

Edition 1

**Hours of Operation**

Monday to Friday  
6:00 am - 10:30 pm  
Saturday, Sunday & Holidays  
7:00 am – 8:00 pm



YMCA - YWCA

We build strong kids,  
strong families, strong communities.

**South**  
5 Fermor Avenue  
Winnipeg, MB  
R2M 0Y1  
T: 233.3476  
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[www.ywinnipeg.ca](http://www.ywinnipeg.ca)

# 2010-2011 PROGRAM SCHEDULE

**MAIN POOL TIMES** (D = Deep Water)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recreation Swim	3:00-4:30 9:00-10:30 D	1:00-4:30	2:00-4:30 8:15-10:30 D	3:00-4:30 9:00-10:30	1:00-4:30 6:00-7:00 8:00-10:30	2:30-8:00	9:30-10:15 2:30-5:00 <sup>1</sup> 5:00-8:00
Lane Swim/ Recreation Swim	10:00-11:00 1:00-2:00	10:00-11:00 9:00-10:30 D	10:00-11:00 1:00-2:00	10:00-11:00 1:00-2:00	10:00-11:00		
Lane Swim	6:00-9:00 D 11:00-1:00 D	6:00-8:15 D 11:00-1:00	6:00-9:00 D 11:00-1:00 D	6:00-8:15 D 11:30-1:00	6:00-9:00 D 11:00-1:00 D	7:00-8:30 D	7:00-9:30 D

**FAMILY POOL TIMES** (D = Deep Water)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recreation Swim	8:00-9:00 11:45-1:00 3:00-4:30 9:00-10:30	11:45-1:00 2:00-4:30 9:00-10:30	8:00-9:00 11:45-1:00 2:00-4:30 8:15-10:30	11:00-11:30 12:00-1:00 3:00-4:30 9:00-10:30	8:00-9:00 11:45-1:00 2:00-4:30 6:00-10:30	7:00-8:30 12:30-8:00	7:00-10:15 2:00-8:00
Lane Swim	6:00-8:00 D	6:00-8:15 D	6:00-8:00 D	6:00-8:15 D	6:00-8:00 D		

<sup>1</sup> The NLS course will be in the pool area from 2:00-5:00 on Sundays starting Jan. 16/11. Only half pool may be available at this time. Pool depth will be variable.

**OPEN GYM TIMES**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Gym	6:00-8:45 12:30-1:00 3:30-5:15 9:00-10:30	6:00-8:45 12:30-1:00 3:30-6:00	6:00-8:45 12:30-1:00 3:30-5:15	6:00-8:45 12:30-1:00 3:30-6:00	6:00-8:45 12:30-2:30 3:30-6:00 8:00-10:30	7:00-9:00 3:00-4:30 5:30-8:00	7:00-9:00 11:30-4:30 5:30-8:00
Half Gym	8:45-12:30 2:30-3:30	8:45-12:30 2:30-3:30	8:45-12:30 2:30-3:30	8:45-10:00 10:30-12:30 2:30-3:30	8:45-12:30 2:30-3:30		9:00-10:15

**OPEN FITNESS STUDIO TIMES**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-9:00 11:00-6:00 8:30-10:30	6:00-9:00 11:00-6:00 7:30-10:30	6:00-9:00 12:00-5:00 7:30-10:30	6:00-9:00 11:00-6:00 7:30-10:30	6:00-9:00 11:00-10:30	7:00-8:15 10:00-8:00	7:00-10:00 11:00-12:00 2:00-8:00

**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 schedules
- 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. Cash deposit required for temporary card. We do not recommend padlocks of any type
- Availability of programs is determined by member demand
- Babysitting Mon-Fri 9:00-Noon \$12.50 pre paid cards
- 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. All programs 30 minutes unless otherwise indicated

### ☺ Preschool Playtime (Gym)

An open playtime for parents and their children to come and use our equipment, bouncers and gym facilities.

Mon-Wed / Fri **9:45-11:00**

Thurs **9:45-10:30** Sun **9:00-10:00**

### Soccer

A great class to run and play and learn basic skills.

Tues 6:45

### ☺ Kinder Club *NEW*

Enjoy a new adventure each week! From crafts and science projects to parachute and low organized games.

Wed 6:00 Thurs 5:15 Sat **9:30**

### ☺ Preschool Playtime (Pool)

An open playtime for parents and their children to come and use the Family pool.

Tues/Fri **11:00-11:45**

### Creative Movement

An introduction to movement and music.

Tues 6:15

### Adventures in Art

A creative class for very young artists.

Tue 5:45 Thurs 6:00

### ☺ Parent & Tot Gymnastics

Parents, through the guidance of an instructor, will encourage and challenge their child to participate in a variety of moves and activities with the use of gymnastic equipment.

