

Winter Program Guide

January - March 2026

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

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.

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.

Parent and Tot Swim (6 months-3 years)

Available at DT/EK/S/WP

Make a splash together! These caregiver-assisted lessons introduce infants and toddlers to the water through songs, games, and gentle movement. Children build comfort and confidence while learning early skills like splashing, kicking, floating, and holding the wall, all in a fun and supportive environment.

Preschool Swim* (3-5 years)

Available at DT/EK/S/WP

Preschoolers gain comfort in the water without a caregiver. Swimmers learn to blow bubbles, submerge, float, glide, and swim short distances. As they progress, children build endurance, explore deep water, and practice front and back crawl, surface support, and safe entries — all while having fun and gaining confidence in the water!

**cours disponibles en français (S)*

Learn to Swim* (6-12 years)

Available at DT/EK/S/WP

Four levels (Otter, Seal, Dolphin, Swimmer) designed to take children from having no swimming experience to becoming safe and comfortable in deep water. Every swimmer progresses at their own pace, with ongoing assessment and encouragement along the way.

**cours disponibles en français (S)*

Star Swim Program (6-12 years)

Available at DT/EK/S/WP

Six progressive levels that continue a swimmer's journey beyond Learn to Swim. Star 1 to 3 — focus on stroke refinement, endurance, and lifesaving skills, including front crawl, back crawl, breaststroke, and elementary backstroke. Star 4 to 6 — introduce leadership development, advanced endurance swims, and rescue techniques through the Canadian Swim Patrol curriculum.

Registration opens on-line and in person at noon on December 8.

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



Specialty Swim Programs - All Ages

Registration & membership required



Adaptive Swim Lessons (6-12 years)

Available at DT/EK/S/WP

Adaptive Swim Lessons require a parent or support person to be in the water with the swimmer. Designed for youth with additional support needs, the smaller class size and more personalized instruction helps swimmers build comfort, confidence, and water safety skills in a supportive environment.

Please contact individual hub for availability and registration support.

Intro to Water Polo (6-12 years)

Available at EK

In partnership with the Manitoba Water Polo Association, this program blends swimming and sport to build confidence, teamwork, and a love for the water. Led by water polo coaches and Y-certified instructors, participants develop foundational skills for recreational or competitive play. 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 complete a swim assessment with a Lesson Supervisor.

Junior Lifeguard Club (13-17 years)

Available at DT/EK/S/WP

Perfect for teens who love the water and want a challenge! The JLC focuses on teamwork, fitness, and fun, without the pressure of tests or report cards. Through games, challenges, and real-world rescue practice, participants build strong swimming skills and leadership in a dynamic, supportive environment.

Prerequisite: Level 3/Dolphin of Learn to Swim Program

Fit Swim (13-17 years)

Available at DT/EK/S/WP

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 a Lesson Supervisor.

Learn to Swim - Adult (18+ years)

Available at WP

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/S/WP

Did your child miss a swimming lesson? Do they need a bit more practice with their front glide or breaststroke? Come & Go Swim Lessons are a supplemental class to your child's regular swim lessons. Each session focuses on refining specific techniques tailored to the swimmer's current level. It's a great way for swimmers to boost confidence and progress at their own pace.

Spots can be reserved online up to 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!**

Parent & Tot Music (2-4 years)

Available at S

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.

Lil Sportsters (2-4 years)

Available at S

With the guidance of a Y Instructor, parents and guardians help their children explore a variety of sports through playful games and activities.

Parent & Tot Gymnastics (2-4 years)

Available at DT/S/WP

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.

Creative Movement (4-6 years)

Available at S

Dance, move, and express! This playful class encourages imagination and self-expression through music, rhythm, and creative movement.

Gymnastics (4-12 years)

Available at DT/EK/S/WP

Jump, balance, and roll! Our instructors will take gymnasts through movement skills, and will build strength and coordination in a fun, supportive environment.

First Tee Golf (6-12 years)

Available at S/WP

NEW!

Introduce children to the fundamentals of golf — from putting and driving to club selection — all in an encouraging, playful setting. Along the way, participants build confidence, character, and life skills that will help them on and off the green.

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.

Hip Hop Dance (6-12 years)

Available at DT

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

Discover the discipline and focus of karate! Under the guidance of qualified black belt instructors, kids will develop the fundamentals of karate movement and technique, while learning core values of courage, respect, integrity, and self-control.

