

**Hours of Operation**Monday to Friday  
6:00 am - 10:30 pm

Saturday, Sunday &amp; Holidays

7:00 am – 8:00 pm



YMCA - YWCA

We build strong kids,  
strong families, strong communities.**West Portage**  
3550 Portage Avenue  
Winnipeg, MB  
R3K 0Z8  
T: 889.8052  
F: 889.9002  
[www.ywinnipeg.ca](http://www.ywinnipeg.ca)**2010-2011 PROGRAM SCHEDULE****MAIN POOL TIMES**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recreation Swim	10:30-12:00 1:00-4:25 9:15-10:30	10:30-12:00 1:00-2:00 2:45-4:25 7:00-7:30 9:15-10:30	10:30-12:00 1:00-4:25 **8:15-10:30	10:30-12:00 1:00-2:00 2:45-4:25 8:15-10:30	9:45-12:00 1:00-4:25 6:30-10:30	3:30-8:00	9:45-8:00
Lane Swim	6:00-8:45 12:00-1:00 8:15-9:15	6:00-9:00 D 12:00-1:00 8:15-9:15	6:00-8:45 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

**FAMILY POOL TIMES**

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

D= Deep Water Swim

Family Swim: During Family Swim a parent or guardian must be in the pool with their child(ren) of any age at all times.

\*\* Half of the pool may be reserved for Advanced Aquatics at this time. Check the membership board for information.

**OPEN GYMNASIUM TIMES**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
North Gym	6:00-10:30	6:00-10:00 10:45-10:30	6:00-10:00 10:45-8:30	6:00-8:30	6:00-10:30	7:00-9:00 12:00-8:00	7:00-8:00
South Gym	6:00-8:30 12:15-5:00 6:45-8:30	6:00-8:30 12:15-6:00 7:30-10:30	6:00-8:30 12:15-5:00 7:30-8:30	6:00-8:30 12:15-5:00 8:00-8:30	6:00-8:30 12:00-10:30	7:00-9:30 6:30-8:00	7:00-12:00 6:30-8:00

**OPEN CLIMBING WALL TIMES**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Consent form must be completed for all children	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00	1:00-2:00 3:00-4:30	1:00-2:00 3:00-4:30

**MEMBER INFORMATION**

Edition 2

Schedule in effect from  
September 13 to June 19

- Program break weeks:  
December 20 - January 9  
March 28 - April 3  
June 20 - July 3  
Schedules will be available online at [www.ywinnipeg.ca](http://www.ywinnipeg.ca).
- Aquatic lessons and registered programs require Family Advantage or Individual Memberships.
- Children 7 and under must be within arm's reach of an adult /guardian at all times as per YMCA-YWCA Aquatic Admission Guidelines.
- **BOLD** times indicate morning classes.
- We recommend that all children 12 and under be supervised by a parent or guardian unless they are participating in Y structured programs.
- Lockers require a membership card to lock. 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**

☺ Parented participation required. All other programs for preschoolers 4 & 5 years of age. All programs 45 minutes unless otherwise indicated.

### **☺ Preschool Playtime**

An open playtime for parents and their children to come and use our equipment, bouncers and gym facilities.  
Monday to Friday **9:00-12:00**

### **☺ Bouncer**

Come jump and enjoy our giant inflatable bouncer.  
Monday to Friday **9:00-12:00**  
Sat & Sun 12:00-1:00

### **Preschool Gymnastics**

A fun, recreation based class with emphasis on fitness and basic movements.  
Sat **10:00**

### **Stay & Play**

Drop off your child for active games, crafts and other activities. Sign in and sign out required.  
Sat **10:30-12:00**

### **☺ 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.  
Thurs 6:00

### **☺ Craft and Story time**

Join our staff in the babysitting room for story time and a craft.  
Wed 6:00

### **Kinder Gym**

Kids will participate in a variety of different games and activities.  
Tue & Wed **10:00**

## **CHILDREN DROP - IN PROGRAMS 6-12 YEARS**

### **Floor Hockey**

A great class to run and improve your puck handling skills.  
Tues 6:00 & Wed 5:15

### **Y Not Sports**

Kids will participate in different sports every week. Fun and fitness is the name of the game.  
Tue 6:45

### **Bouncer**

Come jump and enjoy our giant inflatable bouncers.  
Sat & Sun 1:00-2:00, 3:00-4:30

### **After School/Saturday Morning Mania**

Drop off your child for active games, crafts, climbing and other activities. Sign in and sign out required.  
Mon 5:00-7:00 Sat **9:00-11:00**

### **Gymnastics**

A recreation based class emphasizing fun, fitness and fundamentals.  
Thurs 5:15 Sat **10:45**

