

# Spring Program Guide

April - June 2026

From registered programs  
to drop-in activities,  
certifications to youth  
leadership 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

# Heartbeat of Community

YMCA-YWCA of Winnipeg

## More Than a Gym

While our community hubs feature all the amenities you'd expect from a fitness centre it's our mission to deliver more than exercise.

The YMCA-YWCA of Winnipeg is a charity that ignites the potential in people, helping them grow, lead, and give back to their communities. In addition to programs for fitness and water safety, we deliver important community support for mental health, newcomer services, child care and youth empowerment. The Y supports access for all through assistance-based and donor-supported programs that give children, youth and families Y experiences locally and at camp.

As a member, your support helps create a healthier, more welcoming community.

## Membership at the Y

Our four community hubs are open 7 days a week, 364 days a year and welcome people of all ages, all stages, and all walks of life with a smile. Y Memberships are valid at all locations including access to amenities, programs and swimming lessons. There are no locked-in contracts or cancellation fees and members can put their account on hold for when they cannot visit.

## Everyone Deserves to Belong

The YMCA-YWCA of Winnipeg strives to serve all members of the community and as a charity, we are committed to helping ensure that people are not turned away because they can't afford the full membership or program fee.

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.



## Spring Registration opens Monday, March 9 at noon!

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

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

# Upcoming Events

Membership or drop-in fees may be required

## Kids' Night Out (5-12 years)

DT/EK/S/WP

Parents, are you looking for a break at the end of a long week? Skip the babysitter and bring your kids to the Y where they'll enjoy a fun-filled evening of games, crafts, and creative play with our energetic staff. A kid-friendly meal and snack is included.

**April 24 • 5:30pm-8:30pm**

Members: \$25/child • Non-Members: \$30/child

## Toonie Swim

DT/EK/WP

Make a splash at our Toonie Swim! For just \$2, community members of all ages are invited to enjoy open swim time with access to the pool, hot tub, and water slides. Bring the whole family for affordable, splash-filled fun!

**\$2 Non-Members**

*Dates and times will vary by location, visit [ywinnipeg.ca/events](http://ywinnipeg.ca/events) for details.*

## Summer Day Camps (4-12 years)

DT/EK/S/WP

Choose from a variety of themes and unique camp experiences. Each week offers a balance of sports, crafts and games, including recreational swimming, outdoor play and an excursion to one of Winnipeg's many fun attractions!

Visit us online at [ywinnipeg.ca/summercamp](http://ywinnipeg.ca/summercamp) for details or pick up your Summer Camp brochure at a community hub today!

## Bike Week : June 7-13, 2026

DT/EK/S/WP

Y Winnipeg is excited to partner once again with Bike Week Winnipeg again to bring pedal-powered activities to all of our Community Hubs. Throughout the week we'll be offering bike tune ups, bike safety sessions, group rides, prize draws and fun that keeps rolling on.

*Dates and times will vary by location, visit [ywinnipeg.ca/events](http://ywinnipeg.ca/events) for details.*

## Have Their Birthday at the Y!

**2-hours on Saturdays or Sundays with:**

- a Party Room
- a Party Host
- Dedicated Party Time on the Inflatable Bouncer
- Gym Time with Your Choice of Equipment



**\$200 Member**  
**\$250 Non-member**  
Book Online

# Swim 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.*

## Kids (6 months - 12 years)

### Parent and Tot Swim

DT/EK/S/WP

Infants/toddlers build comfort and confidence while learning early skills like splashing, kicking, floating, and holding the wall. Parent/Guardian required to be in the water.

### Preschool Swim\*

DT/EK/S/WP

Swimmers learn to blow bubbles, submerge, float, glide, and swim short distances. Children will explore deep water, and practice front and back crawl, surface support, and safe entries.

### Learn to Swim\*

DT/EK/S/WP

Four progressive levels (Otter, Seal, Dolphin and Swimmer) designed to take children from beginner to deep water ready.

### Star Swim Program

DT/EK/S/WP

Six levels (Star 1 - 6) that will focus on stroke refinement, endurance, and lifesaving skills. Will also introduce leadership development, advanced endurance swims, and rescue techniques through the Canadian Swim Patrol curriculum.

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

### Adaptive Swim (4-17 yrs)

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.

