



Fall

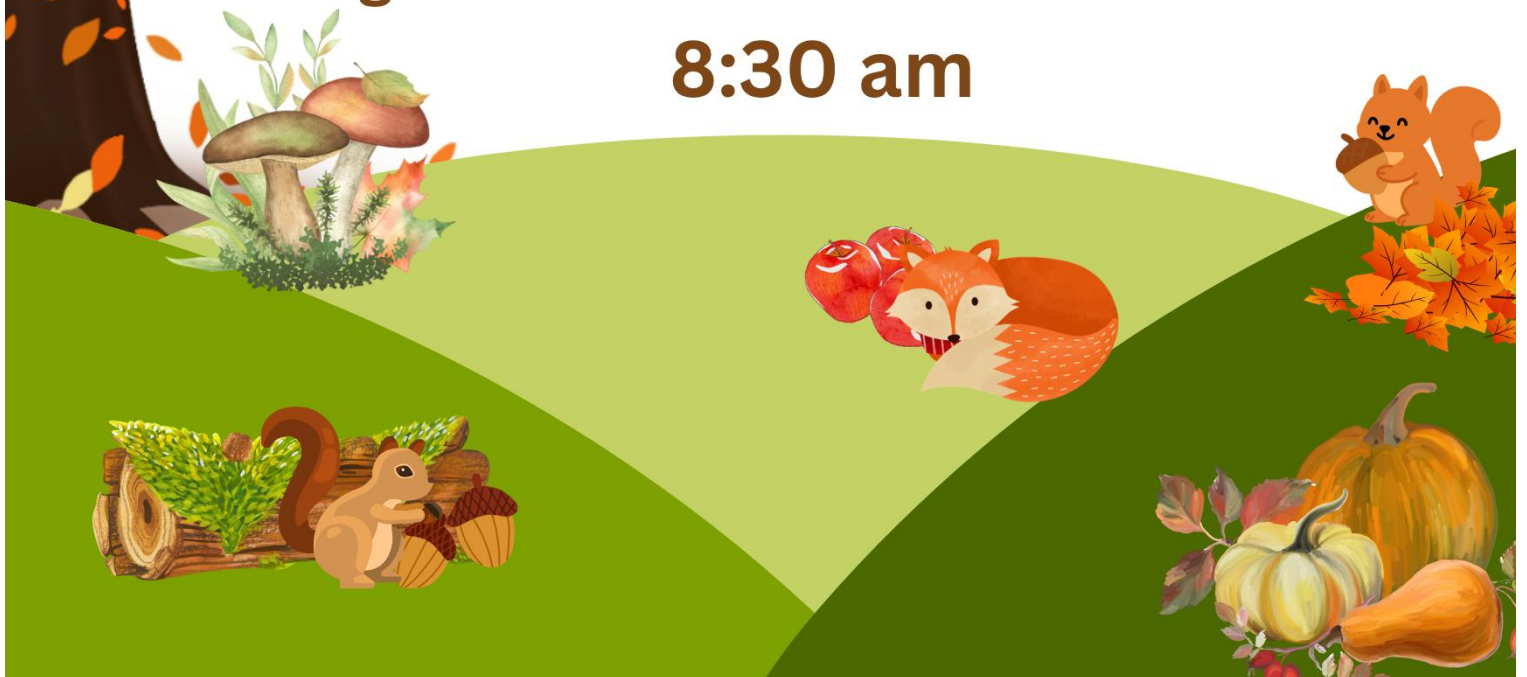
Program Guide 2026

Registration Begins

August 18th Kitchener Residents

August 25th Non-Kitchener Residents

8:30 am



How to Register:

- * Register **ONLINE** with our online registration system-ActiveNet
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 and/City of Kitchener programs.
- * To find out if you qualify and to apply, visit 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. Email: Info@familyoutreach.ca WWW.FAMILYOUTREACH.CA

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

How to contact the Huron Community Association:

 www.huroncommunity.ca
 info@huroncommunity.ca
 [/huroncommunity](https://www.instagram.com/huroncommunity)
 [/huroncommunity](https://www.facebook.com/huroncommunity)



**Keep up to date with all HCA
programs and events!**



Instagram



Facebook



Website



SCAN FOR HCA SOCIALS!



