

**Hours of Operation**

Monday to Thursday 3:30 – 10:00  
 Fridays 3:30 – 11:00

Saturdays 11:00 – 11:00  
 Sundays & Holidays 11:00 – 8:00



YMCA - YWCA

We build strong kids,  
 strong families, strong communities.

**North Y Youth Centre**

363 McGregor Street  
 Winnipeg, MB  
 R2W 4X4  
 T: 204.989.4109  
[www.ywinnipeg.ca](http://www.ywinnipeg.ca)

# 2009 – 2010 PROGRAM SCHEDULE

## RECREATION PROGRAMS

### SKATE PARK TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learn to Skate	6:00 – 7:00				6:30 – 7:00	4:00 – 5:00	
Girls Skate			7:00 – 10:00				
Filming						11:00 – 4:00	

### CLIMBING TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 10 year olds	6:00 – 7:00	6:00 – 7:00	6:00 – 7:00	6:00 – 7:00		5:00 – 6:00	
11 – 12 year olds	7:00 – 8:00	7:00 – 8:00	7:00 – 8:00	7:00 – 8:00		6:00 – 7:00	
13+	8:00 – 9:00	8:00 – 9:00	8:00 – 9:00	8:00 – 9:00		7:00 – 8:00	

### FITNESS TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Registered	5:00 – 6:00	5:00 – 6:00	5:00 – 6:00	5:00 – 6:00			

\* We ask youth to register with the Sales & Services desk for Fitness Training so that they can have an orientation prior to their first class

### JIGGING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				5:30 – 6:30			

### COMPUTER LAB

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00 – 9:00	5:00 – 9:00	5:00 – 9:00	5:00 – 9:00			

### LEADERSHIP DEVELOPMENT PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Peer Led Programs	4:00 – 6:00	4:00 – 6:00	4:00 – 6:00	4:00 – 6:00			
Leaders					4:00 – 6:00		

## MEMBER INFORMATION

1<sup>st</sup> Edition

**Schedule in effect  
 February 1 – June 19, 2010**

- Availability of programs is determined by member demand
- Schedules are subject to change
- Annual membership is \$5.00 (non-refundable)
- Members will be caring, honest, respectful and responsible with all people and equipment
- Rules, regulations and etiquette guidelines are designed for the safety and protection of participants
- **Everyone has a right to feel safe and comfortable in our facility.**
- The YMCA–YWCA of Winnipeg is not liable for any injury, or loss or damage to personal property

### Play structure

Enjoy the youth play structure open during regular operating hours. Supervision of youth is recommended and clean socks are required to use play structure.

## BASKETBALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 10 year olds		6:00 – 7:00				2:00 – 3:00	
11 – 12 year olds		7:00 – 8:00				3:00 – 4:00	
13+	6:00 – 8:00		6:00 – 8:00				

## INDOOR SOCCER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 10 year olds				6:30 – 7:30			2:00 – 3:00
11 – 12 year olds	8:00 – 9:00						3:00 – 4:00

## FLOOR HOCKEY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00 – 10:00		4:00 – 6:00

## VOLLEYBALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7:30 – 9:30			

## DODGEBALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			8:00 – 9:00		7:00 – 8:00	4:00 – 5:00	

### YMCA–YWCA of Winnipeg

If you enjoy what we have to offer here, you should consider membership for our Health, Fitness and Recreation facilities. With swimming pools, full sized fitness centres, gymnasiums, and more! Our HFR facilities have something to offer the whole family.

Ask our staff about membership options and programs available at our other buildings throughout the city.

### 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.

### Community Events

Come out and join us for some family themed party fun!

#### Halloween Howl

A spooktacular goodtime! Come dressed in your costumes for some frightening fun for the whole family.

*October 30 2009, 6:00–8:00*

#### Holiday Breakfast Bash

Start getting into the holiday spirit and join us for breakfast, games and activities. And we expect a very Jolly Special Guest to join us too!

*December 13 2009, 11:00 – 1:00*

#### Keeping it Riel

In preparation for Louis Riel Day, we are going to kick it old-school. *Riel old-school*, like 1870's style! With fun and games to celebrate Louis Riel and Manitoba.

*February 12 2010, 6:00–8:00*

#### Easter Eggstravaganza

Hop on in for some eggcellent activities including crafts, games and an Easter Egg Scramble.

*March 21 2010, 11:00 – 1:00*



A United Way  
Agency Partner