*Please contact individual hub for availability and registration support.*

### Come & Go Lessons (4-12 yrs)

DT/S/WP

Missed a swim lesson? A Come & Go Lesson is a supplemental class to your child's regular lessons. Sessions focus on refining specific techniques tailored to the swimmer's current level.

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

## Teens/Adults

### Swim Lessons: Drop-in

DT/EK/S

A drop-in swim lesson to develop your skills from your current ability. All skill levels are welcome. No weekly commitment required.

### Swim Lessons: Teen & Adult

WP

A beginner-friendly class for teens and adults. Learn basic swimming skills, water safety, and proper technique at your own pace—no experience necessary.

### \*Disponible en français

Des cours préscolaire et "Apprendre à nager" sont également disponibles en français à notre carrefour communautaire Y sud situé au 5 avenue Fermor.



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

# Speciality Aquatics

Registration & membership may be required

## Intro to Water Polo (13-17 yrs) EK

In partnership with the Manitoba Water Polo Association, participants develop foundational skills for recreational or competitive play. 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 yrs) DT/EK/S/WP

Perfect for teens who love the water and want a challenge! Participants build strong swimming skills and leadership through games, challenges, and real-world rescue practice.

*Prerequisite: Star 1 of Star Swim Program or complete a swim assessment with a Lesson Supervisor.*

## Teen Fit Swim (13-17 yrs) DT/EK/S/WP

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*

## Adult Fit Swim (18+ yrs) WP

Offering a structured, fitness-focused swimming program for adults of all skill levels. Participants will build endurance, technique, and increase strength through guided training.

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

## Deep Water Running (13+ yrs) S

Use flotation belts to stay upright as you “run” without touching the pool floor, creating a dynamic cardio session that’s easy on the joints but tough on endurance.

## Aquafit (13+ yrs) DT/EK/S/WP

Experience a full-body workout in either shallow or deep water. This class blends cardio, strength, and endurance training using water’s natural resistance to reduce impact on your joints.

## Aqua Zumba (13+ yrs) EK/S/WP

Aqua Zumba blends Latin-inspired dance rhythms with the refreshing resistance of water for a fun, low-impact cardio session.



## Rec Swim Fun at the Y

Check your hub  
schedule before you  
visit to find times!

*Non-members welcome when  
paying a drop-in fee.*

# Kids' Programs (2-12 years)

Registration & membership required

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

At Y Winnipeg, kids ages 2–12 can explore, play, and learn through a variety of exciting programs — **included with your membership** (unless otherwise noted) **and you're welcome to register for as many as you like!**

## Preschool

### Parent & Tot Music (2-4 yrs)

S

A fun, interactive experience designed to explore music together. Through singing, movement, rhythm games, and simple instruments, children develop their auditory and motor skills.

### Lil Sportsters (2-4 yrs)

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 yrs)

DT/S/WP

Toddlers will learn to move their body and build motor skills through guided activities and free play alongside a parent or caregiver.

### Preschool Soccer (2-4 yrs)

DT/WP

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.

### Creative Movement (4-6 yrs)

S

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

### James Naismith Basketball – Preschool (4-6 yrs)

S/WP

This program introduces our tiniest dribblers to the game in a supportive and fun environment.

## Kids

### Gymnastics (4-12 yrs)

DT/EK/S/WP

Instructors take gymnasts through movement skills to build strength and coordination.

### First Tee Golf (6-12 yrs)

S/WP

Introduce children to the fundamentals of golf — from putting and driving to club selection.

### Soccer (6-12 yrs)

DT/EK

Players will practice skills and teamwork through fun drills and games. A great way to get moving and build confidence.

### Intro to Triathlon (6-8 yrs)

S

Geared to younger kids who want to try the sport of triathlon. Participants will train in the pool and in the gym to build fitness and confidence. No bike component for this program.

*Swim prerequisite: Level 3/Dolphin of Learn to Swim*

### Triathlon Kids (8-12 yrs)

EK/S/WP

**NEW!**

Introduces kids to the exciting sport of triathlon! 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 of Learn to Swim*

### Dance (6-12 yrs)

EK/S

This upbeat dance class introduces kids to a variety of dance styles through music, movement, and easy-to-follow routines.

### Hip Hop Dance (6-12 yrs)

DT

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 yrs)

EK/S/WP

Develop the fundamentals of karate movement and technique, while learning core values of courage, respect, integrity, and self-control.

