

Registered Programs Spring/Summer 2010

Registration Dates

	Member	Non-Member
Spring.....	Feb 22, 2010.....	Mar 8, 2010
Summer.....	Feb 22, 2010.....	Jun 7, 2010

Registration begins at 5:30am

Session Dates

Spring 2010.....	Apr 5 - Jun 27, 2010
Summer 2010.....	Jul 5 - Aug 29, 2010



YMCA

We build strong kids,
strong families, strong communities.

Health & Fitness | Spring 2010

Aquatics | Adult

ADULT LEVEL 1 - LEARNING TO SWIM AGE: 12Y AND UP

Learn the basic skills to be comfortable in the water. Find out how to safely enter and exit the water, jog and move through the water. You'll also learn how to float with and without assistance. Other skills such as breathing techniques, flutter kick and front and back swimming may be introduced depending on participant's abilities.

Crowfoot YMCA

55303	W	8:00- 9:00PM	Apr 7	Classes:	12	M \$84	NM \$132
55302	Su	6:00- 7:00PM	Apr 11	Classes:	12	M \$84	NM \$132

Eau Claire YMCA

55309	Tu	9:30-10:30AM	Apr 6	Classes:	12	M \$84	NM \$132
55310	W	7:00- 8:00PM	Apr 7	Classes:	12	M \$84	NM \$132
55308	F	7:00- 8:00AM	Apr 9	Classes:	12	M \$84	NM \$132

Shawnessy YMCA

55304	M	8:45- 9:30PM	Apr 5	Classes:	11	M \$58	NM \$91
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South YMCA

55305	Tu	9:00-10:00AM	Apr 6	Classes:	12	M \$84	NM \$132
55306	Tu	8:00- 9:00PM	Apr 6	Classes:	12	M \$84	NM \$132
55307	Sa	9:00-10:00AM	Apr 10	Classes:	12	M \$84	NM \$132

ADULT LEVEL 2 - SWIMMING STROKES AND SKILLS AGE: 12Y AND UP

Improve your swimming strokes and build on your skills. This adult class features front and back crawl, treading water and whip kick. You'll also get a deep water orientation and practice swimming greater distances, among many other skills.

Crowfoot YMCA

55311	Th	10:00-11:00AM	Apr 8	Classes:	12	M \$84	NM \$132
55312	Su	7:00- 8:00PM	Apr 11	Classes:	12	M \$84	NM \$132

Eau Claire YMCA

55318	M	7:00- 8:00AM	Apr 5	Classes:	11	M \$77	NM \$121
55320	W	8:00- 9:00AM	Apr 7	Classes:	12	M \$84	NM \$132
55319	Th	9:30-10:30AM	Apr 8	Classes:	12	M \$84	NM \$132

Shawnessy YMCA

55317	M	8:45- 9:30PM	Apr 5	Classes:	11	M \$58	NM \$91
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South YMCA

55313	Tu	8:00- 9:00PM	Apr 6	Classes:	12	M \$84	NM \$132
55314	Tu	9:00-10:00AM	Apr 6	Classes:	12	M \$84	NM \$132
55316	Tu	9:00-10:00AM	Apr 6	Classes:	12	M \$84	NM \$132
55315	Sa	9:00-10:00AM	Apr 10	Classes:	12	M \$84	NM \$132

ADULT LEVEL 3 - STROKE IMPROVEMENT AGE: 12Y AND UP

Build endurance while developing and improving swimming strokes. You'll get an introduction to sidestroke, butterfly and eggbeater. Various lifesaving skills may also be included. Must be able to swim 50 meters and be comfortable in deep water.

Crowfoot YMCA

55321	Th	10:00-11:00AM	Apr 8	Classes:	12	M \$84	NM \$132
55322	Su	7:00- 8:00PM	Apr 11	Classes:	12	M \$84	NM \$132

Eau Claire YMCA

55326	M	4:15- 5:15PM	Apr 5	Classes:	11	M \$77	NM \$121
55328	F	6:30- 7:30PM	Apr 9	Classes:	12	M \$84	NM \$132

Shawnessy YMCA

55325	M	8:45- 9:30PM	Apr 5	Classes:	11	M \$58	NM \$91
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South YMCA

55323	Tu	8:00- 9:00PM	Apr 6	Classes:	12	M \$84	NM \$132
55324	Sa	9:00-10:00AM	Apr 10	Classes:	12	M \$84	NM \$132

MASTERS SWIM PROGRAM AGE: 18Y AND UP

Cover the four competitive swim skills - front crawl, back crawl, breaststroke and butterfly in a swim club environment. The workouts vary in distance and intensity. You should be able to swim 200 metres continuously before participating in this class.

Eau Claire YMCA

55567	M, W, F	5:15- 6:30PM	Apr 5	Classes:	35	M \$131	NM \$262
55566	Tu, Th	7:00- 8:00AM	Apr 6	Classes:	24	M \$72	NM \$144

South YMCA

55565	Tu, Th	6:30- 7:30AM	Apr 6	Classes:	24	M \$84	NM \$132
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SNORKELING AGE: 6Y AND UP

Heading out for a relaxing get-away? Why not have the entire family learn how to snorkel? Learn the basics of snorkeling, how to clear your mask and snorkel, safe areas to snorkel and other techniques. For hygiene purposes, please supply your own equipment. Masks must be tempered glass. Some fins available.

Eau Claire YMCA

55666	Su	10:00-12:00PM	May 23	Classes:	2	M \$28	NM \$44
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SWIM FIT AGE: 12Y AND UP

Improve your strokes and have fun in this fabulous swim workout. Participants should feel comfortable in the water and be able to swim a minimum of 50 metres continuously.

Crowfoot YMCA

55749	M, W, F	9:15-10:15AM	Apr 5	Classes:	35	M \$133	NM \$210
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Eau Claire YMCA

55754	M, W, F	12:30- 1:30PM	Apr 5	Classes:	35	M \$133	NM \$210
55747	Tu, Th	6:00- 7:00AM	Apr 6	Classes:	24	M \$91	NM \$144

Shawnessy YMCA

55752	M, W, F	10:30-11:30AM	Apr 5	Classes:	35	M \$133	NM \$210
56458	Tu, Th	7:30- 8:30PM	Apr 6	Classes:	24	M \$91	NM \$144

South YMCA

55750	Tu	9:00-10:00AM	Apr 6	Classes:	12	M \$46	NM \$72
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55751 Th 9:00-10:00AM Apr 8 Classes: 12 M \$46 NM \$72

TRIATHLON SWIM TRAINING AGE:14Y AND UP

Get the fundamental skills needed for the swimming component of a triathlon. This program focuses on training techniques to improve your front crawl, and build speed and endurance.

Crowfoot YMCA

55760 Tu 9:00-10:00AM Apr 6 Classes: 12 M \$36 NM \$72
 55757 Tu, Th 5:40- 6:40AM Apr 6 Classes: 24 M \$72 NM \$144
 55758 Tu, Th 6:40- 7:40AM Apr 6 Classes: 24 M \$72 NM \$144
 56546 Th 9:00-10:00AM Apr 8 Classes: 12 M \$36 NM \$72

Eau Claire YMCA

55759 M, W 8:30- 9:30PM Apr 5 Classes: 23 M \$69 NM \$138
 55756 M, W, F 6:00- 7:00AM Apr 5 Classes: 35 M \$105 NM \$210
 55761 Tu, Th, Su 5:30- 6:30PM Apr 6 Classes: 36 M \$108 NM \$216

South YMCA

55762 Tu, Th 8:30- 9:30PM Apr 6 Classes: 24 M \$72 NM \$144

South YMCA

55333 Tu, Th 6:00- 9:00PM May 11 Classes: 8 M \$135 NM \$135

BRONZE CROSS AGE:10Y AND UP

Eager to advance your lifesaving training? This 20-hour program teaches you the difference between lifesaving and lifeguarding, giving you direction on how to safely supervise in an aquatic facility. This course covers emergency procedures, injury assessment and spinal injury rescue. Prerequisite: completion of the Bronze Medallion Award. This course requires 100% attendance and participation to complete.

Crowfoot YMCA

55332 Sa 3:00- 8:15PM May 15 Classes: 5 M \$115 NM \$115

Eau Claire YMCA

56354 Sa 1:30- 5:30PM Apr 10 Classes: 5 M \$115 NM \$115
 56355 Sa 1:30- 5:30PM May 15 Classes: 5 M \$115 NM \$115

Shawnessy YMCA

55329 F-Su 5:00- 9:00PM Apr 23 Classes: 4 M \$115 NM \$115
 55330 Sa-Su 12:00- 5:30P May 22 Classes: 4 M \$115 NM \$115
 56985 Sa-Su 12:00- 5:30PM Jun 19 Classes: 4 M \$115 NM \$115

South YMCA

55331 Tu, Th 6:00- 9:00PM May 11 Classes: 8 M \$115 NM \$115

Aquatics | Leadership

BRONZE STAR AGE:10Y AND UP

Gain the confidence and skills you need to perform low risk rescues. Increase your understanding of lifesaving skills and personal water safety while developing individual and group decision making abilities. This 12-hour program also prepares you for the Bronze Medallion course. Before taking Bronze Star, we recommend you complete the Canadian Star Patrol program.

Crowfoot YMCA

55338 Tu 7:00- 8:00PM Apr 6 Classes: 8 M \$75 NM \$75

Eau Claire YMCA

55337 Sa 12:00- 1:00PM Apr 10 Classes: 12 M \$75 NM \$75

Shawnessy YMCA

55336 Sa 12:00- 3:00PM Jun 12 Classes: 4 M \$75 NM \$75

JUNIOR LIFEGUARD CLUB AGE:8Y - 15Y

Discover what it takes to be a lifeguard. This program introduces you to lifesaving techniques and first aid skills. You'll also gain experience in accident prevention and dealing with the public. Participants must be able to swim 50 metres and tread water for one minute.

Shawnessy YMCA

55340 Sa 1:30- 3:30PM Apr 10 Classes: 12 M \$96 NM \$192

South YMCA

55339 M 7:15- 8:00PM Apr 5 Classes: 11 M \$33 NM \$66

NATIONAL LIFEGUARD SERVICE AGE:16Y AND UP

Advance your YMCA aquatic leadership to a peak level. This 40-hour program builds on the skills, knowledge and values taught in Lifesaving awards. To participate in this program you need to have completed the Bronze Cross Award and Standard First Aid with CPR Level C. The manual is included in the course fee. This course requires 100% attendance and participation in order to complete the core component.

Crowfoot YMCA

55568 F 5:00- 8:00PM Jun 18 Classes: 6 M \$300 NM \$300
 Sa, Su 9:00-5:00PM

Eau Claire YMCA

56338 Sa-Su 9:00- 5:00PM Apr 24 Classes: 6 M \$300 NM \$300

South YMCA

55569 F-Su 5:00- 9:00PM Jun 4 Classes: 6 M \$300 NM \$300

YMCA SWIM INSTRUCTOR AGE:16Y AND UP

Complete your qualification to teach swimming, lifesaving and aquatic activities for YMCA L'il Dippers, Learn to Swim, Star, Masters Swimmer and adult programs. To enroll in this 40-hour course, you must have a current

Bronze Cross or National Lifeguard Service Award and Standard First Aid with CPR Level C. Completing the YMCA Assistant Swimming Instructor program is recommended. In order to complete the course 100% attendance and participation is required. Once a candidate has successfully completed the course, a session of successful co-instructing will be required in order to receive certification as a swimming instructor. The manuals and certification are included in the course fee.

Eau Claire YMCA
55765 F-Su 4:30-10:00PM May 21 Classes: 6 M \$150 NM \$150

55356	Tu	1:00- 1:30PM	Apr 6	Classes: 12	M \$54	NM \$78
55363	Tu	6:15- 6:45PM	Apr 6	Classes: 12	M \$54	NM \$78
55364	Tu	10:00-10:30AM	Apr 6	Classes: 12	M \$54	NM \$78
55365	W	10:00-10:30AM	Apr 7	Classes: 12	M \$54	NM \$78
55366	Th	10:00-10:30AM	Apr 8	Classes: 12	M \$54	NM \$78
55368	Th	1:00- 1:30PM	Apr 8	Classes: 12	M \$54	NM \$78
55367	Sa	11:30-12:00PM	Apr 10	Classes: 12	M \$54	NM \$78

L'IL DIPPERS - PRESCHOOL UNPARENTED AGE:3Y - 5Y

Excite your child's love for water activities with Bobbers, Floaters, Gliders, Divers, Surfers and Dippers - the final courses in the YMCA L'il Dippers program series. Part of the YMCA National Swimming program, L'il Dippers is a water activity program for three- to five-year-olds. Children will be introduced to swim movement skills, develop a sense of comfort and confidence in the water and learn some water safety. Register for a convenient time and aquatics staff will place your child in an appropriate swim level. Participants who are not toilet-trained must wear pool pants capable of retaining fecal matter.

Crowfoot YMCA						
55438	M	4:00- 4:30PM	Apr 5	Classes: 11	M \$50	NM \$72
55439	M	4:30- 5:00PM	Apr 5	Classes: 11	M \$50	NM \$72
55440	M	5:00- 5:30PM	Apr 5	Classes: 11	M \$50	NM \$72
55441	M	6:00- 6:30PM	Apr 5	Classes: 11	M \$50	NM \$72
55477	M	5:30- 6:00PM	Apr 5	Classes: 11	M \$50	NM \$72
55419	M	2:00- 2:30PM	Apr 5	Classes: 11	M \$50	NM \$72
55420	M	2:30- 3:00PM	Apr 5	Classes: 11	M \$50	NM \$72
55442	Tu	4:00- 4:30PM	Apr 6	Classes: 12	M \$54	NM \$78
55443	Tu	4:30- 5:00PM	Apr 6	Classes: 12	M \$54	NM \$78
55444	Tu	5:00- 5:30PM	Apr 6	Classes: 12	M \$54	NM \$78
55445	Tu	6:00- 6:30PM	Apr 6	Classes: 12	M \$54	NM \$78
55478	Tu	5:30- 6:00PM	Apr 6	Classes: 12	M \$54	NM \$78
55421	Tu	2:00- 2:30PM	Apr 6	Classes: 12	M \$54	NM \$78
55422	Tu	2:30- 3:00PM	Apr 6	Classes: 12	M \$54	NM \$78
55446	W	4:00- 4:30PM	Apr 7	Classes: 12	M \$54	NM \$78
55447	W	4:30- 5:00PM	Apr 7	Classes: 12	M \$54	NM \$78
55448	W	5:00- 5:30PM	Apr 7	Classes: 12	M \$54	NM \$78
55463	W	6:00- 6:30PM	Apr 7	Classes: 12	M \$54	NM \$78
55479	W	5:30- 6:00PM	Apr 7	Classes: 12	M \$54	NM \$78
55423	W	2:00- 2:30PM	Apr 7	Classes: 12	M \$54	NM \$78
55424	W	2:30- 3:00PM	Apr 7	Classes: 12	M \$54	NM \$78
55464	Th	4:00- 4:30PM	Apr 8	Classes: 12	M \$54	NM \$78
55465	Th	4:30- 5:00PM	Apr 8	Classes: 12	M \$54	NM \$78
55466	Th	5:00- 5:30PM	Apr 8	Classes: 12	M \$54	NM \$78
55468	Th	6:00- 6:30PM	Apr 8	Classes: 12	M \$54	NM \$78
55480	Th	5:30- 6:00PM	Apr 8	Classes: 12	M \$54	NM \$78
55425	Th	2:00- 2:30PM	Apr 8	Classes: 12	M \$54	NM \$78
55426	Th	2:30- 3:00PM	Apr 8	Classes: 12	M \$54	NM \$78
55427	F	2:00- 2:30PM	Apr 9	Classes: 12	M \$54	NM \$78
55428	F	2:30- 3:00PM	Apr 9	Classes: 12	M \$54	NM \$78
55470	Sa	9:30-10:00AM	Apr 10	Classes: 12	M \$54	NM \$78
55471	Sa	10:00-10:30AM	Apr 10	Classes: 12	M \$54	NM \$78
55472	Sa	9:00- 9:30AM	Apr 10	Classes: 12	M \$54	NM \$78
55474	Sa	11:00-11:30AM	Apr 10	Classes: 12	M \$54	NM \$78
55475	Sa	11:30-12:00PM	Apr 10	Classes: 12	M \$54	NM \$78
57096	Sa	12:00-12:30PM	Apr 10	Classes: 12	M \$54	NM \$78

Eau Claire YMCA						
55406	M	6:00- 6:30PM	Apr 5	Classes: 11	M \$50	NM \$72
55407	M	6:30- 7:00PM	Apr 5	Classes: 11	M \$50	NM \$72
56358	M	3:00- 3:30PM	Apr 5	Classes: 11	M \$50	NM \$72
55430	Tu	7:00- 7:30PM	Apr 6	Classes: 12	M \$54	NM \$78
55435	Tu	7:30- 8:00PM	Apr 6	Classes: 12	M \$54	NM \$78
55414	Tu	1:30- 2:00PM	Apr 6	Classes: 12	M \$54	NM \$78
55416	Tu	10:30-11:00AM	Apr 6	Classes: 12	M \$54	NM \$78
55429	Tu	6:30- 7:00PM	Apr 6	Classes: 12	M \$54	NM \$78
55434	W	3:00- 3:30PM	Apr 7	Classes: 12	M \$54	NM \$78
55436	W	6:00- 6:30PM	Apr 7	Classes: 12	M \$54	NM \$78

Aquatics | Preschool (3M-5Y)

L'IL DIPPERS - PRESCHOOL PARENTED AGE:3M - 5Y

Splash around with your little one! Parents and children will be in the pool for Splashers, Bubblers and Bobbers - the first three courses in the YMCA L'il Dippers program series. Part of the YMCA National Swimming program, L'il Dippers is a value-based water activity program for three-month to five-year-olds. Children will be introduced to swim movement skills, develop a sense of comfort and confidence in the water, and learn some water safety skills.

