

Edition 3
Hours of Operation
 Monday to Friday
 6:00 am - 10:30 pm
 Saturday, Sunday & Holidays
 7:00 am – 8:00 pm



Downtown
 301 Vaughan St.
 Winnipeg, MB
 R3B 2N7
 T: 947.3044
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www.ywinnipeg.ca

2010-2011 PROGRAM SCHEDULE

LAP POOL TIMES

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--------------------------------------|--------------------|---------------------|
| Recreation Swim (1 lane available for lane swim) | 10:00 – 12:00 1:00 – 4:45 7:30 – 10:30 | 10:00 – 12:00 1:00 – 5:00 7:30 – 10:30 | 10:00 – 12:00 1:00 – 4:45 7:30 – 10:30 | 10:00 – 12:00 1:00 – 5:00 7:30 – 10:30 | 10:00 – 12:00 1:00 – 10:30 | 12:00 – 8:00 | 10:00 – 8:00 |
| Lane Swim | 6:00 – 10:00 | 6:00 – 10:00 | 6:00 – 10:00 | 6:00 – 10:00 | 6:00 – 10:00 | 7:00 – 8:45 | 7:00 – 10:00 |

TRAINING POOL TIMES

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|-----------------|--|---|--|---|---|---|---|--|
| Recreation Swim | 6:00 – 10:15 12:00 – 2:00 2:30 – 5:15 7:30 – 10:30 | 6:00 – 10:15 11:00 – 2:00 2:30 – 5:45 7:30 – 10:30 | 6:00-10:15 12:00 – 2:00 2:30 – 5:15 7:30 – 10:30 | 6:00 – 10:15 11:00 – 2:00 2:30 – 5:15 7:30 – 10:30 | 6:00 – 10:15 12:00 – 1:00 2:30 – 10:30 | 6:00 – 10:15 12:00 – 1:00 2:30 – 10:30 | 7:00 – 8:45 11:30 – 8:00 | 7:00 – 10:00 11:00 – 8:00 |

OPEN GYM TIMES

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|----------|--|---|---|--|--|--|------------------------------------|-----------------------------------|
| Full Gym | 6:00 – 6:30 7:30 – 9:00 11:15 – 12:00 1:00 – 2:00 3:00 – 4:15 7:00 – 8:00 10:00 – 10:30 | 6:00 – 10:00 11:00 – 12:00 1:00 – 2:00 3:00 – 4:15 7:30 – 8:00 10:00 – 10:30 | 6:00 – 6:30 7:30 – 10:00 11:00 – 12:00 1:00 – 2:00 3:00 – 4:15 7:00 – 8:00 10:00 – 10:30 | 6:00 – 9:00 11:15 – 12:00 1:00 – 2:00 3:00 – 4:15 7:30 – 8:00 10:00 – 10:30 | 6:00 – 9:00 11:15 – 12:00 1:00 – 2:00 3:00 – 4:15 7:30 – 8:00 10:00 – 10:30 | 6:00 – 6:30 7:30 – 9:00 11:15 – 12:00 1:00 – 2:00 3:00 – 4:15 7:00 – 10:30 | 7:00 – 10:00 2:30 – 8:00 | 7:00 – 1:15 3:30 – 8:00 |
| Half Gym | 2:00 – 3:00 4:15 – 7:00 | 10:00 – 11:00 2:00 – 3:00 6:00 – 7:30 | 10:00 – 11:00 2:00 – 3:00 | 2:00 – 3:00 6:00 – 7:30 | 9:00 – 10:00 2:00 – 3:00 4:15 – 5:00 6:00 – 7:00 | 10:00 – 11:00 12:00 – 1:00 1:15 – 2:30 | 1:15 – 3:30 | |

MEMBER INFORMATION

**Schedule in effect
September 13 – June 19**

- Program break weeks:
December 20 – January 9
March 28 – April 3
June 20 – July 3
Please see Sales & Service Desk for break week schedule
- Aquatic lessons and registered programs require Family Advantage or Individual Memberships
- **BOLD** times indicate morning classes
- Children 7 and under must be within arm's reach of an adult/guardian at all times as per YMCA - YWCA Aquatic Admission Guidelines
- We recommend that all children 12 and under be supervised by a parent or guardian unless they are participating in Y programs
- Lockers require a membership card to lock. \$10.00 refundable deposit required for temporary card. We do not recommend padlocks of any type
- Availability of programs is determined by member demand
- SCHEDULES MAY BE SUBJECT TO CHANGE

PRESCHOOL DROP IN PROGRAMS 0 – 5 YEARS

☺ Parent Participation required

All other programs for preschoolers 4 & 5 years of age

☺ Parent and Tot Gymnastics

Parents, through the guidance of an instructor, will encourage and challenge their child to participate in a variety of gymnastics movements and activities.
Sat **10:45 – 11:30**

Preschool Gymnastics

A fun, recreation based class with emphasis on fitness and basic movements.