### Sports and Games (6-12 yrs)

S

Kids will try out a variety of sports and games that build teamwork, coordination, and confidence including creative group challenges!

### Floor Hockey (6-12 yrs)

WP

Players learn teamwork, coordination, and sportsmanship while being active & having fun.

### Volleyball (9-12 yrs)

WP

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.

**NEW!**

### James Naismith Basketball

(6-12 yrs)

DT/EK/S/WP

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

### James Naismith Basketball

– Girls (6-12 yrs)

EK/WP

Just for the girls! Participants will develop skills in dribbling, passing and shooting the ball.

### Dungeons & Dragons (6-12 yrs)

S

Create characters, solve problems, and work together to complete exciting adventures. Build creativity, communication, and teamwork skills while exploring fantasy worlds led by a trained facilitator. All player levels welcome!

**NEW!**

### Young Engineers

(6-12 yrs)

S

Become a young engineer while building, designing, and problem-solving with LEGO Turn ideas into structures, experiment with designs, and bring creations to life through hands-on building.

\$15 Member

**NEW!**

### Pokémon Club

(6-12 yrs)

S

Become a Pokémon Trainer as you trade cards, build teams, and take on fun challenges with friends. You'll practice strategy, teamwork, and friendly competition while exploring the world of Pokémon together.

**NEW!**

### Science Kids (8-12 yrs)

DT/EK/S

Each week is a new experiment designed to spark curiosity and hands-on discovery. From chemical reactions and fizzy explosions to physics and biology, kids will explore a different scientific mystery every session.

**NEW!**

## Babysitting Service

(3 months - 12 years)

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.

Available Monday, Wednesday & Friday from 9am - 12pm.



**\$7 per child**  
flat rate for up to  
**3 hours of care**

Members or non-members  
can reserve a spot up to  
48 hours in advance.

# Teen Programs

Membership or fees may be required

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

## Sports & Recreation

Teens can enjoy fitness classes, open gym, open pool, open studio - there are so many things for them to do. Teen registered programs are **included** with your Y Membership (unless otherwise noted) – **and you're welcome to register for as many as you like!**

### Advanced Karate (8-15 yrs)

EK

Advanced practice for youth looking to sharpen their craft and skill. Karate improves strength, coordination, and agility while fostering courage, courtesy, integrity, self-control, and respect under the guidance of qualified black belt instructors.

*Prerequisite: Karate Intro class*

### Triathlon Teens

EK

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 put their skills and endurance to the test with a timed event.

*Swim prerequisite: Level 3/Dolphin of Learn to Swim.*

### Intro to Powerlifting

(16+ yrs)

S

Learn and practice proper technique, safety cues, and basic programming for the three core movements: the squat, bench press, and deadlift. Lift efficiently, build strength progressively, and understand how powerlifting can fit into your overall fitness routine.

**\$50 Member**

**NEW!**

### Hip Hop Dance

S

**NEW!**

Move, groove, and express yourself! This upbeat dance class introduces hip hop movements and choreography in a fun, welcoming environment. Learn easy-to-follow routines, build rhythm and coordination, and gain confidence while dancing to high-energy music.

### James Naismith

#### Basketball – Teen Girls

EK

**NEW!**

Participants will practice fundamentals such as dribbling, passing, shooting, and defensive play through structured drills and game-based activities.

### Teen Girls' Self-Defence

(13-17 yrs)

EK

**NEW!**

Build confidence and learn practical self defence skills in a safe, supportive environment. Emphasis is placed on awareness, movement, and personal safety. Added emphasis on scenarios relevant to women and teen girls.

**\$15 Member**



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



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

# Teen Programs

Membership or fees may be required

## Leadership & Well-being

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.

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

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.

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

A community program that offers youth FREE access to all community hubs every Friday evening. No membership or drop-in fee is required to join in on the fun!

*\*Supported through funding from the City of Winnipeg and the United Way.*

### YRISE (13-17 yrs) EK/S

A youth leadership program tailored to boys. Delivered over ten sessions, the program takes participants through a series of engaging and reflective sessions to help boys become self-aware, compassionate, and community-minded leaders. Sessions will cover topics like what it means to lead with empathy, harmful gender norms and how to challenge them, and how to uplift others.

