i>+tax</i>

# ADULT TENNIS

## **NEW! HIGH PERFORMANCE BOOT CAMP: MAY 29<sup>TH</sup> - JUNE 1<sup>ST</sup>**

Get whipped into shape for the 2017 season with our new High Performance Boot Camp! This four-night program will run participants through a range of drills and matches to kick start your summer on the courts. For more information on this new program, contact Luke Saunders at [tennis@waegwoltic.ca](mailto:tennis@waegwoltic.ca)

Program Name	Dates	Time	Location	Fee
HP BOOT CAMP	MAY 29 <sup>TH</sup> - JUNE 1 <sup>ST</sup>	5PM-7PM	SOFT COURTS	\$99

## **TENNIS LESSONS (BEGINNER & INTERMEDIATE/ADVANCED PROGRAM)**

Adult tennis lessons are provided for all levels of ability. Please pay close attention to days & times when registering. If you have any questions regarding our adult tennis programming, contact [tennis@waegwoltic.ca](mailto:tennis@waegwoltic.ca)

PROGRAM NAME	DATES	DAY	TIME	LOCATION	FEE
BEGINNER SESSION 1A	MAY 15 <sup>TH</sup> - JUNE 7 <sup>TH</sup>	M,W	6PM - 7PM	HARD COURTS	\$118 <i>+tax</i>
BEGINNER SESSION 1B	MAY 16 <sup>TH</sup> - JUNE 8 <sup>TH</sup>	T, TH	6PM - 7PM	HARD COURTS	\$118 <i>+tax</i>
BEGINNER SESSION 2A	JUNE 12 <sup>TH</sup> - JULY 12 <sup>TH</sup>	M,W	7PM - 8PM	HARD COURTS	\$118 <i>+tax</i>
BEGINNER SESSION 2B	JUNE 13 <sup>TH</sup> - JULY 13 <sup>TH</sup>	T, TH	7PM - 8PM	HARD COURTS	\$118 <i>+tax</i>
BEGINNER SESSION 3A	JULY 17 <sup>TH</sup> - AUG 23 <sup>RD</sup>	M,W	6:30 - 7:30PM	HARD COURTS	\$118 <i>+tax</i>
BEGINNER SESSION 3B	JULY 18 <sup>TH</sup> - AUG 24 <sup>TH</sup>	T, TH	6:30 - 7:30PM	HARD COURTS	\$118 <i>+tax</i>

PROGRAM NAME	DATES	DAY	TIME	LOCATION	FEE
INTERMEDIATE SESSION 1A	MAY 15 <sup>TH</sup> - JUNE 7 <sup>TH</sup>	M,W	6PM - 7PM	HARD COURTS	\$126 <i>+tax</i>
INTERMEDIATE SESSION 1B	MAY 16 <sup>TH</sup> - JUNE 8 <sup>TH</sup>	T, TH	6PM - 7PM	HARD COURTS	\$126 <i>+tax</i>
INTERMEDIATE SESSION 2A	JUNE 12 <sup>TH</sup> - JULY 12 <sup>TH</sup>	M,W	7PM - 8PM	HARD COURTS	\$126 <i>+tax</i>
INTERMEDIATE SESSION 2B	JUNE 13 <sup>TH</sup> - JULY 13 <sup>TH</sup>	T, TH	7PM - 8PM	HARD COURTS	\$126 <i>+tax</i>
INTERMEDIATE SESSION 3A	JULY 17 <sup>TH</sup> - AUG 23 <sup>RD</sup>	M,W	6:30 - 7:30PM	HARD COURTS	\$126 <i>+tax</i>
INTERMEDIATE SESSION 3B	JULY 18 <sup>TH</sup> - AUG 24 <sup>TH</sup>	T, TH	6:30 - 7:30PM	HARD COURTS	\$126 <i>+tax</i>

