

Edition 3

Hours of Operation

Monday to Friday
6:00 am - 10:30 pm
 Saturday, Sunday & Holidays
7:00 am – 8:00 pm



YMCA - YWCA

We build strong kids,
 strong families, strong communities.

Elmwood Kildonan
 454 Kimberly Avenue
 Winnipeg, MB
 R2K 0X8
 T: 668-8140
 F: 654-9189
www.ywinnipeg.ca

2010 - 2011 PROGRAM SCHEDULE

MAIN POOL OPEN SWIM TIMES

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

FAMILY POOL OPEN SWIM TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recreation Swim	6:00-10:00 11:15-1:30 2:30-4:30 6:30-10:30	6:00-10:00 10:30-4:30 6:30-10:30	6:00-10:30 11:00-1:00 2:00-4:30 6:30-10:30	6:00-10:00 11:15-1:30 2:00-4:30 6:30-10:30	6:00-10:00 11:15-4:30 6:00-10:30	7:00-10:00 1:00-8:00	7:00-1:00 2:30-8:00

OPEN GYMNASIUM TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym 1	6:00-4:15 6:00-8:30	6:00-8:30	6:00-5:00 7:30-8:30	6:00-10:30	6:00-10:30	7:00-10:00 11:30-1:00 3:00-8:00	7:00-8:00
Gym 2	6:00-8:45 1:00-4:30 7:15-8:30	6:00-8:45 1:00-3:30 6:30-8:30	6:00-8:45 2:00-4:15 6:15-8:30	6:00-8:45 1:00-3:30	6:00-8:45 1:00-4:15 5:45-10:30	7:00-10:30 2:15-8:00	7:00-10:00 2:15-8:00

OPEN STUDIO TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-9:15 10:45-1:30 2:15-4:45 7:00-10:30	6:00-9:15 10:45-1:30 2:15-6:00 7:30-10:30	6:00-9:15 10:00-12:45 1:30-5:30 7:30-10:30	6:00-9:15 10:45-1:30 2:15-6:00 7:30-10:30	6:00-9:15 10:00-10:30	7:00-9:15 10:00-8:00	7:00-8:00

MEMBER INFORMATION

Schedule in effect
September 13, 2010 – June 19, 2011

- Program break weeks:
 December 20 – January 9
 March 28 – April 3
 June 20 – July 3
 Please see Sales & Service Desk for break week schedule
- **BOLD** times indicate morning classes
- Aquatic lessons and registered programs require Family Advantage or Individual Memberships
- Children 7 and under must be within arms reach of an adult/guardian at all times as per YMCA-YWCA Aquatic Admission Guidelines
- Lockers require a membership card to lock. Deposit required for temporary card. We do not recommend padlocks of any type
- We recommend that all children 12 and under be supervised by a parent or guardian unless they are participating in Y programs
- Availability of programs is determined by member demand
- SCHEDULES MAY BE SUBJECT TO CHANGE

Birthday Parties

Celebrate your birthday at the Y with a variety of activities to choose from. Birthday child must be a member.
 Please see Membership Sales & Service for more details.
 Saturday 12:00-2:00
 Sunday 12:00-2:00

PRESCHOOL DROP IN PROGRAMS 0 – 5 YEARS

☺ Parent Participation required

☺ Preschool Playtime (Gym)

An open playtime for parents and their children to come and explore our equipment, bouncers and gym facilities.
Mon-Fri **9:00-12:30**

Soccer

A great class to run and play and learn basic skills.
Mon 4:30-5:00

All other programs for preschoolers 4 & 5 years of age

☺ Parent and Tot Gymnastics

A fun, recreation based class with emphasis on fitness and basic movements.
Mon 6:00-6:30

Preschool Gymnastics

A fun, recreation based class with emphasis on fitness and basic movements.
Mon 6:30-7:00 Wed 4:30-5:00
Sat **11:30-12:00**

☺ Craft and Story Time

Join our staff for story time and a craft.
Tues 6:00-6:30
Wed **10:00-10:30** Thurs 5:15-5:45