*Registration required. Free Y membership included. Visit [ywinnipeg.ca](http://ywinnipeg.ca) for details.*

**Coming this Summer  
– YRISE Girls!**

**NEW!**

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

Offers teens and youth support for those who are experiencing mild to moderate anxiety or stress.

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:  
[mentalhealth@ymanitoba.ca](mailto:mentalhealth@ymanitoba.ca)  
for more information.**



**Your Summer,  
Your Camp,  
Your Adventure**



Register now  
for Summer  
2026 camps!



# Adult Programs

Membership and or fees may be required

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

At the Y, we believe health and fitness means taking care of the whole you. We're invested in helping you meet your goals, whether that means losing weight, gaining strength, or simply finding ways to connect with others. You're part of a community committed to helping you explore new activities, and discover your best self at any stage in your life.

## Fitness & Recreation

### EGYM

EK/S/WP

The smart strength training 30- minute circuit adapts with you making it suitable for all fitness levels. Onboarding appointment required to get started with EGYM.

### Open Studio

DT/EK/S/WP

Take advantage of our fitness studio spaces when classes are not in session.

### Open Gym

DT/EK/S/WP

Unstructured gym time to enjoy a variety of sports equipment such as racquet sports, basketball, floor hockey and more!

### Indoor Track

DT/EK

Enjoy use of our indoor tracks to walk or run on throughout the season.

### Fitness Classes (13+ years)

DT/EK/S/WP

Working out with a group can add extra energy and motivation to your routine.

### FitME

DT/EK/S/WP

A complimentary one-on-one training session with a fitness staff member designed to get members started in the fitness centre.

*Call to book an appointment.*

### Karate

EK/S

Learn the fundamentals of karate movement and technique under the guidance of black belt instructors.

### Volleyball

DT

Join in for friendly lunch hour matches up to 15 points, or take the time to work on your skills and techniques.

### Intro to Powerlifting (16+ yrs)

S

**NEW!**

Learn and practice proper technique, safety cues, and basic programming for the three core movements: the squat, bench press, and deadlift. Lift efficiently, build strength progressively, and understand how powerlifting can fit into your overall fitness routine.

**\$50 Member**

### Women's Self-Defence (16+ yrs)

DT/EK/S/WP

**NEW!**

Build confidence and learn practical self defence skills in a safe, supportive environment. Emphasis is placed on awareness, movement, and personal safety and places added emphasis on scenarios relevant to women and teen girls.

**Additional Fees May Apply**

"There's four of us now who lift together. **It's so motivating**, and the instructors are amazing. They keep us going." – Judy



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

## Well-being

### Move Better – Low Back Pain Program\*

WP

Led by a Physiotherapist, this program includes a 90-minute education session as well as weekly one-hour group exercise sessions to support lower back strength, mobility, and confidence in movement.

\$50 Member (9 weeks)

### Move Better – Knee & Hip Arthritis Program\*

WP

Led by a Physiotherapist, this program includes a 90-minute education session as well as weekly one-hour group exercise sessions to support knee and hip strength, mobility, and confidence in movement.

\$50 Member (9 weeks)

*\* Move Better programs are not intended as a replacement for short-term therapy if you've recently experienced an injury or a significant flare-up of your condition.*

### Boxing Fundamentals

DT/S

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.

Additional Fees May Apply

### TIME™ at Home

NEW!

An 8-week online group-exercise program designed for people with mobility challenges who may use a cane or walker to get around and often find it difficult to walk longer distances. This program requires participants to have access to a device with a camera, microphone, and reliable internet connection.

*Pre-requisite: Before enrolling, participants must complete a self-assessment questionnaire, to determine eligibility.*

### Mindfulness

DT

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](http://ywinnipeg.ca/schedules) for dates and times.*

### Coffee Club

DT/EK/S/WP

NEW!

Every week Y Winnipeg provides a relaxed gathering where people can connect over coffee, share stories, and build new friendships. Sometimes we even welcome guest speakers who bring fresh perspectives to the conversation.

*Visit [ywinnipeg.ca/schedules](http://ywinnipeg.ca/schedules) for dates and times.*

### Minds in Motion

WP

Designed for people with early to moderate signs of dementia to attend with a family member or friend. This 8-week program meets weekly for 2-hours taking participants through a gentle chair fitness class followed by engaging activities and conversation.