PROGRAM NAME	DATES	DAY	TIME	LOCATION	FEE
ADVANCED SESSION 1A	MAY 15 <sup>TH</sup> - JUNE 7 <sup>TH</sup>	M,W	7PM - 8PM	HARD COURTS	\$126 <i>+tax</i>
ADVANCED SESSION 1B	MAY 16 <sup>TH</sup> - JUNE 8 <sup>TH</sup>	T, TH	7PM - 8PM	HARD COURTS	\$126 <i>+tax</i>
ADVANCED SESSION 2A	JUNE 12 <sup>TH</sup> - JULY 12 <sup>TH</sup>	M,W	6PM - 7PM	HARD COURTS	\$126 <i>+tax</i>
ADVANCED SESSION 2B	JUNE 13 <sup>TH</sup> - JULY 13 <sup>TH</sup>	T, TH	6PM - 7PM	HARD COURTS	\$126 <i>+tax</i>
ADVANCED SESSION 3A	JULY 17 <sup>TH</sup> - AUG 23 <sup>RD</sup>	M,W	7:30 – 8:30PM	HARD COURTS	\$126 <i>+tax</i>
ADVANCED SESSION 3B	JULY 18 <sup>TH</sup> - AUG 24 <sup>TH</sup>	T, TH	7:30 – 8:30PM	HARD COURTS	\$126 <i>+tax</i>

## ADULT DOUBLES TACTICS

These workshops are designed to help players with the tactics and positioning in match play situations. The workshop will focus on strategies to help with serve, return and volleys and players will also learn different formations to help win matches. Players should have a skill level of or higher and must register in pairs. Maximum 4 pairs per workshop. The fee is per individual.

PROGRAM NAME	DATES	DAY	TIME	LOCATION	FEE
DOUBLES TACTICS 1	JUNE 9, 16, 23	F	6PM – 7:30PM	COURTS 1 & 2	\$67 <i>+tax</i>
DOUBLES TACTICS 2	JUNE 30, JULY 7, 14	F	6PM – 7:30PM	COURTS 1 & 2	\$67 <i>+tax</i>
DOUBLES TACTICS 3	JUL 21, 28, AUG 4	F	6PM – 7:30PM	COURTS 1 & 2	\$67 <i>+tax</i>
DOUBLES TACTICS 4	AUG 11, 18, 25	F	6PM – 7:30PM	COURTS 1 & 2	\$67 <i>+tax</i>

## MIX & MATCH

Mix & Match is a member-run recreational doubles tournament that takes place Saturday afternoons throughout July and August. Participants play with assigned partners for 20 minutes with a rotation of 6 different partners. Pre-registration is mandatory and must be completed at the Tennis Hut prior to the event day. Game-day check-in time is 1:30pm and matches will begin at 2:00pm for two full hours of play. A prize ceremony along with tea, lemonade, sandwiches and other snacks are held at the end of all matches. Players are asked to bring a food donation or money donation to the event. If you enjoy playing mixed doubles and meeting new people, this is a great place to start! For further information, please refer to the bulletin board outside of the tennis hut for the most current updates.

Program Name	Dates	Day	Time	Location	Fee
MIX & MATCH	JULY - AUGUST	SA	2PM - 4PM	SOFT COURTS	FREE



## **ADULT CLINICS**

With the success of adult clinics such as —Feeding Frenzyll in 2014, the Waeg will be scheduling several such clinics and socials throughout the summer with Luke Saunders, Josh Chabinka, Mark White and Marijke Nel. Stay tuned for more details.

## **SOCIAL MIXERS**

Keeping up with the momentum of our 2016 season, we're pleased to continue offering a range of social tennis mixer events, and, best of all, they're free of charge! These mixers are a great opportunity to hit the courts, make some friends, and enjoy a drink in the bar afterwards!

**Men's Night** - Monday 6:30 - 8:30

**Ladies Night** - Tuesday 6:30 - 8:30

**Mixed Night** - Wednesday 6:30 - 8:30

Please register for Mixers at the Tennis Hut, and contact 902.429.2822 (ext. 4). Stay tuned for an update on a start date!