Crowfoot YMCA						
55346	M	6:30- 7:00PM	Apr 5	Classes: 11	M \$50	NM \$72
55348	Tu	10:00-10:30AM	Apr 6	Classes: 12	M \$54	NM \$78
55349	Tu	6:30- 7:00PM	Apr 6	Classes: 12	M \$54	NM \$78
55350	W	6:30- 7:00PM	Apr 7	Classes: 12	M \$54	NM \$78
55351	W	9:30-10:00AM	Apr 7	Classes: 12	M \$54	NM \$78
55352	W	10:00-10:30AM	Apr 7	Classes: 12	M \$54	NM \$78
55354	Th	10:00-10:30AM	Apr 8	Classes: 12	M \$54	NM \$78
55355	Th	6:30- 7:00PM	Apr 8	Classes: 12	M \$54	NM \$78
55383	F	9:30-10:00AM	Apr 9	Classes: 12	M \$54	NM \$78
55384	F	10:00-10:30AM	Apr 9	Classes: 12	M \$54	NM \$78
55386	Sa	10:30-11:00AM	Apr 10	Classes: 12	M \$54	NM \$78
55385	Sa	12:30- 1:00PM	Apr 10	Classes: 12	M \$54	NM \$78
55388	Sa	1:00- 1:30PM	Apr 10	Classes: 12	M \$54	NM \$78

Eau Claire YMCA						
55341	M	3:00- 3:30PM	Apr 5	Classes: 11	M \$50	NM \$72
55342	Tu	11:00-11:30AM	Apr 6	Classes: 12	M \$54	NM \$78
55358	Tu	6:00- 6:30PM	Apr 6	Classes: 12	M \$54	NM \$78
55343	W	6:30- 7:00PM	Apr 7	Classes: 12	M \$54	NM \$78
55357	Th	9:00- 9:30AM	Apr 8	Classes: 12	M \$54	NM \$78
55359	Th	10:00-10:30AM	Apr 8	Classes: 12	M \$54	NM \$78
55360	Sa	9:00- 9:30AM	Apr 10	Classes: 12	M \$54	NM \$78
55344	Sa	10:00-10:30AM	Apr 10	Classes: 12	M \$54	NM \$78
55345	Sa	11:30-12:00PM	Apr 10	Classes: 12	M \$54	NM \$78

Shawnessy YMCA						
55369	M	11:30-12:00PM	Apr 5	Classes: 11	M \$50	NM \$72
55371	M	6:30- 7:00PM	Apr 5	Classes: 11	M \$50	NM \$72
55372	Tu	2:00- 2:30PM	Apr 6	Classes: 12	M \$54	NM \$78
56721	Tu	11:30-12:00PM	Apr 6	Classes: 12	M \$54	NM \$78
55377	Tu	6:30- 7:00PM	Apr 6	Classes: 12	M \$54	NM \$78
55376	W	10:00-10:30AM	Apr 7	Classes: 12	M \$54	NM \$78
55378	Th	11:30-12:00PM	Apr 8	Classes: 12	M \$54	NM \$78
55380	Th	6:30- 7:00PM	Apr 8	Classes: 12	M \$54	NM \$78
55379	F	10:00-10:30AM	Apr 9	Classes: 12	M \$54	NM \$78
55382	F	6:30- 7:00PM	Apr 9	Classes: 12	M \$54	NM \$78
55375	Sa	11:00-11:30AM	Apr 10	Classes: 12	M \$54	NM \$78
56723	Sa	11:30-12:00PM	Apr 10	Classes: 12	M \$54	NM \$78
55387	Sa	12:00-12:30PM	Apr 10	Classes: 12	M \$54	NM \$78

South YMCA						
55361	M	10:00-10:30AM	Apr 5	Classes: 11	M \$50	NM \$72
55362	M	6:15- 6:45PM	Apr 5	Classes: 11	M \$50	NM \$72

55432	Th	6:00- 6:30PM	Apr 8	Classes:	12	M \$54	NM \$78
55415	Th	9:30-10:00AM	Apr 8	Classes:	12	M \$54	NM \$78
55417	Th	1:30- 2:00PM	Apr 8	Classes:	12	M \$54	NM \$78
55418	Th	2:00- 2:30PM	Apr 8	Classes:	12	M \$54	NM \$78
55389	Sa	9:30-10:00AM	Apr 10	Classes:	12	M \$54	NM \$78
55390	Sa	10:30-11:00AM	Apr 10	Classes:	12	M \$54	NM \$78
55391	Sa	11:00-11:30AM	Apr 10	Classes:	12	M \$54	NM \$78
55403	Sa	12:00-12:30PM	Apr 10	Classes:	12	M \$54	NM \$78

Shawnessy YMCA

56745	M	9:30-10:00AM	Apr 5	Classes:	11	M \$50	NM \$72
56746	M	11:00-11:30AM	Apr 5	Classes:	11	M \$50	NM \$72
56747	M	1:30- 2:00PM	Apr 5	Classes:	11	M \$50	NM \$72
56748	M	2:00- 2:30PM	Apr 5	Classes:	11	M \$50	NM \$72
56749	M	10:30-11:00AM	Apr 5	Classes:	11	M \$50	NM \$72
56750	M	11:30-12:00PM	Apr 5	Classes:	11	M \$50	NM \$72
56751	M	1:00- 1:30PM	Apr 5	Classes:	11	M \$50	NM \$72
56752	M	4:00- 4:30PM	Apr 5	Classes:	11	M \$50	NM \$72
56753	M	4:30- 5:00PM	Apr 5	Classes:	11	M \$50	NM \$72
56754	M	5:00- 5:30PM	Apr 5	Classes:	11	M \$50	NM \$72
56755	M	5:30- 6:00PM	Apr 5	Classes:	11	M \$50	NM \$72
56756	M	6:00- 6:30PM	Apr 5	Classes:	11	M \$50	NM \$72
56757	M	7:00- 7:30PM	Apr 5	Classes:	11	M \$50	NM \$72
56758	Tu	11:00-11:30AM	Apr 6	Classes:	12	M \$54	NM \$78
56759	Tu	9:30-10:00AM	Apr 6	Classes:	12	M \$54	NM \$78
56760	Tu	10:00-10:30AM	Apr 6	Classes:	12	M \$54	NM \$78
56761	Tu	10:30-11:00AM	Apr 6	Classes:	12	M \$54	NM \$78
56762	Tu	1:00- 1:30PM	Apr 6	Classes:	12	M \$54	NM \$78
56763	Tu	1:30- 2:00PM	Apr 6	Classes:	12	M \$54	NM \$78
56764	Tu	2:30- 3:00PM	Apr 6	Classes:	12	M \$54	NM \$78
56765	Tu	4:30- 5:00PM	Apr 6	Classes:	12	M \$54	NM \$78
56766	Tu	5:00- 5:30PM	Apr 6	Classes:	12	M \$54	NM \$78
56767	Tu	5:30- 6:00PM	Apr 6	Classes:	12	M \$54	NM \$78
56768	Tu	6:00- 6:30PM	Apr 6	Classes:	12	M \$54	NM \$78
56769	Tu	7:00- 7:30PM	Apr 6	Classes:	12	M \$54	NM \$78
56770	W	9:30-10:00AM	Apr 7	Classes:	12	M \$54	NM \$78
56771	W	10:30-11:00AM	Apr 7	Classes:	12	M \$54	NM \$78
56772	W	11:00-11:30AM	Apr 7	Classes:	12	M \$54	NM \$78
56773	W	11:30-12:00PM	Apr 7	Classes:	12	M \$54	NM \$78
56774	W	1:00- 1:30PM	Apr 7	Classes:	12	M \$54	NM \$78
56775	W	1:30- 2:00PM	Apr 7	Classes:	12	M \$54	NM \$78
56776	W	2:00- 2:30PM	Apr 7	Classes:	12	M \$54	NM \$78
56777	W	2:30- 3:00PM	Apr 7	Classes:	12	M \$54	NM \$78
56779	Th	10:00-10:30AM	Apr 8	Classes:	12	M \$54	NM \$78
56780	Th	10:30-11:00AM	Apr 8	Classes:	12	M \$54	NM \$78
56781	Th	11:00-11:30AM	Apr 8	Classes:	12	M \$54	NM \$78
56782	Th	4:30- 5:00PM	Apr 8	Classes:	12	M \$54	NM \$78
56783	Th	5:00- 5:30PM	Apr 8	Classes:	12	M \$54	NM \$78
56784	Th	5:30- 6:00PM	Apr 8	Classes:	12	M \$54	NM \$78
56785	Th	6:00- 6:30PM	Apr 8	Classes:	12	M \$54	NM \$78
56786	Th	7:00- 7:30PM	Apr 8	Classes:	12	M \$54	NM \$78
56787	F	9:30-10:00AM	Apr 9	Classes:	12	M \$54	NM \$78
56788	F	10:30-11:00AM	Apr 9	Classes:	12	M \$54	NM \$78
56789	F	11:00-11:30AM	Apr 9	Classes:	12	M \$54	NM \$78
56790	F	11:30-12:00PM	Apr 9	Classes:	12	M \$54	NM \$78
56791	F	1:00- 1:30PM	Apr 9	Classes:	12	M \$54	NM \$78
56792	F	1:30- 2:00PM	Apr 9	Classes:	12	M \$54	NM \$78
56793	F	2:00- 2:30PM	Apr 9	Classes:	12	M \$54	NM \$78
56794	F	2:30- 3:00PM	Apr 9	Classes:	12	M \$54	NM \$78
56795	F	4:00- 4:30PM	Apr 9	Classes:	12	M \$54	NM \$78
56796	F	4:30- 5:00PM	Apr 9	Classes:	12	M \$54	NM \$78
56797	F	5:00- 5:30PM	Apr 9	Classes:	12	M \$54	NM \$78
56798	F	5:30- 6:00PM	Apr 9	Classes:	12	M \$54	NM \$78
56799	F	6:00- 6:30PM	Apr 9	Classes:	12	M \$54	NM \$78
56800	Sa	9:00- 9:30AM	Apr 10	Classes:	12	M \$54	NM \$78
56801	Sa	9:30-10:00AM	Apr 10	Classes:	12	M \$54	NM \$78
56802	Sa	10:00-10:30AM	Apr 10	Classes:	12	M \$54	NM \$78
56803	Sa	10:30-11:00AM	Apr 10	Classes:	12	M \$54	NM \$78
56804	Sa	12:30- 1:00PM	Apr 10	Classes:	12	M \$54	NM \$78
56805	Sa	1:00- 1:30PM	Apr 10	Classes:	12	M \$54	NM \$78

South YMCA							
55392	M	10:30-11:00AM	Apr 5	Classes:	11	M \$50	NM \$72
55393	M	11:00-11:30AM	Apr 5	Classes:	11	M \$50	NM \$72
55449	M	4:15- 4:45PM	Apr 5	Classes:	11	M \$50	NM \$72
55450	M	6:15- 6:45PM	Apr 5	Classes:	11	M \$50	NM \$72
55451	M	7:15- 7:45PM	Apr 5	Classes:	11	M \$50	NM \$72
55452	M	6:45- 7:15PM	Apr 5	Classes:	11	M \$50	NM \$72
55453	M	4:45- 5:15PM	Apr 5	Classes:	11	M \$50	NM \$72
55467	M	5:15- 5:45PM	Apr 5	Classes:	11	M \$50	NM \$72
55469	M	5:45- 6:15PM	Apr 5	Classes:	11	M \$50	NM \$72
55411	M	1:30- 2:00PM	Apr 5	Classes:	11	M \$50	NM \$72
55412	M	1:00- 1:30PM	Apr 5	Classes:	11	M \$50	NM \$72
55394	Tu	10:30-11:00AM	Apr 6	Classes:	12	M \$54	NM \$78
55454	Tu	4:15- 4:45PM	Apr 6	Classes:	12	M \$54	NM \$78
55455	Tu	5:15- 5:45PM	Apr 6	Classes:	12	M \$54	NM \$78
55456	Tu	7:15- 7:45PM	Apr 6	Classes:	12	M \$54	NM \$78
55398	Tu	1:30- 2:00PM	Apr 6	Classes:	12	M \$54	NM \$78
55399	Tu	11:00-11:30AM	Apr 6	Classes:	12	M \$54	NM \$78
55476	Tu	6:45- 7:15PM	Apr 6	Classes:	12	M \$54	NM \$78
55408	Tu	6:15- 6:45PM	Apr 6	Classes:	12	M \$54	NM \$78
55409	Tu	5:45- 6:15PM	Apr 6	Classes:	12	M \$54	NM \$78
55410	Tu	4:45- 5:15PM	Apr 6	Classes:	12	M \$54	NM \$78
55413	Tu	2:00- 2:30PM	Apr 6	Classes:	12	M \$54	NM \$78
55396	W	10:30-11:00AM	Apr 7	Classes:	12	M \$54	NM \$78
55404	W	11:00-11:30AM	Apr 7	Classes:	12	M \$54	NM \$78
55400	Th	10:30-11:00AM	Apr 8	Classes:	12	M \$54	NM \$78
55401	Th	1:30- 2:00PM	Apr 8	Classes:	12	M \$54	NM \$78
55402	Th	2:00- 2:30PM	Apr 8	Classes:	12	M \$54	NM \$78
55405	Th	2:30- 3:00PM	Apr 8	Classes:	12	M \$54	NM \$78
55395	F	10:30-11:00AM	Apr 9	Classes:	12	M \$54	NM \$78
55397	F	10:00-10:30AM	Apr 9	Classes:	12	M \$54	NM \$78
55457	Sa	10:00-10:30AM	Apr 10	Classes:	12	M \$54	NM \$78
55458	Sa	11:00-11:30AM	Apr 10	Classes:	12	M \$54	NM \$78
55459	Sa	1:00- 1:30PM	Apr 10	Classes:	12	M \$54	NM \$78
55460	Sa	10:30-11:00AM	Apr 10	Classes:	12	M \$54	NM \$78
55461	Sa	12:00-12:30PM	Apr 10	Classes:	12	M \$54	NM \$78
55462	Sa	12:30- 1:00PM	Apr 10	Classes:	12	M \$54	NM \$78

Aquatics | Youth

LEARN TO SWIM
AGE:6Y - 17Y

Have fun and build positive relationships while learning fundamental swimming skills. The Learn to Swim program covers the first four levels of the YMCA National Swimming program- Otter, Seal, Dolphin and Swimmer. This series introduces easy-to-learn skills in a safe environment. Instructors strive to have each participant feel a sense of achievement by introducing new, basic swim skills, and increasing comfort, confidence and endurance. After completing this series, children six years and up will be able to perform a variety of swim skills in shallow and deep water, including the basics of the front crawl. Register for a convenient time and aquatics staff will place your child in the appropriate swim level.

Crowfoot YMCA

55483	M	4:00- 4:30PM	Apr 5	Classes:	11	M \$44	NM \$66
55484	M	4:30- 5:00PM	Apr 5	Classes:	11	M \$44	NM \$66
55485	M	6:00- 6:30PM	Apr 5	Classes:	11	M \$44	NM \$66
55486	M	6:30- 7:00PM	Apr 5	Classes:	11	M \$44	NM \$66
55487	M	5:00- 5:30PM	Apr 5	Classes:	11	M \$44	NM \$66
55492	M	5:30- 6:00PM	Apr 5	Classes:	11	M \$44	NM \$66
55499	M	7:00- 7:30PM	Apr 5	Classes:	11	M \$44	NM \$66
55520	Tu	4:00- 4:30PM	Apr 6	Classes:	12	M \$48	NM \$72
55521	Tu	4:30- 5:00PM	Apr 6	Classes:	12	M \$48	NM \$72
55522	Tu	6:00- 6:30PM	Apr 6	Classes:	12	M \$48	NM \$72
55523	Tu	6:30- 7:00PM	Apr 6	Classes:	12	M \$48	NM \$72

55524	Tu	7:00- 7:30PM	Apr 6	Classes:	12	M \$48	NM \$72
55488	Tu	5:00- 5:30PM	Apr 6	Classes:	12	M \$48	NM \$72
55493	Tu	5:30- 6:00PM	Apr 6	Classes:	12	M \$48	NM \$72
55525	W	4:00- 4:30PM	Apr 7	Classes:	12	M \$48	NM \$72
55526	W	4:30- 5:00PM	Apr 7	Classes:	12	M \$48	NM \$72
55527	W	6:00- 6:30PM	Apr 7	Classes:	12	M \$48	NM \$72
55528	W	6:30- 7:00PM	Apr 7	Classes:	12	M \$48	NM \$72
55489	W	5:00- 5:30PM	Apr 7	Classes:	12	M \$48	NM \$72
55494	W	5:30- 6:00PM	Apr 7	Classes:	12	M \$48	NM \$72
55500	W	7:00- 7:30PM	Apr 7	Classes:	12	M \$48	NM \$72
55529	Th	4:00- 4:30PM	Apr 8	Classes:	12	M \$48	NM \$72
55530	Th	4:30- 5:00PM	Apr 8	Classes:	12	M \$48	NM \$72
55531	Th	6:00- 6:30PM	Apr 8	Classes:	12	M \$48	NM \$72
55532	Th	6:30- 7:00PM	Apr 8	Classes:	12	M \$48	NM \$72
55490	Th	5:00- 5:30PM	Apr 8	Classes:	12	M \$48	NM \$72
55495	Th	5:30- 6:00PM	Apr 8	Classes:	12	M \$48	NM \$72
55501	Th	7:00- 7:30PM	Apr 8	Classes:	12	M \$48	NM \$72
55533	Sa	9:00- 9:30AM	Apr 10	Classes:	12	M \$48	NM \$72
55534	Sa	9:30-10:00AM	Apr 10	Classes:	12	M \$48	NM \$72
55535	Sa	11:00-11:30AM	Apr 10	Classes:	12	M \$48	NM \$72
55536	Sa	11:30-12:00PM	Apr 10	Classes:	12	M \$48	NM \$72
55552	Sa	12:00-12:30PM	Apr 10	Classes:	12	M \$48	NM \$72
55491	Sa	10:00-10:30AM	Apr 10	Classes:	12	M \$48	NM \$72
55496	Sa	10:30-11:00AM	Apr 10	Classes:	12	M \$48	NM \$72
57097	Sa	12:30-1:00PM	Apr 10	Classes:	12	M \$48	NM \$72
57098	Sa	1:00-1:30PM	Apr 10	Classes:	12	M \$48	NM \$72

Eau Claire YMCA

55537	M	6:30- 7:00PM	Apr 5	Classes:	11	M \$44	NM \$66
55538	M	6:00- 6:30PM	Apr 5	Classes:	11	M \$44	NM \$66
55540	Tu	6:30- 7:00PM	Apr 6	Classes:	12	M \$48	NM \$72
55541	Tu	7:00- 7:30PM	Apr 6	Classes:	12	M \$48	NM \$72
55543	Tu	7:30- 8:00PM	Apr 6	Classes:	12	M \$48	NM \$72
55553	W	6:00- 6:30PM	Apr 7	Classes:	12	M \$48	NM \$72
55554	W	6:30- 7:00PM	Apr 7	Classes:	12	M \$48	NM \$72
55555	Th	6:30- 7:00PM	Apr 8	Classes:	12	M \$48	NM \$72
55544	Sa	9:00- 9:30AM	Apr 10	Classes:	12	M \$48	NM \$72
55546	Sa	9:30-10:00AM	Apr 10	Classes:	12	M \$48	NM \$72
55547	Sa	10:00-10:30AM	Apr 10	Classes:	12	M \$48	NM \$72
55548	Sa	10:30-11:00AM	Apr 10	Classes:	12	M \$48	NM \$72
55549	Sa	11:00-11:30AM	Apr 10	Classes:	12	M \$48	NM \$72
55550	Sa	11:30-12:00PM	Apr 10	Classes:	12	M \$48	NM \$72
55551	Sa	12:00-12:30PM	Apr 10	Classes:	12	M \$48	NM \$72