\$65 Member/Non-Member



# Certifications

Registration required

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

The YMCA-YWCA of Winnipeg is proud to be a provincial and national affiliate of the Lifesaving Society of Canada, offering Lifesaving, Lifeguarding, and First Aid certifications that follow the Society's nationally recognized standards. All courses are taught using Lifesaving Society guidelines, and all Y Winnipeg trainers and instructors hold current certification through the Society to ensure high-quality, consistent training across all programs.

## Bronze Star (12+ years)

DT/EK/S

Build confidence in the water and learn the fundamentals of lifesaving. Perfect preparation for Bronze Medallion.

*Prerequisite: Ability to swim 400m continuously. Textbooks included.*

**\$135 Member • \$170 Non-Member**

## Bronze Medallion (13+ years)

EK/S/WP

Learn essential rescue skills, CPR, and endurance training.

*Prerequisite: Bronze Star or 13 years of age by exam date. Textbooks included*

**\$205 Member • \$255 Non-Member**

## Bronze Cross (13+ years)

EK/S

Advance your lifesaving skills and get introduced to safe supervision in aquatic facilities.

*Prerequisite: Bronze Medallion. Textbooks included*

**\$225 Member • \$280 Non-Member**

## National Lifeguard - Pool Certification (15+ years)

S

Learn advanced water rescue techniques, injury prevention strategies, and emergency response protocols. The course emphasizes teamwork, communication, and leadership, ensuring you're ready to supervise aquatic environments safely and effectively.

**\$415 Member • \$520 Non-Member**

## Babysitting Course

(11-17 years)

EK

This one-day course gives youth the skills, confidence, and responsibility needed to be safe, capable, and successful babysitters. Participants will learn how to care for children of different ages, handle common emergencies, and create a fun, safe, and positive environment for the families they support.

**\$65 Member • \$75 Non-Member**

## Basic (Emergency) First Aid

(13+ years)

DT/S

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*

**\$80 Member • \$100 Non-Member**

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

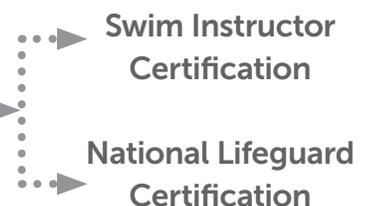
S

A comprehensive course that covers emergency first aid and CPR skills. 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.*

**\$160 Member • \$200 Non-Member**



Downtown - DT  
 Elmwood-Kildonan - EK  
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# Drop-in Programs

Membership not required.

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. Program availability will vary by location, schedules available online at [ywinnipeg.ca/schedules](http://ywinnipeg.ca/schedules) or the Y APP.

Drop-in fees apply for non-members. **NO membership required.**

## Preschool (2 - 5 years)

Preschool Playtime  
 Preschool Art  
 Stay and Play  
 Kinder Soccer  
 Craft & Story  
 Kinder Gym  
 Play Structures