Wed 6:00 – 6:45

Creative Movement

An intro to movement and music for younger members.

Sat 12:15 – 1:00

☺ Bouncer/Slide

Come jump and enjoy our giant inflatable bouncers.

Mon 6:00 – 6:45 Sat 12:15 – 1:00

CHILDREN DROP IN PROGRAMS 6 – 12 YEARS

After School Mania *NEW*

Drop off your child for active games, crafts and other activities.

Mon\Wed\Fri 4:30 – 6:00

Tues\Thurs 6:00 – 7:30

Youth Fitness (ages 10 – 13) *NEW*

Fun Fitness Fundamentals for youth with a focus on training principles, health, and wellness.

Wed 6:00 – 7:00 Sat 1:00 – 2:00

Gymnastics

A recreation based class emphasizing fun, fitness and fundamentals.

Wed 5:00 – 5:45 Sat **10:00 – 10:45**

Adventures in Art

A creative class for the young artist.

Sat **11:00 – 11:45**

Dance

Introduction to dance through creative movements and dance steps to music.

Sat 2:00 – 2:45

Tae Kwon Do

This martial arts class will teach fast reactions through skills & drills and, respect for self & others.

Tues\Thurs 7:00 – 8:00 Sat 12:00 – 1:00

REGISTERED PROGRAMS

Please see our Sales & Service staff for more information and registration

Leaders In Training (ages 12-14)

Teens will be exposed to a wide variety of physical activities, explore group dynamics, interaction and participate in activities aimed at developing their sense of individuality and self-worth.

Sat 1:00 – 3:00

Birthday Parties

Celebrate your Birthday at the Y! A variety of activities to choose from. Birthday child must be a member. Sun 1:30 – 3:30

Cost: \$75.00/party, up to 10 children

\$4.00/additional child

\$50.00 non-refundable deposit at time registration

Leaders (ages 15-17)

Leaders will be given the opportunity to explore principles of learning and teaching, explore and develop their personal values and develop a sense of awareness and responsibility to others in the community.

Sat 1:00 – 3:00

Steve Nash Youth Basketball *NEW*

The Y is excited to partner with the Steve Nash Youth Basketball program. The goal of the program is to allow youth to maximize their potential while building character, discipline, self-esteem and sportsmanship.

Ages 6-8: Tues 4:30 – 5:15 Thurs 5:15 – 6:00

Ages 9-12: Tues 5:15 – 6:00 Thurs 4:30 – 5:15

SPECIAL EVENTS

Halloween Howl

Join us for a Spooktacular party! Come dressed in your costumes and have some frightening fun for the whole family.

October 29 6:00 – 8:00

Breakfast and Swim with Santa

Get the whole family together, grab your appetite and your swim suits and come down to the Y to meet a special guest from the North pole.

December 19 **9:00 – 11:00**

Easter Eggstravaganza

Come and join us for some family fun and a hopping good time. Activities include crafts, games, bouncers and more!

April 17 6:00 – 8:00

Babysitting

Tues/Thurs **9:00 – 1:00**

Fri **9:00 – 11:30**

Mon/Wed 6:00 – 8:00

Sat **10:00 – 12:00**

\$1.25/½ hour/child

\$12.50 pre paid cards

Activity Centre

Come and enjoy our giant play structure.

Parent or guardian supervision is required at all times.

Socks are required for the play structure.

Steve Nash Youth *NEW* Basketball Sessions

Sept 28, 2010 – Apr 24, 2011

NO CLASSES during

Program break week

Dec 20 – Jan 9, 2011

TEEN AND ADULT PROGRAMS

13-17 yr. olds must attend a Fitness Centre Orientation prior to using Fitness Centre

All classes 45 minutes unless otherwise indicated. Download a copy of our weekly fitness schedule at www.ywinnipeg.ca

Aquafit

A shallow water class. Water resistance is used to improve cardiovascular and muscular conditioning.

Mon/Wed/Fri 12:05 – 12:50

Tues/Thurs 5:00 – 5:45

Aquaflow Sun. 10:00 – 10:45

Athletic Training

A high intensity cardio and resistance training interval class with minimal choreography.

Wed 11:15 – 12:00 Fri 12:05 – 12:50

*Tues 5:00 – 5:45 will run between Registered Boot camp sessions.

