



Fall Program Guide

September-December 2026

**Get all your gym, swim,
fitness, recreation, & more
under one roof.**

Learn more & register at 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 inclusive community.

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. Call us to learn more on how we can help.



**Fall Registration opens
Monday, August 17th at noon!**

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

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Memberships

Explore our
memberships
& join today!



One Membership. Four Hubs. Limitless Potential.

Y Winnipeg is your complete destination for fitness, aquatics, and community well-being. Find pricing and programs specifically designed for families, couples, and individuals of all ages and stages — contract-free.

WHY THE Y? MEMBERSHIPS ARE:

- **Flexible:**
Put your membership on hold when you're not using it
- **Simple:**
Sign-up, register for programs & get updates via app
- **Accessible:**
Financial assistance for memberships & program fees
- **Rewarding:**
Exclusive discounts on camps, birthday parties & more

A MEMBERSHIP IS YOUR ALL-ACCESS PASS TO 4 COMMUNITY HUBS, WHICH OFFER:

- Bright, inclusive fitness spaces
- Top-of-the-line strength & cardio equipment
- EGYM Smart Strength Circuit
- Swimming lessons for all Y kids*
- Indoor play structures open year-round
- Low-impact programming
- Yoga, TRX, CycleFit, HIIT & more
- On-site babysitting while you work out
- Steam rooms, hot tubs & infrared sauna
- Rec swim, lane swim & aquafit

*Facilities/amenities vary per hub. *Swimming lessons are accessible to all members for an additional fee.*

Mark Your Calendar

SEPT Fall Programs Begin

OCT Active Aging Week | Fall Festival | Halloween Howl

NOV Kids Night Out | Diabetes Prevention Month | Grief & Loss Speaker Series

DEC Winter & School Break Day Camps

Swim Lessons

Registration & membership required

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 \$32.50 per child/session for 30-minute classes and \$47.50 per child/session for 45-minute classes. Only the person registered for swim lessons is required to have a membership. Financial assistance is available

Kids (6 months - 12 years)

Parent and Tot Swim (6m-3 yrs)

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* (3-5 yrs)

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* (6-12 yrs)

EK/S/WP

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

***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.

Star Swim Program (8-12 yrs)

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: Completion of: Swimmer/Level 4 of Learn to Swim

Adaptive Swim (4-17 yrs)

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.

Swim Skills Plus (6-12 yrs)

S/WP

Swim Skills Plus is a drop-in program that allows swimmers to make up missed or cancelled lessons, build confidence, or stay active when regular lesson registration isn't available.

Spots can be reserved up to 24 hours in advance.

Teens/Adults

Swim Lessons: Drop-in

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: Adult & Teen

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.

Register 24hrs in advance.

The Downtown Y aquatic centre will temporarily close in Fall 2026 as we undertake our Heart of the City expansion.

The main pool is forecast to reopen in Spring 2027.

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)

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)

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.

Aquafit (13+ yrs)

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.

Babysitting While You Work Out

Our trained, vetted and caring babysitters are here for children aged 3 months to 12 years during select hours while parents work out, socialize & enjoy our spaces.

**View times
& register!**



\$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.*

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 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

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/S/WP

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

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.

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 & Games (6-12 yrs)

S/WP

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

James Naismith Basketball –

Girls (6-12 yrs)

EK/WP

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

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.

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.

STEM (Science, Technology, Engineering and Mathematics)

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!

Science Kids (8-12 yrs)

EK/S/WP

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.

Block Builders (6-12 yrs)

WP

Hands-on activities for kids featuring building challenges, engineering, problem-solving, and simple experiments.

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.

Have Their Birthday at the Y!

2 Hours Saturday or Sundays

- Party Room
- Party Host
- Dedicated party time on the inflatable bouncer
- Gym time with your choice of equipment



\$200 Member
\$250 Non Member
BOOK ONLINE

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/S

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.

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.

Teen Girls' Self-Defence

(13-17 yrs)

EK

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.

Intro to Boxing (16+ yrs)

DT

This high energy class teaches the basics of boxing technique, cluding stance, punches, and footwork. Great for building coordination strength, and endurance. No experience needed!

\$15 Member



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



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.*

Y RISE (13-17 yrs) EK/S/WP

A youth leadership program tailored for and designed with input from teen boys and girls. Delivered over 10 sessions, Y RISE creates space for participants to reflect on identity, relationships, and responsibility. 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 and 1-week stay at Camp Stephens included. Visit ywinnipeg.ca for details.



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



**REGISTRATION OPENS
EARLY 2027**

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 gaining strength or simply finding ways to connect with others. You're part of a community that's committed to helping you explore new activities and discover your best self at any stage in your life.