Preschool Soccer (4-5 years)

Available at DT/WP

NEW!

Geared to preschoolers, this program introduces the basics of the world's most popular sport in a fun and supportive environment. Little players will practice kicking, passing and building teamwork through fun drills and games.

Soccer (6-8 years)

Available at DT

Dribble, pass and shoot your way to fun! Players will practice skills and teamwork through fun drills and games. It's a great way to get moving, build confidence, and make new friends.

Sports and Games (5-12 years)

Available at S

NEW!

Kids will try out a variety of sports and games that build teamwork, coordination, and confidence. From basketball and soccer to dodgeball and creative group challenges, every session is full of energy and excitement.

Floor Hockey (6-12 years)

Available at WP

Channel your favourite hometown hero while playing Canada's favourite game...in our gym. Players learn teamwork, coordination, and sportsmanship while being active & having fun.

Sports of all Sorts (6-12 years)

Available at DT

NEW!

This program introduces children to a variety of sports like basketball, soccer, dodgeball, and more! Through active play and teamwork, participants build their large motor skills, learn cooperation, and develop confidence—all while having a blast with new friends.

Intro to Triathlon (6-8 years)

Available at S

NEW!

This program is geared to kids who want to try the sport of triathlon in a fun and encouraging environment. Kids will train in the pool and in the gym to build fitness, confidence, and a love for being active.

No bike component for this program.

Swim prerequisite: Level 3/Dolphin or Learn to Swim

Triathlon Kids (8-12 years)

Available at EK/S/WP

Ready to swim, bike, and run your way to fun? This program introduces kids to the exciting sport of triathlon in a supportive, non-competitive environment. Kids will train in the pool, gym and on stationary bikes to build fitness, confidence, and a love for being active.

Swim prerequisite: Level 3/Dolphin or Learn to Swim

James Naismith Basketball (6-12 years)

Available at DT/EK/S/WP

Did you know? James Naismith, the Canadian who invented basketball, created the game while working at a YMCA. To honour his name and legacy, coaches will develop participants' skills in dribbling, passing and shooting the ball.

James Naismith Basketball - Preschool

(4-5 years) Available at S/WP

NEW!

Introduces our tiniest dribblers to the game in a supportive and fun environment.

James Naismith Basketball - Girls

(6-12 years) Available at WP

NEW!

Girls will develop basketball skills like dribbling, passing and shooting the ball in a supportive and fun environment.



Program registration opens on December 8 at noon

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!**



Youth Leadership Program* (13-17 years)

Available at DT/EK/S/WP

This **FREE** program empowers teens to grow their confidence, build leadership skills, and make a positive impact in their communities. Through hands-on experiences and engaging discussions, youth learn valuable life and leadership skills while making new friends along the way. The program covers topics such as:

- Personal Development – Health and well-being, physical activity, job and life skills
- Community Engagement – Volunteering, event planning, diversity and inclusion, global citizenship
- Leadership Training – Effective communication, teamwork, conflict resolution

Every Friday from 5pm - 7pm (EK/S/WP)

Every Friday from 7pm - 8:30pm (DT)

No membership or drop-in fee required.

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 is required to join in on the fun!

Every Friday from 4pm - 9pm (DT)

Every Friday from 7pm - 10:30pm (EK/S/WP)

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

Y RISE (13-17 years)

Available at EK/S

Y RISE helps youth build strong, lasting connections within the Y community. This **FREE** program focuses on developing leadership, empathy, and resilience—empowering young people to make positive choices and prevent harm before it happens. Participants will receive a **free** Y membership.

Registration required. Visit ywinnipeg.ca for details.

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. A professional referral is not required. Please email rebecca.trudeau@ymanitoba.ca for more information.*

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. Y Membership required.

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



Science Kids (8-12 years)

Available at EK

Science is in everything we do, and this program makes it come alive through hands-on activities that spark curiosity and imagination. From building and testing ideas to exploring physics, chemistry, and more, kids will have a blast learning how the world works.

Y Membership and registration required.

Karate (13+ years)

Available at EK/S

Discover the discipline and focus of karate. Under the guidance of qualified black belt instructors, kids will develop the fundamentals of karate movement and technique, while learning core values of courage, respect, integrity, and self-control.