Thurs **10:30**

### Preschool Gymnastics

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

Mon 6:15 Wed 5:30 Sat **10:00**

### ☺ Craft and Story

Join our staff for story time and a craft.

Tue **10:30**

Wed 1:30 (during Stay & Play)

### ☺ Stay & Play *NEW*

Enjoy our babysitting room on your own time-grab a spot to read, enjoy a puzzle, play "make believe" with your child or just come to hang out with other parents!

Mon - Thurs 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. Saturday or Sunday 4:30-6:30 pm

## CHILDREN DROP IN PROGRAMS 6 – 12 YEARS

All programs 45 minutes unless otherwise indicated

### Gymnastics

A recreation based class emphasizing fun, fitness and fundamentals.

Mon 5:30 Wed 6:00 Sat **9:15**

### Y's World of Sports

Kids participate in different sports every week, such as floor hockey, basketball, soccer as well as many others on a rotational basis.

Thurs **10:00-10:30**

### Dance

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

Tue 6:45 Sat **10:00**

### Soccer

Fun and fitness through soccer skills, drills and games.

Tues 6:00

### Body Link (ages 9-12)

An entry level introduction to a combination of Pilates, Yoga, stretch and strength.

Wed 5:15

### ***Activity Centre***

*Come and enjoy our active and interactive games and giant play structure. Open all day, everyday with the exception of Special Event Times. Please see Member Bulletin board for more details. Socks are required for the play structure.*

## FAMILY DROP IN PROGRAMS

### Family Gym & Swim

The gym and aquatic centre are yours to play and have fun.

Fri 6:00-7:00 (gym) 7:00-8:00 (pool)

(variable depth in Main pool Friday nights)

### Family Floor Hockey

Get ready to run, shoot and score! Family fun for everyone.

Fri 7:00-8:00

### Family Soccer

This family friendly soccer hour is open to all skill levels and abilities.

Sun **10:30-11:30**

## SPECIAL EVENTS ( Fee / ☺ registration required; open to all)

### ☺ 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 pm

### ☺ Swim with Santa

Get the whole family together, grab your swim suits and join our Special Guest in our aquatic centre for fun and games.

December 10 6:00-8:00 pm

### ☺ Easter Eggstravaganza

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

April 15 6:00-8:00 pm

## REGISTERED CLASSES

### ☛ Tae Kwon Do

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

#### **7-12 years**

Mon/Wed 7:00-8:00 Sat 1:00-2:00

**13+ years** Mon/Wed 8:00-9:00

### ☛ Karate

An introduction to the art of Karate. Participants develop character, self respect and control.

#### **6+ years**

Mon 6:00-6:45

### ☛ Leaders In Training (ages 12-14)

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

Sat 1:00-3:00

### ☛ 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.

Friday 5:30-7:30

### ☛ Active Y Kids *NEW*

A fun and engaging 12 week program that incorporates fitness activities, nutrition and self development education to improve and sustain healthy lifestyles. Instruction is provided by energetic and certified staff. Take-home resources and material help motivate and inspire participants and families.

Ages 9-12: Sat **10:00-11:30**

### ☛ 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: Thurs 6:00-6:45 Sat 11:30-12:15

Ages 9-12: Thurs 6:45-7:30 Sat 12:15-1:00

### ☛ Y TRI *NEW*

A triathlon program for members of all ages. Participate as an individual or as a family. Participants will use spin bikes, treadmills and our pool to challenge and improve their fitness. Due to equipment size, participation is determined by a height requirement.

Sun 1:00-2:30

## TEEN AND ADULT PROGRAMS 13+ YEARS

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](http://www.ywinnipeg.ca)

### Volleyball

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

Tues 7:30-10:30

### Badminton

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

Wed 9:00-10:30

### Basketball

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

Thurs 7:30-10:30

### Aquafit

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

Mon/Wed/Thurs **9:15** Tues **8:30**

Tues/Thurs 7:30 Sun **10:15**

### Deep Water

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

Tues/Fri **9:15** Thurs **8:30**

Mon/Wed 7:30 Sat 11:45

### Gentle Aquafit

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

Mon/Thurs 2:15

### Circuit Training

A class that improves general conditioning. Timed stations are set up and participants perform different exercises or activities at each station.

Wed 6:00 Fri **10:00** Sat **8:30**

### Body Link

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

Mon/Thurs 6:45 Tues/Sat **9:15**

### Hi/Lo

A cardio workout with a variety of intensity options.

Mon 6:00

### Step

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

Tues 6:00 Thurs **10:00** Fri **9:15**

### Low Impact

Slower pace class focusing on cardiovascular, muscular conditioning and stretching.

