

# Fall Program Guide

September - December 2025

From registered programs to drop-in activities, certifications to youth support and special events to specialty programs...

**Y Winnipeg has something for everyone!**

**Visit us online at [ywinnipeg.ca](http://ywinnipeg.ca)**

*Programs are subject to change.*



*Shine On*

# Swimming Lessons

Registration & membership required

Downtown - DT  
Elmwood-Kildonan - EK  
South - S  
West Portage - WP

With the YMCA Canada swim program, swimmers progress at their own pace, as our certified instructors provide positive, ongoing feedback and build encouraging relationships with each participant. Within each program, swimmers will be grouped into classes based on the appropriate swim level that best suits their comfort and skill level.

## Parent and Tot Swim (6 months-3 years)

Available at DT/EK/S/WP

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as splashing with arms and legs and pool area orientation.

## Preschool Swim (3-5 years)

Available at DT/EK/S/WP

Child gains comfort in the water without a caregiver. Instruction covers skills such as entering and exiting the pool, blowing bubbles, progression for submersion, assisted front and back floats, glides, and safety.

## Learn to Swim\* (6-12 years)

Available at DT/EK/S/WP

Four levels (Otter, Seal, Dolphin, Swimmer) designed to take children with no swimming experience to becoming safe and comfortable in deep water. Children will be assessed and grouped into levels with other children with similar skillsets.

## Star Swim (6-12 years)

Available at DT/EK/S/WP

Three levels (Star 1, Star 2, Star 3) of advanced swim lessons for those who have completed the *Learn to Swim* program with a focus on stroke development, endurance, and lifesaving skills.

*Prerequisite: Level 4/Swimmer of Learn to Swim Program*

## Star Leadership (6-12 years)

Available at DT/EK/S/WP

Continuing from the *Star Swim Program*, Star Swim Leadership challenges participants in three levels; Star 4, Star 5 and Star 6, and will cover areas required for competitive swimming and lifesaving programs.

*Prerequisite: Star 3 of Star Swim Program*

*Swim lessons are available to members for an added fee of \$30 per child/session for 30-minute classes and \$45 per child/session for 45-minute classes.*

**\*cours disponibles en français (EK/S)**

**Registration opens on-line and in person at noon on August 18.**

Swim lesson dates & times will vary by location, scan the code for complete details.



# Specialty Swim Programs - All Ages

Registration & membership required



## Adaptive Swim Lessons (3-12 years)

Available at DT/EK/S/WP

A swim program for children with additional support needs who require a smaller class size with more individual instruction. Swimmers and their support person or caregiver will work with the instructor to develop comfort in the water, water safety awareness, and swimming skills. Swimmers must have a caregiver or support person **in the water** with them during class.

Contact Aquatic Director at your location to register.

## Water Polo Introduction (6-17 years)

Available at EK

A Manitoba Water Polo Association program delivered by water polo coaches and Y certified swim instructors to help swimmers feel confident in their skills and provide the base skills to play water polo with a club in a recreational or competitive environment. Registration includes a *Swim Like a Dolphin* report card and an Athlete Membership with the Water Polo Association of Manitoba.

*Prerequisite: Level 3/Dolphin of Learn to Swim or a swim assessment completed by a Y Swim Supervisor.*

## Junior Lifeguard Club (13-17 years)

Available at DT/EK/S/WP

The Junior Lifeguard Club (JLC) offers a unique aquatic alternative to traditional test-sheet-based aquatic programs and is independent of traditional award progressions. JLC is for quick learners and those between levels or programs who thrive in an energetic learning environment

*Prerequisite: Level 3/Dolphin of Learn to Swim Program*

## Athletic Swim Club (13-17 years)

Available at EK/S

This program is designed as a natural succession for those who have completed Star 1 and want to continue being active and engaged in the pool. Participants will continue to develop and improve their technique and endurance to build strength.

*Prerequisite: Star 1 of Star Swim Program or complete a swim assessment with one of our Swimming Lesson Supervisors*

## Learn to Swim - Adult (18+ years)

Available at WP

**NEW!**

A supportive and beginner-friendly class for adults looking to build confidence in the water. Learn basic swimming skills, water safety, and proper technique at your own pace—no experience necessary.