HURON COMMUNITY ASSOCIATION (HCA)

PROGRAM INFORMATION

- * HCA programs will not be running on October 10th, 12th or 26th.
- * 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 huroncc@kitchener.ca

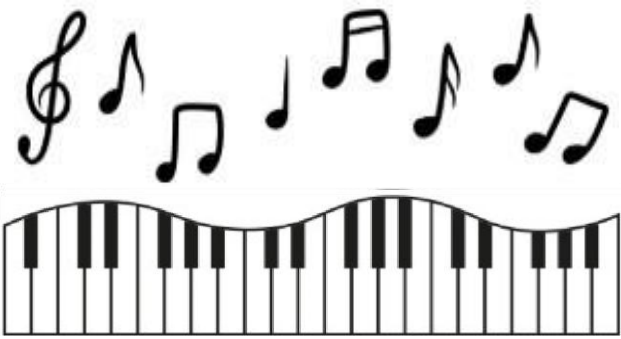
Adult and Tot

**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
Adult & Tot Dance Enjoy an introduction to ballet, 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	13 Weeks Sept 18-Dec 11	Program Room 2	\$78.00	227369
Adult & Tot Multisport 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	13 Weeks Sept 15-Dec 8	Gym 1	\$78.00	227147
	2-3Y	Tuesday 5:00-5:40pm	13 Weeks Sept 15-Dec 8	Gym 1	\$78.00	227169
Adult & Tot Music Play Join us for a fun and interactive Music & Play program! Children will explore music, movement, games, and creative activities while building confidence, coordination, and social skills in a supportive environment. No experience is required—just come ready to learn, play, and have fun!	2-4Y	Tuesday 4:00-4:40pm	13 Weeks Sept 15-Dec 8	Program Room 2	\$78.00	227288
	2-4Y	Tuesday 4:45-5:25pm	13 Weeks Sept 15-Dec 8	Program Room 2	\$78.00	227290
Adult & Tot Soccer 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	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 1	\$84.00	227383
	2-3Y	Saturday 10:00-10:55am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 1	\$84.00	227384

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.

Piano Lessons 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	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Piano Room	\$300.00	227496
	6Y+	Tuesday 3:00-8:30pm	13 Weeks Sept 15-Dec 8	Piano Room	\$325.00	227537
	6Y+	Wednesday 3:00-8:30pm	13 Weeks Sept 16-Dec 9	Piano Room	\$325.00	227569
	6Y+	Thursday 3:30-9:00pm	13 Weeks Sept 17-Dec 10	Piano Room	\$325.00	227591
	6Y+	Friday 3:30-9:00pm	13 Weeks Sept 18-Dec 11	Piano Room	\$325.00	227607
	6Y+	Saturday 9:00am-12:00pm	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Piano Room	\$300.00	227637
Music Play *NEW* Children will explore music, movement, games, and creative activities while building confidence, coordination, and social skills in a supportive environment. No experience is required-just come ready to learn, play and have fun!	4-6Y	Tuesday 5:30-6:10pm	13 Weeks Sept 15-Dec 8	Program Room 2	\$78.00	227296