Due to the progressive nature of this program, late enrollments can not be accepted. Y Membership and registration required.

Advanced Karate (8-15 years)

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 and registration required.*

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

Available at DT/EK/S

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.

Spots can be reserved online up to 24 hours in advance.

Triathlon Teens (13-17 years)

Available at EK

Ready to become a triple threat? Develop skills and confidence in a supportive environment. Participants will train in the pool, gym and on stationary bikes to build fitness, confidence, and a love for being active. Participants will cap off the program by putting their skills and endurance to the test with a timed triathlon.

*Swim prerequisite: Level 3/Dolphin of Learn to Swim.
Y Membership and registration required.*

Teen Fit Swim (13-17 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.

*Prerequisite: Star 1 of Star Swim Program or complete a swim assessment with a Lesson Supervisor.
Y Membership and registration required.*

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 (16+ years)

Available at DT/S

Build confidence and learn the basics of strength training in a supportive environment. You'll discover proper form, safe lifting techniques, and how to create a balanced workout routine that helps you feel stronger and more energized. You will learn key movement patterns like squats, hip hinges, presses, and rows.

January 27 - March 6 • 3pm (DT)

February 4 - 25 • 7pm (S)

\$50 Member

Intro to Strength Training - Women/Girls* (16+ years)

Available at DT/S

Designed for women who want to feel comfortable and confident in the weight room! Learn foundational strength exercises, correct form, and how to use equipment safely — all in a welcoming space that encourages confidence and community. Strength training supports healthy aging by improving bone density, balance, and overall vitality.

January 6 - 27 • 7pm (S)

January 27 - March 6 • 3pm (DT)

\$50 Member

Boxing Fundamentals (18+ years)

Available at S

NEW!

Channel your inner champion! This high-energy class teaches the basics of boxing technique, including stance, punches, and footwork. Great for building coordination, strength, and endurance — no experience needed.

January 8 - February 12 • Thursdays • 7pm

\$50 Member

Women's* Self-Defence (18+ years)

Available at S

NEW!

Build confidence, strength, and peace of mind in this empowering six-week program designed just for women! Perfect for all fitness levels, you'll learn real-world self-defence skills—like how to stay on your feet, protect yourself from strikes and grabs, and escape tough situations with confidence, even against larger opponents. Led by a highly experienced Y Winnipeg instructor with over a decade of martial arts and self-defence expertise, plus a skilled female assistant trained in jiu-jitsu. Join a safe, welcoming space where you can learn, grow, and discover your own strength—both inside and out!

February 3 - March 10 • Tuesdays • 7pm

\$50 Member

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

Move Better - Low Back Pain Program (18+ years)

Available at WP

NEW!

Led by a Physiotherapist, this program begins with a 90-minute education session where you'll learn about persistent low back pain—and discover why your back is likely stronger and more resilient than you think.

After that, you'll join eight weekly one-hour group exercise sessions focused on improving mobility, strength, and confidence in your movement. The program is designed to help you build and maintain a personalized home exercise routine that supports long-term back health.

Please note: this program isn't intended as a replacement for short-term therapy if you've recently experienced an injury or a significant flare-up of your condition.

January 8 - March 5 • Thursdays • 1:30pm

\$50 Member

Move Better - Knee & Hip Arthritis Program (18+ years)

Available at WP

NEW!

Led by a Physiotherapist, this program begins with a 90-minute education session where you'll learn what causes knee and hip osteoarthritis, how it's diagnosed, and explore available treatment options. You'll also find out which types of exercise are most effective for managing your symptoms and supporting long-term joint health.

Next, you'll participate in eight weekly one-hour group exercise sessions designed to boost your strength, mobility, and confidence in movement. The program focuses on improving neuromuscular control and helps build a doable home exercise routine for ongoing results.

Please note: this program isn't intended as a replacement for short-term therapy if you've recently experienced an injury or a significant flare-up of your condition.

January 7 - March 4 • Wednesdays • 1:30pm

\$50 Member

**Program registration opens at noon
on Monday, December 8**



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. All fitness classes are included with your membership

Non-members welcome to attend fitness classes when paying the drop-in fee. Visit ywinnipeg.ca/schedules for class dates and times.

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 members started in the fitness centre. The FitME workout is created with education and confidence-building in mind.