## Come & Go Swim Lessons (4-12 years)

Available at DT/EK/S/WP

A supplemental option to our swim lessons, children can attend on a week-to-week basis for additional instruction time. Led by certified swim instructors, Come & Go is a great opportunity to focus on specific details required to help participants in their current swim level.

*Reserve your spot 24 hours in advance.*

# Children's Programs

Registration & membership required

Downtown - DT  
Elmwood-Kildonan - EK  
South - S  
West Portage - WP

From gymnastics and karate to basketball, soccer to floor hockey and kinder gym to triathlon, we offer a range of fun, engaging programming geared to kids 2-12 years old. All children's registered programs are **included** with your Y membership – **no additional fees!**

## Preschool Floor Hockey (4-5 years)

**NEW!**

### Floor Hockey (6-12 years)

Available at WP

Give your child a chance to be active and have fun while playing Canada's game in the gymnasium.

## Lil Sportsters (2-4 years)

Available at S

A great way to introduce preschoolers to a variety of sports through fun games and activities. Under the direction of a Y Instructor, parents/guardians will guide children to develop confidence and physical literacy with an emphasis on play.

## Parent & Tot Gymnastics (2-4 years)

Available at DT/S/WP

Designed for our youngest gymnasts, in this instructor-led class toddlers will learn to move their body and build motor skills through a mix of both structured and free play alongside a parent or caregiver.

## Gymnastics (4-12 years)

Available at DT/EK/S/WP

Young gymnasts will have fun while learning fundamental movement, motor skills and basic gymnastics led by certified gymnastics instructors.

## James Naismith Youth Basketball (4-12 years)

Available at DT/EK/S/WP

Children will focus on learning basketball skills and developing physical literacy while using age-appropriate equipment and activities led by certified basketball instructors.

## Creative Movement (4-6 years)

Available at S

This fun-filled class will encourage your child's imagination and creative expression using dance, rhythm and music. A great way to play actively while building confidence in a group.

## First Tee Golf (4-12 years)

Available at WP

**NEW!**

Introduce your child to the game of golf while teaching life skills like confidence, respect, and perseverance. Through fun activities and age-appropriate instruction, children will learn the fundamentals of golf.

## Dance (6-12 years)

Available at S

Learn the latest viral dances and moves in this fun dance class! Each class will be different as the instructor introduces a variety of dance forms and teaches you to move in a group and synchronize to the beat.

Registration opens at noon on August 18

Scan for program  
dates and times



### **Hip Hop Dance (6-12 years)**

Available at DT

**NEW!**

Under the guidance of a trained and experienced dance instructor, kids will explore hip hop dance techniques and moves, progressing to the showcase of a dance routine at the end of the session.

### **Karate (6-12 years)**

Available at EK/S/WP

Karate improves strength, coordination and agility while fostering courage, courtesy, integrity, self-control and respect. Learn the fundamentals of karate movement and technique under the guidance of qualified black belt instructors.

### **Parent & Tot Music (2-4 years)**

Available at S

**NEW!**

A fun, interactive experience designed for young children and their caregivers to explore music together. Through a combination of singing, movement, rhythm games, and simple instruments, children develop their auditory and motor skills while building a foundation for future music appreciation.

### **Intro to Soccer (4-12 years)**

Available at DT

Come play the world's most popular sport indoors! Play in the gymnasium while learning the rules and receiving basic instruction. A great way to get moving and meet others while building confidence and teamwork skills.

### **Triathlon Kids (8-12 years)**

Available at EK/S/WP

This program offers children 8 years of age and older, the opportunity to learn the sport of triathlon and train in a positive and non-intimidating environment. Participants require a bathing suit, swim goggles, indoor running attire, and the desire and energy to have a lot of fun!