## Kids (6 - 12 years)

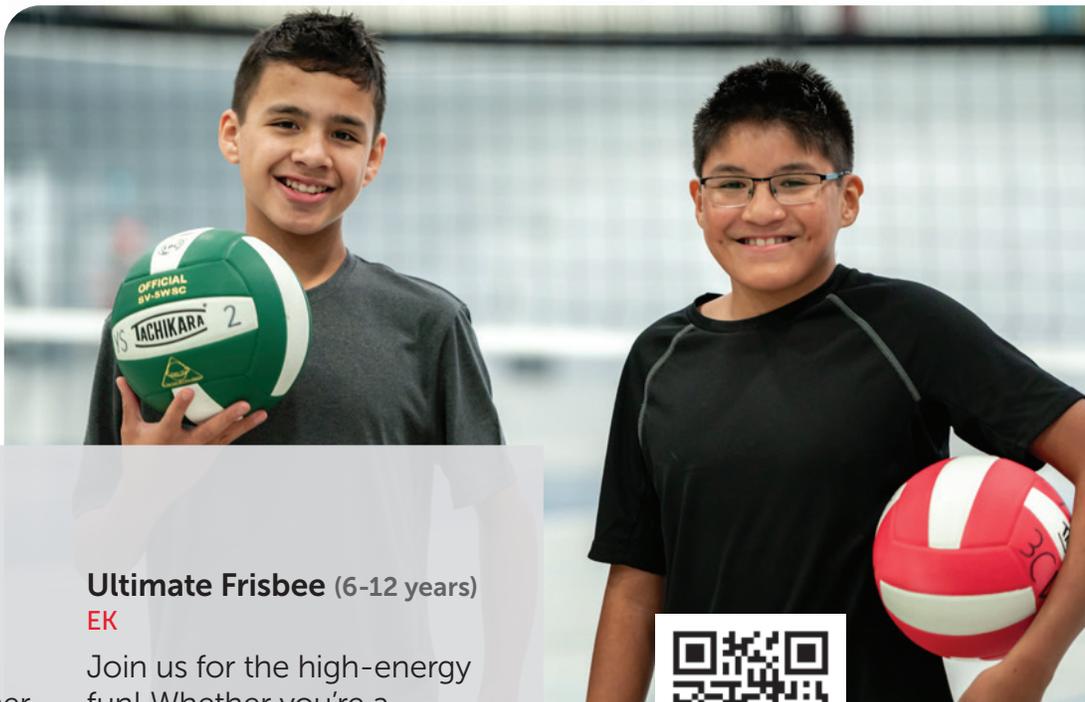
Adventures in Art  
 Sports & Games  
 Soccer  
 Kid's Corner  
 Dodgeball  
 Badminton  
 Handball  
 Floor Hockey  
 Pickleball  
 Volleyball  
 Sports of All Sorts  
 Science Kids  
 Play Structures

## Teens/Adults

Volleyball  
 Pickleball  
 3x3 Basketball  
 Fitness Classes  
 Squash

## Families

Family Pickleball  
 Family Floor Hockey  
 Family Fun  
 Family Badminton  
 Family Soccer



## NEW! for Spring

### Talent Nest (13-18 years)

EK

Have a talent you want to practice and express? Whether you act, sing, dance, or want to bring your own instrument and jam, Talent Nest is for you! Collaborate, share ideas and perform with fellow artists. Staff will be there to encourage, actively listen and jam with you.

### Ultimate Frisbee (6-12 years)

EK

Join us for the high-energy fun! Whether you're a beginner or a seasoned player, youth of all abilities are invited to show up and play. It's a great way to stay active, improve your disc skills, and experience the fun game of Ultimate Frisbee!



Scan the QR code for descriptions of our children's drop-in programs

# Online Registration

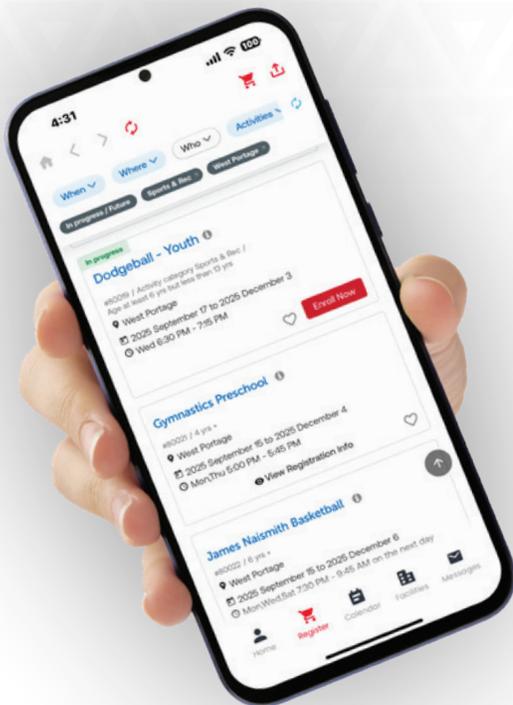
Valid email address required

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

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!



## WE ARE MOBILE!

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

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



iOS



ANDROID

### 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.

# **MAY** is for YMCA-YWCA of Winnipeg **STRONG KIDS**

**Watch for stories from youth and families and help us create more opportunities for them to shine.**

Your support helps provide Y memberships, camp experiences, and life-changing programs for kids and families in need.



Donate today at [ywinnipeg.ca/strongkids](https://ywinnipeg.ca/strongkids)



## **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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Shine On 

The "Shine On" logo features the words "Shine On" in a black, handwritten-style font, followed by a large, stylized red letter "Y" with a white triangle inside its top bar.