## *PLUS...* **BACK BY POPULAR DEMAND:**

### **MOTHER'S DAY BRUNCH**

Moms deserve the best. Join us on Sunday, May 8th for a delightful Mother's Day Brunch at the Waeg. For this momentous occasion, Our Chef has created a scrumptious menu of brunch favorites, sweet indulgences and savory fare. Take in the beautiful scenery of the Northwest Arm, enjoy the company of loved ones and celebrate Mother's everywhere! Seating times at 11am & 1pm. R.S.V.P.s will be required. Stay tuned for registration details and the event menu.

Seating Times: 11am & 1p

Date: Sunday, May 14th

Location: Dining Room

### **MOTHER-DAUGHTER TEA**

Enjoy an afternoon of fine dining with delicious treats and conversation over a pot of tea and maybe a glass of bubbly or two. It's the perfect ladies afternoon for mothers & daughters and good friends. A full menu will be available in early spring. R.S.V.P.s will be required. Stay tuned for registration details and the event menu.

Time: 2-4pm

Date: Sunday, July 9th & Sunday, August 20th

Location: Clubhouse

### **FATHER'S DAY AMAZING RACE CHALLENGE**

Come participate in our annual Waeg Father's Day Amazing Race Challenge. Father-Child teams (of any age) will be faced with challenges that range in skill from tennis to survival. Do you think you have what it takes to be this year's Waeg Amazing Race winners? Register for this great new event, have some fun and join us post-race for an afternoon BBQ with the rest of the family. All teams must register by June 2nd at 10am. R.S.V.P.s will be required. Stay tuned for registration details and the event menu.

Time: Check-in at 10am.

Race starts at 10:30am / BBQ at 12pm

Date: Sunday, June 18<sup>th</sup>.

## **ROOFTOP MUSIC SERIES**

We're thrilled to kick off our 2017 Rooftop Music Series. Come relax around the Lido with a drink, some grub, and in the company of friends and family, all while listening to lively, local acts performing from the Rooftop patio. Our Rooftop Music Series events take place on Sunday evenings throughout the summer, and are accompanied by a BBQ and outdoor bar. Stay tuned for announcements who will be taking the stage this year!

## **BOOK CLUB**

The Waegwoltic Club hosts an active book club that meets on the last Tuesday of every month at 7:00pm in the Clubhouse. Book club members meet to discuss books of their own choosing in an informal and relaxed setting. Admission is free and guests are welcome! If you are interested in joining the Waeg's Book Club, please R.S.V.P by either calling the Main Office (429-2822 ext.2) or by emailing [geoff@waegwoltic.ca](mailto:geoff@waegwoltic.ca).

*Stay tuned for updates to our event listings in this program guide as the spring approaches! Interested in an event or club that's not currently on offer at The Waeg? Contact [geoff@waegwoltic.ca](mailto:geoff@waegwoltic.ca) with your suggestions!*

**2017 EVENTS CALENDAR**

<b>May 2017</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>1</b>	<b>2</b>	<b>3</b> <b>Photography Workshop: 7pm</b>	<b>4</b>	<b>5</b>  <b>Friday BBQ</b>	<b>6</b>  Retro Movie Night
<b>Spring Session begins – May 8<sup>th</sup></b>						
<b>7</b>	<b>8</b> <i>Spring Session</i>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>  <b>Friday BBQ</b>	<b>13</b>
<b>14</b>  <b>Mother's Day Brunch</b>	<b>15</b>	<b>16</b>	<b>17</b>  <b>Wine &amp; Art: 7pm</b>	<b>18</b>	<b>19</b>  <b>P.D. Day Camp</b>  <b>Friday BBQ</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>  <b>Friday BBQ</b>	<b>27</b>  <b>Waeg Tennis Opening Events</b>
<b>28</b>	<b>29</b> <b>Tennis HP BOOT CAMP</b>	<b>30</b> <b>Tennis HP BOOT CAMP</b>  <b>Book Club: 7pm</b>	<b>31</b> <b>Tennis HP BOOT CAMP</b>			

