

Edition 3
Hours of Operation
 Monday to Friday
6:00 - 10:30
 Saturday, Sunday & Holidays
7:00 - 8:00



YMCA - YWCA
 We build strong kids,
 strong families, strong communities.

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

SCHEDULE INFORMATION

SCHEDULE IN EFFECT SEPTEMBER 12, 2011

MEMBER INFORMATION

- Aquatic lessons and registered programs require Family Advantage or Individual Memberships.
- There is a limit for waiting lists; please inquire with Membership Sales & Service staff.
- **BOLD** indicate morning times.
- We recommend that all children 12 and under be supervised by a parent or guardian unless they are participating in Y programs.
- Children 7 and under must be within arm's reach of an adult/guardian at all times as per YMCA-YWCA Aquatic Admission guidelines. Please see Membership Sales and Service staff or our website for a copy of guidelines.
- Lockers require membership card to lock. Cash deposit required for temporary card. We do not recommend padlocks of any type.
- Availability of programs is determined by member demand
- SCHEDULES SUBJECT TO CHANGE. Please see our website for updates and Break Week Schedules.
- Babysitting Monday – Friday, **9:00** – 12:00. \$12.50 pre-paid cards; 10 X 30 minute increments.
- All programs are 45 minutes unless otherwise indicated.
- Advanced Aquatics will use half of the Main Pool Thursday evenings from 8:15-10:00.

MAIN POOL TIMES

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

FAMILY POOL TIMES

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

OPEN GYM TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Side 1	6:00-10:15 11:00-4:30 8:00-10:30	6:00-5:15 8:00-8:30	6:00-1:15 3:00-5:15 6:45-8:30	6:00-5:15 8:00-8:30	6:00-10:30	7:00-10:30 12:15-8:00	7:00-8:00
Side 2	6:00-9:00 12:30-4:30 8:00-10:30	6:00-9:00 12:30-5:15 8:00-8:30	6:00-9:00 2:00-4:30 7:00-8:30	6:00-9:00 12:30-4:30 8:00-8:30	6:00-9:00 12:30-4:30 6:15-7:30 8:30-10:30	7:00-9:00 12:30-3:00 5:00-8:00	7:00-10:00 11:30-3:00 5:00-8:00

Become a Y Volunteer!

The YMCA-YWCA of Winnipeg has a strong history of volunteerism. Choose from one of the following areas:

- Children's recreation program
- Adult fitness
- Membership Sales and Service
- Cleaning and maintenance
- Aquatic programs
- Community outreach
- Child care
- Governance

There is something for everyone!

Please see our staff for more details on how you can get involved.

PRESCHOOL DROP-IN PROGRAMS (0 – 5 YEARS)

☺ Parent participation required. All other programs for preschoolers 3 - 5 years of age.

☺ Bouncer

Come jump and enjoy our giant inflatable bouncers.
Mon/Tues/Thurs/Fri **9:00-12:30**
Wed **9:00-3:00**
Fri 5:15

Kinder Gym

Active games, songs and circle time.
Mon/Tues/Thurs **10:15**
Wed 2:00
Sat **10:45**

Gymnastics

A recreation based class focusing on fun, fitness and fundamentals.
Wed 4:30
Sat **11:30**

Basketball

A great class to run and play and learn basic skills.
Thurs 5:15

☺ Parent & Tot Gymnastics

Parents will encourage and challenge their child to get active through a variety of moves and activities with the use of gymnastic equipment and the guidance of an instructor.
Mon 6:00

Soccer

A great class to run and play and learn basic skills.
Mon 4:30
Thurs 6:00

☺ Craft and Story Time

Join our staff for a craft and story time.
Mon/Tues 5:15 Wed **10:15**

☺ Preschool Play Time

An open playtime for parents and their children to come and use our equipment and gym facilities.
Mon/Tues/Thurs/Fri **9:00-12:30**
Wed **9:00-3:00**
Sat **9:00-10:00**
Sun **10:00-11:30**

CHILDREN DROP-IN PROGRAMS (6 – 12 YEARS)

Adventures in Art

A creative class for the young artist.
Tues/Thurs 6:00

Floor Hockey

A great class to run and improve your puck handling skills.
Mon 4:30
Wed 6:15 Sat **11:45**

Soccer

Fun and fitness through soccer skills, drills and games.
Mon 5:15

Drama

An introduction to basic drama skills such as improvisation, tableaux, and skits.
Tues 6:00 (5-8 years)
Tues 6:45 (9-12 years)

