

Edition 5
Hours of Operation
 Monday to Friday
6:00 - 10:30
 Saturday, Sunday & Holidays
7:00 - 8:00



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

Downtown
 301 Vaughan St.
 Winnipeg, MB R3B 2N7
 T: 947.3044
 F: 943.6159
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** indicate morning times.
- We recommend that all children 12 and under be supervised by a parent or 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 Schedule.
- Babysitting Mon/Wed 6:00 - 8:00, Tues/Thurs **9:00 - 1:00**, Fri **9:00 - 11:30**.
 \$12.50 pre-paid cards; 10 x 30 minute increments.
- All programs are 45 minutes unless otherwise indicated.

MAIN POOL TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	6:00-10:00	6:00-10:00	6:00-10:00	6:00-10:00	6:00-10:00	7:00-9:30	7:00-10:00
Recreation Swim (1-3 lanes)	10:00-12:00 1:00-5:00 7:15-10:30	10:00-12:00 1:00-5:00 7:15-10:30	10:00-12:00 1:00-5:00 7:15-10:30	10:00-12:00 1:00-5:00 7:15-10:30	10:00-12:00 1:00-10:30	9:30-8:00	10:00-8:00

FAMILY POOL TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recreation Swim	6:00-10:00 12:00-2:00 2:30-5:30 7:00-10:30	6:00-10:00 11:00-2:00 2:30-5:30 7:00-10:30	6:00-10:00 12:00- 2:00 2:30- 5:30 7:00-10:30	6:00-10:00 11:00-2:00 2:30-5:30 7:00-10:30	6:00-10:00 12:00-2:00 2:30-10:30	7:00-9:30 12:00-8:00	7:00-10:00 10:45-8:00

OPEN GYM TIMES

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

PRESCHOOL DROP-IN PROGRAMS (0 - 5 YEARS)

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

Bouncer

Come jump and enjoy our giant inflatable bouncer.
Mon 5:00 Thurs 5:00

Kinder Gym

Active games, songs, and circle time.
Mon 6:00

Craft & Story Time

Join our staff for story time and a craft
Thurs 6:00

Creative Movement

An introduction to movement and music.
Sat 12:00

Gymnastics

A recreation-based class focusing on fun, fitness and fundamentals.
Wed 6:00 Sat **10:00**

☺ 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.
Sat **11:00**

Soccer

A great class to run, play and learn basic skills
Tues 6:00

CHILDREN DROP-IN PROGRAMS (6 - 12 YEARS)

Basketball

Fun and fitness through basketball skills, drills, and games.
Mon/Thurs 6:00

Bouncer

Come and enjoy our giant inflatable bouncer. Children must be supervised.
Mon 5:00 Thurs 5:00

Dodgeball

Come enjoy a variation on a classic game of dodgeball.
Wed 5:00

Floor Hockey

A great class to get active and improve your puck handling skills.
Tues 5:00

Gymnastics

An active class with emphasis on fun and fitness using basic gymnastics skills and equipment.
Wed 6:00 Sat **10:00**

Tae Kwon Do

This martial arts class will teach fast reactions through skills and drills and respect for self and others.
Tues/Thurs 6:00 Sat 12:00

Soccer

Fun and fitness through soccer skills, drills and games.
Sat **11:00**

FAMILY / COMMUNITY EVENTS

Family Gym

An open playtime for parents and their children to come and use our equipment and gym facilities
Sun **10:00-12:00**

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

Spring Eggstravaganza

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

Birthday Parties

Celebrate your Birthday at the Y!
A variety of activities to choose from. Birthday child must be a member.
Sun 1:30-3:30 (beginning Sept 18)
Please inquire at Membership Desk for registration.

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

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 PROGRAMS (13+ YEARS)

Bootcamp (Limit 1 class per member)

A simple, yet highly progressive six week session focusing on all aspects of fitness

Tue & Thurs 4:45-6:00

Sept 20-Oct 27

Jan 10-Feb 16

Apr 10-May 17

Tue & Fri **6:30-7:45**

Sept 20-Oct 28

Jan 10-Feb 17

Apr 10-May 18

Zumba (Limit 1 class per member)

Latin inspired dance fitness.