Child/Youth Fitness and Sports

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
Youth Intro to Badminton Learn how to play badminton or develop your skills! Program involves skill practice, learning of the game, and a chance to play in doubles against others! Bring your own racket if you wish but this is not necessary. This is a low participant program focused on skill development and learning of the game.	13-15Y	Tuesday 7:00-7:55pm	13 Weeks Sept 15-Dec 8	Gym 2/3	\$91.00	227220
		Saturday 10:00-10:55am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 2/3	\$84.00	227413
Basketball Some exercise with friends! Program focusing on skill development, teamwork, sportsmanship and playing games! 	6-8Y	Tuesday 5:45-6:40pm	13 Weeks Sept 15-Dec 8	Gym 1	\$91.00	227172
	6-8Y	Wednesday 4:30-5:25pm	13 Weeks Sept 16-Dec 9	Gym 1	\$91.00	227308
	6-8Y	Wednesday 5:30-6:25pm	13 Weeks Sept 16-Dec 9	Gym 1	\$91.00	227309
	6-8Y	Thursday 4:00-4:55pm	13 Weeks Sept 17-Dec 10	Gym 1	\$91.00	227334
	6-8Y	Thursday 5:00-5:55pm	13 Weeks Sept 17-Dec 10	Gym 1	\$91.00	227335
	9-12Y	Tuesday 6:45-7:40pm	13 Weeks Sept 15-Dec 8	Gym 1	\$91.00	227176
	9-12Y	Wednesday 6:30-7:25pm	13 Weeks Sept 16-Dec 9	Gym 1	\$91.00	227310
	9-12Y	Wednesday 7:30-8:25pm	13 Weeks Sept 16-Dec 9	Gym 1	\$91.00	227311
	9-12Y	Thursday 6:00-6:55pm	13 Weeks Sept 17-Dec 10	Gym 1	\$91.00	227336
	13-15Y	Tuesday 7:45-8:40pm	13 Weeks Sept 15-Dec 8	Gym 1	\$91.00	227180
Kinder Karate 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	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Gym 1	\$84.00	226883
	4-5Y	Monday 5:00-5:55pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Gym 1	\$84.00	226898
	4-5Y	Monday 6:00-6:55pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Gym 1	\$84.00	226900
	4-5Y	Thursday 4:00-4:55pm	13 Weeks Sept 17-Dec 10	Program Room 1	\$91.00	227339
	4-5Y	Thursday 5:00-5:55pm	13 Weeks Sept 17-Dec 10	Program Room 1	\$91.00	227340
	4-5Y	Saturday 9:00-9:55am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Program Room 2	\$84.00	227404
Karate 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 7:00-7:55pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Gym 1	\$84.00	226902
	6-8Y	Thursday 6:00-6:55pm	13 Weeks Sept 17-Dec 10	Program Room 1	\$91.00	227341
	6-8Y	Saturday 10:00-10:55am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Program Room 2	\$84.00	227406
	9-12Y	Thursday 7:00-7:55pm	13 Weeks Sept 17-Dec 10	Program Room 1	\$91.00	227342
	9-12Y	Saturday 11:00-11:55am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Program Room 2	\$84.00	227405

Child/Youth Fitness and Sports Continued

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
Soccer The program will involve running/active games, dribbling, shooting practice, and playing soccer with a team! 	4-6Y	Wednesday 6:00-6:40pm	13 Weeks Sept 16-Dec 9	Gym 3	\$78.00	227320
	4-6Y	Friday 4:15-4:55pm	13 Weeks Sept 18-Dec 11	Gym 1	\$78.00	227365
	4-6Y	Friday 5:00-5:40pm	13 Weeks Sept 18-Dec 11	Gym 1	\$78.00	227366
	4-6Y	Saturday 11:00-11:55am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 1	\$84.00	227957
	7-9Y	Wednesday 6:45-7:40pm	13 Weeks Sept 16-Dec 9	Gym 3	\$91.00	227321
	7-9Y	Friday 5:45-6:25pm	13 Weeks Sept 18-Dec 11	Gym 1	\$78.00	227368
	7-9Y	Saturday 12:00-12:55pm	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 1	\$84.00	227386
	9-12Y	Wednesday 7:45-8:40pm	13 Weeks Sept 16-Dec 9	Gym 3	\$91.00	227322
	9-12Y	Saturday 1:00-1:55pm	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 1	\$84.00	227388
Kids Volleyball 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.	8-10Y	Monday 6:00-6:55pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Gym 3	\$96.00	227120
Youth Volleyball 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. 	10-12Y	Saturday 2:15-3:10pm	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 1	\$96.00	227391
	11-12Y	Thursday 6:00-6:55pm	13 Weeks Sept 17-Dec 10	Gym 3	\$104.00	227337
	13-15Y	Monday 6:00-6:55pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Gym 2	\$96.00	227123
Children's Yoga *NEW* A fun and supportive class where children can move, play, and relax while building confidence and body awareness. Each themed session includes yoga, movement, games, music, crafts, and mindfulness activities to support flexibility, coordination, and emotional well-being in a positive and engaging environment. Please bring your own mat.	4-7Y	Wednesday 12:00-12:55pm	6 Weeks Sept 19-Oct 31 (no class Oct 10)	Program Room 2	\$42.00	227434
Child/Youth Dance						
Ballet 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. 	3-4Y	Monday 4:45-5:25pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Program Room 2	\$72.00	227066
	3-4Y	Thursday 4:45-5:25pm	13 Weeks Sept 17-Dec 10	Program Room 2	\$78.00	227344
	3-4Y	Friday 5:30-6:10pm	13 Weeks Sept 18-Dec 11	Program Room 2	\$78.00	227371
	5-8Y	Monday 6:15-6:55pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Program Room 2	\$72.00	227109
	5-8Y	Thursday 5:30-6:10pm	13 Weeks Sept 17-Dec 10	Program Room 2	\$78.00	227345
Hip Hop Hoppers *NEW* Hip Hop Hoppers is a fun, high-energy class where kids learn basic hip hop moves, build confidence, and groove to upbeat music!	5-8Y	Thursday 6:15-6:55pm	13 Weeks Sept 17-Dec 10	Program Room 2	\$78.00	227346
	5-8Y	Friday 6:15-6:55pm	13 Weeks Sept 18-Dec 11	Program Room 2	\$78.00	227374



