

**Hours of Operation**  
 Monday to Friday  
 6:00 a.m. - 10:30 p.m.

Saturday, Sunday & Holidays  
 7:00 a.m. – 8:00 p.m.



**YMCA - YWCA**  
 We build strong kids,  
 strong families, strong communities.

**Downtown**  
 301 Vaughan St.  
 Winnipeg, MB  
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# SUMMER 2010 BREAK WEEK SCHEDULE

## OPEN POOL TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool Lane Swim	<b>6:00 – 10:00</b>	<b>6:00 – 10:00</b>	<b>6:00 – 10:00</b>	<b>6:00 – 10:00</b>	<b>6:00 – 10:00</b>	<b>7:00 – 10:00</b>	<b>7:00 – 10:00</b>
Lap Pool Rec. Swim (1 lane available for lane swim)	<b>10:00 – 12:00</b> 1:00 – 5:00 <b>6:00 – 10:30</b>	<b>10:00 – 12:00</b> 1:00 – 5:00 <b>6:00 – 10:30</b>	<b>10:00 – 12:00</b> 1:00 – 5:00 <b>6:00 – 10:30</b>	<b>10:00 – 12:00</b> 1:00 – 5:00 <b>6:00 – 10:30</b>	<b>10:00 – 12:00</b> 1:00 – 10:30	<b>10:00 – 8:00</b>	<b>10:00 – 8:00</b>
Training Pool	<b>6:00 – 10:15</b> 12:00 – 2:00 <b>2:30 – 10:30</b>	<b>6:00 – 10:15</b> 12:00 – 2:00 <b>2:30 – 10:30</b>	<b>6:00 – 10:15</b> 12:00 – 2:00 <b>2:30 – 10:30</b>	<b>6:00 – 10:15</b> 12:00 – 2:00 <b>2:30 – 10:30</b>	<b>6:00 – 10:15</b> 12:00 – 2:00 <b>2:30 – 10:30</b>	<b>7:00 – 8:00</b>	<b>7:00 – 10:00</b> <b>11:00 – 8:00</b>

Children 7 years and under must be within arms' reach of an adult at all times. Please see the Membership Sales and Service Desk for a copy of the YMCA-YWCA aquatic admission guidelines.

## OPEN GYM TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Full Gym</b>	<b>7:30 – 10:00</b> <b>11:00 – 12:00</b> 1:00 – 2:00 3:00 – 10:30	<b>6:00 – 10:00</b> <b>11:00 – 12:00</b> 1:00 – 2:00 3:00 – 10:30	<b>7:30 – 10:00</b> <b>11:00 – 12:00</b> 1:00 – 2:00 3:00 – 10:30	<b>6:00 – 10:00</b> <b>11:00 – 12:00</b> 1:00 – 2:00 3:00 – 10:30	<b>7:30 – 10:00</b> <b>11:00 – 12:00</b> 1:00 – 2:00 3:00 – 10:30		<b>7:00 – 8:00</b>	<b>7:00 – 1:30</b> 3:30 – 8:00
<b>Half Gym</b>	<b>10:00 – 11:00</b> 2:00 – 3:00	<b>10:00 – 11:00</b> 2:00 – 3:00	<b>10:00 – 11:00</b> 2:00 – 3:00	<b>10:00 – 11:00</b> 2:00 – 3:00	<b>10:00 – 11:00</b> 2:00 – 3:00		1:30 – 3:30	

We recommend that all children 12 and under be supervised by a parent or guardian unless they are participating in Y programs

## Member Information

**Schedule in effect  
 Aug 30 to Sept 12**

- Building hours for Sept 6 are 7:00 am to 8:00 pm
- No classes on Sept 6 due to the Holiday
- **BOLD** denotes a.m.
- Fall program schedule starts Sept 13
- Registration for Fall Program is now open
- Availability of programs is determined by member demand
- **ALL SCHEDULES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE**

## Teen and Adult Classes

All classes are 45 minutes unless otherwise indicated

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
7:00	Barbell Blast	Cycle	Body Sculpt	Cycle		Aqua Flow 10:00
11:00	Senior Swim	Senior Swim	Gentle Aquafit	Senior Swim	Gentle Aquafit	
12:05	Cardio Combo Aquafit Basketball	Barbell Cycle Deep Water Aquafit Basketball	Athletic Training Aquafit Basketball	Body Sculpt Cycle Deep Water Aquafit Basketball	Step Aquafit Basketball	
5:00	Step Deep Water Aquafit	Body Sculpt Aquafit	Cardio Box Cycle Deep Water Aquafit	Step & Sculpt Aquafit		

**Wear appropriate workout attire, including shirt and running shoes for indoor use for all orientations and P.E.P. talks.**

Monday & Wednesday 4:00  
Tuesday, Thursday & Friday 7:00  
Saturday **10:00**

**Personalized Exercise Program  
(P.E.P.) Talks**

Pre-requisite: Fitness Centre Orientation program to be followed for 7 weeks prior to P.E.P.  
Call 947.3110 ext. 300 to arrange  
an appointment, or e-mail: [dtprog@ymcaywca.mb.ca](mailto:dtprog@ymcaywca.mb.ca).

### ***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.*

