

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.

South

5 Fermor Avenue
Winnipeg, MB
R2M 0Y1
T: 233.3476
F: 237.3173
www.ywinnipeg.ca

2010 BREAK WEEK SCHEDULE

MAIN POOL TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recreation Swim	1:00-7:30 8:15-10:30	1:00-7:30 8:15-10:30	1:00-7:30 8:15-10:30	1:00-7:30 8:15-10:30	1:00-10:30	10:00-8:00	9:30-8:00
Lane Swim/ Recreation Swim	10:00-12:00	10:00-12:00	10:00-12:00	10:00-12:00	10:00-12:00		
Lane Swim	6:00-9:00 D 12:00-1:00 D	6:00-9:00 D 12:00-1:00	6:00-9:00 D 12:00-1:00 D	6:00-9:00 D 12:00-1:00	6:00-9:00 D 12:00-1:00 D	7:00-10:00	7:00-9:30

FAMILY POOL TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Recreation Swim	6:00-8:30 D 11:00-1:00 2:00-7:30 8:15-10:30	6:00-8:30 D 11:00-1:00 2:00-7:30 8:15-10:30	6:00-8:30 D 11:00-1:00 2:00-7:30 8:15-10:30	6:00-8:30 D 11:00-1:00 2:00-7:30 8:15-10:30	6:00-8:30 D 9:15-10:00 11:00-1:00 2:00-10:30	6:00-8:30 D 9:15-10:00 11:00-1:00 2:00-10:30	<u>Sept. 4</u> 7:00-8:00 <u>Sept. 11</u> 7:00-9:00 11:00-8:00	7:00-8:00

Children 7 and under must be within arm's reach of an adult at all times as per YMCA-YWCA aquatic admission guidelines. Please see Membership Sales and Service for a copy of guidelines.

D= Deep Water Swim

OPEN GYM TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Gym Aug 30 & 31	6:00-10:15 12:30-10:30	6:00-10:15 12:30-10:30					

THE GYM WILL BE CLOSED SEPTEMBER 1-12 TO RE-FINISH THE FLOOR.

We apologize for the inconvenience and appreciate your understanding.

Member Information

- **BOLD** times indicate morning classes
- Schedule in effect Aug. 30 – Sept. 12
- Regular programs begin the week of Sept. 13
- We recommend that all children 12 and under be supervised by a parent or guardian unless they are participating in Y programs
- SCHEDULES MAY BE SUBJECT TO CHANGE

PRESCHOOL

	Time	Monday	Tuesday	Wednesday	Thursday	Friday
0-5 years ☺ Parent participation required.	10:30	☺ Preschool Playtime (Gym)	☺ Preschool Playtime (Gym)	☺ Preschool Playtime (Gym)	☺ Preschool Playtime (Gym)	☺ Preschool Playtime (Gym)
	11:00	☺ Preschool Playtime (Pool)	☺ Preschool Playtime (Pool)	☺ Preschool Playtime (Pool)	☺ Preschool Playtime (Pool)	☺ Preschool Playtime (Pool)

Please wear appropriate workout attire including shirt and running shoes for indoor use for all orientations and P.E.P. talks.

Personalized Exercise Program (P.E.P.) Talks
 Pre-requisite: Cardio and Selectorized Orientation
 Call 233.3476 to arrange an appointment, or
 e-mail: syprog@ymcaywca.mb.ca

TEEN AND ADULT

	Time	Monday	Tuesday	Wednesday	Thursday	Friday
All classes are 45 minutes Orientations (13-17 yrs. old must attend an orientation in order to use the fitness centre)	9:15	Aquafit	Deep Water	Aquafit	Deep Water	Deep Water
	9:15	Step	Body Link	Hi/Lo	Body Sculpt	Step
	11:00	Fitness Centre Orientation				
	6:00	Hi/Lo	Body Sculpt	Circuit Training	Body Link**	
	7:00		Fitness Centre Orientation	Fitness Centre Orientation		
	7:30	Deep Water	Aquafit	Deep Water	Aquafit	



****On Thursday, September 9th, we will be having a Fitness Jam in lieu of Body Link. The Fitness Jam will be from 6:00-7:30pm.**