### **Soccer**

Fun and fitness through soccer skills, drills and games.  
Wed 6:45

### **Dodgeball**

Come enjoy variations on a classic game of dodge ball.  
Wed 6:00

### **Adventures in Art**

A creative class for the young artist.  
Wed 6:45

## **FAMILY/COMMUNITY EVENTS**

\$4/person or \$20/family

### **Fall Carnival**

Kick off back to school with a fun family night at the Y! Enjoy a carnival type atmosphere with bouncers, games and special treats.  
September 24<sup>th</sup>, 6:00-8:00

### **Halloween Howl**

Join us for our 'spooktacular' Halloween party. Come dressed in your costumes and have some frightening fun for the whole family.  
October 29<sup>th</sup>, 6:00-8:00

### **Brunch with Santa**

Get the whole family together and join our special guest for a pancake breakfast.  
December 11<sup>th</sup>, **11:00-1:00**

### **Easter Eggstravaganza**

Come and join us for some Easter fun and a hopping good time for the whole family. Activities include crafts, games, bouncers and more.  
April 16<sup>th</sup>, **11:00-1:00**

### **Babysitting**

Monday to Saturday **9:00 – 12:00**  
Monday & Tuesday 5:00 – 8:30  
\$1.25 / child / ½ hour  
\$12.50 per pre-paid card

### **Birthday Parties**

Celebrate your birthday at the Y! Saturday or Sunday 2:00-4:00 or 4:30-6:30 p.m. Parties include exclusive use of the **climbing wall** and **bouncer, a party room** and access to the gym and pool. See Membership Sales & Service for more information.

### **Teen Time**

Come hang out, enjoy the pool, gym and play games on the big screen.  
Friday 7:30 – 10:00

## TEEN AND ADULT PROGRAMS

13-17 yr. olds must attend a Fitness Centre Orientation prior to using Fitness Centre. Children under 12 participating in classes must be accompanied by an adult.

All classes are 45 minutes unless otherwise indicated. Please download our weekly fitness schedule at [www.ywinnipeg.ca](http://www.ywinnipeg.ca).

### Aquafit

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

Mon/Wed **8:45** Tue/Thurs 2:00 & 7:30  
Sat 12:15

### Basic Step

A cardio class with easier choreography. This class is suitable for all fitness levels.  
Mon 6:45

### Step and Sculpt

A complete workout using the step for cardio training and various types of resistance for body sculpting.  
Fri **9:15**

### Cardio Box **New!**

Cardio workout using varying boxing techniques.  
Tues **9:15**

### Boot Camp

Simple, yet intense workout session focusing on all aspects of fitness.  
Sun **10:00**

### Cardio Core **New!**

An interval based cardio class mixed with various core exercises.  
Thurs 6:00

## REGISTERED LAND PROGRAMS

### Leaders in Training (12-14 years)

Teens will be exposed to a wide variety of physical activities; will explore group dynamics and interaction; and participate in activities aimed at developing their sense of individuality and self-worth.  
Friday 5:30-7:30

### Deep Water

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

Mon/Wed **9:45** & 7:30  
Tue/Thurs/Fri/Sun **9:00**

### Step

A cardio workout with fun choreography and varying intensities, this class is suitable for all fitness levels.  
Mon **9:15** Tue 5:15

### Body Sculpt

Total body conditioning using a variety of resistance training equipment.  
Mon **10:00** & 6:00 Tue **10:00** & 6:00  
Thurs 6:45 Fri 6:00 pm Sat **10:00**

### 90-60-30 **New!**

A cardio strength interval class. Alternating 90 secs cardio, 30 secs strength, 60 seconds cardio, 30 secs strength, 30 secs cardio and 30 secs strength.  
Thurs **9:15** Sat **9:15**

### Badminton

Drop-in badminton. Come with your friends or on your own.  
Wed 8:30-10:30

### 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 responsibility to the community.  
Friday 5:30-7:30

### Bosu Blast

A workout using the bosu ball that will challenge your muscular strength, balance, coordination and cardiovascular systems.  
Wed **9:15** & 6:00

### Low Impact **New!**

Slower paced class focusing on cardiovascular, muscular conditioning and stretching.  
Wed 1:00

### Body Link

A combination of Pilates, Yoga and strength training that will challenge your spirit, mind and body.  
Mon/Tue 7:30 Thurs **10:00**

### Fitness Orientation

An orientation of the equipment, basic training principles and member etiquette. Cardio equipment will be covered first followed by weight equipment.  
Mon/Wed/Fri 6:45 Tue/Thur **11:00**,  
Sat/Sun **11:00**

### Basketball

Drop-in basketball. Come with your friends or on your own.  
Thurs 8:30-10:30

### Steve Nash Basketball **New!**

The Y is excited to partner with Steve Nash Youth Basketball. The goal of the program is to allow youth to maximize their potential while building character, discipline, self-esteem and sportsmanship.  
**Ages 8-12:** Mon 6:00 Sat **11:00**