*Participants will use the pool, gymnasium and stationary bikes. Swim prerequisite: Level 3/Dolphin of Learn to Swim*



# Youth Programs

Membership or drop-in fees may be required

Downtown - DT  
Elmwood-Kildonan - EK  
South - S  
West Portage - WP

Nurturing the potential of our youth builds a stronger community and future. Whether building confidence, leadership skills or the knowledge to take action on social issues, we encourage positive behaviours, personal growth, belonging and connection. All youth registered programs are **included** with your Y membership – **no additional fees!**



## Leaders in Training (12-13 years)

Available at S

**NEW!**

This program empowers young people by providing them with the skills, knowledge, and experiences needed to become effective leaders in their communities. Leaders in Training is a great stepping stone to Youth Leadership Program.

Every Thursday from 5:30pm - 7:30pm. *No membership or drop-in fee required.*

## Youth Leadership Program\* (13 - 17 years)

Available at DT/EK/S/WP

The Youth Leadership Program empowers young people by providing them with the skills, knowledge, and experiences needed to become effective leaders in their communities. The program includes a variety of topics including but not limited to:

- Personal Development
- Resume writing & job skills
- Community Engagement
- Volunteering
- Diversity & social inclusion
- Philanthropy & Leadership Training
- Teamwork & Conflict resolution

DT/EK/WP: Fridays, 5pm - 7pm

S: Fridays, 5:50pm - 7:30pm

*No membership or drop-in fee required.*

\*Open Y and Youth Leadership Programs are supported through funding from the City of Winnipeg and United Way.

## Open Y\* (13 - 17 years)

Available at DT/EK/S/WP

Open Y is a youth community access program that offers Winnipeg youth ages 13-17 **FREE access to all community hubs every Friday evening**. No membership or drop-in fee required.

DT: Fridays, 4pm - 9pm

EK/S/WP: Fridays, 7pm - 10:30pm

## Y Mind (13-18 years) or (18 -30 years)

Y Mind programs offer teens and youth support for those who are experiencing mild to moderate anxiety or stress. Y Mind participants learn evidence-based coping skills based on Acceptance & Commitment Therapy (ACT), mindfulness, and self-compassion, and connect with peers who are experiencing similar thoughts and feelings.

*Y Mind is free to attend & does not require a professional referral. Contact Rebecca Trudeau at 204.989.4194 or email [rebecca.trudeau@ymanitoba.ca](mailto:rebecca.trudeau@ymanitoba.ca)*



Downtown - DT  
Elmwood-Kildonan - EK  
South - S  
West Portage - WP



### Science Kids (8-12 years)

**NEW!**

Available at EK

Science is in everything! The Y is committed to nurture the curiosity, inspire creativity and teach children principles of science. From hypothesis to experimentation, children will be able to enhance their understanding of physics, chemistry and more.

*Y Membership required. Registration opens Aug. 18*

### Advanced Karate (8-14 years)

**NEW!**

Available at EK

Advanced level for those who are looking to hone in their craft and skill. This program will build on the foundational skills for the students. Karate improves strength, coordination and agility while fostering courage, courtesy, integrity, self-control and respect under the guidance of qualified black belt instructors.

*Prerequisite: Completion of a Karate Intro class  
Y Membership required. Registration opens Aug. 18*

### Triathlon Teens (13-16 years)

Available at EK

The YMCA-YWCA of Winnipeg Triathlon Teens program offers youth the opportunity to learn the sport of triathlon and train in a positive and non-intimidating environment. Participants require a bathing suit, swim goggles, indoor running attire, and the desire and energy to have a lot of fun!

*Includes use of the pool, gymnasium & stationary bikes.  
Swim prerequisite: Level 3/Dolphin of Learn to Swim.  
Y Membership required. Registration opens Aug. 18*

### Teen Swim Lessons: Drop-in (13-17 years)

Available at DT/EK/S/WP

A **drop-in swim lesson** for teens where they will work with an instructor to develop their skills from their current ability. All skill levels are welcome. No weekly commitment required.