Barbell Blast

Total body conditioning using barbells for resistance.

Mon 6:45 – 7:30 Wed 12:05 – 12:50

Wed 6:00 – 6:45 Thurs 11:15 – 12:00

Sat 11:00 – 11:45

Body Link

A combination of Pilates, Yoga and strength training that will challenge your spirit, mind and body.

Mon 6:00 – 6:45 Tues 11:15 – 12:00

Wed 7:00 – 7:45

Floor Hockey

Drop-in floor hockey. Come with your friends or on your own.

Mon/Wed/Fri 6:30 – 7:30

Badminton

Drop-in badminton. Come with your friends or on your own.

Mon 8:00 – 10:00

REGISTERED LAND PROGRAMS Please see our Sales & Service staff for more information and registration

Belly Dancing (13+)

Mon 7:00 – 8:00

Bootcamp (ages 16+)

A simple, yet highly challenging progressive six week registered session focusing on all aspects of fitness.

Deep Water

A deep water class. Water resistance is used to improve cardiovascular and muscular conditioning.

Tues/Thurs 12:05 – 12:50

Mon/Wed 4:45 – 5:30

BOSU Step and Sculpt *NEW*

A complete workout using the BOSU for cardio training and various types of resistance for body sculpting.

Mon 11:15 – 12:00

Body Sculpt

Total body conditioning using a variety of resistance training equipment.

Wed 6:45 – 7:30 Mon 12:05 – 12:50

Cardio Box

Cardio workout using various boxing techniques. Wed 5:00 – 5:45

Cardio Combo

A cardio workout incorporating high-intensity interval training.

Tues 12:05 – 12:50 Fri 5:00 – 5:45

Tae Kwon Do

This is a full belt program with basic techniques demonstrated by qualified black belt instructors.

Tues/Thurs 8:00 – 9:00

Basketball

Drop-in basketball. Come with your friends or on your own.

Mon/Tues/Wed/Thurs/Fri 12:00 – 1:00

Tues 8:00 – 10:00

Golf (ages 13+)

Learn the basics and improve your skills of the game

Wed 7:00 – 8:00

Apr 27 – May 25

Gentle Aquafit

A shallow water Aquafit class performed at a slower pace with cardiovascular and muscular conditioning in mind.

Mon/Wed/Fri 11:00 – 11:45

Make Waves

A water exercise program designed to assist women coping with breast cancer surgery as part of their treatment. Fri 1:00 – 1:45

Low Impact

A slower pace class focusing on cardiovascular, muscular conditioning and stretching.

Fri 10:00 – 10:45

Step

A cardio workout with moderate choreography and varying intensities; suitable for all fitness levels.

Mon 5:00 – 5:45 Thurs 12:05 – 12:50

Step and Sculpt *NEW*

A complete workout using the Step for cardio training and various types of resistance for body sculpting.

Thurs 6:00 – 6:45

Soccer (Oct 7 – Apr 14)

Drop-in soccer. Come with your friends or on your own.

Thurs 8:00 – 10:00

Volleyball

Drop-in volleyball. Come with your friends or on your own.

Wed 8:00 – 10:00

Zumba (ages 13+)

Latin inspired dance fitness. All fitness levels welcome

Tues 6:00 – 7:00 Thurs 5:00 – 6:00

Studio Cycle

A challenging cardio workout. Participants are encouraged to cycle at their own comfort level.

Tues/Thurs 6:45 – 7:45

Tues/Thurs 12:05 – 12:50

Mon/Wed 6:00 – 6:45

Sat 10:00 – 10:45 (Oct 2-May 14)

Sun 12:00 – 12:45 (Oct 3-May 15)

Monthly Special (starts Oct 2) *NEW*

75 minute class offered once a month

9:30-10:45

1st Saturday – Body Link

2nd Saturday – Zumba

3rd Saturday – Super Step

4th Saturday – Athletic Training

Fitness Centre Orientation

An orientation to our equipment, basic training principles and member etiquette.

Cardio equipment will be covered first, followed by strength training equipment.

Mon/Wed 4:00 Tues/Thurs/Fri 7:00

Sat 10:30 Sun 10:00

PEP

A one-on-one consultation with Y staff to develop an individual program to meet your personal fitness goals.