Kinder Gym

Kids will participate in a variety of different games and activities.
Mon/Tues/Thurs/ **10:00-10:45**
Mon 4:45-5:30
Wed 12:45-1:30 **Sat 11:00-11:45**

☺ Bouncer/Slide

Come jump and enjoy our giant inflatable bouncers.
Tues/Thurs 4:30-5:00
Fri 4:30-5:30

Babysitting

*Monday to Friday 9:00–12:00
\$1.25/½ hour/child
\$12.50 pre paid cards*

CHILDREN DROP IN PROGRAMS 6 – 12 YEARS

Floor Hockey

A great class to run and improve your puck handling skills.
Mon 4:30-5:15 Tues 6:00-6:45
Sat **11:30-12:15**

Steve Nash Basketball

The Y is excited to partner with the Steve Nash Youth Basketball program. The goal is to allow youth to maximize their potential while building character, discipline, self-esteem and sportsmanship. Wednesdays
6-8 yrs 6:00-6:45, 9-12 yrs 5:15-6:00
12-17 yrs 6:45-7:30

****PLEASE REGISTER AT MEMBERSHIP SALES & SERVICE****

Bouncer/Slide

Come jump and enjoy our giant inflatable bouncers.
Tues/Thurs/Fri 3:45-4:30

Gymnastics

A recreation based class emphasizing fun, fitness and fundamentals.
Mon 5:15-6:00 Wed 5:15-6:00
Sat **10:45-11:30**

Soccer

Fun and fitness through soccer skills, drills and games.
Mon 5:15-6:00 Tues/Thurs 6:00-6:45

Youth Gym

Participate in a variety of fitness activities.
Wed 1:00-2:00

Y Games

Kids will participate in a variety of games. Fun and fitness is the name of the game!
Tues/Thurs 5:15-6:00
****Parent participation welcome**

Adventures in Art

A creative class for the young artist.
Mon/Thurs 6:00-6:45

Family Gym

The gym is yours to play and have fun.
Sun **10:00-11:30**

Circuit Training (ages 9-12)

A mixture of athletic skills and modified strength training made especially for kids.
Sat **10:15-11:00**

Supervised Drop-in (ages 5-12)

Drop off your child for active games, crafts and other activities.
Sign in and sign out required.
Tues/Thurs: 5:00-6:30 Sat **10:00-11:30**

Play Structure

*Explore our play structure.
Open all day, everyday.
Height requirement and socks
needed to use play structure.*

REGISTERED CHILDRENS PROGRAMS AND SPECIAL EVENTS

Please see our Sales & Service staff for more information and registration ☺ Fee required/Registration open to all

☺ Halloween How!

Join us for a Spooktacular party! Come dressed in your costumes and have some frightening fun for the whole family.
October 29 6:00-8:00

☺ Supper with Santa

Get the whole family together, have a bite with Santa, grab your swim suits and join us in our aquatic centre for fun and games.
Gymnasium 6:00-7:00 Pool 7:00-8:00
December 17 6:00-8:00

☺ Easter Eggstravaganza

Family fun and a hopping good time. Activities include crafts, games, bouncers and more!
April 16 1:00-3:00

Drama (6-12yrs)

An introduction to basic drama skills such as improvisation, tableaux, and skits.
Tues 6:45-7:30

Dance (6-12yrs)

Introduction to dance through creative movements to music.
Wed 6:45-7:30

Kids of Steel (8-12 yrs)

Introduction to Triathlon. Involves swimming, biking and running
Sat **8:30-10:00**

Tae Kwon Do (7-12yrs)

This martial arts class will teach fast reactions through skills and drills and respect for self and others.
Thurs 7:00-7:45 (Beg)
Thurs 7:00-8:15 (Adv)

Karate(7-12yrs)

An introduction to the art of Karate. Participants develop character, self respect and control.
Sat 1:00-2:00 (Beg)
Sat 2:00-3:00 (Int)

YOUTH AND TEEN REGISTERED PROGRAMS

Leaders In Training (12-14yrs)

Teens will be exposed to a wide variety of physical activities, explore group dynamics and interaction and participate in activities aimed at developing their sense of individuality and self-worth.