*Dates and times will vary by location. Reserve your spot 24 hours in advance (not required).*

### Teen Fit Swim (13+ years)

Available at WP

Led by a Y coach, this swim workout is designed to improve fitness, endurance, and technique. Ideal for those who are comfortable in the water and want a low-impact, full-body workout. Perfect for lap swimmers, triathletes, or anyone looking to stay active and strong in the pool.

*This is NOT a Learn to Swim program, participants must know how to swim. Y Membership required.  
Registration opens Aug. 18*

### FitME Youth (9-12 years) • FitME (13+ years)

Available at DT/EK/S/WP

FitME is a complimentary one-on-one training session with a fitness staff member designed to get you started in the fitness centre. The FitME workout is created with education and confidence-building in mind.

*Call to book an appointment today. FitME is available with a Y membership at no additional fee.*

# Specialty Programs

Registration & membership required

Downtown - DT  
Elmwood-Kildonan - EK  
South - S  
West Portage - WP

Each seasonal session, Y Winnipeg offers a selection of unique workshops and programs to enhance the member experience. Visit us in person or on-line to register – space is limited so reserve your spot today!



## Intro to Strength Training (18+ years)

Available at DT/S

This small group training class is setting the foundation of compound-strength patterns. Each session consist of 3 full-body strength complexes followed by metabolic conditioning work. Our coaches will guide you through variations of the squat, hip hinge, press, and row patterns, for a full-body workout guaranteed to satisfy your strength training requirements.

**Sept 23 - Nov 10** (Dates/times will vary by location.  
Visit us online at [ywinnipeg.ca](http://ywinnipeg.ca).)

**\$50 member**

## Intro to Strength Training - Women/Girls\* (13+ years)

Available at DT/S

This women/girls small group training class is setting the foundation of compound strength patterns. Each session consists of 3 full-body strength complexes followed by metabolic conditioning work. Our coaches will guide you through variations of the squat, hip hinge, press, and row patterns, for a full-body workout guaranteed to satisfy your strength training requirements.

**Sept 23 - Nov 10** (Dates/times will vary by location.  
Visit us online at [ywinnipeg.ca](http://ywinnipeg.ca).)

**\$50 member**

\* Open to all who identify as women and girls, including trans women and trans girls and non-binary individuals.

## Handstand Workshop (13+ years)

Available at S

**NEW!**

Join Amara—former performer with Cavalia and Cirque du Soleil—for a dynamic handstand workshop focused on strength, alignment, and balance. Open to all levels, this session includes drills for core activation, shoulder stability, and safe entry techniques. Learn from a world-class artist and elevate your handstand practice with expert guidance and inspiring energy.

**Sept 23 - Oct 21: Tuesdays • 6pm - 7pm**

**\$10 member**

## Move Better - Knee Arthritis Program (18+ years)

Available at WP

**NEW!**

Instructed by a Physiotherapist, it starts with a 90-minute education session to learn what causes knee osteoarthritis, how it's diagnosed, and explore the full range of treatment options. You'll also discover the right kinds of exercise that are the most effective for managing your condition. Then, you'll take part in eight weekly 1-hour group exercise sessions focused on improving strength, mobility, and confidence in movement. The program emphasizes neuromuscular control and supports you in maintaining a home exercise program for lasting joint health.

**Sept 24 - Nov 19: Wednesdays • 1:15pm - 2:15pm**

**\$50 member**

Downtown - DT  
Elmwood-Kildonan - EK  
South - S  
West Portage - WP

# Children, Youth & Family Activities

Enjoy an abundance of Y drop-in activities; led by Y Staff, for the whole family! No registration is required and there is something for everyone every night of the week. Schedules available online at [ywinnipeg.ca/schedules](http://ywinnipeg.ca/schedules). **NO membership required.** Drop-in fees apply for non-members.

## Drop-in Activities - All Ages

Available at DT/EK/S/WP

Each of our Community Hubs offers a wide variety of activities for people of all ages to enjoy! Activities include but not limited to:

- Badminton
- Basketball
- Floor hockey
- Pickleball
- Arts & Crafts
- Soccer
- Volleyball
- Dodgeball
- Handball
- Kids Corner
- Kinder Gym
- Dance and more!

