

Edition 2
Hours of Operation
Monday to Friday
6:00 - 10:30 pm
Saturday, Sunday & Holidays
7:00 - 8:00 pm



West Portage
3550 Portage Avenue
Winnipeg, MB R3K 0Z8
T: 889.8052
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www.ywinnipeg.ca

SCHEDULE INFORMATION

SCHEDULE IN EFFECT SEPTEMBER 12, 2011

MEMBER INFORMATION

- Aquatic lessons and registered programs require Family Advantage or Individual Memberships.
- There is a limit for waiting lists; please inquire with Membership Sales & Service staff.
- **BOLD** indicates morning times.
- We recommend that all children 12 and under be supervised by a parent/guardian unless they are participating in Y programs.
- Children 7 and under must be within arm's reach of an adult/guardian at all times as per YMCA-YWCA Aquatic Admission guidelines. Please see Membership Sales and Service staff or our website for a copy of guidelines.
- Lockers require 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.
- SCHEDULES SUBJECT TO CHANGE. Please see our website for updates and Break Week Schedules.
- Babysitting Monday – Saturday, **9:00** – 12:00 Tue/Wed 5:00-8:30. \$12.50 pre-paid cards; 10 x 30 min. increments.
- All programs 45 are minutes unless otherwise indicated.

MAIN POOL TIMES (D=Deep water)

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

*Half the pool maybe reserved for Advanced Aquatics at this time

FAMILY POOL TIMES

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|---|---|---|---|--|-------------------------------|------------------|
| Recreation Swim | 6:00-10:00 11:00-1:00 2:30-4:30 8:30-10:30 | 6:00-10:00 11:30-2:00 2:30-4:30 8:30-10:30 | 6:00-10:00 11:30-1:00 2:30-4:30 8:30-10:30 | 6:00-10:00 10:30-1:00 2:30-4:30 8:30-10:30 | 6:00-10:30 11:30-4:30 6:45-10:30 | 7:00-9:00 1:00-8:00 | 7:00-8:00 |

OPEN GYM TIMES

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--|--|--|--|---------------------------------|-------------------------------|-------------------------------|
| North Gym | 6:00-10:30 | 6:00-10:30 | 6:00-10:30 | 6:00-10:30 | 6:00-10:30 | 7:00-8:00 | 7:00-8:00 |
| South Gym | 6:00-8:30 12:00-4:30 7:30-10:30 | 6:00-8:30 12:00-4:30 7:30-10:30 | 6:00-8:30 12:00-4:30 7:30-10:30 | 6:00-8:30 12:00-4:30 7:30-10:30 | 6:00-8:30 12:00-10:30 | 7:00-8:30 6:30-8:00 | 7:00-2:00 6:30-8:00 |

OPEN CLIMBING TIMES

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|-----------|-----------|-----------|----------|-----------|------------------------|------------------------|
| | 4:30-6:45 | 4:30-6:45 | 4:30-6:45 | | 4:30-6:45 | 1:00-2:00 3:00-4:30 | 1:00-2:00 3:00-4:30 |

PRESCHOOL DROP-IN PROGRAMS (0-5 YEARS)

☺ Parent participation required. All other programs for preschoolers 3-5 years of age.

Preschool Play Time

An open playtime for parents and their children to come and use our equipment and gym facilities.
Mon-Fri **9:00-12:00**

Gymnastics

A recreation-based class focusing on fun, fitness and fundamentals.
Sat **10:45**

Adventures in Art

A creative class for young artists.
Tues 6:00 Wed 5:15

Parent & Tot Gymnastics

Parents will encourage and challenge their child to get active through a variety of moves and activities with the use of gymnastic equipment and the guidance of an instructor.
Thurs 6:00

Stay and Play

A drop-in program including games, crafts and activities.
Mon 5:15-6:45 Sat **9:00-10:30**

Soccer

A recreation-based class focusing on fun, fitness and fundamentals.
Wed 6:00

Bouncer

Come jump and enjoy our giant inflatable Bouncer.
Sat/Sun 12:15-2:00

Kinder Gym

Active games, songs and circle time.
Tues 5:15

Creative Movement

An introduction to movement and music.
Thurs 5:15

CHILDREN DROP-IN PROGRAMS (6-12 YEARS)

After School/Saturday Mania

Drop off your child for active games, crafts, climbing and other activities. Sign in and sign out required.
Mon 5:15-6:45 Sat **9:00-10:30**

Adventures in Science.

