

Edition 4
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.

South
5 Fermor Avenue
Winnipeg, MB R2M 0Y1
T: 233.3476
F: 237.3173
www.ywinnipeg.ca

SCHEDULE INFORMATION

SCHEDULE IN EFFECT JANUARY 9, 2012

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 Schedules.
- All programs are 45 minutes unless otherwise indicated.

NEW Babysitting Monday - Friday, **8:30** – Noon, **Thurs 6:00 - 8:00, Sat 9:00 – 12:00**
\$12.50 pre-paid cards: 10 x 30 minute increments.

MAIN POOL TIMES (D=Deep water)

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

* Rec Swim will share pool with Swimming Lesson

** Rec Swim will share pool with NLS/AEC/CPR course Jan 8/12 – Jun 17/12

FAMILY POOL TIMES (D=Deep water)

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

OPEN GYM TIMES

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

OPEN FITNESS STUDIO TIMES

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

PRESCHOOL DROP-IN PROGRAMS (0-5 YEARS)

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

☺ Preschool Playtime (Gym)

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

Mon/Tues/Fri **9:45-11:15**

Wed/Thurs **9:30-10:30**

Sun **10:00-11:30**

☺ 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.

Wed/Thurs **10:30**

☺ Stay & Play

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

Sat **9:30-11:30**

Tues 4:00-5:30

Thurs 4:00-6:00

☺ Craft and Story

Join our staff for story time and a craft.

Tues **10:30**

☺ Preschool Playtime (Pool)

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

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

Creative Movement

An introduction to movement and music.

Tues 5:45

Gymnastics

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

Mon 6:00

Wed 5:15

Kinder Club

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

Wed 6:00-7:00

Soccer

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

Tues 6:45

Adventures in Art

A creative class for young artists.

Thurs 1:00

Thurs 6:00

CHILDREN DROP-IN PROGRAMS (6 - 12 YEARS)

Adventures in Art

A creative class for the young artist.

Thurs 1:00

Thurs 5:15

After School/Saturday Morning Mania

Drop off your child for active games, crafts and other activities.

Mon 5:00-6:45

Tues/Wed/Thurs 4:30-7:00

Sat **9:00-11:30**

Basketball

Fun and fitness through basketball skills, drills and games.

6-8 years

Sat **11:30**

9-12 years

Thurs 6:45

Sat 12:15

Body Link (9-13 years)

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

Wed 5:30

Dance

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

Tues 6:30

Dodgeball

Come enjoy a variation on a classic game of dodge ball.

Thurs 6:00

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 **9:45**

Gymnastics

A recreation based class emphasizing fun, fitness and fundamentals.

Mon 5:15

Wed 6:00

Soccer

A great class to run and play and learn basic skills

Tues 6:00

Activity Centre

Come and work out as a family on our Circuit Series and enjoy our giant play structure!

Open all day, every day with the exception of Special Events.

- Youth must be able to sit on the fitness equipment safely and properly to use it.
- This equipment is intended for fitness purposes.
- Parents, please ensure your small children stay off the equipment.
- 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)

Family Floor Hockey

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

Fri 7:00-8:00

FAMILY/COMMUNITY EVENTS (registration required; in person or on-line)

Spring Eggstravaganza

Family fun and a hopping good time. Activities include crafts, games, bouncer and more!

March 23 5:45-7:00 or 7:15-8:30

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.

Saturday or Sunday 4:30-6:30

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 (register in person or on-line)

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.

7-12 years Mon 5:15 or 6:00

13+ years Mon 6:00

Leaders In Training (12-14 years)

Teens will be introduced 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 (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.
Friday 5:30-7:30

Kids of Steel (9-15 years)

A triathlon program where kids get to swim, cycle and run their way to health and fitness. Opportunity to participate in competition available if interested.
Sun 1:00-2:30

TEEN AND ADULT PROGRAMS (13 + YEARS)

13-17 year olds must attend a Fitness Centre Orientation prior to using Fitness Centre.

Download a copy of our Fitness Schedule at 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

Shallow Water Aquafit

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

Mon/Wed **9:15** Tues/Thurs 7:30

Tues/Thurs **8:30** Sun **9:00**

Deep Water Aquafit

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

Thurs/Fri **9:15**

Wed **8:30**

Mon 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

Barbell Blast

Total body conditioning using barbells for resistance.