Shawnessy YMCA

56820	M	4:30- 5:00PM	Apr 5	Classes:	11	M \$44	NM \$66
56821	M	5:00- 5:30PM	Apr 5	Classes:	11	M \$44	NM \$66
56822	M	5:30- 6:00PM	Apr 5	Classes:	11	M \$44	NM \$66
56823	M	6:00- 6:30PM	Apr 5	Classes:	11	M \$44	NM \$66
56824	M	6:30- 7:00PM	Apr 5	Classes:	11	M \$44	NM \$66
56825	M	7:00- 7:30PM	Apr 5	Classes:	11	M \$44	NM \$66
56826	Tu	4:30- 5:00PM	Apr 6	Classes:	12	M \$48	NM \$72
56827	Tu	5:00- 5:30PM	Apr 6	Classes:	12	M \$48	NM \$72
56828	Tu	5:30- 6:00PM	Apr 6	Classes:	12	M \$48	NM \$72
56829	Tu	6:00- 6:30PM	Apr 6	Classes:	12	M \$48	NM \$72
56830	Tu	6:30- 7:00PM	Apr 6	Classes:	12	M \$48	NM \$72
56831	Tu	7:00- 7:30PM	Apr 6	Classes:	12	M \$48	NM \$72
56832	Th	4:30- 5:00PM	Apr 8	Classes:	12	M \$48	NM \$72
56833	Th	5:00- 5:30PM	Apr 8	Classes:	12	M \$48	NM \$72
56834	Th	5:30- 6:00PM	Apr 8	Classes:	12	M \$48	NM \$72
56835	Th	6:00- 6:30PM	Apr 8	Classes:	12	M \$48	NM \$72
56836	Th	6:30- 7:00PM	Apr 8	Classes:	12	M \$48	NM \$72
56837	Th	7:00- 7:30PM	Apr 8	Classes:	12	M \$48	NM \$72
56838	F	1:00- 1:30PM	Apr 9	Classes:	12	M \$48	NM \$72
56839	F	1:30- 2:00PM	Apr 9	Classes:	12	M \$48	NM \$72
56840	F	2:00- 2:30PM	Apr 9	Classes:	12	M \$48	NM \$72
56841	F	2:30- 3:00PM	Apr 9	Classes:	12	M \$48	NM \$72
56842	F	4:00- 4:30PM	Apr 9	Classes:	12	M \$48	NM \$72
56843	F	4:30- 5:00PM	Apr 9	Classes:	12	M \$48	NM \$72
56844	F	5:00- 5:30PM	Apr 9	Classes:	12	M \$48	NM \$72
56845	F	5:30- 6:00PM	Apr 9	Classes:	12	M \$48	NM \$72

56846	F	6:00- 6:30PM	Apr 9	Classes:	12	M \$48	NM \$72
56847	F	6:30- 7:00PM	Apr 9	Classes:	12	M \$48	NM \$72
56848	Sa	8:30- 9:00AM	Apr 10	Classes:	12	M \$48	NM \$72
56849	Sa	9:00- 9:30AM	Apr 10	Classes:	12	M \$48	NM \$72
56850	Sa	9:30-10:00AM	Apr 10	Classes:	12	M \$48	NM \$72
56851	Sa	10:00-10:30AM	Apr 10	Classes:	12	M \$48	NM \$72
56852	Sa	10:30-11:00AM	Apr 10	Classes:	12	M \$48	NM \$72
56853	Sa	11:00-11:30AM	Apr 10	Classes:	12	M \$48	NM \$72
56854	Sa	11:30-12:00PM	Apr 10	Classes:	12	M \$48	NM \$72
56855	Sa	12:00-12:30PM	Apr 10	Classes:	12	M \$48	NM \$72
56856	Sa	12:30- 1:00PM	Apr 10	Classes:	12	M \$48	NM \$72
56857	Sa	1:00- 1:30PM	Apr 10	Classes:	12	M \$48	NM \$72

South YMCA

55515	M	5:15- 5:45PM	Apr 5	Classes:	11	M \$44	NM \$66
55516	M	6:45- 7:15PM	Apr 5	Classes:	11	M \$44	NM \$66
55517	M	5:45- 6:15PM	Apr 5	Classes:	11	M \$44	NM \$66
55518	M	4:45- 5:15PM	Apr 5	Classes:	11	M \$44	NM \$66
55497	M	4:15- 4:45PM	Apr 5	Classes:	11	M \$44	NM \$66
55498	M	7:15- 7:45PM	Apr 5	Classes:	11	M \$44	NM \$66
55502	M	6:15- 6:45PM	Apr 5	Classes:	11	M \$44	NM \$66
55505	Tu	5:45- 6:15PM	Apr 6	Classes:	12	M \$48	NM \$72
55506	Tu	6:45- 7:15PM	Apr 6	Classes:	12	M \$48	NM \$72
55507	Tu	4:45- 5:15PM	Apr 6	Classes:	12	M \$48	NM \$72
55514	Tu	6:15- 6:45PM	Apr 6	Classes:	12	M \$48	NM \$72
55519	Tu	7:15- 7:45PM	Apr 6	Classes:	12	M \$48	NM \$72
55503	Tu	4:15- 4:45PM	Apr 6	Classes:	12	M \$48	NM \$72
55504	Tu	5:15- 5:45PM	Apr 6	Classes:	12	M \$48	NM \$72
55508	Sa	10:00-10:30AM	Apr 10	Classes:	12	M \$48	NM \$72
55509	Sa	11:00-11:30AM	Apr 10	Classes:	12	M \$48	NM \$72
55510	Sa	10:30-11:00AM	Apr 10	Classes:	12	M \$48	NM \$72
55511	Sa	1:00- 1:30PM	Apr 10	Classes:	12	M \$48	NM \$72
55512	Sa	12:00-12:30PM	Apr 10	Classes:	12	M \$48	NM \$72
55513	Sa	12:30- 1:00PM	Apr 10	Classes:	12	M \$48	NM \$72

**MASTER SWIMMER
AGE:6Y - 17Y**

Master the pool by advancing your swimming and water safety skills. Gain greater experience in water patrol and lifesaving skills, improve your stroke proficiency and endurance, and get introduced to life as a swim instructor. This program involves an additional six hours of volunteer teaching with a certified swimming instructor. The Master Swimmer program is for participants who have completed YMCA Star 6.

Crowfoot YMCA

55557	M	6:00- 7:30PM	Apr 5	Classes:	11	M \$117	NM \$183
55558	Sa	12:00-1:30PM	Apr 10	Classes:	12	M \$127	NM \$199

Eau Claire YMCA

55559	Sa	12:00- 1:30PM	Apr 10	Classes:	12	M \$127	NM \$199
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Shawnessy YMCA

55564	Tu, Th	7:00- 7:45PM	Apr 6	Classes:	24	M \$127	NM \$199
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South YMCA

55562	Tu	7:15- 8:00PM	Apr 6	Classes:	12	M \$64	NM \$100
55563	Sa	9:00- 9:45AM	Apr 10	Classes:	12	M \$64	NM \$100

**STAR - LEVEL 1,2,3
AGE:6Y - 17Y**

Expand your swimming and water activity skills. The YMCA Star Swimmer program is part of the YMCA National Swimming program. It includes six levels: Stars 1,2, and 3 which are designed to improve your swimming ability and endurance. You'll learn front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Water sports and safety skills are also covered and there are leadership opportunities within the program.

South YMCA

55683	M	4:15- 5:00PM	Apr 5	Classes: 11	M \$61	NM \$91
55684	M	5:00- 5:45PM	Apr 5	Classes: 11	M \$61	NM \$91
55685	M	6:30- 7:15PM	Apr 5	Classes: 11	M \$61	NM \$91
55686	M	5:45- 6:30PM	Apr 5	Classes: 11	M \$61	NM \$91
55689	M	7:15- 8:00PM	Apr 5	Classes: 11	M \$61	NM \$91
55687	Tu	5:45- 6:30PM	Apr 6	Classes: 12	M \$66	NM \$99
55688	Tu	4:15- 5:00PM	Apr 6	Classes: 12	M \$66	NM \$99
55690	Tu	7:15- 8:00PM	Apr 6	Classes: 12	M \$66	NM \$99
55691	Tu	5:00- 5:45PM	Apr 6	Classes: 12	M \$66	NM \$99
55696	Tu	6:30- 7:15PM	Apr 6	Classes: 12	M \$66	NM \$99
55692	Sa	10:00-10:45AM	Apr 10	Classes: 12	M \$66	NM \$99
55693	Sa	10:45-11:30AM	Apr 10	Classes: 12	M \$66	NM \$99
55694	Sa	12:00-12:45PM	Apr 10	Classes: 12	M \$66	NM \$99
55695	Sa	12:45- 1:30PM	Apr 10	Classes: 12	M \$66	NM \$99

55740	Sa	9:45-10:30AM	Apr 10	Classes: 12	M \$66	NM \$99
55741	Sa	10:30-11:15AM	Apr 10	Classes: 12	M \$66	NM \$99
55742	Sa	11:15-12:00PM	Apr 10	Classes: 12	M \$66	NM \$99

Shawnessy YMCA

56859	M	4:00- 4:45PM	Apr 5	Classes: 11	M \$61	NM \$91
56860	M	4:45- 5:30PM	Apr 5	Classes: 11	M \$61	NM \$91
56861	M	5:30- 6:15PM	Apr 5	Classes: 11	M \$61	NM \$91
56862	M	6:15- 7:00PM	Apr 5	Classes: 11	M \$61	NM \$91
56864	Tu	4:00- 4:45PM	Apr 6	Classes: 12	M \$66	NM \$99
56865	Tu	4:45- 5:30PM	Apr 6	Classes: 12	M \$66	NM \$99
56866	Tu	5:30- 6:15PM	Apr 6	Classes: 12	M \$66	NM \$99
56867	Th	6:15- 7:00PM	Apr 6	Classes: 12	M \$66	NM \$99
56868	Th	4:00- 4:45PM	Apr 8	Classes: 12	M \$66	NM \$99
56869	Th	4:45- 5:30PM	Apr 8	Classes: 12	M \$66	NM \$99
56870	Th	5:30- 6:15PM	Apr 8	Classes: 12	M \$66	NM \$99
56871	Th	6:15- 7:00PM	Apr 8	Classes: 12	M \$66	NM \$99
56874	F	1:00- 1:45PM	Apr 9	Classes: 12	M \$66	NM \$99
56875	F	1:45- 2:30PM	Apr 9	Classes: 12	M \$66	NM \$99
56876	F	4:00- 4:45PM	Apr 9	Classes: 12	M \$66	NM \$99
56877	F	4:45- 5:30PM	Apr 9	Classes: 12	M \$66	NM \$99
56878	F	5:30- 6:15PM	Apr 9	Classes: 12	M \$66	NM \$99
56879	F	6:15- 7:00PM	Apr 9	Classes: 12	M \$66	NM \$99
56880	Sa	8:30- 9:15AM	Apr 10	Classes: 12	M \$66	NM \$99
56881	Sa	9:15-10:00AM	Apr 10	Classes: 12	M \$66	NM \$99
56882	Sa	10:00-10:45AM	Apr 10	Classes: 12	M \$66	NM \$99
56883	Sa	10:45-11:30AM	Apr 10	Classes: 12	M \$66	NM \$99
56884	Sa	11:30-12:15PM	Apr 10	Classes: 12	M \$66	NM \$99
56885	Sa	12:15- 1:00PM	Apr 10	Classes: 12	M \$66	NM \$99
56886	Sa	1:00- 1:45PM	Apr 10	Classes: 12	M \$66	NM \$99

STAR - LEVEL 4,5,6
AGE:6Y - 17Y

Expand your swimming and water activity skills. The YMCA Star Swimmer program is part of the YMCA National Swimming program. It includes six levels: Stars 4,5 and 6, which are designed to improve your swimming ability and endurance. You'll learn front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Water sports and safety skills are also covered and there are leadership opportunities within the program.

South YMCA

56872	M	7:15- 8:00PM	Apr 5	Classes: 11	M \$61	NM \$91
56873	Tu	7:15- 8:00PM	Apr 6	Classes: 12	M \$66	NM \$99
55714	Sa	9:00-10:00AM	Apr 10	Classes: 12	M \$66	NM \$99

STAR SWIMMER PROGRAM
AGE:6Y - 17Y

Expand your swimming and water activity skills. The YMCA Star Swimmer program is part of the YMCA National Swimming program. It includes six levels: Stars 1,2,3,4,5 and 6, which are designed to improve your swimming ability and endurance. You'll learn front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Water sports and safety skills are also covered and there are leadership opportunities within the program. Register for a convenient time and aquatics staff will place your child in an appropriate swim level.

Crowfoot YMCA

55716	M	5:15- 6:00PM	Apr 5	Classes: 11	M \$61	NM \$91
55717	M	6:00- 6:45PM	Apr 5	Classes: 11	M \$61	NM \$91
55718	M	6:45- 7:30PM	Apr 5	Classes: 11	M \$61	NM \$91
55715	M	4:30- 5:15PM	Apr 5	Classes: 11	M \$61	NM \$91
55719	Tu	4:30- 5:15PM	Apr 6	Classes: 12	M \$66	NM \$99
55720	Tu	5:15- 6:00PM	Apr 6	Classes: 12	M \$66	NM \$99
55721	Tu	6:00- 6:45PM	Apr 6	Classes: 12	M \$66	NM \$99
55722	Tu	6:45- 7:30PM	Apr 6	Classes: 12	M \$66	NM \$99
55723	W	4:30- 5:15PM	Apr 7	Classes: 12	M \$66	NM \$99
55724	W	5:15- 6:00PM	Apr 7	Classes: 12	M \$66	NM \$99
55725	W	6:00- 6:45PM	Apr 7	Classes: 12	M \$66	NM \$99
55726	W	6:45- 7:30PM	Apr 7	Classes: 12	M \$66	NM \$99
55727	Th	4:30- 5:15PM	Apr 8	Classes: 12	M \$66	NM \$99
55728	Th	5:15- 6:00PM	Apr 8	Classes: 12	M \$66	NM \$99
55729	Th	6:00- 6:45PM	Apr 8	Classes: 12	M \$66	NM \$99
55730	Th	6:45- 7:30PM	Apr 8	Classes: 12	M \$66	NM \$99
55731	Sa	9:00- 9:45AM	Apr 10	Classes: 12	M \$66	NM \$99
55732	Sa	9:45-10:30AM	Apr 10	Classes: 12	M \$66	NM \$99
55733	Sa	10:30-11:15AM	Apr 10	Classes: 12	M \$66	NM \$99
55734	Sa	11:15-12:00PM	Apr 10	Classes: 12	M \$66	NM \$99

Eau Claire YMCA

55736	Tu	6:30- 7:15PM	Apr 6	Classes: 12	M \$66	NM \$99
55737	Tu	7:15- 8:00PM	Apr 6	Classes: 12	M \$66	NM \$99
55739	Sa	9:00- 9:45AM	Apr 10	Classes: 12	M \$66	NM \$99

TOTALLY TWEENS AND TOTALLY TEENS
AGE:10Y - 17Y

Work on your swimming strokes and build you skills. This class features front and back crawl, treading water and whip kick. You'll also get a deep water orientation and practice swimming greater distances, among many other skills.

Shawnessy YMCA

55755	F	7:00- 8:00PM	Apr 9	Classes: 12	M \$84	NM \$132
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Climbing

APPALACHIANS
AGE:18Y AND UP

New to climbing? Let us introduce you to safety considerations, basic climbing style and techniques as well as warm-up stretches and training ideas.

Shawnessy YMCA

55783	Sa	6:00- 7:30PM	Apr 10	Classes: 12	M \$192	NM \$228
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BUGABOOS
AGE:6Y - 8Y

Your child can be challenged to reach new heights, both mentally and physically. This class will introduce him or her to the fundamentals of wall climbing. They will learn how to use the wall and understand the importance of trust and communication as they develop mental focus and improve muscular endurance and body awareness.

Shawnessy YMCA

55784	Tu	5:00- 6:00PM	Apr 6	Classes: 12	M \$132	NM \$156
55787	Tu	4:00- 5:00PM	Apr 6	Classes: 12	M \$132	NM \$156

55785	Th	5:00- 6:00PM	Apr 8	Classes:	12	M \$132	NM \$156
55788	Th	4:00- 5:00PM	Apr 8	Classes:	12	M \$132	NM \$156
55789	Th	6:00- 7:00PM	Apr 8	Classes:	12	M \$132	NM \$156
55786	Sa	10:30-11:30AM	Apr 10	Classes:	12	M \$132	NM \$156

to climb above the bouldering line along the wall nor be responsible for belaying another child.

Shawnessy YMCA							
55817	Sa	9:30-10:30AM	Apr 10	Classes:	12	M \$132	NM \$156

FIRST ASCENTS AGE:14Y AND UP

Strive for new heights with this one-day course designed for beginners. Learn how to top-rope - the basic form of rope climbing, safety procedures - as well as belay techniques, knot tying and how to use your equipment properly.

Shawnessy YMCA

55802	W	8:00- 9:30PM	Apr 7	Classes:	1	M \$40	NM \$45
55790	Sa	11:30- 1:00PM	Apr 10	Classes:	1	M \$40	NM \$45
55803	W	8:00- 9:30PM	Apr 14	Classes:	1	M \$40	NM \$45
55791	Sa	11:30- 1:00PM	Apr 17	Classes:	1	M \$40	NM \$45
55804	W	8:00- 9:30PM	Apr 21	Classes:	1	M \$40	NM \$45
55793	Sa	11:30- 1:00PM	Apr 24	Classes:	1	M \$40	NM \$45
55805	W	8:00- 9:30PM	Apr 28	Classes:	1	M \$40	NM \$45
55794	Sa	11:30- 1:00PM	May 1	Classes:	1	M \$40	NM \$45
55806	W	8:00- 9:30PM	May 5	Classes:	1	M \$40	NM \$45
55795	Sa	11:30- 1:00PM	May 8	Classes:	1	M \$40	NM \$45
55796	Sa	11:30- 1:00PM	May 15	Classes:	1	M \$40	NM \$45
55808	W	8:00- 9:30PM	May 19	Classes:	1	M \$40	NM \$45
55797	Sa	11:30- 1:00PM	May 22	Classes:	1	M \$40	NM \$45
55809	W	8:00- 9:30PM	May 26	Classes:	1	M \$40	NM \$45
55798	Sa	11:30- 1:00PM	May 29	Classes:	1	M \$40	NM \$45
55813	W	8:00- 9:30PM	Jun 2	Classes:	1	M \$40	NM \$45
55799	Sa	11:30- 1:00PM	Jun 5	Classes:	1	M \$40	NM \$45
55810	W	8:00- 9:30PM	Jun 9	Classes:	1	M \$40	NM \$45
55800	Sa	11:30- 1:00PM	Jun 12	Classes:	1	M \$40	NM \$45
55811	W	8:00- 9:30PM	Jun 16	Classes:	1	M \$40	NM \$45
55792	Sa	11:30- 1:00PM	Jun 19	Classes:	1	M \$40	NM \$45
55812	W	8:00- 9:30PM	Jun 23	Classes:	1	M \$40	NM \$45
55801	Sa	11:30- 1:00PM	Jun 26	Classes:	1	M \$40	NM \$45

ROCKJOCKS AGE:12Y - 14Y

Conquer the wall. This introductory course teaches basics such as proper equipment use, safety and climbing techniques. We'll work with you one-on-one to find new ways to approach any adversities as you approach and scale the wall. You'll finish your session with a sense of pride and accomplishment.