A creative class for young scientists
Wed 6:00 Sat **10:45**

Boot Camp for Kids (9-13 years)

Fun and fitness for youth with a focus on all aspects of fitness.
Wed 5:15

FAMILY/COMMUNITY EVENTS (Registration required - fee applicable)

Fall Carnival

Kick off back to school with a family fun night at the Y! Enjoy a carnival type atmosphere with bouncers, games and special treats.
Sept 23 6:00-8:00
Cost: \$4 per person

Spring Eggstravaganza

Family fun and a hopping good time for the whole family. Craft, games, bouncer and more!
March 24 **11:00-1:00**
Cost \$4 per person

Basketball

Fun and fitness through basketball skills, drills and games.
Mon 6:45

Dodgeball

Come enjoy a variation on a classic game of dodge ball.
Tues 6:45

Gymnastics

An active class with emphasis on fun and fitness using basic gymnastic skills and equipment.
Thurs 5:15 Sat 10:00

Halloween Howl

Join us for a 'Spooktacular' Halloween party. Come dressed in your costumes and have some frightening fun for the whole family!
October 28 6:00-8:00
Cost: \$4 per child

Birthday Parties

Celebrate your Birthday at the Y! A variety of activities to choose from. Birthday child must be a member. Please visit the Membership Sales and Service desk for booking information.

Floor Hockey

A great class to get active and improve your puck handling skills.
Tues 6:00 Wed 6:45 Sat **11:30**

Cycle Fit for Kids (9-13 years)

Fun and fitness for youth on the bike.
Tues 5:15

Bouncer

Come jump and enjoy our giant inflatable bouncer.
Sat/Sun 12:15-2:00

Breakfast with Santa

Get the whole family together and join our special guest for a pancake breakfast!
Dec 10 **11:00-1:00**
Cost: \$4 per person

Healthy Kids Day

YMCA Healthy Kids Day is a free community event celebrating the healthy growth and development of children and strong families.
June 3 2:00-4:00

REGISTERED PROGRAMS

Leaders in Training (12-14 years)

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

Sat 1:30-3:00

Leaders (15-17 years)

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 1:30-3:00

TEEN AND ADULT PROGRAMS (13 + YEARS)

13-17 years must attend a Fitness Centre Orientation prior to using the Fitness Centre.

Download a copy of our Fitness Schedule at www.ywinnipeg.ca

Shallow Water Aquafit

Water resistance is used to improve cardiovascular and muscular conditioning.

Mon/Wed **9:00** Sat 12:15

Tues/Thurs 2:00 & 7:45

Deep Water Aquafit

Water resistance is used to improve cardiovascular and muscular conditioning.

Mon/Wed **10:00**

Tues/Fri/Sun **9:00** Wed 7:45

Deep Water Running

Learn how to improve cardiovascular and muscular endurance while maintaining technique to simulate land running.

Mon 7:45 Thurs **9:00**

Cardio Box

Cardio workout using various boxing techniques.

Tues **9:15**

BOSU Blast

An interval-based class of cardio and muscle using the BOSU balance ball.

Wed **9:15** Thurs 6:00

Cardio Combo

A cardio workout incorporating high intensity interval training.

Mon 5:15 Sat **9:15**

Step and Sculpt

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

Fri **9:15**

Basic Step

Beginner step cardio for participants who want the cardio without the choreography. Appropriate for participants of any level as different levels of intensity are possible.

Mon 6:45

Step

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

Mon **9:15** Tues 5:15

Cycle Fit

A challenging cardio workout.

Participants are encouraged to cycle at their own comfort level.

Tues/Thurs 6:45 Sat **9:00**

Body Link

A combination of pilates, yoga and strength training that will challenge your spirit, mind and body.

Mon 7:30 Wed 6:45 Thurs **10:00**

Body Sculpt

Total body conditioning using a variety of resistance training equipment.

Mon/Tues/Wed/Sat **10:00** Mon/Tues 6:00

Boot Camp

A simple, yet highly progressive class focusing on all aspects of fitness.