June 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Tennis HP BOOT CAMP Culinary Workshop: 7pm	<b>2</b>  Friday BBQ	<b>3</b>
<b>4</b>	<b>5</b>  Men's Tennis Nights begin: 6:30pm	<b>6</b>  Women's Tennis Nights begin: 6:30pm	<b>7</b>  Mixed Tennis Nights begin: 6:30pm	<b>8</b>	<b>9</b>  Friday BBQ	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>  Wine & Art: 7pm	<b>15</b>	<b>16</b>  Friday BBQ	<b>17</b>  New Member Orientation
<b>18</b>  Father's Day Amazing Race	<b>19</b> Spring Camp 1  Waeg Waves training begins	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>  Sip & Sizzle	<b>24</b>  Welcome Back Party and AGM
<b>25</b>	<b>26</b> Spring Camp 2	<b>27</b>  Book Club: 7pm	<b>28</b>  Adult Series: 7pm	<b>29</b>  P.D. Day Camp	<b>30</b>  Canada Day Celebrations  Sip & Sizzle	

July 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Canada Day
<b>Summer Session 1 begins – July 3<sup>rd</sup></b>						
2  <b>Rooftop Music Series</b>	3  AquaFit: 12:45-1:45  <b>Waeg Waves</b> a.m. begins	4	5  AquaFit: 12:45-1:45	6  <b>Waeg Campfire:</b> 7pm	7  <b>Chocolate Bar</b> <b>Bingo: 10am</b>  <b>Future Stars</b>  <b>Sip &amp; Sizzle</b>	8
9  <b>Mother-Daughter Tea</b>	10  AquaFit: 12:45-1:45	11  <b>Sail &amp; Bail:</b> 1-3pm	12  AquaFit: 12:45-1:45  <b>Wine &amp; Art:</b> 7pm	13  <b>Teen Campout:</b> 7pm	14  <b>Wimbledon at The Waeg</b>  <b>Tye-Dye Day:</b> 10am  <b>Sip &amp; Sizzle</b>	15  <b>Wimbledon at The Waeg</b>
<b>Summer Session 2 begins – July 17<sup>th</sup></b>						
16  <b>Wimbledon at The Waeg</b>  <b>Future Stars</b>	17  AquaFit: 12:45-1:45	18	19  AquaFit: 12:45-1:45	20  <b>WAEG DAY!</b>	21  <b>HRM DAVIS CUP</b> <b>Tournament</b> w/Food & Bev  <b>Sip &amp; Sizzle</b>	22
23  <b>Rooftop Music Series</b>	24  AquaFit: 12:45-1:45	25  <b>Book Club:</b> 7pm	26  AquaFit: 12:45-1:45  <b>Adult Series:</b> 7pm	27	28  <b>Reptile Ray's</b>  RGLR. Doubles Tactics  <b>Sip &amp; Sizzle</b>	29
<b>Summer Session 3 begins – July 31<sup>st</sup></b>						
30  <b>NS Swim Meet</b>	31  AquaFit: 12:45-1:45					

August 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <b>Adult Series: 7pm</b>	3	4 TNS Team Tennis <b>Cookie Decorating</b>  Sip & Sizzle	5 TNS Team Tennis
6  TNS Team Tennis	7  AquaFit: 12:45-1:45	8	9  <b>Waeg Water Fight - 10am</b>	10  <b>Waeg Campfire: 7pm</b>	11  RGLR. Doubles Tactics  Sip & Sizzle	12
<b>Summer Session 4 begins – Aug 14<sup>th</sup></b>						
13  <b>Rooftop Music Series</b>	14  AquaFit: 12:45-1:45	15	16  <b>Adult Series: 7pm</b>	17	18 <b>Swimming w/ Mermaids</b>  Open "A" Club Championships  Sip & Sizzle	19  Open "A" Club Championships
20  <b>Mother-Daughter Tea</b>	21  Tennis Pro Week  AquaFit: 12:45-1:45	22  Tennis Pro Week	23  Tennis Pro Week	24  Tennis Pro Week	25  <b>Teddy Bear Picnic - 10am</b>  Sip & Sizzle	26 <b>TENNIS OPEN</b>
<b>NS TENNIS OPEN – Aug 26<sup>th</sup> – Sept 1<sup>st</sup></b>						
27  <b>Rooftop Music Series</b>	28	29  <b>Book Club: 7pm</b>	30  <b>Adult Series: 7pm</b>	31		