Mon-Thurs 1:00-2:15

### Bosu Blast

A workout using the Bosu Ball that will challenge your muscular strength, balance, coordination and cardiovascular systems

Wed **10:00** Sun 12:15

### Cardio Combo

A cardio workout incorporating high-intensity interval training.

Mon **10:00** Wed **9:15** / 6:45 Sun 1:00

### Step and Sculpt

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

Thurs 6:00

### Body Sculpt

Total body conditioning using a variety of resistance training equipment.

Mon/Thurs **9:15** Tue **10:00** / 6:45

### Studio Cycle

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

Reservation available at Sales & Service

Desk 30 min. prior to class start time.

Tues/Thurs/Sat **9:15** Tues 6:00

### 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 **11:00**

Sat / Sun 3:00

Tues / Wed / Thurs 7:00

### Free Weight Orientation *NEW*

An orientation to the free weight equipment including proper technique and modifications.

Sun **10:00** Mon 7:30 Wed **11:00**

### PEP

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

Call 233.3476 to arrange an appointment or email: [syprog@ymcaywca.mb.ca](mailto:syprog@ymcaywca.mb.ca)

## 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.

### 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.

### Learn to Swim (5-12 yrs)

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

### Star 1-6 Program (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.

### Teen/Adult Swim (13+ yrs)

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

### Adaptive Swim Program <sup>NEW</sup>

A swim program for members of all ages who are challenged with cognitive or physical disabilities. Instructors coach individual support workers (provided by family) to teach and develop swimming skills to the member. Inquire at Sales & Service desk for details.

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, March and June.

Program	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parented L'il Dippers	0-3	11:15-11:45 5:45 – 6:15		11:15-11:45 5:45 – 6:15	5:45 – 6:15			
L'il Dippers	3-5	10:00– 10:30 10:30– 11:00 4:30 – 5:00 5:00 – 5:30 5:45 – 6:15 6:15 – 6:45 6:45 – 7:15	4:30 – 5:00 5:00 – 5:30 5:45 – 6:15 6:15 – 6:45 6:45 – 7:15	10:00 – 10:30 10:30 – 11:00 4:30 – 5:00 5:00-5:30 5:45 – 6:15 6:15 – 6:45 6:45 – 7:15	4:30 – 5:00 5:00 – 5:30 5:45 – 6:15 6:15 – 6:45 6:45 – 7:15	4:30 – 5:00 5:00 – 5:30 5:30-6:00	8:30 – 9:00 9:00 – 9:30 9:30 – 10:00 10:15 – 10:45 10:45 – 11:15 11:15 – 11:45	11:15 – 11:45 11:45 – 12:15 12:30 – 1:00 1:00 – 1:30 1:30 – 2:00
Learn to Swim/Star 1-3	5-12	4:30 – 5:00 5:00 – 5:30 5:45 – 6:15 6:15 – 6:45 6:45 – 7:15	4:30 – 5:00 5:00 – 5:30 5:45 – 6:15 6:15 – 6:45 6:45 – 7:15	4:30 – 5:00 5:00 – 5:30 6:15 – 6:45	4:30 – 5:00 5:00 – 5:30 5:45 – 6:15 6:15 – 6:45 6:45 – 7:15	4:30 – 5:00 5:00 – 5:30 5:30-6:00	8:30 – 9:00 9:00 – 9:30 9:30 – 10:00 10:15 – 10:45 10:45 – 11:15 11:15 – 11:45	11:15 – 11:45 11:45 – 12:15 12:30 – 1:00 1:00 – 1:30 1:30 – 2:00
Star 4-6	5-12	5:30 – 6:15	6:30-7:15	5:30 – 6:15 6:45-7:30	6:30-7:15		9:30-10:15	12:15-1:00
Teen	13+			5:30 – 6:15				
Teen/Adult	13+	8:15 – 9:00	8:15 – 9:00		8:15 – 9:00			
Adaptive				6:45 - 7:30				

Program	Pre-requisite	Day & Time	Start Dates	Fees
Bronze Star	12+	Sat 12:30-2:00	Sept 18/10 or Apr 9/11	Members: \$50.00 Non-members: \$150.00
Bronze Medallion	13+	Sat 12:30-2:30	Sept 18/10 or Jan 15/11	Members: \$70.00 Non-Members: \$210.00
Bronze Cross	Bronze Medallion	Sat 12:30-2:30	Jan 15/11 or Apr 9/11	Members: \$80.00 Non-members: \$240.00
NLS/AEC/CPR	16+, Bronze Cross	Sun 11:00-5:00	Jan 16/11	Members: \$200.00 Non-members: \$300.00

**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.*