Child/Youth Dance Continued

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
Intro to Dance 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.	3-4Y	Monday 4:00-4:40pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Program Room 2	\$72.00	226932
	3-4Y	Thursday 4:00-4:40pm	13 Weeks Sept 17-Dec 10	Program Room 2	\$78.00	227343
	3-4Y	Friday 4:45-5:25pm	13 Weeks Sept 18-Dec 11	Program Room 2	\$78.00	227370
	5-8Y	Monday 5:30-6:10pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Program Room 2	\$72.00	226990



Child/Youth Arts, Drama and Learning Opportunities

Art Meets Science 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 the young learners.	4-5Y	Monday 4:00-4:50pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Program Room 1	\$90.00	227112
	6-8Y	Monday 6:00-6:50pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Program Room 1	\$90.00	227118
Craft Club 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!	4-5Y	Monday 5:00-5:50pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Program Room 1	\$90.00	227114
	6-8Y	Monday 7:00-7:50pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Program Room 1	\$90.00	227115
Children's Creative Drawing Class *NEW* Unleash your child's imagination in our fun and inspiring art class, designed especially for young artists! Children will learn basing drawing, explore colour mixing, and express their creativity through exciting hands-on projects in every class.	6-12Y	Friday 4:00-5:30pm	13 Weeks Sept 18-Dec 11	EarlyON Meeting Room	\$126.75	227304
Learn to Crochet*NEW* Learn how to crochet in a fun and creative environment! Participants will learn basic stitches and techniques, create new projects, or get help with projects they are already working on. No experience needed.	8-15Y	Friday 4:00-4:55pm	13 Weeks Sept 18-Dec 11	Program Room 1	\$91.00	227379
Chess Club 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	13 Weeks Sept 16-Dec 9	EarlyON Meeting Room	\$91.00	227328
	9-14Y	Wednesday 7:00-7:55pm	13 Weeks Sept 16-Dec 9	EarlyON Meeting Room	\$91.00	227329
Jr. Scientist Be curious and explore science with age-appropriate lessons and fun hands-on experiments! Get ready for things to grow, explode and splatter!	4-5Y	Tuesday 4:00-4:50pm	13 Weeks Sept 15-Dec 8	Program Room 1	\$97.50	227233
	4-5Y	Saturday 10:00-10:50am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Program Room 1	\$90.00	227395
	4-5Y	Saturday 11:00-11:50am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Program Room 1	\$90.00	227398
Kids Science 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	13 Weeks Sept 15-Dec 8	Program Room 1	\$97.50	227238
	6-8Y	Saturday 9:00-9:50am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Program Room 1	\$90.00	227392
Sr. Science 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	13 Weeks Sept 15-Dec 8	Program Room 1	\$97.50	227239