Shawnessy YMCA

55819	Tu	6:00- 7:30PM	Apr 6	Classes:	12	M \$192	NM \$228
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ROCKSTARS AGE:14Y - 17Y

Expand your comfort zone. This introductory course teaches basics such as proper equipment use, safety and climbing techniques. We'll work with you one-on-one to find new ways to approach any adversities as you approach and scale the wall. You'll finish your session with a sense of pride and accomplishment.

Shawnessy YMCA

55820	Th	7:00- 8:30PM	Apr 15	Classes:	12	M \$192	NM \$228
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WOMEN WITH ALTITUDE AGE:18Y AND UP

Experience the sense of power and accomplishment climbing has to offer in this specialized course for women. Female instructors will teach you skills to develop confidence as well as muscular strength and endurance. You'll reach new heights in your workout routine.

Shawnessy YMCA

55821	M	6:30- 8:00PM	Apr 5	Classes:	11	M \$176	NM \$209
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HANGDOGS AGE:9Y - 11Y

Discover a sense of confidence and accomplishment after learning the basics of indoor climbing. Test your determination, learn safety procedures and have fun in this dynamic program.

Shawnessy YMCA

55814	M	5:00- 6:30PM	Apr 5	Classes:	11	M \$176	NM \$209
55816	W	6:30- 8:00PM	Apr 7	Classes:	12	M \$192	NM \$228
55815	F	5:00- 6:30PM	Apr 9	Classes:	12	M \$192	NM \$228

Dance

BELLY DANCING - LEVEL 1 AGE:12Y AND UP

Ladies of all shapes, sizes, and ages can learn this beautiful, feminine dance form! Hip, torso, arm, and shoulder movements will help tone muscles and enhance balance and coordination in a fun environment. Veils and a short choreography will be done at the end of the session. No dance experience required.

Crowfoot YMCA

56558	M	5:30- 6:30PM	Apr 5	Classes:	11	M \$88	NM \$132
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South YMCA

56664	M	1:00- 2:00PM	Apr 5	Classes:	11	M \$88	NM \$132
56561	Tu	7:00- 8:00PM	Apr 6	Classes:	12	M \$96	NM \$144
56560	Th	7:10- 8:10PM	Apr 8	Classes:	12	M \$96	NM \$144
56562	F	9:45-10:45AM	Apr 9	Classes:	12	M \$96	NM \$144

HITTING NEW HEIGHTS AGE:14Y AND UP

This is an intermediate level course. Participants will learn to improve their skills by focusing on balance, technique and push themselves to new heights in a safe environment. Previous climbing experience and strong belay skills are a prerequisite for this course. Climbing shoes are highly recommended for this course.

Shawnessy YMCA

56744	F	6:30- 8:00PM	Apr 9	Classes:	12	M \$192	NM \$228
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PRESCHOOL - BILLY GOATS AGE:4Y - 5Y

Encourage your child to climb to new heights. This class explores the basics of indoor climbing, focusing on wall safety and fundamentals. Your child may participate in age-appropriate climbing games while learning how to boulder along the wall. Please note that participants will not be permitted

BELLY DANCING - LEVEL 1 AGE:16Y AND UP

Ladies of all shapes, sizes, and ages can learn this beautiful, feminine dance form! Hip, torso, arm, and shoulder movements will help tone muscles and enhance balance and coordination in a fun environment. Veils and a short choreography will be done at the end of the session. No dance experience required.

Shawnessy YMCA
56559 F 6:15- 7:15PM Apr 9 Classes: 10 M \$80 NM \$120

BELLY DANCING - LEVEL 2 AGE:12Y AND UP

Continue to develop muscle tone and coordination using combinations and choreographies of different dance styles (i.e. cabaret, zil, drum, candle, etc). Some experience with a veil is required. Prerequisite: Two sessions of Belly dance 1 or previous dance experience.

Crowfoot YMCA
56563 Th 8:00- 9:00PM Apr 8 Classes: 12 M \$96 NM \$144

South YMCA
56565 Tu 8:10- 9:10PM Apr 6 Classes: 12 M \$96 M \$144

BELLY DANCING - LEVEL 2 AGE:16Y AND UP

Continue to develop muscle tone and coordination using combinations and choreographies of different dance styles (i.e. cabaret, zil, drum, candle, etc). Some experience with a veil is required. Prerequisite: Two sessions of Belly Dance Level 1 or previous dance experience.

Shawnessy YMCA
56564 F 7:30- 8:30PM Apr 9 Classes: 10 M \$80 NM \$120

BELLY DANCING - LEVEL 3 AGE:12Y AND UP

Dance yourself into shape! Develop muscle tone, definition, flexibility, movement and balance. After Level 1 and 2, apply dance moves to choreography in Level 3. Prerequisite: courses must be taken in order or you must have previous experience.

South YMCA
56566 Th 8:20- 9:20PM Apr 15 Classes: 12 M \$96 NM \$144

BOLLYWOOD AGE:12Y AND UP

Bollywood dance blends the Indian Folk dance Bhangra, with movement from Belly Dancing and many other styles. Often mixed with western popular styles including: modern, jazz, and hip hop dancing, Bollywood dance is an invigorating way to dance add a little spice to your routine.

Shawnessy YMCA
57027 M 8:30- 9:30PM Apr 5 Classes: 11 M \$110 NM \$165

NIA TECHNIQUE AGE:12Y AND UP

Connect to your spirit! Every Nia class uses movements and concepts from Dance, Martial Arts and Healing Arts. Coupled with varied musical styles and sounds, Nia Technique is a holistic fitness program that stimulates the nervous system in a healthy way, leaving you feeling rejuvenated and fully alive.

Shawnessy YMCA
55866 Sa 10:30-11:30AM Apr 10 Classes: 12 M \$102 NM \$162

SOCIAL DANCE - LEVEL 1 AGE:12Y AND UP

Grace the dance floor with classics like the Fox Trot, Rhumba, Waltz, Jive and Two Step in Level 1. In Level 2, master advanced steps and styles of dances learned in Level 1. The price is per couple - you must register as a couple.

Crowfoot YMCA
56567 Tu 6:30- 7:30PM Apr 6 Classes: 12 M \$132 NM \$192

Shawnessy YMCA
56568 Th 8:15- 9:15PM Apr 8 Classes: 12 M \$132 NM \$192

SOCIAL DANCE - LEVEL 2 AGE:12Y AND UP

Grace the dance floor with classics like the Fox Trot, Rhumba, Waltz, Jive and Two Step in Level 1. In Level 2, master advanced steps and styles of dances learned in Level 1. Price is per couple - you must register as a couple.

Crowfoot YMCA
56577 Tu 7:30- 8:30PM Apr 6 Classes: 12 M \$132 NM \$192

Shawnessy YMCA
56578 Th 7:05- 8:05PM Apr 8 Classes: 12 M \$132 NM \$192

ZUMBA AGE:12Y AND UP

This class will take you through basic salsa, reggaeton, flamenco and cumbia steps with a fitness flare.

Crowfoot YMCA
57023 W 5:30- 6:30PM Apr 7 Classes: 12 M \$120 NM \$180
56995 F 6:15- 7:15PM Apr 9 Classes: 12 M \$120 NM \$180

Eau Claire YMCA
56989 M 7:45- 8:45PM Apr 5 Classes: 11 M \$110 NM \$165
55867 F 12:05-12:50PM Apr 9 Classes: 12 M \$90 NM \$135

Shawnessy YMCA
56312 W 8:30- 9:30PM Apr 7 Classes: 12 M \$120 NM \$180
57115 Th 10:30-11:30AM Apr 8 Classes: 12 M \$120 NM \$180

WEDDING DANCE WORKSHOP AGE:12Y AND UP

Prepare for that special day with the Wedding Dance Workshop.

Shawnessy YMCA
57048 Sa 3:00- 5:00PM May 8 Classes: 1 M \$15 NM \$20

SALSA SIZZLER WORKSHOP AGE:12Y AND UP

Bring a whole lot of attitude to this dynamic workshop that will get your hips moving and your heart pumping.

Shawnessy YMCA
57049 Sa 5:00- 7:00PM May 8 Classes: 1 M \$15 NM \$20

ZUMBA 101 WORKSHOP AGE:12Y AND UP

This class will take you through basic salsa, reggaeton, flamenco and cumbia steps with a fitness flare.

Shawnessy YMCA

57088 Sa 3:30- 5:00PM May 29 Classes: 1 M \$15 NM \$20

BOXER'S WORKOUT AGE:12Y AND UP

Get a taste of key boxing training principles such as shadow boxing, circuit training and skipping. You'll work with various equipment and have the option of sparring to round out your experience.

Eau Claire YMCA

55890 Th 5:15- 6:45PM Apr 8 Classes: 12 M \$144 NM \$216

Shawnessy YMCA

55891 W 5:30- 7:00PM Apr 7 Classes: 12 M \$144 NM \$216

Health/Wellness | Athletics/Sports

ABC - AQUA BODY CONDITIONING AGE:12Y AND UP

This class uses omni directional drag force resistance based equipment, which allow participants to vary their intensity. Ranging from gentle movements that aid in developing flexibility and muscle refinement, to intense all-out movements that build mass, endurance and strength. A great water workout for everyone from athletes to casual fitness enthusiasts.

Crowfoot YMCA

56996 Tu 8:00- 9:00AM Apr 6 Classes: 12 M \$96 NM \$144

55880 Th 8:00- 9:00AM Apr 8 Classes: 12 M \$96 NM \$144

Eau Claire YMCA

55881 M 12:05-12:50PM Apr 5 Classes: 11 M \$66 NM \$99

South YMCA

55878 M 8:30- 9:30PM Apr 5 Classes: 11 M \$88 NM \$132

55882 Tu 8:15- 9:00AM Apr 6 Classes: 12 M \$72 NM \$108

55879 W 8:30- 9:30PM Apr 7 Classes: 12 M \$96 NM \$144

55883 Th 8:15- 9:00AM Apr 8 Classes: 12 M \$72 NM \$108

CROSSFIT AGE:16Y AND UP

The ultimate all-round strength and conditioning program is here! Offered in conjunction with CrossFit Calgary, CrossFit uses a variety of exercises that draw the maximum benefits of gymnastics, weight and cardio training. You pick the intensity. Whether you're an elite athlete or just looking to improve overall fitness, put in the work and you will see results.

Eau Claire YMCA

55892 M 6:30- 7:30PM Apr 5 Classes: 11 M \$187 NM \$242

55893 M 7:30- 8:30PM Apr 5 Classes: 11 M \$187 NM \$242

55898 Th 6:30- 7:30PM Apr 8 Classes: 12 M \$204 NM \$264

55899 Th 7:30- 8:30PM Apr 8 Classes: 12 M \$204 NM \$264

Shawnessy YMCA

55896 W 5:30- 6:30PM Apr 7 Classes: 12 M \$204 NM \$264

55897 W 6:30- 7:30PM Apr 7 Classes: 12 M \$204 NM \$264

South YMCA

55894 Tu 6:30- 7:30PM Apr 6 Classes: 12 M \$204 NM \$264

55895 Tu 7:30- 8:30PM Apr 6 Classes: 12 M \$204 NM \$264

HARD CORE AGE:12Y AND UP

Increase strength, balance and stability with exercises that concentrate on the lower back, abdominal and gluteal muscles.

Crowfoot YMCA

55905 Tu 7:30- 8:30PM Apr 6 Classes: 12 M \$84 NM \$168

Eau Claire YMCA

55901 W 6:30- 7:30PM Apr 7 Classes: 12 M \$84 NM \$168

Shawnessy YMCA

55904 Tu 1:00- 2:00PM Apr 6 Classes: 12 M \$84 NM \$168

ACTIVE OLDER ADULT FITNESS AGE:55Y AND UP

Join us for a fun-filled, dryland class that focuses on cardio, strength resistance, core stability and flexibility.

Crowfoot YMCA

56547 Tu 1:15- 2:15PM Apr 6 Classes: 12 M \$42 NM \$78

55889 Th 1:15- 2:15PM Apr 8 Classes: 12 M \$42 NM \$78

BABY & ME H2O WORKOUT AGE:16Y AND UP

Have fun with your baby while getting into shape! Experience aerobic conditioning, build strength and stretch while your little one floats right beside you in their own personal floatation device. Your baby will love being in the water while you experience this playful way of getting fit! Babies ages 6-18 months are welcome.

Crowfoot YMCA

57053 Tu 10:30-11:15AM Apr 6 Classes: 12 M \$84 NM \$108

57054 F 1:00- 1:45PM Apr 9 Classes: 12 M \$84 NM \$108

Shawnessy YMCA

57052 Tu 10:15-11:00AM Apr 6 Classes: 12 M \$84 NM \$108

57047 Th 1:15- 2:00PM Apr 8 Classes: 12 M \$84 NM \$108

HEALTHY LIVING AGE:12Y AND UP

Come join a class specifically designed for people who have chronic conditions and/or have survived a cardiac event. Graduates of the Living Well Program and/or Cardiac Wellness are encouraged to enroll in this class to keep up their level of fitness. Class will be in a group setting including cardiovascular activities and resistance training. Participants must have clearance from their doctor to participate.

Crowfoot YMCA

55910 M, W, F 7:30- 9:00AM Apr 5 Classes: 35 M \$0 NM \$175

LIVING WELL MAINTENANCE PROGRAM AGE: 12Y AND UP

This program is designed for graduates of the CHR's Living Well Program.

Crowfoot YMCA

55913 M, W-Th 2:00- 3:00PM Apr 5 Classes: 35 M \$0 NM \$175

Shawnessy YMCA

55912 Tu, Th 1:15- 2:15PM Apr 6 Classes: 24 M \$0 NM \$120

55914 W, F, M 11:45-12:45PM Apr 7 Classes: 35 M \$0 NM \$175

OUTDOOR BOOTCAMPS AGE: 16Y AND UP

Improve your fitness with bootcamp classes designed to use outside elements to improve muscular strength, endurance and cardio.

Crowfoot YMCA

56557 Tu, Th 6:00- 7:00PM May 25 Classes: 10 M \$96 NM \$144

Eau Claire YMCA

55915 Tu 5:00- 6:00PM May 25 Classes: 6 M \$48 NM \$72

56990 Tu 6:30- 7:30AM May 25 Classes: 6 M \$48 NM \$72

55916 F 12:00- 1:00PM May 28 Classes: 6 M \$48 NM \$72

55917 M 12:00- 1:00PM May 31 Classes: 5 M \$40 NM \$60

POST-NATAL FITNESS AGE: 16Y AND UP

Bring your baby, under twelve months, to a class that incorporates cardio, core work, resistance training and stretching designed to be safe and effective for new moms. Share experiences with others while using body weight, free weights and baby's weight to maximize your workout.

Shawnessy YMCA

55918 Tu 10:30-11:30AM Apr 6 Classes: 12 M \$96 NM \$144

South YMCA

55919 Tu 11:15-12:15PM Apr 6 Classes: 12 M \$96 NM \$144

RUN FOR YOUR LIFE AGE: 12Y AND UP

Are you a 5K to marathon runner wanting a little more? Join us for a variety of workouts including hills, tempo, intervals, circuit training and technique to give you the skills to become a better runner. Gord Hobbins from Gord's Running Store teaches the course at the Eau Claire branch.

Eau Claire YMCA

55942 Th 5:30- 7:00PM Apr 8 Classes: 12 M \$126 NM \$162

SPORTS PERFORMANCE AGE: 16Y - 18Y

Are you feeling the pressure of that season right around the corner? Are you out of shape and worried about that tryout a month from now? Our staff have put together a sport specific plan for you that will prepare you for any upcoming sport season. Whether it's hockey, football or lawn bowling we will prepare you for it all. You will learn the basics of weight training, principles of lifting, gym etiquette, proper lifting techniques, basic anatomy of the body as well as better nutritional values. This course also incorporates plyometrics, agility, power, aerobic and anaerobic endurance and core strength. We will prepare you to succeed and set you on the right track because here we never fail.

South YMCA

56734 Th 6:30- 7:30PM Apr 8 Classes: 12 M \$84 NM \$108

SQUASH TOURNAMENT AGE: 12Y AND UP

Put your squash abilities to the test. Participate in Eau Claire YMCA's annual recreational tournament - open to players of all levels.

Eau Claire YMCA

55943 W-Sa, Tu 5:00-10:00PM May 12 Classes: 5 M \$40 NM \$40

TRIATHLON TRAINING AGE: 12Y AND UP

Join one of the fastest growing sports. The Triathlon program gives you all the tools needed to tackle your first triathlon or fine tune your existing training. The main program is technique oriented swimming Mondays, biking Wednesdays and running Fridays. There is a second swim for those working to increase their swimming volume. This is a great opportunity to meet people with similar goals and ideas.

Shawnessy YMCA

55945 M, W, F 6:00- 7:00AM Apr 5 Classes: 35 M \$245 NM \$490

55946 Th 6:00- 7:00AM Apr 8 Classes: 12 M \$84 NM \$168

VOLLEYBALL - RECREATIONAL INDIVIDUAL AGE: 16Y AND UP

Have fun and make new friends in our recreational volleyball experience. Sign up with a friend or as an individual participant and be grouped with others. Learn to play volleyball whether you're just a beginner or if you're a seasoned vet. All levels are welcome.

South YMCA

55947 M 7:45- 9:45PM Apr 5 Classes: 11 M \$55 NM \$55

55948 Th 7:30- 9:45PM Apr 8 Classes: 12 M \$60 NM \$60

Health/Wellness | Martial Arts

CAPOEIRA AGE: 12Y AND UP

Capoeira is a Brazilian mixed martial art developed 500 years ago by the slaves of Brazil who were forced to disguise their art form by incorporating elements of dance and acrobatics. Our classes are for people of all ages and abilities and involve cardiovascular and muscular components as well as various forms of Brazilian music. A practice of martial arts, mixed with dance and core and muscle building.

Shawnessy YMCA

55958 Th 7:45- 9:00PM Apr 8 Classes: 12 M \$120 NM \$180

CAPOEIRA AGE: 6Y - 11Y

Capoeira is a Brazilian mixed martial art developed 500 years ago by the slaves of Brazil who were forced to disguise their art form by incorporating elements of dance and acrobatics. Our classes are for people of all ages and abilities and involve cardiovascular and muscular components as well as various forms of Brazilian music. A practice of martial arts, mixed with dance and core and muscle building.