### Studio Cycle

This instructor led cycling workout will challenge and improve the cardiovascular system. Participants are encouraged to cycle at their own comfort level.  
Tue 6:45 Fri **10:00** Sat **9:00**

### Cardio Combo

A cardio class incorporating high-intensity interval training.  
Mon 5:15

### On The Ball

Total body conditioning using the exercise ball and other balance equipment.  
Wed **10:00** & 6:45

### PEP

One-on-one consultation with Y staff to develop an individual program to meet your fitness goals.  
Call 889.8052 to arrange an appointment or email: [wpprog@ymcaywca.mb.ca](mailto:wpprog@ymcaywca.mb.ca)

### Volleyball

Drop-in volleyball. Come with your friends or on your own.  
Mon 8:30-10:30

### Dance

Introduction to dance through creative movements and dance steps to music.  
Tue 7:30

### Fitness Leadership Training Program

Join our team of fitness instructors! The YMCA-YWCA of Winnipeg offers nationally recognized fitness leadership certifications in Group Fitness, Individual Conditioning and Aquatic Fitness. Must be 16 years or older and a member to register. See the Fitness Leadership Training Program brochure for more information.

## REGISTERED AQUATIC PROGRAMS

### Parented L'il Dippers (0-3 yrs)

Orient parents and young children to the water environment while developing comfort and confidence in the water. Children and adults are exposed to water safety and knowledge.

### Star1 - 6 Program (5-12 yrs)

Children improve their swimming abilities; develop endurance, new skills and further water sports and safety skills. They also explore leadership opportunities.

### L'il Dippers (3-5 yrs)

An un-parented program which introduces the children to elementary movement skills and buoyant qualities of water while developing comfort and confidence.

### Masters (Prerequisite Star 6)

Review and improve stroke techniques, continue to develop endurance and prepare for leadership roll.

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

Children learn the fundamental swim skills, safety education, develop character and positive relationships.

### Teen/Adult Swimming Lessons(13+yrs)

Swimming Lessons for teen and adults. No Swim experience necessary.

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 will 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.

The YMCA-YWCA of Winnipeg has changed the swimming program effective September 13, 2010. These changes are as follows:

- Classes for Star 4-6 have increased to 45 minutes in length. This will allow for more time to be spent on stroke development and swimming endurance.
- Class start times have changed slightly to accommodate the 45 minute Star 4-6 as well as Instructor administration time. The administration time will help our instructors organize their classes and materials to better deliver quality program.

Program	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parented L'il Dippers	0-3	<b>10:00-10:30</b> 6:00-6:30	5:30-6:00	1:00-1:30 5:30-6:00	<b>10:00-10:30</b> 5:30-6:00	<b>10:00-10:30</b>	<b>9:00-9:30</b> <b>11:30-12:00</b>
L'il Dippers	3-5	<b>11:00-11:30</b> 1:00-1:30 4:30-5:00 5:00-5:30 5:30-6:00 6:30-7:00	<b>11:00-11:30</b> 4:30-5:00 5:00-5:30 6:00-6:30 6:30-7:00	<b>11:00-11:30</b> 1:00-1:30 4:30-5:00 5:00-5:30 6:00-6:30 6:30-7:00	1:00-1:30 4:30-5:00 5:00-5:30 6:00-6:30 6:30-7:00	<b>11:00-11:30</b> 4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30	<b>9:30-10:00</b> <b>10:00-10:30</b> <b>10:30-11:00</b> <b>11:00-11:30</b>
Learn to Swim to Star 3	5-12	4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30 6:30-7:00	4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30 6:30-7:00	4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30 6:30-7:00	4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30 6:30-7:00	4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30	<b>9:00-9:30</b> <b>9:30-10:00</b> <b>10:00-10:30</b> <b>10:30-11:00</b> <b>11:00-11:30</b> <b>11:30-12:00</b>
Star 4 to 6	7 - 12	5:30-6:15 6:15-7:00	4:30-5:15 5:15-6:00	5:30-6:15 6:15-7:00	5:30-6:15 6:15-7:00	4:30-5:15	<b>10:00-10:45</b> <b>10:45-11:30</b>
Master Swimmer	Star 6		6:00-7:00				<b>11:00-12:00</b>
Teen/Adult	13+	7:00-7:30					

	Pre-requisite	Day & Time	Start Dates	Fees
Bronze Star	12+	Sat 1:00-2:30	Jan 15, 2011	Members: \$50.00 Non-members: \$150.00
Bronze Medallion	13+ or Bronze Star	Wed 8:00-10:00 Sat 1:00-3:30	Sept 15, 2010 Apr 9, 2011	Members: \$70.00 Non-Members: \$210.00
Bronze Cross	Bronze Medallion	Sat 1:00-3:00	Sept 18, 2010	Members: \$80.00 Non-members: \$240.00