# REGISTRATION POLICY 2017

The Waegwoltic Club is committed to the satisfaction of all our members enrolling in our club programming. Effective, November 1st, 2016 (for all programming thereafter), participants registering and wishing to withdraw or transfer from a program or class must refer and agree to the following policies:

## Registration Policy

- I. All membership fees must be paid in full to register for any program.
- II. Registration fees must be paid in full at the time of enrolment and is accepted on a first-come, first-served basis. No spot will be held for any amount of time without payment. Partial payments or deposits will not be accepted to hold a spot.
- III. All Registrations are non-refundable unless:
  - a. *A program is cancelled by the Club*
  - b. *A participant cannot participate due to medical reasons substantiated by a medical note from a doctor.*
- IV. Programming fees can be paid online, over the phone via credit card, or in person at the Main Office. Applying a fee for programming to a membership account is not considered as payment and cannot be used as a method of payment to secure a spot in a program or class.
- V. If a class is full, a waitlist option is available. There is no charge for a waitlist registration. If a position becomes available, the member will be contacted by the Main Office and given 48 hours to enrol. If the 48 hours pass without payment, the spot will be offered to the next member on the waitlist.
- VI. Prices for programs and classes are subject to change.
- VII. The Waegwoltic Club reserves the right to cancel programs or classes if a minimum registration number is not obtained prior to the start date. In this case, a full refund will be issued.
- VIII. All membership fees for 2017 must be paid in full or you must be registered on the payment plan before registering for any programming. Any additional outstanding fees must also be paid in full.



## Cancelation and Transfer Policy

- I. A notice of cancellation or transfer must be received a minimum of 7 days prior to the start date of the program for a full program credit.
- II. Any cancellations or transfers received within 6 days of the program start date will receive a credit for the full amount, less an administrative fee of 25% of the program fee.
- III. Transfers that will be accommodated up to the start date without the 25% administration fee are:
  - a. *Level transfers (example: Swim Kids 1 to Swim Kids 2)*
  - b. *Time slot transfers*
  - c. *Transfers within a program in the same session*

## Safe Care and Supervision Policy

The Waegwoltic Club believes in fostering individuality, self-worth and self-esteem for all who in our care. All of our campers will be treated respectfully, listened to, and encouraged to share their perspectives, life experiences, and values.

In the event that—through the course of daily interaction with our participants—we become privy to information that could reasonably be concluded as harmful or threatening behaviour towards the well-being of a child by a parent/legal guardian/caregiver, our staff is trained to recognize and report the situation to their supervisor and, as necessary, to the appropriate child protection agency. This is not just our duty, but our responsibility under the law.

A protocol is in place to address, document and report emergency situations (both life-threatening and non-life-threatening). All emergency situations, whether life-threatening or not, are immediately reported to a supervisor after the incident, and put into writing within an hour (examples: lost child; injury).

Vulnerable Sector (VS) police checks are conducted for any staff that comes in contact with children at The Waegwoltic Club.

The Waegwoltic Club policies regarding child safety follow the guiding principles outlined in "Quest 1" of **HIGH FIVE®**'s quality standard for children's sport and recreation. Founded by Parks & Recreation Ontario, **HIGH FIVE®** provides policy guidelines that ensure that your child's experience with sport and recreation will be safe, properly-supervised, and age-appropriate. It also ensures your child will have a positive experience and leave the program smiling.

For more information about **HIGH FIVE®**, visit [www.highfive.org](http://www.highfive.org). For more information about our Safe Care and Supervision Policy, please contact Katelyn Matheson, our Programming Manager, at [katelyn@waegwoltic.ca](mailto:katelyn@waegwoltic.ca).