*Activities are led by Y Staff for structured fun and will vary by location. Visit our schedules online at [ywinnipeg.ca](http://ywinnipeg.ca) for dates and times.*

## Recreational Swim/Open Pool

Available at DT/EK/S/WP

This dedicated recreational pool time is perfect for the whole family to enjoy both the shallow and deeper main pools. Includes the use of lifejackets and available water toys. Waterslides located at both our South and West Portage Community Hub locations as well!

## Indoor Track

Available at DT/EK

Don't let the weather determine your fitness routine! Enjoy use of our indoor tracks to walk or run on throughout the season.

## Play Structures (3-10 years)

Available at EK/S/WP

Bring some socks and let the little ones enjoy climbing and crawling through our indoor play structures. Play structures are open to both members and non-members and are available full days throughout the week and weekends.

*Children must be supervised by a parent/guardian at all times while on the play structures.*

## Open Gym

Available at DT/EK/S/WP

Unstructured gym time to enjoy a variety of sports equipment such as racquet sports, basketball, floor hockey and more! Times will vary by location and includes access to both a full gymnasium or half gymnasium.

## Open Studio

Available at DT/EK/S/WP

Prefer to stretch with more room before or after exercising? Or do you want to workout in a quieter location? Take advantage of our fitness studio spaces when classes are not in session.



# Adult Activities

Membership or drop-in fees may be required

Downtown - DT  
Elmwood-Kildonan - EK  
South - S  
West Portage - WP

## Fitness Classes (13+ years)

Available at DT/EK/S/WP

The secret to sticking with a health and fitness program is finding ways to keep you moving that you enjoy. Working out with a group can add extra energy and motivation to your routine.

Exercising in the water is a great way to strengthen, tone and energize your entire body – without putting any stress on your joints. Even if you don't know how to swim, you can still join us for Aquatic fitness. No swimming skills are required.

Meet people, improve your fitness level and have fun! Fitness classes are included with your membership

*Non-members are always welcome to attend fitness classes when paying the drop-in fee.*

## New Fall Classes

### Tai Chi (18+ years)

Available at S

Tai Chi is the practice of slow movements. It has its roots in martial arts, but it is a much gentler sport. With regular practice, it leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Research shows that it also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system and the mind.

### Powerlifting (16+ years)

Available at DT

Powerlifting is a strength-based class focused on mastering the squat, bench press, and deadlift. Participants build power, improve technique, and increase overall muscle strength in a supportive, goal-driven environment.

## EGYM (18+ years)

Available at EK/S/WP

Get a full-body workout in 30 minutes with EGYM. The smart strength training circuit regularly measures your strength and adapts with you - all with the swipe of a wristband - making it suitable for all fitness levels.

*Call to book an introduction today. EGYM is available with a Y membership at no additional fee.*

## FitME (18+ years)

Available at DT/EK/S/WP

FitME is a complimentary one-on-one training session with a fitness staff member designed to get you started in the fitness centre. The FitME workout is created with education and confidence-building in mind.

*Call to book an appointment today. FitME is available with a Y membership at no additional fee.*

## Adult Swim Lessons: Drop-in (18+ years)

Available at DT/EK/S

A **drop-in swim lesson** for adults where they will work with an instructor to develop their skills from their current ability. All skill levels are welcome. No weekly commitment required

*Dates and times will vary by location. Reserve your spot 24 hours in advance (not required).*

**\*Classes, programs, dates and times will vary by location. Scan the QR code to view schedules at [ywinnipeg.ca](http://ywinnipeg.ca)**



### **Adult Fit Swim (18+ years)**

**Available at WP**

Led by a Y coach, this swim workout is designed to improve fitness, endurance, and technique. Ideal for those who are comfortable in the water and want a low-impact, full-body workout. Perfect for lap swimmers, triathletes, or anyone looking to stay active and strong in the pool.

*Participants must know how to swim—this is NOT a learn-to-swim program.*

### **Adult Karate (18+ years)**

**Available at EK/S**

Karate improves strength, coordination and agility while fostering courage, courtesy, integrity, self-control and respect. Learn the fundamentals of karate movement and technique under the guidance of qualified black belt instructors.