Call to book an appointment. Y membership required.

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

Available at DT/EK/S

A drop-in swim lesson for adults to develop their skills from their current ability. All skill levels are welcome.

Spots can be reserved online up to 24 hours in advance.

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. Y Membership and registration required.

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.

Volleyball (18+ years)

Available at DT - Tuesdays/Fridays 11:30am - 1pm

The gym will be set up for volleyball during lunch hour — join in for friendly matches up to 15 points, or take the time to work on your skills and technique at your own pace!

Mindfulness (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/meditation pillows are provided.

Visit ywinnipeg.ca/schedules for dates and times.

Bronze Star (12+ years)

Available at S

Bronze Star helps you develop sound judgment, teamwork, and water safety awareness while gaining the ability to perform low-risk rescues. This program focuses on improving swimming efficiency, endurance, and decision-making in both individual and group rescue situations.

Prerequisite: Ability to swim 400m continuously.

January 15 - March 19 • Thursdays • 7pm

\$125 Member • \$185 Non-Member

Bronze Medallion (13+ years)

Available at EK

Bronze Medallion expands on the core principles of water rescue: judgment, knowledge, skill, and fitness. You'll learn tows, carries, and release methods for challenging rescues involving both conscious and unconscious victims. Develops stroke efficiency and endurance through a timed swim.

Prerequisite: Bronze Star or 13 years of age by exam date

January 8 - March 26 • Thursdays • 7:30pm

\$175 Member • \$235 Non-Member

Bronze Cross (13+ years)

Available at S/WP

Advanced training and introduction to the fundamentals of safe supervision in aquatic facilities. Learn the difference between lifesaving and lifeguarding, practice emergency procedures, develop teamwork and leadership skills. Training includes rescues for spinal injuries, pulseless victims, and victims in deteriorating situations.

Prerequisite: Bronze Medallion

January 11 - March 29 (dates/times will vary by hub)

\$200 Member • \$260 Non-Member

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

Available at S

This comprehensive 2-day course covers emergency first aid and CPR skills for the workplace, home, or community. Learn how to respond to medical emergencies such as head and spinal injuries, sudden illnesses, and environmental emergencies. *A manual and a certificate are provided upon completion. Certification is valid for 3 years.*

March 28 & 29 • 9am - 5pm

\$125 Member • \$185 Non-Member

Emergency (Basic) First Aid (13+ years)

Available at DT/S

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. *Certification is valid for 3 years.*

January 11 • 9am - 5pm (S)

February 22 • 9am - 5pm (DT)

\$90 Member • \$115 Non-Member

Bronze Cross & Standard (Intermediate) First Aid (13+ years) Available at DT

This integrated course offers advanced lifesaving instruction alongside comprehensive first aid training, equipping participants to respond effectively to emergencies both in aquatic environments and on land. It covers the full Bronze Cross curriculum and includes Standard First Aid and CPR certification.

Prerequisite: Bronze Medallion. Must bring Canadian Lifesaving Manual and a Fox 40 Whistle

January 10 - March 21 • Saturdays • 1:30pm

\$272 Member • \$340 Non-Member

Children, Youth & Family Activities

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

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. **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 every day of the week!

Drop-in programs 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 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 are located at both our South and West Portage Community Hub locations as well!

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 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.

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.

3 on 3 Basketball (13+ years)

Available at DT- Wednesdays 6pm - 9pm

NEW!

Hit the court for our 3 on 3 Basketball Tournament at the Y! This event is geared toward ages 13 and up who love the game and are ready for some friendly, fast-paced competition. Teams will battle it out in short, high-energy games that showcase teamwork, skill, and sportsmanship. Bring your own team or sign up solo and get matched with other players — it's a great way to meet new people, stay active, and play the game you love.

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.

\$7 per child • Member/Non-Member

Birthday Parties (3 months - 12 years)

Available at DT/EK/S/WP

Looking for a fun, active, and stress-free way to celebrate your child's birthday? Let us take care of the details! We'll keep the kids moving with exciting activities, provide a dedicated party room for snacks, presents, and cake — and best of all, we'll handle the clean-up!

Birthday Party Package Includes:

- Two-hour time slots
- Party room with tables and chairs
- Party Host to welcome guests, help with set-up & cleanup
- Dedicated time on the inflatable bouncer
- Gym time with your choice of activities — basketball, floor hockey, badminton, and more!