Wed 6:00 Thurs **9:15** Sun **10:00**

Fitness Centre Orientations

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

Mon/Wed/Fri 8:30

Tues/Thurs/Sat/Sun **11:00**

Personalized Exercise Program (P.E.P.)

One-on-one consultation with a Y staff to develop an individual program to meet your fitness goals. **Pre-requisite:** Fitness Centre Orientation Call 889.8052 to arrange an appointment or email

wpadultprog@ymcaywca.mb.ca

Become a Y Volunteer!

The YMCA-YWCA of Winnipeg has a strong history of volunteerism. Choose from one of the following areas:

- Children's recreation program
- Adult fitness
- Membership Sales and Service
- Cleaning and maintenance
- Aquatic programs
- Community outreach
- Child care
- Governance

There is something for everyone!
Please see our staff for more details on how you can get involved.

REGISTERED AQUATIC PROGRAMS

The YMCA-YWCA of Winnipeg follows YMCA 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.

Note:

- If your child is already enrolled in a swim class, they may be on 1 other waiting list for a different day/time.
- If your child is not enrolled in a swim class, they may be on 2 waiting lists.
- A child who misses 3 classes in a row will be automatically removed from the class unless the Aquatic Program Coordinator is notified *before* the 3rd missed class.
- Please keep your most current Progress Report Card and bring it with you when you register your child for swimming lessons. This is extremely helpful when placing your child in the right program and level.

Parented L'il Dippers (0-3 years)

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. Infants are required to have good head control.

L'il Dippers (3-5 years)

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

Star 1-6 Program (5-12 years)

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

Learn to Swim (5-12 years)

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

Teen/Adult Swim (13+ years)

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

| Program | Age | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|--------|---|--|---|--|--|---|--------|
| Parented L'il Dippers | 0-3 | 10:30-11:00 5:45-6:15 | 5:45-6:15 | 5:45-6:15 | 10:30-11:00 5:45-6:15 | 10:30-11:00 6:00-6:30 | 9:15-9:45 11:15-11:45 | |
| L'il Dippers | 3-5 | 11:00-11:30 1:00-1:30 4:45-5:15 5:15-5:45 6:15-6:45 | 11:00-11:30 4:45-5:15 5:15-5:45 6:15-6:45 | 11:00-11:30 1:00-1:30 4:45-5:15 5:15-5:45 6:15-6:45 | 1:00-1:30 4:45-5:15 5:15-5:45 6:15-6:45 | 11:00-11:30 4:30-5:00 5:00-5:30 5:30-6:00 | 9:45-10:15 10:15-10:45 10:45-11:15 | |
| Learn to Swim | 5-12 | 5:15-5:45 5:45-6:15 6:15-6:45 6:45-7:15 | 5:15-5:45 5:45-6:15 6:15-6:45 | 5:15-5:45 5:45-6:15 6:15-6:45 6:45-7:15 | 5:15-5:45 5:45-6:15 6:15-6:45 6:45-7:15 | 4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30 | 9:15-9:45 9:45-10:15 10:15-10:45 10:45-11:15 | |
| Star 1-6 | 5-12 | 4:30-5:15 6:45-7:30 | 4:30-5:15 6:45-7:30 | 4:30-5:15 6:45-7:30 | 4:30-5:15 6:45-7:30 | 6:00-6:45 | 9:00-9:45 11:15-12:00 | |
| Master | Star 6 | | 6:30-7:30 | | | | 11:15-12:00 | |
| Teen | 13-17 | 8:30-9:15 | | | | | | |
| Adult | 18 + | 8:30-9:15 | | | | | | |

| Program | Pre-requisite | Day & Time | Start Dates | Fees |
|------------------|--------------------|---------------------------------|---------------------------------|--|
| Bronze Medallion | 13+ or Bronze Star | Wed 7:30-10:00 Sat 1:00-3:30 | Sept 14-Nov 16 Jan 14-Mar 17 | Individual or Family Advantage: \$70.00 Other: \$210.00 |
| Bronze Cross | Bronze Medallion | Sat 1:00-3:30 Wed 7:30-10:00 | Sept 17-Nov 19 Jan 11-Mar 14 | Individual or Family Advantage: \$80.00 Other: \$240.00 |