*Y Membership and registration required. Program registration opens August 18 at noon.*

### **Mindfulness Class (18+ years)**

**Available at DT/S**

Mindfulness is the practice of paying attention, on purpose, in the present moment, non-judgmentally. We engage in a variety of relaxing mindfulness activities, light stretching and movement, meditation, and grounding practices. Mats and meditation pillows are provided.

*Dates and times vary by location. Visit us in person or at [ywinnipeg.ca/schedules](http://ywinnipeg.ca/schedules).*

### **Babysitting Service (3 months - 12 years)**

**Available at EK/S/WP**

Our babysitting service, led by staff/volunteers trained in First Aid and CPR, gives you the opportunity to focus on your workout or visit with fellow members at the Y while your children are in good hands.

Babysitting is available Monday, Wednesday & Friday from 9am - 12pm. Flat rate is for up to 3 hours.

*Reserve a spot up to 48 hours in advance online at [ywinnipeg.ca](http://ywinnipeg.ca).*

**\$7 per child member/non-member**



# Certifications

Registration required

Downtown - DT  
Elmwood-Kildonan - EK  
South - S  
West Portage - WP

Open the door to employment possibilities. A career as a lifeguard and or swim instructor provides the opportunity for you to develop leadership and communication skills, and grow your athletic abilities, build your confidence and make an impact in your community.

## Bronze Star (12+ years)

Available at EK/S

Gain the confidence and skills you need to perform low-risk rescues. Increase your understanding of lifesaving skills and personal water safety while developing individual and group decision-making abilities. *Prerequisite: Ability to swim 400m continuously.*

**Sept 18 - Dec 7** (dates/times will vary by location)

\$125 member • \$185 non-member

## Bronze Medallion (13+ years)

Available at S/WP

Lifesavers learn to respond to increasingly complex situations involving conscious and unconscious victims in contact & non-contact rescues, develop stroke efficiency & endurance with a timed swim. *Prerequisite: Bronze Star.*

**Sept 21 - Nov 30** (dates/times will vary by location)

\$175 member • \$235 non-member

## Bronze Cross (13+ years)

Available at DT/EK

Advanced lifesaving training, including an introduction to safe supervision in aquatic facilities. Learn the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork. *Prerequisite: Bronze Medallion*

**Sept 18 - Dec 4** (dates/times will vary by location)

\$200 member • \$260 non-member

## Standard (Intermediate) First Aid & CPR C (13+ yrs)

Available at S/WP

This comprehensive first aid course provides CPR skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. You will learn emergency first aid skills and how to respond to sudden medical emergencies, including head and spinal injuries and environmental emergencies. A manual and a certificate are provided upon completion. Certification is valid for 3 years.

**October 18 & 19 • 9am - 5pm (S)**

**November 22 & 23 • 9am - 5pm (WP)**

\$125 member • \$150 non-member

## Emergency (Basic) First Aid (13+ years)

Available at DT/EK/WP

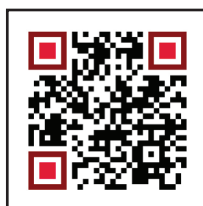
This 8-hour course is for people who want general knowledge of first aid principles and the emergency treatment of injuries. The course includes CPR C and AED training and is recognized by Manitoba Workplace Health and Safety. Emergency (Basic) First Aid certification is valid for 3 years.

**September 20 • 9am - 5pm (WP)**

**September 27 • 9am - 5pm (EK)**

**October 25 • 9am - 5pm (DT)**

\$90 member • \$115 non-member



**Program dates and times will vary by location, scan the QR code to register.**

## Become a Y Fitness Instructor!

Empower your passion for fitness by becoming a fitness instructor. Experience the community and fun of fitness instruction while inspiring others to achieve their health and wellness goals.

Begin your journey to Group Fitness:

1. Check out the upcoming Fitness Instructor Courses
2. Register on-line or in person at one of our community hubs

Complete your course and apply for a Fitness Instructor job at any of our Community Hubs.