Fri 5:30-7:30

Leaders (15-17yrs)

Leaders will be given the opportunity to explore principles of learning and teaching, explore and develop their personal values and develop a sense of awareness and responsibility to others in the community.

Fri 6:30-8:30

Drama (12-17yrs)

An in-depth discovery of various drama skills such as improvisation, musical theatre, monologues, one act plays, and so much more!

Tuesday 7:30 – 8:15

Child and Youth Workshop:

A monthly workshop on the third Saturday of every month. The focus is on many topics including sport specific skills to crafts and bike safety.

3rd Sat of every month from 1:00-4:00

TEEN AND ADULT PROGRAMS

Aquafit

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

Mon/Tues/Thurs/Fri 9:15-10:00

Mon/Wed 12:15-1:00 Mon 8:00-8:45

Tues/Wed/Thurs 7:30-8:15

Sat 1:30-2:15 Sun 10:15-11:00

Hi Lo

A cardio workout with a variety of intensity options.

Tues 9:15-10:00

Deep Water Aquafit

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

Wed 9:15-10:00

Gentle Aquafit

A shallow water Aquafit class performed at a slower pace with cardiovascular and muscular conditioning in mind.

Tues/Thurs 2:30-3:15

Low Impact

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

Mon/Tues/Thurs 1:30-2:15

Cardio Box

Cardio workout using varying boxing techniques.

Mon 6:00-6:45 Thur 6:45-7:30

Step

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

Wed 6:00-6:45 Thurs 9:15-10:00

Bootcamp

A simple, yet highly challenging workout focusing on cardiovascular endurance and muscle conditioning.

Tues 6:00-6:45 Fri 5:45-6:30

Core Strengthening

A core workout using a variety of equipment and exercises.

Mon 5:30-6:00 Wed 5:30-6:00

Barbell Blast

Total body conditioning using barbells for resistance.

Wed 9:15-10:00 & 6:45-7:30

Sat 9:15-10:00

Body Sculpt

Total body conditioning using a variety of resistance training equipment.

Mon 9:15-10:00

Tues 6:45-7:30

Body Link

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

Mon 6:45-7:30 Thurs 6:00-6:45

Fri 9:15-10:00

Studio Cycle

A challenging cardio workout. Participants are encouraged to cycle at their own comfort level. Bikes are limited.

Mon/Thurs 6:00-6:45

Sat 8:30-9:15/10:15-11:00

Will end May 14, 2011

Fitness Centre Orientation

An orientation to our equipment, basic training principles and member etiquette. Cardio equipment will be covered first, followed by strength training equipment.

Mon/Tues/Fri 7:00-8:00

Sat 10:00-11:00 Sun 1:30-2:30

Wed/Thurs 11:00-12:00

PEP

A one-on-one consultation with Y staff to develop an individual program to meet your personal fitness goals.

Pre-requisite: Fitness Centre Orientation
Call 668.8140 to arrange an appointment or email: ekprog@ymcaywca.mb.ca

Badminton

Drop-in badminton. Come with your friends or on your own.

Tues 8:30-10:30

Basketball

Drop-in basketball. Come with your friends or on your own.

Mon 8:30-10:30

Volleyball

Drop-in volleyball. Come with your friends or on your own.

Wed 8:30-10:30

Soccer

Drop-in soccer. Come with your friends or on your own.

Thurs 8:30-10:30

Become a Y Volunteer

The YMCA-YWCA of Winnipeg has a strong history of volunteerism. From children's recreation programs to adult fitness, Sales & Service to cleaning & maintenance, aquatic programs to community outreach and child care to governance – there is something for everyone. Please see our staff for more details on how you can get involved.

REGISTERED AQUATIC PROGRAMS

Parented L'il Dippers (0-3 years)

Orients parents and young children to the water environment and water safety while developing comfort and confidence in the water. Guided instruction and free play are both incorporated in this program.

L'il Dippers (3-5 years)

An un-parented program introducing children to elementary movement and buoyancy skills while developing comfort and confidence in the water.

Learn to Swim (5-12 years)

Fundamental swim skills, water safety education, character development and positive relationship building are emphasized in this program.