Wed **10:00** / 6:00

Body Link

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

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

Fri **10:00**

Sat **10:00**

Deep Water Running

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

Tues **9:15**

Wed 7:30

NEW Starts January 31, 2012

Cardio Combo

A cardio workout incorporating high-intensity interval training.

Mon 6:00 Wed **9:15**

Sun 1:00

Circuit Training

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

Sat **9:15**

Body Sculpt

Total body conditioning using a variety of resistance training equipment

Mon **9:15** Tues 6:45

Cycle Fit

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

Low Impact

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

Mon-Fri 1:00-2:15

Step

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

Mon **10:00** Fri **9:15**

Tues 6:00

Step and Sculpt

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

Thurs 6:00

90-60-30

A cardio strength interval class. Alternating 90 seconds cardio, 30 seconds strength, 60 seconds cardio, 30 seconds strength, 30 seconds cardio, 30 seconds strength

Wed 6:45

Thurs **9:15**

Free Weight Orientation

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

Pre-requisite: Fitness Centre Orientation

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

Personal Exercise Program (P.E.P.)

A one-on-one consultation with Y staff to develop an individual program to meet your fitness goals. **Pre-requisite:** Fitness Centre Orientation

Call 233.3476 to arrange an appointment or email: syadultprog@ymcaywca.mb.ca

Fitness Centre Orientation

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

Mon **11:00**

Sat / Sun 3:00

Tues / Wed / Thurs 7:00

REGISTERED AQUATIC PROGRAMS (register in person or on-line)

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.

Adaptive Swim Program

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.

Program	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parented L'il Dippers	0-3	11:00-11:30 5:45-6:15	NEW 11:00-11:30 5:45-6:15	11:00-11:30 5:45-6:15	5:45-6:15		9:45-10:15	11:15-11:45
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 7:00-7:30	4:30-5:00 5:00-5:30 5:45-6:15 6:15-6:45 7:00-7:30	10:00-10:30 10:30-11:00 4:30-5:00 5:00-5:30 5:45-6:15 7:00-7:30	11:45-12:15 4:30-5:00 5:00-5:30 5:45-6:15 6:15-6:45 7:00-7:30	4:30-5:00 5:00-5:30 5:45-6:15	8:30-9:00 9:00-9:30 9:45-10:15 10:15-10:45 11:00-11:30	11:15-11:45 11:45-12:15 12:30-1:00 1:00-1:30 1:45-2:15
Learn to Swim	5-12	4:30-5:00 5:45-6:15 7:00-7:30	4:30-5:00 5:45-6:15 7:00-7:30	4:30-5:00 5:45-6:15 7:00-7:30	11:15-11:45 4:30-5:00 5:45-6:15 7:00-7:30	4:30-5:00 5:45-6:15	8:30-9:00 9:45-10:15 11:00-11:30	11:15-11:45 12:30-1:00 1:45-2:15
Star 1-6	5-12	5:00-5:45 6:15-7:00	5:00-5:45 6:15-7:00	5:00-5:45 6:15-7:00	10:30-11:15 5:00-5:45 6:15-7:00	5:00-5:45	9:00-9:45 10:15-11:00	11:45-12:30 1:00-1:45
Teen	13-17	8:15-9:00 Learn to Swim	8:15-9:00 All Levels 9:00-9:45 Advanced		8:15-9:00 Star Levels			
Adult	18+							
Adaptive				6:15-7:00				

Program	Pre-requisite	Day & Time	Start Dates	Fees
Bronze Star	12+	Sat 12:30-2:00	April 7/12	Individual or Family Advantage: \$50.00 Other: \$150.00
Bronze Medallion	13+ or Bronze Star	Sat 12:30-2:30	Jan 14/12 or April 7/12*	Individual or Family Advantage: \$70.00 Other: \$210.00
Bronze Cross	Bronze Medallion	Sat 12:30-2:30	Jan 14/12 or April 7/12*	Individual or Family Advantage: \$80.00 Other: \$240.00
NLS/AEC/CPR	16+, Bronze Cross	Sun 12:00-6:00	Jan 8/12 Apr 8/12	Individual or Family Advantage \$200.00 Others: \$300.00

*Bronze Medallion and Bronze Cross in April will run from 12:30 -3:00pm due to a shorter session.