Child/Youth Arts, Drama and Learning Opportunities Continued

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
Dungeons & Dragons Meet new friends while playing D&D, a cooperative storytelling and role-playing tabletop game. Your next adventure awaits.	10-15Y	Thursday 7:00-8:20pm	13 Weeks Sept 17-Dec 10	EarlyON Meeting Room	\$65.00	227373
Adult Fitness and Sports						
Intro to Badminton 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	13 Weeks Sept 15-Dec 8	Gym 2/3	\$91.00 + HST	227228
		Saturday 9:00-9:55am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 2/3	\$84.00 + HST	227410
Drop-In Basketball 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 a drop-in basketball due to popular demand. \$2/drop-in.	18Y+	Tuesday 8:45-10:15pm	13 Weeks Sept 15-Dec 8	Gym 2/3	\$2.00/Drop In (Includes HST)	
Adult Intro to Karate*NEW* 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. Only registered participants are allowed in the program	16Y+	Monday 8:00-8:55am	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Gym 1	84.00 + HST	226908
Intro to Pickleball 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	13 Weeks Sept 15-Dec 8	Gym 2/3	\$91.00 + HST	227215
		Saturday 11:15am-12:10am	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 2/3	\$84.00 + HST	227417
		Saturday 12:15-1:10pm	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 2/3	\$84.00 + HST	227420
Intermediate Pickleball *NEW* This is an intermediate pickleball program, designed for experienced players. Not intended for beginners. The program is designed for individuals to play competitive games against other individuals registered in the program.	16Y+	Saturday 2:15-3:10pm	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 2/3	\$84.00 + HST	227425
Open Play Pickleball *NEW* 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	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 2/3	\$96.00 + HST	227427
Volleyball Drop-In 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	18Y+	Saturday 3:15-4:35pm	12 Weeks Sept 19-Dec 12 (No class Oct 10)	Gym 1	\$3.00 + HST	227958
Recreational Volleyball Meet others in your neighbourhood by playing volleyball! This program involves casual, friendly competitive games each week. Does not require previous volleyball experience.	16Y+	Monday 7:00-8:55pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Gym 3	\$96.00 + HST	227135



BOOK A GYM SPACE

FREE FOR 45 MINUTES

UP TO 10 PEOPLE



SCAN TO BOOK

Adult Fitness and Sports Continued

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
Intermediate Volleyball This program involves mildly competitive games. Previous experience playing volleyball at an intermediate level required. Skills: Several years of experience playing on organized teams; Able to consistently serve, pass (bump or volley), set, attack (spike), block and/or dig; execute the three-touch sequence and keep the ball in play; and consistently execute all skills with power and accuracy; provide strong defensive coverage. Understanding: Excellent knowledge of rules, strategies, and offensive/defensive positions; Deep understanding of offensive and defensive strategies, running offensive plays, and reading opponent's plays.	16Y+	Monday 7:00-8:55pm	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Gym 2	\$96.00 + HST	227128
Advanced Volleyball This program involves competitive games. Previous experience playing volleyball at an advanced level required. Skills: Several years of experience playing on organized teams; Able to consistently serve, pass (bump or volley), set, attack (spike), block and/or dig; execute the three-touch sequence and keep the ball in play; consistently execute all skills with power and accuracy; Able to provide strong defensive coverage. Understanding: Excellent knowledge of rules, strategies, and offensive/defensive positions; Deep understanding of offensive and defensive strategies, running offensive plays, and reading opponent's plays.	16Y+	Thursday 7:00-8:55pm	13 Weeks Sept 17-Dec 10	Gym 3	\$104.00 + HST	227338
Beginner Pilates 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	13 Weeks Sept 15-Dec 8	Program Room 1	\$91.00 + HST	227258
		Tuesday 7:00-7:55pm	13 Weeks Sept 15-Dec 8	Program Room 2	\$91.00 + HST	227245
		Thursday 7:00-7:55pm	13 Weeks Sept 17-Dec 10	Program Room 2	\$91.00 + HST	227348
Power Core Pilates 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	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Program Room 2	\$84.00 +HST	227146
		Tuesday 8:00-8:55pm	13 Weeks Sept 15-Dec 8	Program Room 2	\$91.00 + HST	227251
		Thursday 9:30-10:25am	13 Weeks Sept 17-Dec 10	Program Room 2	\$91.00 + HST	227347
		Thursday 8:00-8:55pm	13 Weeks Sept 17-Dec 10	Program Room 2	\$91.00 + HST	227349
Gentle Yoga with Janet 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.	16Y+	Wednesday 9:30-10:30am	13 Weeks Sept 16-Dec 9	Program Room 2	\$97.50 + HST	227323
Baby & Me Yoga with Janet 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.	16Y+	Wednesday 10:45-11:45am	13 Weeks Sept 16-Dec 9	Program Room 2	\$97.50 + HST	227324
Beginner Yoga with Janet 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.	16Y+	Wednesday 5:15-6:15pm	13 Weeks Sept 16-Dec 9	Program Room 2	\$97.50 + HST	227325
Slow Flow Yoga with Janet Make time to connect with mind, body and breath while moving through each pose. Please bring your own mat.	16Y+	Wednesday 6:30-7:30pm	13 Weeks Sept 16-Dec 9	Program Room 2	\$97.50 + HST	227326