All fitness levels welcome

Mon 6:00-7:00

Sept 19-Nov 21

Jan 9-Mar 12

Apr 9-June 11

Wed 7:00-8:00

Sept 21-Nov 23

Jan 11-Mar 14

Apr 11-June 13

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/Fri 12:05

Tues/Thurs 4:45 Sun **10:00**

Deep Water Aquafit

Water resistance is used to improve cardiovascular and muscular conditioning.

Tues/Thurs 12:05 Mon/Wed 4:45

Gentle Aquafit

Water resistance is used to improve cardiovascular and muscular conditioning.

Mon/Wed/Fri **11:00**

Make Waves

A water exercise program designed to assist women coping with breast cancer surgery as part of their treatment.

Fri 1:00

Body Link

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

Mon 7:00 Tues/Fri **11:15**

Athletic Training

A high intensity cardio and resistance training interval class with minimal choreography.

Fri 12:05

Barbell Blast

Total body conditioning using barbells for resistance.

Mon **6:45**

Wed 12:05 & 6:00

Sat **11:00**

Body Sculpt

Total body conditioning using a variety of resistance training equipment.

Mon 12:05 Tues 6:00 Wed **6:45**

Cardio Box

Cardio workout using various boxing techniques.

Wed 5:00

Cardio Combo

A cardio workout incorporating high-intensity interval training.

Tues 12:05 Fri 5:00

Cycle Fit

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

Mon/Wed 6:00 Tues/Thurs **6:45**

Tues/Thurs 12:05

Sat **10:00** Sun 12:00

Low Impact

A slower pace class focusing on cardiovascular, muscular conditioning and stretching.

Fri **10:00**

Step

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

Mon 5:00 Thurs 12:05

Badminton

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

Mon 7:00-10:00 Sat 2:00-4:00

Basketball

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

Mon-Fri 12:00-1:00

Tues 8:00-10:00

Soccer

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

Thurs 8:00-10:00

Tae Kwon Do

This is a full belt program with basic techniques demonstrated by qualified black belt instructors

Tues/Thurs 7:00-8:00

Volleyball

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

Wed 7:00-10:00

Fitness Centre Orientation

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

Mon/Wed 4:00 Tues/Thurs/Fri 7:00

Sat **10:30** Sun **10:00**

Personalized Exercise Program (P.E.P.)

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

Pre-requisite: Fitness Centre Orientation

Call 947.3110 ext. 300 to arrange an appointment, or email: dtadulprog@ymcaywca.mb.ca.

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	5:30-6:00		6:00-6:30			10:00-10:30	
L'il Dippers	3-5	6:00-6:30 6:30 -7:00	5:30-6:00 6:00-6:30	5:30-6:00 6:30-7:00	5:30-6:00 6:0- 6:30		9:30-10:00 10:30-11:00 11:30-12:00	
Learn to Swim	5-12	5:30-6:00 6:00-6:30 6:30-7:00	5:30-6:00 6:00-6:30 6:30-7:00	5:30-6:00 6:00-6:30 6:30-7:00	5:30-6:00 6:00-6:30 6:30-7:00		9:30-10:00 10:00-10:30 10:30-11:00	
Star 1-6	5-12	5:30-6:15 6:15-7:00	5:30-6:15 6:15-7:00	5:30-6:15 6:15-7:00	5:30-6:15 6:15-7:00		9:30-10:15 10:15-11:00 11:00-11:45	
Teen	13-17		6:30-7:15 Lower Stars		6:30-7:15 Upper Stars		11:30-12:15 Learn To Swim	
Adult	18+		6:30-7:15 Lower Stars		6:30-7:15 Upper Stars		11:30-12:15 Learn To Swim	

Program	Pre-requisite	Day & Time	Start Dates	Fees
Bronze Medallion	13+ or Bronze Star	Thurs 7:30-10:00	Oct 13-Dec15, 2011	Individual or Family Advantage: \$70.00 Other: \$210.00
Bronze Cross	Bronze Medallion	Thurs 7:30-10:00	Jan 12-March15, 2012	Individual or Family Advantage: \$80.00 Other: \$240.00