

Hours of OperationMonday to Saturday
12:00 – 9:00Sundays & Holidays
12:00 – 8:00

YMCA - YWCA

We build strong kids,
strong families, strong communities.**North Y Youth Centre**363 McGregor Street
Winnipeg, MB
R2W 4X4
T: 204.989.4109
www.ywinnipeg.ca**2009 – 2010 PROGRAM SCHEDULE****RECREATION PROGRAMS****SKATE PARK TIMES**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Skate	12:00 – 8:45	12:00 – 8:45	12:00 – 8:45	12:00 – 8:45	12:00 – 8:45	12:00 – 8:45	12:00 – 7:45

CLIMBING TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>To Be Announced. Equipment is currently on back order.</i>							

TEEN CLINIC – WINNIPEG REGIONAL HEALTH AUTHORITY PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:00 – 7:00						

COMPUTER LAB

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00 – 9:00	5:00 – 9:00	5:00 – 9:00	5:00 – 9:00	5:00 – 9:00	5:00 – 9:00	

ARTS & CRAFTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1:00 – 2:00	1:00 – 2:00	1:00 – 2:00	5:00 – 7:00	

LEADERSHIP DEVELOPMENT PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1:00 – 3:00			

YOGA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 – 6:00						

MEMBER INFORMATION1st Edition**Schedule in effect
July 5 through August 27**

- Availability of programs is determined by member demand
- Schedules are subject to change
- Annual membership is \$5.00 (non-refundable)
- Members will be caring, honest, respectful and responsible with all people and equipment
- Rules, regulations and etiquette guidelines are designed for the safety and protection of participants
- **Everyone has a right to feel safe and comfortable in our facility.**
- The YMCA–YWCA of Winnipeg is not liable for any injury, or loss or damage to personal property

Play structure

Enjoy the youth play structure open during regular operating hours. Supervision of youth is recommended and clean socks are required to use play structure.

BASKETBALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth					4:00 – 6:00		
Teen (13+)	7:00 – 8:45		8:00 – 8:45	7:00 – 8:00			

SOCCER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		4:00 – 6:00		4:00 – 6:00			

FLOOR HOCKEY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth			6:00 – 8:00				3:00 – 4:00
Teen (13+)							8:00 – 10:00

DANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:00 – 6:30		5:00 – 6:30			

GYM GAMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30 - 8:00					

MARTIAL ARTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00 – 7:00						

DODGEBALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			4:00 – 5:00	2:00 – 3:00	6:00 – 7:00		6:00 – 7:00

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.

Tournaments

Watch for in house notices for **Saturday** intramural style tournaments featuring different sports every week including basketball, floor hockey, dodgeball, volleyball and more!

Get you teams together and register them with the Sales & Service Desk and prepare for a weekend of team sport madness!

And for the older youth ask about after hour pick-up games and maybe even some league action.

YMCA–YWCA of Winnipeg

If you enjoy what we have to offer here, you should consider membership for our Health, Fitness and Recreation facilities. With swimming pools, full sized fitness centres, gymnasiums, and more! Our HFR facilities have something to offer the whole family.

Ask our staff about membership options and programs available at our other buildings throughout the city.



A United Way
Agency Partner