Shawnessy YMCA

55957 Th 6:30- 7:30PM Apr 8 Classes: 12 M \$96 NM \$144

Health/Wellness | Specialty

PAINTING PARTNERS AGE: 18Y AND UP

If you desire to paint or draw come join us and get creative. Instruction and demonstrations will be conducted during these 90-minute classes. Exercise the artist within, play and learn new techniques.

Crowfoot YMCA
55907 F 10:30-12:00PM Apr 9 Classes: 12 M \$96 NM \$120

WORKSHOPS - AMARANTH SPEAKER SERIES AGE: 18Y AND UP

Maximizing Health and Fitness for Women (Crowfoot YMCA)
56280 W 7:30-9:00PM Apr 14 Classes: 1 M \$20 NM \$20

Seasonal Eating: Transitioning to a Spring Diet (Crowfoot YMCA)
56281 W 7:30-9:00PM May 5 Classes: 1 M \$20 NM \$20

WORKSHOPS - BIKE MAINTENANCE AGE: 12Y AND UP

This free workshop will teach you the basics of roadside repair and pre-ride checks. Identifying parts, basic tool selection, changing a flat and bigger problems on the road will be discussed.

Crowfoot YMCA
57092 M 7:00-9:30PM May 31 Classes: 1 M \$0 NM \$0

Health/Wellness | Resistance Training

RESISTANCE TRAINING - ACTIVE OLDER ADULTS AGE: 55Y AND UP

Discover the health benefits of resistance training. Learn safe, effective ways to progress your workout using a variety of equipment. In Level 1, you will be introduced to resistance training basics. In Level 2, challenge yourself with advanced training techniques using free weights and various machines.

Crowfoot YMCA
57006 M, W 12:00-1:30PM Apr 5 Classes: 23 M \$121 NM \$225

Shawnessy YMCA
55936 Tu, Th 10:00-11:00AM Apr 6 Classes: 24 M \$84 NM \$156

South YMCA
56993 Tu, Th 1:00-2:00PM Apr 6 Classes: 24 M \$84 NM \$156

RESISTANCE TRAINING - LEVEL 1 AGE: 12Y AND UP

Learn the fundamentals of strength and conditioning training in a fun and supportive environment. Classes will teach you to apply resistance training skills and knowledge to daily healthy active living.

Crowfoot YMCA
57010 Tu, Th 7:00-8:00PM Apr 6 Classes: 14 M \$98 NM \$126
57101 M 9:30-11:00AM Apr 5 Classes: 11 M \$77 NM \$99
57102 W 9:30-11:00AM Apr 7 Classes: 12 M \$84 NM \$108
57103 F 9:30-11:00AM Apr 9 Classes: 12 M \$84 NM \$108

Shawnessy YMCA
55938 Tu, Th 9:00-10:00AM Apr 6 Classes: 24 M \$168 NM \$216

RESISTANCE TRAINING - GOLFING AGE: 12Y AND UP

Improve your game with this sport-specific conditioning program designed to increase the strength, flexibility and endurance you need for golf.

Crowfoot YMCA
57012 Th 5:00-6:00PM Apr 8 Classes: 12 M \$84 NM \$108

Shawnessy YMCA
55937 Sa 10:00-11:00AM Apr 10 Classes: 6 M \$42 NM \$54

South YMCA
56858 Th 6:00-7:00PM Apr 8 Classes: 12 M \$84 NM \$108

RESISTANCE TRAINING - INTERVALS ONLY AGE: 12Y AND UP

Gear up for a fun and exciting work out incorporating resistance training and cardio. Learn new techniques and progress through this class that is taught by intervals only!

Crowfoot YMCA
56997 M, W, F 6:00-7:00AM Apr 5 Classes: 18 M \$126 NM \$162
56999 Tu, Th 6:00-7:00AM Apr 6 Classes: 12 M \$84 NM \$108
56998 M, W, F 6:00-7:00AM May 17 Classes: 17 M \$119 NM \$153
57000 Tu, Th 6:00-7:00AM May 18 Classes: 12 M \$84 NM \$108

RESISTANCE TRAINING - TRIATHLON AGE: 12Y AND UP

Target your resistance training for strength, stability and the endurance you'll need for the three disciplines of triathlon.

Crowfoot YMCA
57007 M, W 6:00-7:00PM Apr 6 Classes: 23 M \$161 NM \$207

Eau Claire YMCA
57008 M, W 11:00-12:00PM Apr 5 Classes: 23 M \$161 NM \$207

RESISTANCE TRAINING - WOMEN LEVEL 1 AGE: 12Y AND UP

In Level 1, discover the principles and benefits of women's resistance training. A pre/post natal focus is also available.

Eau Claire YMCA
56991 Tu, Th 9:30-11:00AM Apr 6 Classes: 24 M \$252 NM \$324

Shawnessy YMCA
55939 M, F 10:15-11:15AM Apr 5 Classes: 23 M \$161 NM \$207
56685 Tu, Th 9:00-10:00AM Apr 6 Classes: 24 M \$168 NM \$216

Mind/Body | Fusion

FUSION AGE:12Y AND UP

Fusion Fitness is a non-purist approach to traditional forms of training. It is a perfect blend of Yoga, Pilates and Fitness Conditioning that challenges strength, balance, flexibility, increases stamina, and focuses the mind while cleansing the spirit.

Crowfoot YMCA

55974	Tu	11:15-12:15PM	Apr 6	Classes: 12	M \$120	NM \$180
56545	Tu	6:00- 7:00PM	Apr 6	Classes: 12	M \$120	NM \$180
57131	W	6:00- 7:00PM	Apr 7	Classes: 12	M \$120	NM \$180
55968	Th	7:00- 8:00PM	Apr 8	Classes: 12	M \$120	NM \$180
55978	F	7:15- 8:15PM	Apr 9	Classes: 12	M \$120	NM \$180

Eau Claire YMCA

55967	M	6:30- 7:30PM	Apr 5	Classes: 11	M \$110	NM \$165
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Shawnessy YMCA

55970	M	6:30- 7:30PM	Apr 5	Classes: 11	M \$110	NM \$165
55971	Tu	8:30- 9:30PM	Apr 6	Classes: 12	M \$120	NM \$180
55973	Th	9:00-10:00AM	Apr 8	Classes: 12	M \$120	NM \$180
57087	F	1:00- 2:00PM	Apr 9	Classes: 12	M \$120	NM \$180
56305	Su	10:00-11:00AM	Apr 11	Classes: 12	M \$120	NM \$180

South YMCA

55979	M	9:15-10:15AM	Apr 5	Classes: 11	M \$110	NM \$165
55977	Tu	7:30- 8:30PM	Apr 6	Classes: 12	M \$120	NM \$180
55976	W	6:30- 7:30PM	Apr 7	Classes: 12	M \$120	NM \$180

FUSION - FAMILY AGE:12Y AND UP

Fusion Fitness is a non-purist approach to traditional forms of training. It is a perfect blend of Yoga, Pilates and Fitness Conditioning that challenges strength, balance, flexibility, increases stamina, and focuses the mind while cleansing the spirit. This class is specifically designed to bring busy families together.

Shawnessy YMCA

56704	W	6:00- 7:00PM	Apr 7	Classes: 12	Adt M \$120	NM \$180	Yth M \$90	NM \$136
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FUSION - ATHLETIC (RUNNER/TRIATHLETE) AGE:12Y AND UP

Fusion Fitness is a non-purist approach to traditional forms of training. It is a perfect blend of Yoga, Pilates and Fitness Conditioning that challenges strength, balance, flexibility, increases stamina, and focuses the mind while cleansing the spirit. This class is specifically designed to benefit runners, triathletes, cyclists and all other athletic personalities.

Shawnessy YMCA

56304	Sa	9:30-10:30AM	Apr 10	Classes: 12	M \$120	NM \$180
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FUSION - POST-NATAL AGE:12Y AND UP

Fusion Fitness is a non-purist approach to traditional forms of training. It is a perfect blend of Yoga, Pilates and Fitness Conditioning, benefiting new mothers. Post-Natal Fusion challenges strength, balance, flexibility, increases stamina, and focuses the mind while cleansing the spirit.

Shawnessy YMCA

56303	W	9:00-10:00AM	Apr 7	Classes: 12	M \$120	NM \$180
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FUSION - YOGA INTEGRATED AGE:12Y AND UP

This program is specifically designed for the fitness industry to introduce the practice of yoga from a physical perspective. This program will teach you the foundation of physical yoga postures that can be easily blended with fitness strength, balance and flexibility exercises. The series of yoga postures presented are specifically chosen to be taught from a fitness perspective emphasizing mindfulness, attention to form, proper exercise and/or posture execution and breathing techniques. There is a strong emphasis on body alignment, movement technique and modifications for mixed abilities.

South YMCA

56682	W	7:40- 8:40PM	Apr 7	Classes: 12	M \$120	NM \$180
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Mind/Body | Pilates

PILATES MAT CLASS - LEVEL 1 AGE:12Y AND UP

In Level 1, build flexibility, balance and core stability through this functional workout.

Crowfoot YMCA

56496	Th	6:00- 7:00PM	Apr 8	Classes: 12	M \$120	NM \$180
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Eau Claire YMCA

56494	M	12:00- 1:00PM	Apr 5	Classes: 11	M \$110	NM \$165
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Shawnessy YMCA

56492	M	8:00- 9:00PM	Apr 5	Classes: 11	M \$110	NM \$165
57035	Tu	10:30-11:30AM	Apr 6	Classes: 12	M \$120	NM \$180
56493	Su	9:00-10:00AM	Apr 11	Classes: 12	M \$120	NM \$180

South YMCA

57001	M	6:30- 7:30PM	Apr 5	Classes: 12	M \$110	NM \$165
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PILATES MAT CLASS - LEVEL 2 AGE:12Y AND UP

In Level 2, push your Pilates experience up a notch. If you have taken at least one session of the Pilates Mat Class Level 1, you are ready to move to Level 2.

Eau Claire YMCA

56498	W	6:25- 7:25PM	Apr 7	Classes: 12	M \$120	NM \$180
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Shawnessy YMCA

57032	F	10:30-11:30AM	Apr 9	Classes: 12	M \$120	NM \$180
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South YMCA

57034	W	6:30- 7:30PM	Apr 7	Classes: 12	M \$120	NM \$180
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PILATES - BOOTCAMP! AGE:12Y AND UP

Totally target your core! Learn the Pilates technique to flatten your abdominal muscles. Transform and strengthen your entire body without building bulk or stressing your joints. Pilates is the perfect complement to cardiovascular exercise, athletic training or rehabilitation.

Shawnessy YMCA

56481 M 9:00-10:00AM Apr 5 Classes: 11 M \$110 NM \$165
 56484 Th 7:45- 8:45PM Apr 8 Classes: 12 M \$120 NM \$180

Shawnessy YMCA
 55965 W 7:00- 8:00PM Apr 7 Classes: 12 M \$72 NM \$108
 55966 W 8:15- 9:15PM Apr 7 Classes: 12 M \$72 NM \$108

PILATES - INTEGRATED CORE AGE:12Y AND UP

Build strength, flexibility and core stability through this specialized Pilates class, with exercises directed towards the repetitive motions of running, walking and hiking. This class is open to all levels and no Pilates experience is necessary.

Eau Claire YMCA
 56489 W 7:30- 8:30PM Apr 7 Classes: 12 M \$120 NM \$180

South YMCA
 57002 M 10:20-11:20AM Apr 5 Classes: 12 M \$110 NM \$165

PILATES - GOLFERS AGE:12Y AND UP

Improve posture alignment, coordination and stability through a combination of balance, core strength and muscular endurance. Pilates for golfers will help to improve flexibility and fluidity to enhance your golf game.

Shawnessy YMCA
 56483 Tu 7:45- 8:45PM Apr 6 Classes: 12 M \$120 NM \$180

PILATES - MULTILEVEL AGE:12Y AND UP

Build flexibility, balance and core stability through this functional workout. This class will combine Pilates Levels 1 and 2.

Crowfoot YMCA
 56499 Tu 7:00- 8:00PM Apr 6 Classes: 12 M \$120 NM \$180

PILATES - MOM & BABY AGE:12Y AND UP

In Mom & Baby Pilates, bring baby along to bond while building flexibility, balance and core stability through this functional workout. Babies are six weeks old to crawling.

Crowfoot YMCA
 56491 F 12:15- 1:00PM Apr 9 Classes: 12 M \$70 NM \$111

Shawnessy YMCA
 56482 M 10:15-11:15AM Apr 5 Classes: 11 M \$110 NM \$165

Mind/Body | Tai Chi

TAI CHI AGE:12Y AND UP

Learn ancient techniques to centre your focus and improve your mental and physical stamina.

Crowfoot YMCA
 55960 W 7:30- 8:30PM Apr 7 Classes: 12 M \$72 NM \$108

Eau Claire YMCA
 55961 Tu 12:05-12:50PM Apr 6 Classes: 12 M \$54 NM \$81
 55963 Th 12:05-12:50PM Apr 8 Classes: 12 M \$54 NM \$81

Mind/Body | Yoga

YOGA - LEVEL 1 AGE:12Y AND UP

Revitalize your body and spirit. Level 1 Hatha yoga classes teach you flexibility, strength, relaxation, stress management and breathing techniques.

Crowfoot YMCA
 56501 M 12:15- 1:45PM Apr 5 Classes: 11 M \$165 NM \$248
 56502 M 5:30- 7:00PM Apr 5 Classes: 11 M \$165 NM \$248

Eau Claire YMCA
 56504 M 7:00- 8:30PM Apr 5 Classes: 11 M \$165 NM \$248
 56503 Tu 5:00- 6:00PM Apr 6 Classes: 12 M \$120 NM \$180
 56505 W 5:00- 6:00PM Apr 7 Classes: 12 M \$120 NM \$180
 56506 W 12:00- 1:00PM Apr 7 Classes: 12 M \$120 NM \$180
 56507 Th 6:00- 7:15AM Apr 8 Classes: 12 M \$150 NM \$225
 56508 Th 9:30-11:00AM Apr 8 Classes: 12 M \$153 NM \$216

Shawnessy YMCA
 56509 M 12:30- 2:00PM Apr 5 Classes: 11 M \$165 NM \$248
 56510 Tu 6:00- 7:15AM Apr 6 Classes: 12 M \$150 NM \$225
 56513 W 7:30- 9:00PM Apr 7 Classes: 12 M \$180 NM \$270
 56515 W 1:30- 2:30PM Apr 7 Classes: 12 M \$120 NM \$180
 56706 Th 11:30- 1:00PM Apr 8 Classes: 12 M \$180 NM \$270
 56707 Th 6:00- 7:30PM Apr 8 Classes: 12 M \$180 NM \$270
 57121 Sa 10:45-11:45AM Apr 10 Classes: 12 M \$120 NM \$180
 56516 Su 5:00- 6:30PM Apr 11 Classes: 12 M \$180 NM \$270

YOGA - LEVEL 2 AGE:12Y AND UP

Revitalize your body and spirit. Level 2 will help to develop your yoga practice further through advanced positions and poses. This level is appropriate for people who have taken Yoga Level 1.

Crowfoot YMCA
 56521 M 7:00- 8:30PM Apr 5 Classes: 11 M \$165 NM \$248

Eau Claire YMCA
 56524 M 5:15- 6:45PM Apr 5 Classes: 11 M \$165 NM \$248
 56525 F 12:00- 1:00PM Apr 9 Classes: 12 M \$120 NM \$180

Shawnessy YMCA
 56528 Tu 7:30- 9:00PM Apr 6 Classes: 12 M \$180 NM \$270
 56527 W 10:30-12:00PM Apr 7 Classes: 12 M \$180 NM \$270
 56526 Th 8:00- 9:30PM Apr 8 Classes: 12 M \$180 NM \$270
 56530 Sa 9:00-10:30AM Apr 10 Classes: 12 M \$180 NM \$270

YOGA - ASANA & MEDITATION AGE:12Y AND UP

Learn Yoga poses through meditation in motion and breath awareness. Through correct alignment of the body, you will be able to hold postures longer and more mindfully.

South YMCA
 56517 Th 6:55- 8:25PM Apr 8 Classes: 12 M \$180 NM \$270

YOGA - GENTLE AGE:12Y AND UP

Be kind to your body. This features Hatha yoga that emphasizes gentle poses as well as breathing techniques.

Crowfoot YMCA

56500 Th 10:30-12:00PM Apr 8 Classes: 12 M \$180 NM \$270

YOGA - HATHA AGE:12Y AND UP

Revitalize your body and spirit. Level 1 Hatha yoga classes teach you flexibility, strength, relaxation, stress management and breathing techniques.

South YMCA

56518 W 10:30-12:00PM Apr 7 Classes: 12 M \$180 NM \$270

YOGA - FAMILY AGE:8Y AND UP

Enjoy stretching, strengthening and communicating with family members using movement and interaction. This class is designed to bring busy families together.

Crowfoot YMCA

57016 M 4:15- 5:00PM Apr 5 Classes: 11 Adt M \$90 NM \$135
Yth M \$68 NM \$136

Shawnessy YMCA

57019 Sa 12:15- 1:15PM Apr 10 Classes: 12 Adt M \$120 NM \$180
Yth M \$90 NM \$136

YOGA - MOM & DAUGHTER AGE:8Y AND UP

Enjoy stretching, strengthening and communicating with one another using movement and interaction. This class is designed to bring busy mothers and daughters together.

Shawnessy YMCA

57083 Tu 6:30- 7:30PM Apr 6 Classes: 12 M \$120 NM \$180
57120 M 6:30- 7:30PM Apr 5 Classes: 11 Adt M \$110 NM \$165
Yth M \$83 NM \$125

YOGA - PRE-NATAL AGE:12Y AND UP

Tap into Hatha yoga to help with a healthy pregnancy, delivery and recovery. This course features poses, breathing and relaxation techniques to support your pregnancy.

Shawnessy YMCA

56701 M 8:00- 9:00PM Apr 5 Classes: 11 M \$110 NM \$165
56536 Th 6:30- 7:30PM Apr 8 Classes: 12 M \$120 NM \$180

YOGA - TODDLER TIME & PARENT AGE:7Y AND UP

Take a break and spend 45 minutes in a group yoga class while your toddler is busy creating works of art and playing with others in the gym.

Eau Claire YMCA

57018 Tu 10:00-11:15AM Apr 6 Classes: 12 M \$120 NM \$180

YOGA - MULTILEVEL AGE:12Y AND UP

Revitalize your body and spirit. Hatha yoga classes teach you flexibility, strength, relaxation, stress management and breathing techniques. Develop your yoga practice further through advanced positions and poses.

Crowfoot YMCA

56538 W 6:00- 7:30PM Apr 7 Classes: 12 M \$180 NM \$270
57124 Sa 10:45-11:45AM Apr 10 Classes: 12 M \$120 NM \$180

South YMCA

57003 M 6:30- 8:00PM Apr 5 Classes: 12 M \$165 NM \$248

YOGA - INTRO TO POWER AGE:12Y AND UP

In this energetic class you will learn the physical and mental foundations needed to prepare you for Power Yoga. There is a strong focus on breath, body, and mind awareness to help you hold yoga poses and flow through yoga poses.