Job postings are found online at [ywinnipeg.ca](http://ywinnipeg.ca)

### **Y Group Aquatics Fitness Instructor (16+ years)**

**Available at DT • October 18 & October 25**

Course content includes the properties of water, principles of muscle conditioning, basic exercises for shallow and deep water, music, cueing, choreography, and how to create safe, challenging, and fun water-exercise classes for all levels of fitness. The course will include a combination of self-directed on-line learning and in-person practical sessions.

*Prerequisite: Complete Basic Fitness Theory component of Aquafit Course by October 4, 2025. Complete Aquafit Theory by October 18, 2025. Participants must attend both days.*

**\$225 member/non-member**

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## Mental Health First Aid

### **Identify, Understand, and Respond to Signs of Mental Illness.**

Mental Health First Aid has been shown to build mental health literacy, decrease stigmatizing attitudes, and help participants identify, understand, and respond to signs of mental illness.

Learn how to provide initial help and guide the person to appropriate professional resources. Training covers four of the most common and most stigmatized mental health disorders, including signs/symptoms, risk factors, and crisis first aid for specific situations



### **Mental Health First Aid (16+ years)**

**Available at DT**

A training course designed to give members of the public the skills to help someone who is experiencing a decline in their mental well-being, or a mental health crisis.

The course consists of 3 modules with both online and in person requirements. Course participants must complete Module 1 online before participating in Module 2 and 3.

**September 19 • 9am - 5pm**

**November 19 • 9am - 5pm**

**\$215 member/non-member**

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**Fall program registration opens on August 18 at noon both online and in person.**

# Upcoming Events

Membership or drop-in fees may be required

Downtown - DT  
Elmwood-Kildonan - EK  
South - S  
West Portage - WP

## Kid's Night Out (5-12 years)

Available at DT/EK/S/WP

Have your kids worked hard? Do they deserve a break at the end of a long week? Treat them to a Kid's Night Out! Your kids will have a fun-filled evening of active games and creative play with our energetic Y staff and volunteers. Child-friendly supper and snacks included.

September 26 (DT) • 5:30pm-8:30pm

November 14 (EK) • 5:30pm-8:30pm

November 21 (WP) • 5:30pm-8:30pm

November 28 (S) • 5:30pm-8:30pm

\$20/child member • \$30/child non-member

## School Break Day Camps (4-12 years)

Available at DT/EK/S/WP

Keep kids active and engaged when school is out! Y Winnipeg day camps are available to everyone and are run throughout the year.

School Break Days: October 24

Winter Break: December 22, 23, 29, 30 & Jan. 2

\$45/child member • \$50/child non-member

## Halloween Howl (1-12 years)

Available at EK/S/WP

Join us for a Spooktacular Evening! Enjoy a safe, Halloween-themed event featuring Spooky Carnival Games & Activities, Boo-tacular Bouncer, and Creepy Arts & Crafts. Costumes are welcome! .

Friday, October 24 • 5:30pm or 6:45pm

\$5/child member • \$8/child non-member  
Children 4 years and under are free

## Fall Festival (5-12 years)

Available at DT

Join us for our Fall Festival Evening of Celebration! Our activities are designed for kids ages 5-12, but parents and family members are invited to join the fun too. Enjoy a safe, Autumn-themed event featuring Games & Activities, Bouncer, and Arts & Crafts. Costumes are always welcome! .

Friday, October 24 • 5:30pm or 6:45pm

Open to the community - FREE of charge.  
Registration required.

## Financial Literacy Workshop (18+ years)

Available at S

Join us for coffee and a FREE information session on Charitable Giving.

### Discover the Power of Charitable Giving

- Smart strategies for giving to charities
- Tax-efficient approaches tailored to your goals
- Ways to build a lasting legacy

Presented by Angela Wittmann CFP® CeFT® CLU® RIAC®

CERTIFIED FINANCIAL PLANNER®

Certified Financial Transitionist®

Chartered Life Underwriter®

Responsible Investment Advisor  
Certification®

IG Wealth Management Inc.,  
Mutual Fund Division

YMCA-YWCA of Winnipeg Co-Chair  
Heritage Club (past Board Member)



Tuesday, October 7 • 2pm-3pm

Space is limited. Registration opens August 18 at noon.  
Learn more about the workshop at [ywinnipeg.ca](http://ywinnipeg.ca).