Adult Fitness and Sports Continued

Description	Ages	Day/Time	Duration	Room	Cost	Barcode
Yin Yoga with Janet 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	13 Weeks Sept 16-Dec 9	Program Room 2	\$97.50 + HST	227327
Beginner Yoga Designed for individuals new to yoga or those looking to build confidence in their practice. Explore foundational postures, safe alignment, breath awareness, and mindful movement while developing strength, mobility, and balance. The class offers a supportive environment to grow your practice and connect with others on a similar yoga journey. Please bring your own mat.	16Y+	Saturday 1:00-1:55pm	6 Weeks Sept 19-Oct 31 (no class Oct 10)	Program Room 2	\$45.00 + HST	227432
Yoga & Meditation Through Chinese Medicine A 5 week series that explores the elements of Chinese Medicine through yoga, meditation and reflective discussion each week. Bring your own yoga mat.	16Y+	Monday 9:30-11:00am	5 Weeks Sept 14-Oct 19 (no class Oct 12)	Program Room 2	\$50.00 + HST	226920
Zumba + Lift *NEW* Combines the fun, high-energy cardio of Zumba with strength training. Use dumbbells and resistance bands Build strength, and enjoy a full-body workout set to upbeat music.	16Y+	Wednesday 8:00-8:55pm	13 Weeks Sept 16-Dec 9	Gym 2	\$91.00 + HST	227317
Zumba A Latin inspired dance aerobic workout through an easy to follow fitness classes. Learn the steps and have a great workout.	16Y+	Wednesday 7:00-7:55pm	13 Weeks Sept 16-Dec 9	Gym 2	\$91.00 + HST	227313
Interval Fitness This 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 6:00-6:55pm	13 Weeks Sept 16-Dec 9	Gym 2	\$91.00 + HST	227333
Total Body Sculpt 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	12 Weeks Sept 14-Dec 14 (No class Oct 12&26)	Gym 1	\$84.00 + HST	227145
		Wednesday 9:30-10:30am	13 Weeks Sept 16-Dec 9	Gym 1	\$91.00 + HST	227307

Adult Arts and Crafts

Adult Drawing Class*NEW* This engaging art class is designed for all skill levels. Class includes hands-on exploration with drawing tools, coloured pencils, paints, & more. Learn basic techniques, colour mixing, and complete creative projects in a supportive environment. This class is a great way to explore different mediums. All supplies included.	16Y+	Friday 5:35-7:05pm	13 Weeks Sept 18-Dec 11	EarlyON Meeting Room	\$126.75 + HST	227305
Adult Learn to Crochet *NEW* Learn how to crochet in a fun and creative environment! Learn basic stitches and techniques, create new projects, or get help with projects currently working on. No experience needed.	16Y+	Friday 5:00-5:55pm	13 Weeks Sept 18-Dec 11	Program Room 1	\$91.00 +HST	227381
Intro to Sewing This program focuses on the basics of operating a sewing machine, Create 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+	Monday 5:30-7:00pm	8 Weeks Sept 14-Nov 9 (No class Oct 12&26)	EarlyON Meeting Room	\$92.00 + HST	227438
Learn to Sew II: Garment Class *NEW* Designed for Learn to Sew graduates or those with recent machine experience and troubleshooting skills. This bring your own machine class allows everyone to work at their own pace. Learn garment assembly by creating your own custom garment. A supply list will be provided 2wks before the class begins.	18Y+	Monday 7:15-8:45pm	8 Weeks Sept 14-Nov 9 (No class Oct 12&26)	EarlyON Meeting Room	107.00 + HST	227442