Star Program (5-12 years)

Children improve their swimming abilities through stroke development, improving endurance, learning new skills and enhancing water safety knowledge. Leadership opportunities are also explored.

Masters (Prerequisite Star 6)

Review and improve stroke techniques, develop endurance and an introduction to swim instruction are the focus of this program.

The YMCA-YWCA of Winnipeg follows YMCA Canada's "Progressive Evaluation" system. Participants are continuously evaluated and once the participant demonstrates the standard the participant moves to the next level. Progress reports are given out when your child completes a level as well as at the end of December, March and June.

Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parented L'il Dippers	10:00-10:30 2:00-2:30 5:30-6:00	10:00-10:30 5:30-6:00	10:30 - 11:00 1:00 - 1:30 5:30 - 6:00	10:00-10:30 5:30-6:00	10:00-10:30 5:30-6:00	10:30-11:00 12:30-1:00	
L'il Dippers	10:45-11:15 1:30-2:00 4:30-5:00 5:00-5:30 6:00-6:30	4:30-5:00 5:00-5:30 6:00-6:30	1:30 - 2:00 4:30 - 5:00 5:00 - 5:30 6:00 - 6:30	10:45-11:15 1:30-2:00 4:30-5:00 5:00-5:30 6:00-6:30	10:45-11:15 4:30-5:00 5:00-5:30	10:00-10:30 11:00-11:30 11:30-12:00	1:00-1:30 1:30-2:00 2:00-2:30
Learn to Swim/Star 1 - 3	4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30 6:30-7:00	4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30 6:30-7:00 7:00-7:30	1:30-2:00 2:00-2:30 2:30-3:00 3:00-3:30 4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30 6:30-7:00	4:30-5:00 5:00-5:30 5:30-6:00 6:00-6:30 6:30-7:00 7:00-7:30	4:30-5:00 5:00-5:30 5:30-6:00	10:00-10:30 10:30-11:00 11:00-11:30 11:30-12:00 12:00-12:30	1:00-1:30 1:30-2:00 2:00-2:30 2:30-3:00
Star 4 - 6	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	6:00-6:45	12:00-12:45	12:15-1:00
Masters		6:30-7:30				12:00-1:00	
Teen/Adult			10:00-10:30 7:00-7:30				

Program	Pre-requisite	Day & Time	Start Dates	Fees
Bronze Star	12+	Sat 2:15-4:15	October 2 - November 20	Individual or Family Advantage: \$50.00 Other: \$150.00
Bronze Medallion	13+ or Bronze Star	Sat 2:15-4:15	January 15 - March 12	Individual or Family Advantage: \$70.00 Other: \$210.00
Bronze Cross	Bronze Medallion	Thurs 8:15-10:15	January 13 - March 10	Individual or Family Advantage: \$80.00 Non-members: \$240.00
Lifesaving Instructor	Bronze Cross	Sat 4:00-8:00	September 18 - December 4	Individual or Family Advantage: \$90.00 Other: \$250.00

Bronze Star

The new first level of the Bronze Family (Bronze Star, Medallion, Cross) is an excellent preparation tool for success in Bronze Medallion. This level is not a pre-requisite for Bronze Medallion.

Bronze Medallion

Lifesavers learn to respond to increasingly complex situations involving conscious and unconscious victims in contact and non-contact rescues. Lifesavers develop stroke efficiency and endurance with a timed swim. Bronze Medallion pre-requisites: Bronze Star by first day of the course or 13 years of age by the date of the exam.

Bronze Cross

Bronze Cross teaches the difference between *lifesaving* and *lifeguarding*, the principles of emergency procedures, and teamwork. Lifesavers learn the skills involved in the rescue of a victim with a spinal injury, the rescue of a pulseless victim, and the rescue of a victim with deteriorating circumstances. Candidate must hold a Bronze Medallion certification.

Lifesaving Instructor

Lifesaving Instructors are certified to teach the awards of the Canadian Lifesaving Program with the exception of the National Lifeguard Service, Aquatic Emergency Care and Boat Rescue awards. Lifesaving Instructors evaluate Swim Patrol and Bronze Star awards, as well as specified items in Bronze Medallion, Bronze Cross, and Distinction.