Shawnessy YMCA

56700 Tu 12:30- 2:00PM Apr 6 Classes: 12 M \$180 NM \$270

YOGA - POWER AGE:12Y AND UP

Revitalize your body and spirit. Take your yoga practice to the next level with this advanced version of an ancient art.

Crowfoot YMCA

56522 Th 4:15- 5:30PM Apr 8 Classes: 12 M \$150 NM \$225

Eau Claire YMCA

56531 W 7:00- 8:15PM Apr 7 Classes: 12 M \$150 NM \$225

YOGA - RUNNERS AGE:12Y AND UP

This yoga program is designed to meet the needs of runners and will address specific areas of tightness and muscle imbalances, help prevent and overcome injuries and enhance physical conditioning. It will improve your flexibility, core strength, balance and endurance as well as help you develop better breathing patterns and running form. Discover how yoga will benefit your training both physically and mentally.

Eau Claire YMCA

56535 M 7:40- 8:40PM Apr 5 Classes: 11 M \$110 NM \$165

YOGA - YOGA/BELLY DANCE GROOVE AGE:12Y AND UP

Feel alive in this invigorating class combining basic belly dance moves with energetic and calming yoga poses. No experience necessary.

Shawnessy YMCA

56702 M 11:00-12:00PM Apr 5 Classes: 11 M \$110 NM \$165
56703 Tu 6:15- 7:15PM Apr 6 Classes: 12 Adt M \$120 NM \$180
Yth M \$90 NM \$136

YOGA RETREAT AGE:18Y AND UP

This retreat is designed to help participants gain energy and relax through yoga. Intended for beginners and yoga enthusiasts alike, participants

will explore breathing techniques, postures and the five basic movements with yoga instructor George McFaul. Having taught with YMCA Calgary for many years, George is a member of the International Association of Yoga Therapists (IAYT) and the Yoga Research and Education Centre (YREC). Other activities include site hikes, a campfire, crafts and high ropes. Shared accommodations, meals and yoga equipment are included. Participants are responsible for their own transportation to and from the camp. For more information and to register please call our city office at 403-269-6156 or 1-866-430-9622.

Camp Chief Hector YMCA
53699 Fri Apr 23 5:00PM - Sun Apr 25 2:00PM \$260

YMCA CORE STRENGTH/STRETCH AGE:16Y AND UP

Get what it takes to lead basic group core strength and/or flexibility classes. You'll receive the YMCA Group Core Strength and Stretch workbook as part of the course. You must have completed the YMCA Basic Theory or AFLCA Fitness Theory course as well as the YMCA Fundamentals of Group Fitness course to participate. Currently group fitness certified instructors also qualify to participate in this course.

Shawnessy YMCA
57084 Sa 8:30- 5:30PM May 15 Classes: 1 M \$70 NM \$70

Instructor Training | Certification

YMCA BASIC THEORY/AFLCA FITNESS THEORY AGE:16Y AND UP

Take the first step to becoming a YMCA or AFLCA fitness leader. Learn basic anatomy, physiology, biomechanics, nutrition, conditioning and general fitness principles. YMCA and AFLCA manuals are included.

Shawnessy YMCA
55949 M, W 6:00-10:00PM Apr 19 Classes: 4 M \$145 NM \$145
Sa, Su 8:30-5:30AM

YMCA FUNDAMENTALS OF GROUP FITNESS AGE:16Y AND UP

This course is the second step towards YMCA certification in group fitness with a designation in a specific stream. Learn the fundamentals of teaching fitness classes in a group setting. You must have completed the YMCA Basic Theory or AFLCA Fitness Theory course to participate.

Shawnessy YMCA
55950 M, W 6:00-10:00PM May 3 Classes: 2 M \$75 NM \$75

YMCA GROUP FITNESS GROUP CHOREOGRAPHY AGE:16Y AND UP

Get what it takes to lead land-based group fitness high/low impact and step classes. You'll receive the YMCA Choreography-based workbook as part of the course. You must have completed the YMCA Basic Theory or AFLCA Fitness Theory course as well as the YMCA Fundamentals of Group Fitness course to participate. Currently group fitness certified instructors also qualify to participate in this course.

Shawnessy YMCA
55955 Sa 8:30- 5:30PM Jun 12 Classes: 1 M \$70 NM \$70

YMCA IND COND/AFLCA RESISTANCE TRAINING AGE:16Y AND UP

Develop your expertise in the strength and conditioning field. This program includes YMCA and AFLCA specialty manuals. To participate, you must have completed the YMCA Basic Theory or AFLCA Fitness Theory course.

Shawnessy YMCA
55951 Sa-Su 8:30- 5:30PM May 29 Classes: 2 M \$145 NM \$145

Preschool | Climbing

CREATIVE HEIGHTS - UNPARENTED AGE:3Y - 5Y

Do you find your child is climbing your walls, why not let them climb ours? Creative heights is a class designed for your active preschooler. Let your preschooler use their creativity to get their energy out with craft and climbing time. This class may include, songs, stories, and group games. Please note this is a beginning climbing course and a focus on bouldering and safety will be taught.

Shawnessy YMCA
57045 Tu 10:30-11:30AM Apr 6 Classes: 12 M \$120

Preschool | Parented

PRESCHOOL - ARTS AND CRAFTS - PARENTED AGE:2Y - 3Y

Encourage your little budding artist's creativity through theme-based classes that include painting, drawing, cutting and pasting. During the session, classes may also include stories and songs. Each class will have a different theme.

Crowfoot YMCA
56061 Tu 11:00-11:45AM Apr 6 Classes: 12 M \$72 NM \$90

Shawnessy YMCA
56063 Tu 11:00-11:45AM Apr 6 Classes: 12 M \$72 NM \$90
56062 Sa 11:45-12:30PM Apr 10 Classes: 12 M \$72 NM \$90

COOKIE MONSTERS - PARENTED AGE:2Y - 3Y

Let your children express themselves through food preparation and selection, nutrition and cooking. They will learn, create and explore using quick, easy recipes. The best part is they get to eat what they make!

Shawnessy YMCA
57038 Sa 10:30-11:30AM Apr 10 Classes: 12 M \$120 NM \$156

South YMCA
57039 Sa 10:15-11:15AM Apr 10 Classes: 12 M \$120 NM \$156

FAMILY TIME - PARENTED AGE:10M - 5Y

Looking for an environment to bring the family together. Family time brings siblings ages walking to 5yrs together with a minimum of one parent/guardian in a one hour class. Have time to explore play environments, movement games, craft, songs and stories in this mixed-age class designed to support growth and development of the whole family. This class is suitable for children 10mths to 5 yrs.

South YMCA

56294	Tu	9:30-10:00AM	Apr 6	Classes:	12	M \$84
56295	W	10:30-11:00AM	Apr 7	Classes:	12	M \$84

GYM AND CRAFTS - PARENTED AGE:2Y - 3Y

Develop your child's sense of adventure as he or she experiments with gym equipment and discovers an artistic side with crafts. Gym activities will focus on balance, spatial awareness, movement and safety skills. Kids will explore painting, drawing, cutting and gluing in the craft component.

Crowfoot YMCA

56077	M	10:35-11:35AM	Apr 5	Classes:	11	M \$77 NM \$99
56076	W	11:00-12:00PM	Apr 7	Classes:	12	M \$84 NM \$108
56072	Th	10:30-11:30AM	Apr 8	Classes:	12	M \$84 NM \$108
56078	F	10:30-11:30AM	Apr 9	Classes:	12	M \$84 NM \$108
56073	Sa	9:30-10:30AM	Apr 10	Classes:	12	M \$84 NM \$108

Shawnessy YMCA

56074	M	10:30-11:30AM	Apr 5	Classes:	11	M \$77 NM \$99
56075	W	9:00-10:00AM	Apr 7	Classes:	12	M \$84 NM \$108

GYM AND SWIM - PARENTED AGE:10M - 23M

Let your children burn some energy playing in the gym and pool. Children will sing songs, stretch and learn about safety in the gym component. While they are in the pool they will receive a water orientation and safety education, play with pool toys and equipment, and sing songs. Children who are not toilet-trained must wear pool pants capable of retaining fecal matter. All participants must be able to walk.

Crowfoot YMCA

56084	M	10:30-11:30AM	Apr 5	Classes:	11	M \$88 NM \$121
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Eau Claire YMCA

56086	W	9:15-10:30AM	Apr 7	Classes:	12	M \$96 NM \$132
56091	Sa	9:15-10:30AM	Apr 10	Classes:	12	M \$96 NM \$132

Shawnessy YMCA

56085	Tu	9:30-10:45AM	Apr 6	Classes:	12	M \$96 NM \$132
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South YMCA

56082	Th	9:45-10:15AM	Apr 8	Classes:	12	M \$96 NM \$132
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GYM AND SWIM - PARENTED AGE:2Y - 3Y

Let your children burn some energy playing in the gym and pool. Children will sing songs, stretch and learn about safety in the gym component. While they are in the pool they will receive a water orientation and safety education, play with pool toys and equipment, and sing songs. Children who are not toilet-trained must wear pool pants capable of retaining fecal matter. All participants must be able to walk.

Crowfoot YMCA

56089	Th	10:30-11:30AM	Apr 8	Classes:	12	M \$96 NM \$132
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Eau Claire YMCA

56088	W	9:15-10:30AM	Apr 7	Classes:	12	M \$96 NM \$132
56093	Th	2:15- 3:30PM	Apr 8	Classes:	12	M \$96 NM \$132
56087	Sa	9:15-10:30AM	Apr 10	Classes:	12	M \$96 NM \$132
56092	Sa	10:45-12:00PM	Apr 10	Classes:	12	M \$96 NM \$132

Shawnessy YMCA

56083	Tu	9:15-10:30AM	Apr 6	Classes:	12	M \$96 NM \$132
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KANGAROOS & CLIMBERS - PARENTED AGE:10M - 23M

Show your child a great time using gym equipment in a safe, supervised environment. Classes will focus on developing your child's balance, spatial awareness and movement, while educating about safety. Kids will also get to try equipment like trestles, bars, slides, ladders and more. Participants must be able to walk.

Eau Claire YMCA

56104	W	9:15-10:00AM	Apr 7	Classes:	12	M \$63 NM \$81
56107	Sa	9:15-10:00AM	Apr 10	Classes:	12	M \$63 NM \$81

KANGAROOS & CLIMBERS - PARENTED AGE:2Y - 3Y

Show your child a great time using gym equipment in a safe, supervised environment. Classes will focus on developing your child's balance, spatial awareness and movement, while educating about safety. Kids will also get to try equipment like trestles, bars, slides, ladders and more. Participants must be able to walk.

Crowfoot YMCA

56108	Tu	11:00-11:45AM	Apr 6	Classes:	12	M \$63 NM \$81
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Eau Claire YMCA

56105	W	9:15-10:15AM	Apr 7	Classes:	12	M \$84 NM \$108
56106	Sa	9:15-10:15AM	Apr 10	Classes:	12	M \$84 NM \$108

Shawnessy YMCA

56660	Th	10:30-11:30AM	Apr 8	Classes:	12	M \$63 NM \$81
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R3 (READING, ROCKING, RUNNING) - PARENTED AGE:10M - 23M

Involve your child in a great balance of programming. Children will enjoy free play time, group sing-alongs and story time. Participants must be able to walk.

Crowfoot YMCA

56124	F	10:00-11:00AM	Apr 9	Classes:	12	M \$72 NM \$96
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Shawnessy YMCA

56125	F	9:30-10:30AM	Apr 9	Classes:	12	M \$72 NM \$96
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SPORTS - PARENTED AGE:2Y - 3Y

Are your children crazy about sports? Let them try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your children's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf and floor hockey.

Crowfoot YMCA

56134 W 10:45-11:30AM Apr 7 Classes: 12 M \$68 NM \$86

Eau Claire YMCA

56129 Th 10:15-11:00AM Apr 8 Classes: 12 M \$68 NM \$86

Shawnessy YMCA

56132 F 9:15-10:00AM Apr 9 Classes: 12 M \$68 NM \$86

56316 Sa 9:00- 9:45AM Apr 10 Classes: 12 M \$68 NM \$86

TUMBLE TIME - PARENTED AGE:2Y - 3Y

Join your active preschooler as they jump, roll, play and explore in a high-energy environment. Tumble Time will give your child a head start on a healthy lifestyle through movement, exercise and games.

Crowfoot YMCA

57090 F 1:15- 2:00PM Apr 9 Classes: 12 M \$68 NM \$86

TWIST AND SHOUT - PARENTED AGE:2Y - 3Y

Encourage your child's exploration of music through lively songs, rhythm and sounds. Your child's experience is further enhanced by dance, movement and fun games to develop awareness of their body and the space around them. Parented and un-parented classes are offered.

Crowfoot YMCA

56153 W 1:15- 2:00PM Apr 7 Classes: 12 M \$68 NM \$86

Eau Claire YMCA

56154 Tu 9:30-10:15AM Apr 6 Classes: 12 M \$68 NM \$86

Shawnessy YMCA

56152 W 10:30-11:15AM Apr 7 Classes: 12 M \$68 NM \$86

Preschool | General

CHILDREN AT PLAY/ KID'S NIGHT OUT AGE:3Y - 10Y

Bring your child to this special multi week course. Your child will enjoy making new friends while playing with a variety of imagination building toys.

Crowfoot YMCA

56423 F 6:30- 9:00PM Apr 9 Classes: 4 M \$50 NM \$60

56424 F 6:30- 9:00PM May 7 Classes: 4 M \$50 NM \$60

56425 F 6:30- 9:00PM Jun 4 Classes: 4 M \$50 NM \$60

HELPING PICKY EATERS AGE:14Y AND UP

A registered dietitian from Alberta Health Services talks about meal time struggles with toddler and preschool age children and provides strategies for parents to handle these common picky eating behaviors. During the session, individual concerns and challenges will be addressed.

Crowfoot YMCA

56126 W 6:30- 8:30PM May 5 Classes: 1 M Free NM Free

56127 W 6:30- 8:30PM Jun 23 Classes: 1 M Free NM Free

South YMCA

56128 Th 6:30- 8:30PM May 20 Classes: 1 M Free NM Free

Special Events

FAMILY EVENT: SPRING EGG-STRAVAGANZA AGE:2Y - 12Y

Winter is over and summer is just around the corner. Now that's a reason to celebrate. Take part in crafts, games, music and all the fun you can handle. Please note: this is a parented event.

Crowfoot YMCA

55872 Sa 2:00- 3:30PM Apr 10 Classes: 1 M \$5 NM \$10

South YMCA

55871 Sa 2:30- 4:00PM Apr 10 Classes: 1 M \$5 NM \$10

FAMILY WEEKEND AGE: ALL AGES

Bring the whole family to the Camp Chief Hector YMCA for a weekend getaway! There are a variety of activities to choose from to create a unique outdoor experience. Family campers can try things like horseback riding, hikes, high and low ropes courses, group games, arts and crafts, a climbing wall and evening campfires. Our daily child care program enables parents to leave children ages three to six with us when taking part in some activities. Accommodations and meals are included. Participants are responsible for their own transportation to and from the camp. For more information and to register please call our city office at 403-269-6156 or 1-866-430-9622.

Camp Chief Hector YMCA

53697 Fri May 14 7:00PM - Sun May 16 2:00PM

53698 Fri May 28 7:00PM - Sun May 30 2:00PM

Adult \$160 | 6 - 17Y \$120 | 3 - 5Y \$100 | 0 - 2Y Free

Preschool | Unparented

COOKIE MONSTERS - UNPARENTED AGE:3Y - 5Y

Let your children express themselves through food preparation and selection, nutrition and cooking. They will learn, create and explore using quick, easy recipes. The best part is they get to eat what they make!

Crowfoot YMCA

56065 Tu 10:30-11:30AM Apr 6 Classes: 12 M \$120 NM \$156

56068 Th 5:30- 6:30PM Apr 8 Classes: 12 M \$120 NM \$156

56066 Sa 10:30-11:30AM Apr 10 Classes: 12 M \$120 NM \$156

Shawnessy YMCA

56067 Th 10:30-11:30AM Apr 8 Classes: 12 M \$120 NM \$156

South YMCA

56064 Th 1:30- 2:30PM Apr 8 Classes: 12 M \$120 NM \$156

DIGGING IN THE DIRT - UNPARENTED AGE:3Y - 5Y

In this class your child will participate in hands on experiences that allow them to learn about the environment around them and how to take care of the world around us. Crafts, active games, songs and stories, outdoor time and digging in the dirt may be included in this class.

Crowfoot YMCA

56118 Th 10:30-11:30AM Apr 8 Classes: 12 M \$84 NM \$108

Eau Claire YMCA
56123 W 2:15- 3:15PM Apr 7 Classes: 12 M \$84 NM \$108

Shawnessy YMCA
56119 Th 1:00- 2:00PM Apr 8 Classes: 12 M \$84 NM \$108

South YMCA
56122 W 1:30- 2:30PM Apr 7 Classes: 12 M \$84 NM \$108

GYM AND CRAFTS - UNPARENTED AGE:2Y - 3Y

Develop your child's sense of adventure as he or she experiments with gym equipment and discovers an artistic side with crafts. Gym activities will focus on balance, spatial awareness, movement and safety skills. Kids will explore painting, drawing, cutting and gluing in the craft component.

South YMCA
56079 M 9:30-10:00AM Apr 5 Classes: 11 M \$88 NM \$110
56080 W 9:30-10:00AM Apr 7 Classes: 12 M \$96 NM \$120

GYM AND CRAFTS - UNPARENTED AGE:3Y - 5Y

Develop your child's sense of adventure as he or she experiments with gym equipment and discovers an artistic side with crafts. Gym activities will focus on balance, spatial awareness, movement and safety skills. Kids will explore painting, drawing, cutting and gluing in the craft component.

Shawnessy YMCA
56081 M 10:30-11:30AM Apr 5 Classes: 11 M \$88 NM \$110

South YMCA
56289 W 5:30- 6:00PM Apr 7 Classes: 12 M \$96 NM \$120

GYM AND SWIM - UNPARENTED AGE:3Y - 5Y

Let your children burn some energy playing in the gym and pool. Children will sing songs, stretch and learn about safety in the gym component. While they are in the pool they will receive a water orientation and safety education, play with pool toys and equipment, and sing songs. Children who are not toilet-trained must wear pool pants capable of retaining fecal matter. All participants must be able to walk.