Adult Arts and Crafts Continued

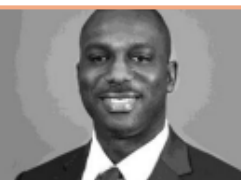
Description	Ages	Day/Time	Duration	Room	Cost	Barcode
Learn to Sew: Beginner Patchwork *NEW* This is a beginner class, designed for those with little to no sewing experience. We will focus on basic sewing machine operation and troubleshooting, while making a patchwork fabric that can be repurposed into an accessory (ex. Bag, wall hanging, table runner, etc.) Sewing machines and tools will be available for participants to use each week. A supply list will be provided for registered participants two weeks before the class begins!	18Y+	Saturday 12:30-2:00pm	8 Weeks Sept 19-Nov 14 (No class Oct 10)	Program Room 1	92.00 + HST	227402
Learn to Sew II: Quilting *NEW* This class is designed for Learn to sew graduates or those with recent machine sewing experience and troubleshooting skills. This is a bring-your-own-machine class to allow everyone to work at their own pace. We will be making a lap-sized quilt with your own personalized colour palette! A supply list will be provided for registered participants two weeks before the class begins! If you're looking for an introductory class, please consider the beginner patchwork class	18Y+	Saturday 2:15-3:45pm	8 Weeks Sept 19-Nov 14 (No class Oct 10)	Program Room 1	92.00 + HST	227450

Adult Dance

Bollywood *NEW* Get moving with the energy and excitement of Bollywood dance! Learn fun choreography, improve coordination & build confidence while dancing to upbeat music in a welcoming environment. No experience necessary. Come ready to have fun!	16Y+	Friday 7:00-7:55pm	13 Weeks Sept 18-Dec 11	Program Room 2	\$91.00 +HST	227376
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Councillor **Ayo Owodunni**
Ward 5



Hello Neighbours!

Happy Fall to you and your family! As the leaves change and we embrace the crisp autumn air, I hope you find an activity in our Fall Activity Guide that brings joy and relevance to you and your loved ones.

The Huron Community Association is offering NEW programming this Fall, like Learn to Crochet, Watercolour painting, Creative Drawing and Parent and Tot Music Play, along with bringing back popular programs everyone loves. The HCA will again be running programs on Saturdays at Huron Community Centre, including: piano lessons, science programs, sewing, soccer, karate, pickleball, and badminton. City Youth programs will be running on Thursdays, Fridays and Saturdays in the Fall.

The much anticipated Cowan Recreation Centre is set to open later this year! The region's first stainless steel swimming pools have been installed, which is a newer, more sustainable and environmentally friendly material designed to require less maintenance, requires fewer chemicals, and retains heat more effectively. Construction remains on schedule and within budget, so it's very exciting to see it come together.

Let's make this fall season memorable by engaging in activities that enrich our lives and strengthen our community bonds.

Sincerely,

Councillor Ayo Owodunni – Ward 5
Email: ayo.owodunni@kitchener.ca

Office: 519-741-2791
 @ayoowodunni

Cell: 519-897-5019
 ayo.owodunni



CITY OF KITCHENER



Child and Youth Drop-In

Description	Ages	Day/Time	Duration	Cost	Barcode
Intro to Acrylic Painting *NEW* Step into the vibrant world of acrylics, where you'll explore colour theory, learn how to mix and layer paints, and experiment with creating texture and depth. Each week features a new theme — from landscapes to abstract — giving you the tools to build skills and confidence while expressing your creativity. No experience needed and all supplies included— just bring your creativity! After the session, participant's art will be displayed at an Art Showcase. Family and friends are invited to attend to celebrate their hard work and creativity!	12-17Y	Tuesday 7:30-9:00pm	10 Weeks Sept 22-Nov 24	\$71.40	230081
Youth Drop In (YDI) 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	Friday 6:30-8:30pm	11 Weeks Sept 25-Dec 4	FREE	NO REGISTRATION REQUIRED
	12-17Y	Saturday 6:30-8:30pm	11 Weeks Sept 26-Dec 5	FREE	NO REGISTRATION REQUIRED
Youth Drop-In Basketball & Volleyball *NEW* Join us for a FREE weekly program where youth can enjoy pickup basketball and volleyball in a safe, welcoming space for all skill levels. No registration required—just show up, play, and have fun!	12-17Y	Thursday 7:00-9:00pm	11 Weeks Sept 24-Dec 3	FREE	NO REGISTRATION REQUIRED