Birthday parties available Saturdays and Sundays (Downtown - Saturdays only). Time slots will open for reservation 90 days before party date.

\$200 Members • \$250 Non-Members



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.

February 13 (EK) • 5:30pm-8:30pm

February 20 (DT/S) • 5:30pm-8:30pm

February 27 (WP) • 5:30pm-8:30pm

Members: \$20/child • Non-Members: \$30/child

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.

Monday, February 2 • Friday, March 20

Members: \$39/child • Non-Members: \$44/child

Spring Break: March 30 - April 2, 2026

Members: \$195/child • Non-Members: \$220/child

Introduction to Singing Bowls (18+ years)

Available at EK

Discover the calming world of singing bowls in this hands-on introductory class. Learn basic playing techniques, explore their soothing sounds, and experience the potential benefits of sound vibration for relaxation and mindfulness.

January 18 • Sunday • 1pm - 2pm

\$20 Members • \$35 Non-Members

February Family Fun

Available at DT/EK/S/WP

Get ready for some family fun and join us every Saturday in February! Families are invited to enjoy a unique and exciting experience at all our locations. Expect fun activities, and memorable moments designed for everyone to enjoy together.

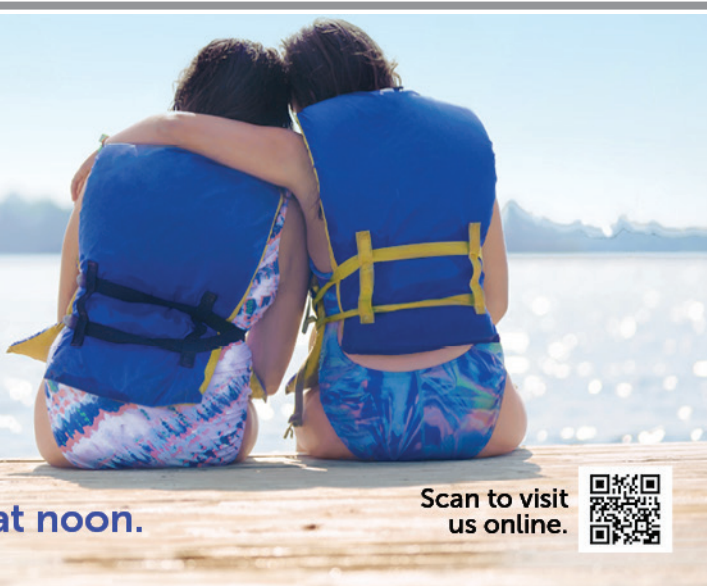
Dates and times will vary by location, visit ywinnipeg.ca/schedules for details.



It's never too early to think of summer!

Camp registration opens January 5 at noon.

Scan to visit
us online.



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

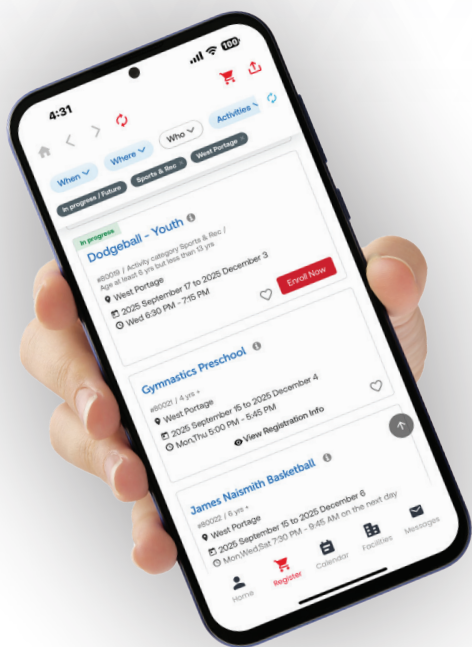
Online Registration

Valid email address required

To access your online account: Visit 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!



WE ARE MOBILE!

Members can download
the **Y Winnipeg App** and
register from your phone!



iOS



ANDROID

To login to the app, use the same email address and password associated with your Y membership account.

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 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



PROUD PARTNER OF
United Way
For a Better Winnipeg



Accredited
IMAGINE CANADA

Shine On The Shine On logo, featuring a large red 'Y' shape.