Drop-In Fitness Classes (13+ years)

The following programs run at various times throughout our hubs. Check individual hub schedules online.

- Barre
- Boxing Fundamentals +16yr
- Body Link
- Cardio & Strength
- CycleFit
- Gentle Fit
- Intro Tai Chi
- Low Impact Circuit
- Low Impact Fitness
- Low Impact Synrgy
- Mobility & Stretch
- Powerlifting +18yr
- Pilates
- Spivi
- Step & Strength
- Stretch
- Synrgy
- Tai Chi
- Total Sculpt
- TRX
- Yoga Flow
- Yoga Hatha
- Yoga Vinyasa
- Yoga Yin
- Zumba

Sports & Recreation

Beginner Pickleball

EK/WP

Learn to play this popular game that combines elements of tennis, badminton and table tennis.

Karate

EK/S

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

Volleyball

DT/EK

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

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.

Women's Self-Defence (16+ yrs)

EK

Build confidence and learn practical self defence skills in a safe, supportive environment.

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

Move Better- Shoulder 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 shoulder 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 session to support knee and hip strength, mobility, and confidence in movement.

\$50/Member (9 weeks)

Small Steps for Big Changes

DT/EK/S/WP

Small Steps for Big Changes is an evidence-based diabetes prevention program that helps participants build healthier eating and exercise habits. Through six one-on-one sessions over one month, participants receive personalized fitness guidance, meal planning support, motivational coaching, and a free one-month Y Winnipeg membership.

Participants must complete a short survey to determine eligibility.

**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*

Well-being

Mindfulness

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.

Coffee Club

DT/EK/S/WP

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

Visit 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



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

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)

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.

Bronze Medallion (13+ years)

EK/S

Learn essential rescue skills, CPR, and endurance training.

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

Bronze Cross (13+ years)

S

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

Prerequisite: Bronze Medallion. Textbooks included

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.

Babysitting Course (11-17 years)

S

One-day course where 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.

Mental Health First Aid (16+ years)

Learn to recognize mental health concerns, provide initial support, & connect those in distress with correct resources.

Basic (Emergency) First Aid

(13+ years)

S/WP

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

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

EK/S/WP

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.

2026/2027 Certification fees for members and non-members are available online at ywinnipeg.ca.

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 or the Y APP.

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

Preschool (2-5 years)

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

Kids (6-12 years)

Kid's Corner
Handball
Sports & Games
Soccer
Adventures in Art
Dodgeball
Badminton

Floor Hockey
Ultimate Frisbee
Volleyball
Sports of All Sorts
Science Kids
Play Structures
Pickleball

Teens & Adults

Volleyball
Combat Sports
Squash
Pickleball
Talent Nest
Soccer
Floor Hockey

Families

Family Pickleball
Family Floor Hockey
Family Fun
Family Badminton
Family Soccer

Open Studio / Open Gym

DT/EK/S/WP

Indoor Track

DT/EK

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



Explore all of
our drop-in
programs!



Online Registration

Signing up is easy!



**FALL REGISTRATION
OPENS MONDAY
AUGUST 17 AT NOON**

Not yet a member?

Visit ywinnipeg.ca/join to pick the membership that fits your life.

How to Register for Programs Online:

Step 1

Visit ywinnipeg.ca and click on "My Account" in the top right corner.

Step 2

Sign in using the **email address** associated with your membership.

Step 3

Choose a program and sub-activity to view dates, times and locations, then **follow the prompts**.

Your username is the email address you provided when joining the Y. Can't remember yours? Simply call your home hub. We are happy to help!

Program dates and times will vary by locations.

Members can register using a smartphone by downloading the Y Winnipeg app, and logging in using their member email.



Invest in Winnipeg's Future

Be Part of the Heart of the City Campaign

The Heart of the City Campaign is your opportunity to invest in a stronger, healthier Downtown Winnipeg. With your support, we can revitalize the Downtown Y into a hub for connection, wellness, and community growth.

Why Your Support Matters:

- **Promoting Health and Well-Being:** Support programs that empower physical and mental wellness, accessible child care, and opportunities for youth.
- **Driving Economic Growth:** Your investment fuels job creation, stimulates local business, and strengthens Winnipeg's economy.
- **Building Community Connections:** Create a vibrant, inclusive space for people of all ages and backgrounds to come together.

Make a Lasting Difference

Every dollar you give shapes the future of our city. Join us today to transform Downtown Winnipeg into a thriving community where everyone has the opportunity to succeed.

SUPPORT THE HEART OF THE CITY CAMPAIGN TODAY!



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 