Crowfoot YMCA
56096 Tu 10:30-11:30AM Apr 6 Classes: 12 M \$108 NM \$144
56097 Tu 1:00- 2:00PM Apr 6 Classes: 12 M \$108 NM \$144

Eau Claire YMCA
56095 Th 2:15- 3:30PM Apr 8 Classes: 12 M \$108 NM \$144
56094 Sa 10:15-11:30AM Apr 10 Classes: 12 M \$108 NM \$144

Shawnessy YMCA
56658 F 1:30- 2:30PM Apr 9 Classes: 12 M \$108 NM \$144

IMAGINATION STATION - UNPARENTED AGE:3Y - 5Y

Let your child experience various art media and performing arts at the YMCA. During theme-based classes, your child can explore their creativity through painting, drawing, cutting, pasting and drama. Classes may also include stories and songs.

Shawnessy YMCA
56100 W 10:30-11:30AM Apr 7 Classes: 12 M \$96 NM \$120
56659 Th 5:00- 6:00PM Apr 8 Classes: 12 M \$96 NM \$120

INDOOR/OUTDOOR ADVENTURES - UNPARENTED AGE:3Y - 5Y

Help your child discover nature and seasonal wonders through activities and crafts. Weather permitting, each class will include a different outdoor activity such as sidewalk chalk art, bubble blowing, bug hunts, nature walks and nature collages. Please ensure children are dressed appropriately for each class.

Crowfoot YMCA
56419 M 1:00- 2:00PM Apr 5 Classes: 11 M \$77 NM \$99
Eau Claire YMCA
56101 F 10:30-11:30AM Apr 9 Classes: 12 M \$84 NM \$108

Shawnessy YMCA
56103 Th 11:30-12:30PM Apr 8 Classes: 12 M \$84 NM \$108

South YMCA
56102 M 1:30- 2:30PM Apr 5 Classes: 11 M \$77 NM \$99

KANGAROOS AND CLIMBERS - UNPARENTED AGE:3Y - 5Y

Show your child a great time using gym equipment in a safe, supervised environment. Classes will focus on developing your child's balance, spatial awareness and movement, while educating about safety. Kids will also get to try equipment like trestles, bars, slides, ladders and more. Participants must be able to walk.

Crowfoot YMCA
56111 Tu 1:45- 2:45PM Apr 6 Classes: 12 M \$96 NM \$120

Eau Claire YMCA
56113 Sa 10:15-11:15AM Apr 10 Classes: 12 M \$96 NM \$120

KANGAROOS AND CLIMBERS - UNPARENTED AGE:4Y - 5Y

Show your child a great time using gym equipment in a safe, supervised environment. Classes will focus on developing your child's balance, spatial awareness and movement, while educating about safety. Kids will also get to try equipment like trestles, bars, slides, ladders and more. Participants must be able to walk.

South YMCA
56300 M 10:30-11:30AM Apr 5 Classes: 11 M \$88 NM \$110

LITTLE EINSTEINS - UNPARENTED AGE:3Y - 5Y

Pique your child's interest in the world of science. Your child will observe, discover and learn through hands on experiments and various play activities. Each class may include free play, games, stories and songs.

Crowfoot YMCA
56114 W 9:30-10:30AM Apr 7 Classes: 12 M \$84 NM \$108

Shawnessy YMCA
56121 M 5:00- 6:00PM Apr 5 Classes: 11 M \$77 NM \$99

SPORTS - UNPARENTED AGE:3Y

Are your children crazy about sports? Let them try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your children's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf, and floor hockey.

Crowfoot YMCA

56137	W	1:15- 2:15PM	Apr 7	Classes: 12	M \$90	NM \$114
56138	F	11:00-12:00PM	Apr 9	Classes: 12	M \$83	NM \$105

Shawnessy YMCA

56151	Tu	1:00- 2:00PM	Apr 6	Classes: 12	M \$90	NM \$114
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SPORTS - UNPARENTED AGE:3Y - 5Y

Are your children crazy about sports? Let them try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your children's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf, and floor hockey.

Eau Claire YMCA

56150	M	2:15- 3:15PM	Apr 5	Classes: 11	M \$83	NM \$105
56136	Sa	10:30-11:30AM	Apr 10	Classes: 12	M \$90	NM \$114

South YMCA

56135	Sa	9:00-10:00AM	Apr 10	Classes: 12	M \$90	NM \$114
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SPORTS - UNPARENTED AGE:4Y - 5Y

Are your children crazy about sports? Let them try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your children's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf, and floor hockey.

Crowfoot YMCA

56140	W	1:15- 2:15PM	Apr 7	Classes: 12	M \$90	NM \$114
56146	W	6:15- 7:15PM	Apr 7	Classes: 12	M \$90	NM \$114
56139	F	1:00- 2:00PM	Apr 9	Classes: 12	M \$83	NM \$105

Shawnessy YMCA

56149	Tu	1:00- 2:00PM	Apr 6	Classes: 12	M \$90	NM \$114
56148	W	5:05- 6:05PM	Apr 7	Classes: 12	M \$90	NM \$114
56676	Sa	9:00-10:00AM	Apr 10	Classes: 12	M \$90	NM \$114

TEENY TIME TRAVELLERS - UNPARENTED AGE:3Y - 5Y

Children will use their imaginations to learn about prehistoric times, the future and the solar system through different crafts, games and simple experiments. This class may also include gym and outside play.

Crowfoot YMCA

56115	F	1:00- 2:00PM	Apr 9	Classes: 12	M \$84	NM \$108
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TUMBLE TIME - UNPARENTED AGE:2Y - 3Y

Bring your active preschooler to jump, roll, play and explore in a high-energy environment. Tumble Time will give your child a head start on a healthy lifestyle through movement, exercise and games

South YMCA

56299	Th	9:45-10:00AM	Apr 8	Classes: 12	\$68
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PRESCHOOL - TUMBLE TIME - UNPARENTED AGE:3Y - 5Y

Bring your active preschooler to jump, roll, play and explore in a high-energy environment. Tumble Time will give your child a head start on a healthy lifestyle through movement, exercise and games

Crowfoot YMCA

57089	W	10:30-11:30AM	Apr 7	Classes: 12	M \$90	NM \$114
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Shawnessy YMCA

56672	W	1:00- 2:00PM	Apr 7	Classes: 12	M \$90	NM \$114
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South YMCA

56297	Tu	10:00-11:00AM	Apr 6	Classes: 12	M \$90	NM \$114
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56298	Tu	1:30- 2:30PM	Apr 6	Classes: 12	M \$90	NM \$114
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TWIST AND SHOUT - UNPARENTED AGE:2Y - 3Y

Encourage your child's exploration of music through lively songs, rhythm and sounds. Your child's experience is further enhanced by dance, movement and fun games to develop awareness of their body and the space around them. Parented and un-parented classes are offered.

South YMCA

56156	Tu	10:30-10:45AM	Apr 6	Classes: 12	M \$68	NM \$86
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TWIST AND SHOUT - UNPARENTED AGE:3Y - 5Y

Encourage your child's exploration of music through lively songs, rhythm and sounds. Your child's experience is further enhanced by dance, movement and fun games to develop awareness of their body and the space around them. Parented and un-parented classes are offered.

Crowfoot YMCA

56155	Tu	1:00- 2:00PM	Apr 6	Classes: 12	M \$90	NM \$114
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Eau Claire YMCA

56157	Tu	10:15-11:15AM	Apr 6	Classes: 12	M \$90	NM \$114
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VARIETY- UNPARENTED AGE:3Y - 5Y

Amuse your child with songs, story time, puzzles, free play, arts and crafts. In the gym, your child will explore movement with structured and free play activities, play with soft equipment and learn safety skills. Please bring a nut-free snack from home for your child to enjoy.

Crowfoot YMCA

56162	W	10:30-12:30PM	Apr 7	Classes: 12	M \$156	NM \$204
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Eau Claire YMCA

56160	M	9:15-11:15AM	Apr 5	Classes: 11	M \$143	NM \$187
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56161	W	9:15-11:15AM	Apr 7	Classes: 12	M \$156	NM \$204
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Shawnessy YMCA

56164	M	9:00-11:00AM	Apr 5	Classes: 11	M \$143	NM \$187
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56165	M	1:00- 3:00PM	Apr 5	Classes: 11	M \$143	NM \$187
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56167	Th	9:00-11:00AM	Apr 8	Classes: 12	M \$156	NM \$204
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56673	Th	1:00- 3:00PM	Apr 8	Classes: 12	M \$156	NM \$204
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56166	F	9:00-11:00AM	Apr 9	Classes: 12	M \$156	NM \$204
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56674 Sa 1:00- 3:00PM Apr 10 Classes: 12 M \$156 NM \$204

VARIETY W/ SWIM LESSON - UNPARENTED AGE:3Y - 5Y

Delight your child with a blend of classroom and gym activities, as well as a swim lesson. In the classroom, your child will sing songs, take part in story time, enjoy free play, and get creative with arts and crafts. In the gym, your child will play with soft equipment, take part in games, relays and action songs. Structured half-hour swim lessons with a qualified YMCA swim instructor will follow the YMCA L'il Dippers program curriculum based on your child's swim ability. Please bring a nut-free snack from home for your child to enjoy.

Crowfoot YMCA

56171 M 9:00-11:00AM Apr 5 Classes: 11 M \$193 NM \$259
 56172 Tu 9:00-11:00AM Apr 6 Classes: 12 M \$210 NM \$282
 56177 Tu 1:00- 3:00PM Apr 6 Classes: 12 M \$210 NM \$282
 56173 W 9:00-11:00AM Apr 7 Classes: 12 M \$210 NM \$282
 56174 Th 9:00-11:00AM Apr 8 Classes: 12 M \$210 NM \$282
 56178 Th 1:00- 1:30PM Apr 8 Classes: 12 M \$210 NM \$282
 56180 F 9:00-11:00AM Apr 9 Classes: 12 M \$210 NM \$282

Eau Claire YMCA

56176 Tu 9:30-11:30AM Apr 6 Classes: 12 M \$210 NM \$282
 56175 F 9:30-11:30AM Apr 9 Classes: 12 M \$210 NM \$282

Shawnessy YMCA

56181 Tu 9:00-11:00AM Apr 6 Classes: 12 M \$210 NM \$282
 56182 Tu 1:00- 3:00PM Apr 6 Classes: 12 M \$210 NM \$282
 56179 W 9:00-11:00AM Apr 7 Classes: 12 M \$210 NM \$282
 56675 W 1:00- 3:00PM Apr 7 Classes: 12 M \$210 NM \$282

South YMCA

56168 M 9:30-10:00AM Apr 5 Classes: 11 M \$193 NM \$259
 56169 W 9:30-10:00AM Apr 7 Classes: 12 M \$210 NM \$282
 56170 Th 9:30-10:00AM Apr 8 Classes: 12 M \$210 NM \$282

YOGA - UNPARENTED AGE:3Y - 5Y

Yoga for kids? You bet. No longer considered an adult-only class, we encourage all children to participate in this incredibly fun and rewarding fitness routine. Hatha yoga will help children stay in touch with their bodies and maintain flexibility as they age, preventing health problems and joint issues that are affecting more inactive youth today than ever. Focuses are flexibility, strength, relaxation, stress management and breathing techniques.

Shawnessy YMCA

56661 M 1:00- 1:45PM Apr 5 Classes: 11 M \$83 NM \$125
 56662 Tu 5:00- 5:45PM Apr 6 Classes: 12 M \$90 NM \$135

South YMCA

56296 Sa 10:50-11:35AM Apr 10 Classes: 12 M \$90 NM \$135

Youth | Athletics/Sports

BADMINTON AGE:8Y - 9Y

Explore the fast-paced game of badminton and develop the skills that will make you a better player. Chase whizzing shuttles while learning the skills to smash your way to fun.

Eau Claire YMCA

56200 W 6:30- 7:30PM Apr 7 Classes: 12 M \$72 NM \$108
 56203 F 6:00- 7:00PM Apr 9 Classes: 12 M \$72 NM \$108

Shawnessy YMCA

56195 Sa 3:00- 4:00PM Apr 10 Classes: 12 M \$72 NM \$108

South YMCA

56201 Th 4:30- 5:30PM Apr 8 Classes: 12 M \$72 NM \$108

BADMINTON AGE:10Y - 13Y

Explore the fast-paced game of badminton and develop the skills that will make you a better player. Chase whizzing shuttles while learning the skills to smash your way to fun.

Crowfoot YMCA

56208 F 4:00- 5:00PM Apr 9 Classes: 12 M \$72 NM \$108

Eau Claire YMCA

56202 W 6:30- 7:30PM Apr 7 Classes: 12 M \$72 NM \$108
 56204 F 6:00- 7:00PM Apr 9 Classes: 12 M \$72 NM \$108
 56198 Su 1:00- 2:00PM Apr 11 Classes: 12 M \$72 NM \$108

Shawnessy YMCA

56197 Sa 4:00- 5:00PM Apr 10 Classes: 12 M \$72 NM \$108

South YMCA

56206 Th 4:30- 5:30PM Apr 8 Classes: 12 M \$72 NM \$108

BADMINTON AGE:14Y - 17Y

Explore the fast-paced game of badminton and develop the skills that will make you a better player. Chase whizzing shuttles while learning the skills to smash your way to fun.

Eau Claire YMCA

56199 Su 1:00- 2:00PM Apr 11 Classes: 12 M \$72 NM \$108

Shawnessy YMCA

56196 Sa 5:00- 6:00PM Apr 10 Classes: 12 M \$72 NM \$108

BASKETBALL AGE:6Y - 7Y

Join us for a slam-dunk basketball program that focuses on six areas: footwork, ball-handling/dribbling, shooting, passing/receiving, rebounding and offense. Kids also learn the value of fair play, sportsmanship and life skills such as health, respect, discipline and hard work.

Crowfoot YMCA

56223 Th 4:00- 5:00PM Apr 8 Classes: 12 M \$72 NM \$108

Eau Claire YMCA

56217 W 4:10- 5:10PM Apr 7 Classes: 12 M \$72 NM \$108

56214 Su 11:00-12:00PM Apr 11 Classes: 12 M \$72 NM \$108

Shawnessy YMCA

56211 M 5:00- 6:00PM Apr 5 Classes: 11 M \$66 NM \$99

South YMCA

56221 Sa 1:30- 2:30PM Apr 10 Classes: 12 M \$72 NM \$108

BASKETBALL AGE:8Y - 9Y

Join us for a slam-dunk basketball program that focuses on six areas: footwork, ball-handling/dribbling, shooting, passing/receiving, rebounding and offense. Kids also learn the value of fair play, sportsmanship and life skills such as health, respect, discipline and hard work.

Crowfoot YMCA							
56220	M	5:00- 6:00PM	Apr 5	Classes:	11	M \$66	NM \$99
56222	Th	4:00- 5:00PM	Apr 8	Classes:	12	M \$72	NM \$108
Eau Claire YMCA							
56219	W	4:10- 5:10PM	Apr 7	Classes:	12	M \$72	NM \$108
56215	Su	11:00-12:00PM	Apr 11	Classes:	12	M \$72	NM \$108
Shawnessy YMCA							
56210	Th	4:00- 5:00PM	Apr 8	Classes:	12	M \$72	NM \$108
South YMCA							
56216	Sa	1:30- 2:30PM	Apr 10	Classes:	12	M \$72	NM \$108

BASKETBALL AGE:10Y - 13Y

Join us for a slam-dunk basketball program that focuses on six areas: footwork, ball-handling/dribbling, shooting, passing/receiving, rebounding and offense. Kids also learn the value of fair play, sportsmanship and life skills such as health, respect, discipline and hard work.

Crowfoot YMCA							
56224	Th	5:00- 6:00PM	Apr 8	Classes:	12	M \$72	NM \$108
56225	F	5:00- 6:00PM	Apr 9	Classes:	12	M \$72	NM \$108
Eau Claire YMCA							
56213	Sa	11:00-12:00PM	Apr 17	Classes:	12	M \$72	NM \$108
Shawnessy YMCA							
56212	Th	5:00- 6:00PM	Apr 8	Classes:	12	M \$72	NM \$108
South YMCA							
56218	Sa	2:30- 3:30PM	Apr 10	Classes:	12	M \$72	NM \$108

COURT SPORTS AGE:12Y - 17Y

Blast your way through some of the most intense, fast-paced small court sports there are. Learn the ropes of flat-out squash, hard-swinging racquetball and power-driven handball. These easy to learn games will challenge your racquet and ball skills to the max while improving coordination and balance.

Eau Claire YMCA							
56226	Sa	10:00-11:00AM	Apr 10	Classes:	12	M \$72	NM \$108

FLOOR HOCKEY AGE:6Y - 7Y

Stick handle your way to fun with our floor hockey program. We teach all the fundamentals (shooting, passing, etc.) to help your skills grow. In matching with the YMCA philosophies, the hockey traditions of teamwork and sportsmanship make this class a must for the next wave of little speedsters.

Crowfoot YMCA							
56247	Sa	10:30-11:30AM	Apr 10	Classes:	12	M \$72	NM \$108
Shawnessy YMCA							
56249	Tu	5:00- 6:00PM	Apr 6	Classes:	12	M \$72	NM \$108
South YMCA							
56243	M	4:30- 5:30PM	Apr 5	Classes:	11	M \$66	NM \$99

FLOOR HOCKEY AGE:8Y - 9Y

Stick handle your way to fun with our floor hockey program. We teach all the fundamentals (shooting, passing, etc.) to help your skills grow. In matching with the YMCA philosophies, the hockey traditions of teamwork and sportsmanship make this class a must for the next wave of little speedsters.

Crowfoot YMCA							
56246	Tu	5:00- 6:00PM	Apr 6	Classes:	12	M \$72	NM \$108
Eau Claire YMCA							
56240	Sa	12:00- 1:00PM	Apr 10	Classes:	12	M \$72	NM \$108
Shawnessy YMCA							
56248	F	5:00- 6:00PM	Apr 9	Classes:	12	M \$72	NM \$108
South YMCA							
56244	M	4:30- 5:30PM	Apr 5	Classes:	11	M \$66	NM \$99

FLOOR HOCKEY AGE:10Y - 13Y

Stick handle your way to fun with our floor hockey program. We teach all the fundamentals (shooting, passing, etc.) to help your skills grow. In matching with the YMCA philosophies, the hockey traditions of teamwork and sportsmanship make this class a must for the next wave of little speedsters.

Crowfoot YMCA							
56239	W	4:00- 5:00PM	Apr 7	Classes:	12	M \$72	NM \$108
Eau Claire YMCA							
56241	Sa	12:00- 1:00PM	Apr 10	Classes:	12	M \$72	NM \$108
Shawnessy YMCA							
56238	F	6:00- 7:00PM	Apr 9	Classes:	12	M \$72	NM \$108

HANDBALL LEVEL 1 AGE:10Y - 17Y

In Level 1, learn how to rip it up in handball with lessons developed to teach you what you need to pass, leap and score!

Eau Claire YMCA							
56250	Su	11:00-12:00PM	Apr 11	Classes:	12	M \$72	NM \$108

HANDBALL LEVEL 2 AGE:10Y - 17Y

Level 2 - take it to the extreme limits of your arm by learning the next level of passing, shooting and team strategy.