Basketball

Fun and fitness through basketball skills, drills and games.
Mon 6:00 (6-12 years)
Wed 5:15 (6-8 years)
Wed 6:00 (9-12 years)

Gymnastics

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

Youth Gym

Participate in a variety of fitness activities.
Wed 1:15

Dance

Introduction to dance through creative movements to music.
Wed 6:00 (9-12 years)
Wed 6:45 (6-8 years)

Bouncer

Come jump and enjoy our giant inflatable bouncers.
Fri 4:30

Lacrosse

Fun and fitness through lacrosse skills, drills and games.
Thurs 6:00

Dodgeball

Come enjoy a variation on a classic game of dodgeball.
Tues 5:15/Thurs 4:30

Y's World of Sports

Kids will participate in a variety of games. Fun and fitness is the name of the game!
Thurs 5:15
Sat **11:00**
**Parent participation welcome

FAMILY / COMMUNITY EVENTS (Registration required. Fees applicable.)

Halloween Howl

Join us for a Spooktacular party!
Come dressed in your costumes and have some frightening fun for the whole family.
Oct 28 6:00-8:00
Cost: \$4 per child

Birthday Parties

Celebrate your Birthday at the Y!
A variety of activities to choose from.
Birthday child must be a member.
Saturday or Sunday 3:00-5:00.
Register in branch or on-line.

Cookies and Crafts with Santa

Get the whole family together, decorate cookies and with Santa, then join us in the gym for fun and games.
Dec 3 1:00-3:00
Cost: \$4 per child

Spring Eggstravaganza

Family fun and a hopping good time. Activities include crafts, games, bouncers and more!
Mar 24 **11:00-1:00**
Cost: \$4 per person

Healthy Kids Day

YMCA Healthy Kids Day is a free community event celebrating the healthy growth and development of children and strong families.
June 3 2:00-4:00

REGISTERED PROGRAMS

Children's Special Event (6-12 years)

A wide range of activities from sports and recreation to crafts and cooking.
3rd Saturday of every month 1:00-4:00

Leaders in Training (12-14 years)

Teens will be introduced 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 (15-17 years)

Leaders will be given the opportunity to engage principles of learning and teaching, explore their personal values and develop a sense of awareness and responsibility to others in the community.
Fri 6:30-8:30

Karate (7-12 years)

Basic karate techniques are demonstrated by qualified black belt instructors. The format of each class is different, but includes exercises encompassing cardio, flexibility and strength.
Tues 6:00-7:00 (Beg) 7:00-8:00 (Int)
Sat 1:00-2:00 (Beg) 2:00-3:00 (Int)

Kids of Steel (9-15 years)

A triathlon program where kids get to swim, cycle and run their way to health and fitness. Opportunity to participate in competition available if interested.
Sat **8:30-10:00**

Tae Kwon Do (7-12 years)

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

TEEN AND ADULT PROGRAMS (13 + YEARS)

13 – 17 year olds must attend a Fitness Centre Orientation prior to using the Fitness Centre.
Download a copy of our Fitness Schedule at www.ywinnipeg.ca.

Shallow Water Aquafit

A shallow water class. Water resistance is used to improve cardiovascular and muscular conditioning.
Mon/Tues/Thurs/Fri **9:15**
Mon/Wed 12:15
Mon 8:00
Tues/Wed/Thurs 7:30
Sat 1:30 Sun **10:15**

Deep Water Aquafit

A deep water class. Water resistance is used to improve cardiovascular and muscular conditioning.
Wed **9:15**

Gentle Aquafit

A shallow water class performed at a slower pace with cardiovascular and muscular conditioning in mind.
Tues/Thurs 2:30

Athletic Training

A high intensity cardio and resistance training interval class with minimal choreography.
Tues 6:00

Barbell Blast

Total body conditioning using barbells for resistance.
Wed **9:15/6:45**
Sat **9:15**

Body Link

A combination of Pilates, Yoga and strength training that will challenge your spirit, mind and body.
Mon/ Thurs 6:45 Fri **9:15**

Body Sculpt

Total body conditioning using a variety of resistance training equipment.
Mon **9:15**
Tues 6:45

BOSU Blast

An interval based class of cardio and muscle using the BOSU balance ball.
Tues **9:15**
Thurs 6:00

Cardio Box

Cardio workout using varying boxing techniques.
Mon 6:00

Core Strengthening

A core workout using a variety of equipment and exercises.
Mon/Wed **10:00**
Mon/Wed 5:15

Cycle Fit

A challenging cardio workout. Participants are encouraged to cycle at their own comfort level. Bikes are limited.
Tues/Thurs 6:00 Sat **8:30/10:15**
(Class will end for the season, May 19, 2012)