Pre-requisite: Fitness Centre Orientation program to be followed for 8 weeks prior to P.E.P. Call 947.3110 ext. 300 to arrange an appointment, or e-mail:

Registered Land Program Sessions

Belly Dancing: Mon 7:00 – 8:00

Sept 27 – Nov 15

Feb 7 – Mar 14

Apr 4 – May 23

Bootcamp: Tues/Fri 6:30 – 7:45

Oct 19 – Nov 26

Jan 4 – Feb 11

Apr 12 – May 20

Bootcamp: Tues/Thurs 4:45 – 6:00

Oct. 19 – Nov 25

Jan 4 – Feb 10

Apr 12 – May 19

Zumba: Tues 6:00 – 7:00

Sept 14 – Nov 30

Jan 18 – Mar 22

Apr 12 – May 17

Zumba: Thurs 5:00 – 6:00 (Thurs classes run between Bootcamp sessions only)

Sept 16 – Oct 14

Feb 17 – Mar 24

REGISTERED AQUATIC PROGRAMS

Parented L'il Dippers (0 – 3 yrs)

Orients parents and young children to the water environment and water safety while developing comfort and confidence in the water. Guided instruction and free play are both incorporated in this program.

Star 4-6 (5-12 yrs)

Children improve their swimming abilities through stroke development, improving endurance, learning new skills and enhancing water safety knowledge. Leadership opportunities are also explored.

L'il Dippers (3 – 5 yrs)

An un-parented program introducing children to elementary movement and buoyancy skills while developing comfort and confidence in the water.

Teen/Adult Int./Adv *NEW*

Review and improve stroke techniques and develop endurance.

Learn to Swim/Star 1 – 3 (5 – 12 yrs)

Fundamental swim skills, water safety education, character development and positive relationship building are emphasized in this program.

Teen/Adult Beginner (13+ yrs) *NEW*

Swimming lessons for teens and adults. No prior swimming experience required.

Aquatic Program

The YMCA – YWCA of Winnipeg

follows YMCA of Canada's

"Progressive Evaluation" system.

Participants are continuously

evaluated and once the required skills

are observed 3 times to standard,

they move into the next level; there is

no waiting until the end of the

session. Progress reports are given

out when your child completes a level

as well as at the end of December.

| Program | Age | Monday | Tuesday | Wednesday | Thursday | Saturday |
|--------------------------|------|--|---|---|---|--|
| Parented L'il Dippers | 0-3 | 5:30 – 6:00 | | | 5:30 – 6:00 | 9:00 – 9:30 |
| L'il Dippers | 3-5 | 6:00 – 6:30 6:30 – 7:00 | 6:00 – 6:30 6:30 – 7:00 | 5:30 – 6:00 6:45 – 7:15 | 6:00 – 6:30 6:30 – 7:00 | 10:00 – 10:30 10:30 – 11:00 |
| Learn to Swim/Star 1 – 3 | 5-12 | 5:30 – 6:00 6:00 – 6:30 6:30 – 7:00 7:00 – 7:30 | 6:00 – 6:30 6:30 – 7:00 7:00 – 7:30 | 5:30 – 6:00 6:00 – 6:30 6:45 – 7:15 | 6:00 – 6:30 6:30 – 7:00 7:00 – 7:30 | 9:00 – 9:30 10:00 – 10:30 10:30 – 11:00 11:00 – 11:30 |
| Star 4 – 6 | | 7:00 – 7:45 | | 6:00 – 6:45 | | 11:00 – 11:45 |
| Teen/Adult Beginner | 13+ | | 7:00 – 7:30 | | 7:00 – 7:30 | |
| Teen/Adult Int./Adv | | | 7:00 – 7:30 | | 7:00 – 7:30 | |

Become a Y Volunteer

The YMCA – YWCA of Winnipeg has

a strong history of volunteerism.

From children's recreation programs

to adult fitness, Sales & Service to

cleaning & maintenance, aquatic

programs to community outreach and

child care to governance – there is

something for everyone. Please see

our staff for more details on how you

can get involved.

| Program | Pre- requisite | Day & Time | Start Dates | Fees |
|------------------|-------------------|--|--|--|
| Bronze Medallion | 13+ | Thurs 6:00 – 10:00 | Sept.16 – Oct. 21,2010 6 weeks | Members: \$70.00 Non-Members: \$210.00 |
| Bronze Cross | Bronze Medallion | Thurs 6:00 – 10:00 | Nov.4 – Dec. 16, 2010 6 weeks (No class on Nov. 11) | Members: \$80.00 Non-members: \$240.00 |
| NLS/AEC/CPR | 16+, Bronze Cross | Fri 6:00 – 10:00 Sat 9:00 – 6:00 Sun 9:00 – 6:00 | April 15, 16, 17, 29, 30, 2011 May 1, 6, 7, 8, 13, 14, 2011 | Members: \$200.00 Non-members: \$300.00 |