Adult Fitness

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

Pilates Basic 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	8 Weeks Oct 20-Dec 8	\$62.32 + HST	227974
	55Y+			\$51.12 + HST	
SMART Group Exercises Join us for a free gentle exercise program led by SMART TM (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. Classes can be done seated or standing. This program is offered in collaboration with Community Support Connections.	55Y+	Thursday 11:00am-12:00pm	14 Weeks Sept 10-Dec 10	FREE	227996
Gentle Yoga 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	8 Weeks Oct 20-Dec 8	\$62.32 + HST	227971
	55Y+			\$51.12 + HST	

Adult General Classes and Programs

Meditation Basics Meditation can be frustrating, but it can also be easy and fun. In this workshop, you'll be guided through a number of meditation practices that will help you reduce stress and add calm to your life. fractures. In partnership with Osteoporosis Canada.	55Y+	Monday 1:00-2:30pm	1 Day Oct 5	FREE	227976
Foam Rolling Fundamentals You will learn the benefits of rolling and 5 techniques to use the roller. You'll practice using the roller in real time with the instructor guiding you. Foam rollers provided.	55Y+	Monday 1:00-2:30pm	1 Day Nov 23	FREE	227986

Adult General Classes and Programs Continued

Description	Ages	Day/Time	Duration	Cost	Barcode
Osteoporosis and You Learn about the disease and gain a better understanding of how you or a loved one can live well with osteoporosis. Topics include nutrition, safe exercise, treatment and fall prevention. This program will help participants to make informed decisions about their bone health. In partnership with Osteoporosis Canada.	55Y+	Monday 1:00-2:30pm	1 Day Nov 30	FREE	227988
Mindfulness & Meditation Learn how to return to your body, your breath and inner stillness. Reconnect with your calm center and learn how to observe your thoughts for greater mental clarity, lower stress and better health. Various meditation, mindfulness and gentle movement techniques will be offered and discussed. No experience necessary.	55Y+	Monday 2:30-4:00pm	1 Day Dec 7	FREE	227991
Eat Well, Age Well This interactive workshop focuses on how nutritional needs change as we age and how simple, mindful choices can improve energy, immunity, and overall well-being. Learn about key nutrients for healthy aging, budget friendly meal planning tips, and portion control. Class wraps up with a fun hands-on activity: building a balanced plate using food visuals or simple props.	55Y+	Thursday 1:15-2:45pm	1 Day Nov 19	FREE	227980



Chair of the Board, Jen Hoffman-Bailey

Welcome to our Fall session!

We have an incredible line up of programs and activities designed for you and your family and we are excited to share them with you. I'm sure there will be something for everyone to enjoy.

On behalf of the HCA Board of Directors, I would like to offer a huge **thank you** to our Interim Program Coordinator, Susan, who has been curating and maintaining our sessions since December while Melissa started her maternity leave. Susan, we are so grateful for the care and compassion you demonstrated while connecting with families and instructors for the last nine months. We are grateful that you were able to seamlessly step into this role. Thank you! If you happen to see Susan behind the Huron Community Centre desk, please be sure to say hello and offer a thank you for all her work!

Melissa, **welcome back!** We are excited to have you return from maternity leave and look forward to all the wonderful ways in which you support and create programs for our Huron residents on behalf of the Huron Community Association.

In addition to providing meaningful programs for our community, the HCA is committed to creating fun, family-friendly activities in our neighbourhood throughout the year. We have a number of events planned for this year, but a NEW one we are very excited about is something I want to invite you all to participate in. With the upcoming municipal election, the HCA Board of Directors will be hosting an All-Candidates Meeting on Sunday, September 27 from 2:30 - 4:30 pm. All Ward 5 candidates have been invited to participate and Ward 5 residents will have the opportunity to ask questions and meet the candidates who are hoping to become our new Ward 5 Councillor, replacing outgoing councillor, Ayo Owodunni. Please watch our website and social media channels for more information in the coming weeks.

What family-friendly activities are we planning? How can you find out about them? As always, you can find information about these events on Facebook, Instagram and of course, our NEW website: www.huroncommunity.ca Stay connected and get involved with the HCA .

Events like this cannot be done without the support of you! If you are someone who enjoys meeting new people or working with children, has a passion/desire for making connections in the community and values collaboration and teamwork, then we may have something for you!

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 to Rich at volunteers@huroncommunity.ca or fill out our Volunteer Form by using this QR code:

See you soon, Huron!