Downtown - DT  
Elmwood-Kildonan - EK  
South - S  
West Portage - WP

# Online Registration

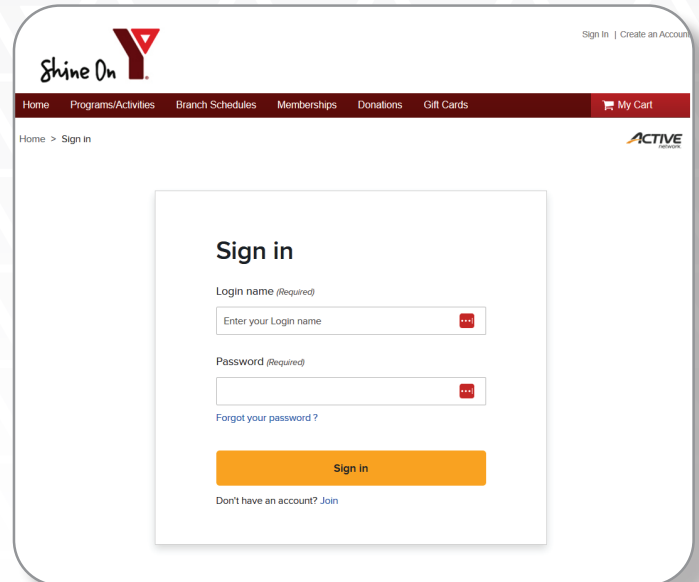
Valid email address required

**It's easy to register for programming and activities online with Y Winnipeg!**

**To access your online account:** Visit [ywinnipeg.ca](http://ywinnipeg.ca) & click on "My Account" in top right corner

**NOTE:** You will need an email address on your membership file which will be used as your [Login Name](#).

1. Enter your email address and password. Click the yellow [Sign In](#) button.
2. Forgot your password? No problem, simply click on "[Forgot your password](#)" and a link will be emailed to the address on file to reset it.
3. Still having trouble? Remember your user name is the email address you provided when joining the Y. Not sure if you provided one? We are a simple phone call away and happy to help you!



The screenshot shows the Y Winnipeg website's login page. At the top, there's a navigation bar with links: Home, Programs/Activities, Branch Schedules, Memberships, Donations, Gift Cards, and My Cart. Below this is a 'Sign in' section with a 'Login name (required)' field, a 'Password (required)' field, and a 'Forgot your password?' link. A yellow 'Sign in' button is at the bottom of the form. A link for 'Don't have an account? Join' is also present.

## Member Access Program - Fee Assistance

Our Member Access Program is available to people whose current financial situation limits their ability to participate in the Y's programs. We are pleased to provide assistance to people who are unable to pay the full fee of a membership and or a Y program. Contact us at any hub location or visit us online at [ywinnipeg.ca](http://ywinnipeg.ca) for full details on eligibility and how to apply.



## **Downtown**

**301 Vaughan Street  
204.947.3044**

Mon-Fri: 6am - 9pm  
Sat/Sun: 8am - 5pm

## **Elmwood-Kildonan**

**454 Kimberly Avenue  
204.668.8140**

Mon-Fri: 6am - 10:30pm  
Sat/Sun: 7am - 8pm

## **South**

**5 Fermor Avenue  
204.233.3476**

Mon-Fri: 6am - 10:30pm  
Sat/Sun: 7am - 8pm

## **West Portage**

**3550 Portage Avenue  
204.889.8052**

Mon-Fri: 6am - 10:30pm  
Sat/Sun: 7am - 8pm

**Visit us online at  
[ywinnipeg.ca](http://ywinnipeg.ca)**



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Charitable Registration: #119263093RR0001

Shine On 