Low Impact

Slower paced class focusing on cardiovascular, muscular conditioning and stretching.
Mon/Tues/Thurs 1:30

Step

A cardio workout with moderate choreography and varying intensities; suitable for all fitness levels.
Wed 6:00 Thurs **9:15**

Fitness Centre Orientation

An orientation to our equipment, basic training principles and member etiquette.
Mon/Tues/Fri 7:00
Wed/Thurs **11:00**
Sat **10:15** Sun 1:30

Badminton

Drop-in badminton. Come with your friends or on your own.
Tues 8:30-10:15

Soccer

Drop-in soccer. Come with your friends or on your own.
Thurs 8:30-10:15

Personal Exercise Programs (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: ekadultprog@ymcaywca.mb.ca

Volleyball

Drop-in volleyball. Come with your friends or on your own.
Wed 8:30-10:15

Cardio Salsa

Times and session dates to be determined.
Please see Member Information boards in branch for further details in the near future.

REGISTERED AQUATIC PROGRAMS

The YMCA-YWCA of Winnipeg follows YMCA Canada's "Progressive Evaluation" system. Participants are continuously evaluated and once the required skills are observed 3 times to standard, they move into the next level; there is no waiting until the end of the session. Progress Reports are given out when your child completes a level as well as at the end of December, March and June.

Note:

- If your child is already enrolled in a swim class, they may be on 1 other waiting list for a different class/time.
- If your child is not enrolled in a swim class, they may be on 2 waiting lists.
- A child who misses 3 classes in a row will be automatically removed from the class unless the Aquatic Program Coordinator is notified *before* the 3rd missed class.
- Please keep your most current Progress Report Card and bring it with you when you register your child for swimming lessons. This is extremely helpful when placing your child in the right program and level.

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. Infants are required to have good head control.

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.

Star 1-6 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.

Learn to Swim (5-12 years)

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

Teen/Adult Swim (13+ years)

Swimming lessons for teens and adults. No prior swimming experience required.

Program	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parented L'il Dippers	0-3	10:00-10:30 2:00-2:30 5:00-5:30 6:00-6:30	10:00-10:30 5:00-5:30 6:00-6:30	10:30-11:00 1:00-1:30 5:00-5:30 6:00-6:30	10:00-10:30 5:00-5:30 6:00-6:30	10:00-10:30 5:00-5:30 6:00-6:30	10:30-11:00 12:00-12:30	1:00-1:30
L'il Dippers	3-5	10:45-11:15 1:30-2:00 4:30-5:00 5:30-6:00 6:30-7:00	4:30-5:00 5:30-6:00 6:30-7:00	1:30-2:00 4:30-5:00 5:30-6:00 6:30-7:00	10:45-11:15 4:30-5:00 5:30-6:00 6:30-7:00	10:45-11:15 4:30-5:00 5:30-6:00 6:30-7:00	10:00-10:30 11:00-11:30 11:30-12:00	12:30-1:00 1:30-2:00 2:00-2:30
Learn to Swim	5-12	4:30-5:00 5:45-6:15	4:30-5:00 5:45-6:15 7:00-7:30	1:45-2:15 3:00-3:30 4:30-5:00 5:45-6:15 6:15-6:45	4:30-5:00 5:45-6:15 6:15-6:45	4:30-5:00 5:45-6:15 6:15-6:45	10:00-10:30 10:30-11:00 11:45-12:15	12:30-1:00 1:45-2:15 2:15-2:45
Star 1-6	5-12	5:00-5:45 6:15-7:00	5:00-5:45 6:15-7:00	2:15-3:00 5:00-5:45 6:45-7:30	5:00-5:45 6:45-7:30	5:00-5:45	11:00-11:45 12:15-1:00	1:00-1:45
Masters	13+						9:00-10:00	
Teen/Adult	13+			8:15-9:00				

Program	Pre-requisite	Day & Time	Start Dates	Fees
Bronze Medallion	13+ or Bronze Star	Thurs 8:15 - 10:15	Sept 15 - Dec 8, 2011	Individual or Family Advantage: \$70.00 Other: \$210.00
Bronze Cross	Bronze Medallion	Thurs 7:30 - 10:00	Jan 12 - Mar 15, 2012	Individual or Family Advantage: \$80.00 Other: \$240.00
NLS/AEC/CPR	16+, Bronze Cross	Sun 2:00 - 8:00	Apr 8 - Jun 24, 2012	Individual or Family Advantage: \$200.00 Other: \$300.00