Eau Claire YMCA							
56251	Su	10:00-11:00AM	Apr 11	Classes:	12	M \$72	NM \$108

HOMESCHOOL SPORTS CLASS AGE:5Y - 8Y

Participate in various gym-based sports in this fun-filled variety program. We will cover such sports as badminton, soccer, basketball and much more. There is a skill and rule component to this class.

Crowfoot YMCA							
56319	W	12:00- 1:00PM	Apr 7	Classes:	12	M \$72	NM \$108

HOMESCHOOL SPORTS CLASS AGE:9Y - 13Y

Participate in various gym-based sports in this fun-filled variety program. We will cover such sports as badminton, soccer, basketball and much more. There is a skill and rule component to this class.

Crowfoot YMCA
56252 W 12:00- 1:00PM Apr 7 Classes: 12 M \$72 NM \$108

INDOOR SOCCER AGE:6Y - 7Y

Turn your World Cup dreams into a reality and explore this popular sport within the YMCA learning environment. Learn all the essentials and even some tricks, as you pass and juggle your way through this fun-filled program.

Crowfoot YMCA
56262 Tu 4:00- 5:00PM Apr 6 Classes: 12 M \$72 NM \$108

Eau Claire YMCA
56256 Su 12:00- 1:00PM Apr 11 Classes: 12 M \$72 NM \$108

Shawnessy YMCA
56258 Sa 11:10-12:10PM Apr 10 Classes: 12 M \$72 NM \$108

South YMCA
56254 Sa 12:30- 1:30PM Apr 10 Classes: 12 M \$72 NM \$108

INDOOR SOCCER AGE:8Y - 9Y

Turn your World Cup dreams into a reality and explore this popular sport within the YMCA learning environment. Learn all the essentials and even some tricks, as you pass and juggle your way through this fun-filled program.

Crowfoot YMCA
56261 Sa 11:30-12:30PM Apr 10 Classes: 12 M \$72 MM \$108

Eau Claire YMCA
56257 Su 12:00- 1:00PM Apr 11 Classes: 12 M \$72 NM \$108

Shawnessy YMCA
56259 Sa 11:10-12:10PM Apr 10 Classes: 12 M \$72 NM \$108

South YMCA
56255 Sa 12:30- 1:30PM Apr 10 Classes: 12 M \$72 NM \$108

INDOOR SOCCER AGE:10Y - 13Y

Turn your World Cup dreams into a reality and explore this popular sport within the YMCA learning environment. Learn all the essentials and even some tricks, as you pass and juggle your way through this fun-filled program.

Shawnessy YMCA
56260 Tu 6:00- 7:00PM Apr 6 Classes: 12 M \$72 NM \$108

South YMCA
56253 Sa 11:30-12:30PM Apr 10 Classes: 12 M \$72 NM \$108

VOLLEYBALL AGE:8Y - 13Y

Got lots of spike but no net? Hone your volleyball skills at the YMCA where our program will teach you how to improve your power, skills, and game strategy. Practice good sportsmanship and teamwork through our scrimmages and master the skill to spike at will.

Crowfoot YMCA
56270 W 5:00- 6:00PM Apr 8 Classes: 12 M \$72 NM \$108

Eau Claire YMCA
56992 F 4:45- 5:45PM Apr 9 Classes: 12 M \$72 NM \$108

Shawnessy YMCA
56268 W 7:30- 8:30PM Apr 7 Classes: 12 M \$72 NM \$108

South YMCA
56301 M 6:45- 7:45PM Apr 5 Classes: 11 M \$66 NM \$99

Y'D WORLD OF SPORTS AGE:6Y - 9Y

Looking for a way for your child to experience more than just one sport? In the Y'd World of Sports, he or she will explore many new and exciting sports from around the world. Skills and rules, with the principles of fair play, make this program a must for any young athlete.

Crowfoot YMCA
56272 M 4:00- 5:00PM Apr 5 Classes: 11 M \$66 NM \$99

Youth | Dance

DANCE AGE:6Y - 7Y

Get ready to knock out the beats as we take you through a breath-taking series of lessons in the hottest dance trends around.

Crowfoot YMCA
56232 Tu 4:00- 5:00PM Apr 6 Classes: 12 M \$84 NM \$120

Shawnessy YMCA
56235 Sa 11:45-12:30PM Apr 10 Classes: 12 M \$63 NM \$90

DANCE AGE:8Y - 9Y

Get ready to knock out the beats as we take you through a breath-taking series of lessons in the hottest dance trends around.

Crowfoot YMCA
56233 Tu 5:00- 6:00PM Apr 6 Classes: 12 M \$84 NM \$120

Eau Claire YMCA
56230 Tu 6:15- 7:15PM Apr 6 Classes: 12 M \$84 NM \$120

Shawnessy YMCA
56236 Sa 12:35- 1:35PM Apr 10 Classes: 12 M \$84 NM \$120

South YMCA
56229 M 4:30- 5:30PM Apr 5 Classes: 11 M \$77 NM \$110

DANCE AGE:10Y - 13Y

Get ready to knock out the beats as we take you through a breath-taking series of lessons in the hottest dance trends around.

Eau Claire YMCA
56231 Tu 6:15- 7:15PM Apr 6 Classes: 12 M \$84 NM \$120

Shawnessy YMCA
56237 Sa 1:40- 2:40PM Apr 10 Classes: 12 M \$84 NM \$120

Youth | Certification

BABYSITTING CERTIFICATION COURSE AGE:12Y - 17Y

Launch your childcare career aspirations with this exciting 12-hour course developed by the Alberta Safety Council. Learn the latest childcare tactics and theories while you prepare to take your first steps as a child caregiver. Manual is included in the course fee.

Crowfoot YMCA
56192 Su 11:00- 3:00PM Apr 18 Classes: 3 M \$40 NM \$60

Shawnessy YMCA
56191 Tu 5:00- 7:00PM Apr 13 Classes: 6 M \$40 NM \$60

South YMCA
56193 M 4:30- 6:30PM Apr 5 Classes: 6 M \$40 NM \$60
56194 M 4:30- 6:30PM May 17 Classes: 5 M \$40 NM \$60

Youth | Martial Arts

YOUTH - KARATE - FAMILY AGE:6Y AND UP

Looking for the ultimate family activity? Join our family karate class, where you can chop, kick, and throw to your hearts' delight. Karate is one of the best group activities a family can do. It combines physical conditioning, respect and determination with non-contact striking techniques so that you and all your family can participate in this incredible martial art form.

Crowfoot YMCA
56266 Sa 9:00-10:00AM Apr 10 Classes: 12 M \$84 NM \$120

Shawnessy YMCA
56263 Sa 10:00-11:00AM Apr 10 Classes: 12 M \$84 NM \$120

South YMCA
56265 Tu 6:30- 7:30PM Apr 6 Classes: 12 M \$84 NM \$120

Youth | Yoga

YOGA AGE:8Y - 13Y

Yoga for kids? You bet. No longer considered an adult-only class, we encourage all youth to participate in this incredibly rewarding fitness routine. Hatha yoga will help children stay in touch with their bodies and maintain flexibility as they age, preventing health problems and joint issues that are affecting more inactive youth today than ever. Focuses are flexibility, strength, relaxation, stress management and breathing techniques.

Crowfoot YMCA
56275 Th 4:15- 5:00PM Apr 8 Classes: 12 M \$68 NM \$102

Shawnessy YMCA
56307 W 4:30-5:30PM Apr 7 Classes: 12 M \$90 NM \$136

South YMCA
56290 Sa 10:00-10:45AM Apr 10 Classes: 12 M \$63 NM \$90

YOGA AGE:8Y AND UP

Yoga for kids? You bet. No longer considered an adult-only class, we encourage all youth to participate in this incredibly rewarding fitness routine. Hatha yoga will help children stay in touch with their bodies and maintain flexibility as they age, preventing health problems and joint issues that are affecting more inactive youth today than ever. Focuses are flexibility, strength, relaxation, stress management and breathing techniques.

South YMCA
56291 Th 5:45- 6:45PM Apr 8 Classes: 12 M \$84 NM \$120

Youth | Camp Chief Hector YMCA

YOUNG WOMEN'S RETREAT AGE:13Y - 15Y

Spend an entire weekend out at the Camp Chief Hector YMCA. Try out awesome camp activities like the high ropes course, challenge course, camp craft and the giant swing. Maybe you'll meet up with some of your summer camp friends or make some new friends along the way. Have fun with the other girls and camp leaders exploring the great outdoors. Challenge yourself to learn more about the environment and the natural world. Make a camp craft for someone special or take home your creation to decorate your room. In the evening, laugh, sing songs and enjoy being around the fire. Weekend includes cozy accommodations, evening camp fires and tasty food. Free bus transportation from the Crowfoot YMCA*...the fun starts on the way to camp! For more information and to register please call our city office at 403-269-6156 or 1-866-430-9622.

*Bus will depart from the Crowfoot YMCA at 5:00pm, Friday, March 12 and return to the Crowfoot YMCA at 3:00pm on Sunday, March 14.

Camp Chief Hector YMCA
56353 Fri Mar 12 6:00PM - Sun Mar 14 2:00PM \$165

Health & Fitness | Summer 2010

Aquatics | Adult

ADULT LEVEL 1 - LEARNING TO SWIM AGE: 12Y AND UP

Learn the basic skills to be comfortable in the water. Find out how to safely enter and exit the water, jog and move through the water. You'll also learn how to float with and without assistance. Other skills such as breathing techniques, flutter kick and front and back swimming may be introduced depending on participant's abilities.

Crowfoot YMCA

54715	W	8:00- 9:00PM	Jul 7	Classes: 3	M \$21	NM \$33
54714	W	8:00- 9:00PM	Aug 4	Classes: 4	M \$28	NM \$44

Eau Claire YMCA

54716	W	7:00- 8:00PM	Jul 7	Classes: 8	M \$56	NM \$88
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South YMCA

54712	Tu, Th	8:00- 9:00PM	Jul 6	Classes: 8	M \$56	NM \$88
54711	Sa	9:00- 9:30AM	Jul 10	Classes: 7	M \$49	NM \$77
54713	Tu, Th	8:00- 9:00PM	Aug 3	Classes: 8	M \$56	NM \$88

ADULT LEVEL 2 - SWIMMING STROKES AND SKILLS AGE: 12Y AND UP

Improve your swimming strokes and build on your skills. This adult class features front and back crawl, treading water and whip kick. You'll also get a deep water orientation and practice swimming greater distances, among many other skills.

Eau Claire YMCA

56457	W	7:00- 8:00PM	Jul 7	Classes: 8	M \$56	NM \$88
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South YMCA

54718	Tu, Th	8:00- 9:00PM	Jul 6	Classes: 8	M \$56	NM \$88
54719	Tu, Th	8:00- 9:00PM	Aug 3	Classes: 8	M \$56	NM \$88
54717	Sa	9:00- 9:30AM	Jul 10	Classes: 7	M \$49	NM \$77

ADULT LEVEL 3 - STROKE IMPROVEMENT AGE: 12Y AND UP

Build endurance while developing and improving swimming strokes. You'll get an introduction to sidestroke, butterfly and eggbeater. Various lifesaving skills may also be included. Must be able to swim 50 meters and be comfortable in deep water.

South YMCA

54721	Tu, Th	8:00- 9:00PM	Jul 6	Classes: 8	M \$56	NM \$88
54722	Tu, Th	8:00- 9:00PM	Aug 3	Classes: 8	M \$56	NM \$88
54720	Sa	9:00- 9:30AM	Jul 10	Classes: 7	M \$49	NM \$77

MASTERS SWIM PROGRAM AGE: 18Y AND UP

Cover the four competitive swim skills - front crawl, back crawl, breaststroke and butterfly in a swim club environment. The workouts vary in distance

and intensity. You should be able to swim 200 metres continuously before participating in this class.

Eau Claire YMCA

54960	M, W, F	5:15- 6:30PM	Jul 5	Classes: 23	M \$86	NM \$133
54961	Tu, Th	7:00- 8:00AM	Jul 6	Classes: 16	M \$48	NM \$96

SWIM FIT AGE: 12Y AND UP

Improve your strokes and have fun in this fabulous swim workout. Participants should feel comfortable in the water and be able to swim a minimum of 50 metres continuously.

Eau Claire YMCA

55120	M, W, F	12:30- 1:30PM	Jul 5	Classes: 23	M \$87	NM \$138
55119	Tu, Th	6:00- 7:00AM	Jul 6	Classes: 16	M \$61	NM \$96

TRIATHLON SWIM TRAINING AGE: 14Y AND UP

Get the fundamental skills needed for the swimming component of a triathlon. This program focuses on training techniques to improve your front crawl, and build speed and endurance.

Crowfoot YMCA

57005	Tu, Th	6:40- 7:40AM	Jul 6	Classes: 14	M \$42	NM \$84
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Eau Claire YMCA

55121	M, W, F	6:00- 7:00AM	Jul 5	Classes: 23	M \$87	NM \$138
55122	M, W	8:30- 9:30PM	Jul 5	Classes: 15	M \$57	NM \$90
55123	Tu, Th, Su	5:30- 6:30PM	Jul 6	Classes: 24	M \$91	NM \$144

Aquatics - Leadership

BRONZE STAR AGE: 10Y AND UP

Gain the confidence and skills you need to perform low risk rescues. Increase your understanding of lifesaving skills and personal water safety while developing individual and group decision making abilities. This 12-hour program also prepares you for the Bronze Medallion course. Before taking Bronze Star, we recommend you complete the Canadian Star Patrol program.

Crowfoot YMCA

54746	Sa	11:00-12:30PM	Jul 10	Classes: 7	M \$75	NM \$75
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Shawnessy YMCA

54744	M-Th	12:00- 4:00PM	Jul 19	Classes: 4	M \$75	NM \$75
54745	Tu-F	12:30- 4:30PM	Aug 17	Classes: 4	M \$75	NM \$75

South YMCA

54740	M-Th	4:00- 6:00PM	Jul 5	Classes: 8	M \$75	NM \$75
54743	Tu-F	3:00- 6:00PM	Aug 3	Classes: 4	M \$75	NM \$75

BRONZE MEDALLION AGE:10Y AND UP

Enhance your understanding of lifesaving principles and skills. Learn tows, carries, release methods, victim assessment and emergency care through this 24-hour program. The manual is included in the course fee. To participate, you must be at least 10 years old and have successfully completed the Bronze Star award, or be 13 years or older and be able to swim. The course requires a mandatory 100% attendance to complete.

Crowfoot YMCA
54731 M-F 6:00-10:00PM Jul 12 Classes: 5 M \$135 NM \$135

Eau Claire YMCA
54738 M-F 12:00-5:00PM Jul 12 Classes: 5 M \$135 NM \$135
54732 M-F 12:00-5:00PM Aug 16 Classes: 5 M \$135 NM \$135

Shawnessy YMCA
54733 M-Th 9:00-5:00PM Jul 5 Classes: 4 M \$135 NM \$135
54735 Tu-F 9:00-5:00PM Aug 3 Classes: 4 M \$135 NM \$135

South YMCA
54736 M-Th 12:00-5:30PM Jul 12 Classes: 4 M \$135 NM \$135
54737 M-Th 12:00-5:30PM Aug 9 Classes: 4 M \$135 NM \$135

BRONZE CROSS AGE:10Y AND UP

Eager to advance your lifesaving training? This 20-hour program teaches you the difference between lifesaving and lifeguarding, giving you direction on how to safely supervise in an aquatic facility. This course covers emergency procedures, injury assessment and spinal injury rescue. Prerequisite: completion of the Bronze Medallion Award. This course requires 100% attendance and participation to complete.

Crowfoot YMCA
54723 M-F 6:00-10:00PM Aug 16 Classes: 5 M \$115 NM \$115

Eau Claire YMCA
54728 M-Th 12:00-5:30PM Jul 12 Classes: 4 M \$115 NM \$115
54730 M-Th 12:00-5:30PM Aug 16 Classes: 4 M \$115 NM \$115

Shawnessy YMCA
54726 M-Th 9:00-5:00PM Jul 12 Classes: 4 M \$115 NM \$115
54727 M-Th 9:00-12:00PM Aug 16 Classes: 4 M \$115 NM \$115

South YMCA
54724 M-Th 12:00-5:30PM Jul 12 Classes: 4 M \$115 NM \$115
54725 M-Th 12:00-5:30PM Aug 9 Classes: 4 M \$115 NM \$115

NATIONAL LIFEGUARD SERVICE AGE:16Y AND UP

Advance your YMCA aquatic leadership to a peak level. This 40-hour program builds on the skills, knowledge and values taught in Lifesaving awards. To participate in this program you need to have completed the Bronze Cross Award and Standard First Aid with CPR Level C. The manual is included in the course fee. This course requires 100% attendance and participation in order to complete the core component.

Eau Claire YMCA
54964 M-F 9:00-5:00PM Jul 19 Classes: 5 M \$300 NM \$300

Shawnessy YMCA
54963 M-F 9:00-12:00PM Jul 12 Classes: 5 M \$300 NM \$300
56339 M-F 9:00-12:00PM Aug 9 Classes: 5 M \$300 NM \$300

Aquatics | Preschool (3M-5Y)

L'IL DIPPERS - PRESCHOOL PARENTED AGE:3M - 5Y

Splash around with your little one! Parents and children will be in the pool for Splashers, Bubbler and Bobbers - the first three courses in the YMCA L'il Dippers program series. Part of the YMCA National Swimming program, L'il Dippers is a value-based water activity program for three-month to five-year-olds. Children will be introduced to swim movement skills, develop a sense of comfort and confidence in the water, and learn some water safety skills.

Crowfoot YMCA
54763 M, W 6:30-7:00PM Jul 5 Classes: 8 M \$36 NM \$52
54769 M, W 10:00-10:30AM Jul 5 Classes: 8 M \$36 NM \$52
54765 Tu, Th 6:30-7:00PM Jul 6 Classes: 8 M \$36 NM \$52
54770 Tu, Th 10:00-10:30AM Jul 6 Classes: 8 M \$36 NM \$52
54767 Sa 10:30-11:00AM Jul 10 Classes: 6 M \$27 NM \$39
54766 Tu, Th 6:30-7:00PM Aug 3 Classes: 6 M \$27 NM \$39
54771 Tu, Th 10:00-10:30AM Aug 3 Classes: 6 M \$27 NM \$39
54764 W, M 6:30-7:00PM Aug 4 Classes: 5 M \$23 NM \$33
54772 W, M 10:00-10:30AM Aug 4 Classes: 5 M \$23 NM \$33

Eau Claire YMCA
54747 M-F 9:30-10:00AM Jul 5 Classes: 5 M \$23 NM \$33
54754 M-F 6:30-7:00PM Jul 5 Classes: 5 M \$23 NM \$33
54748 M-F 6:30-7:00PM Jul 12 Classes: 5 M \$23 NM \$33
54755 M-F 10:30-11:00AM Jul 12 Classes: 5 M \$23 NM \$33
56362 M-F 6:30-7:00PM Jul 19 Classes: 5 M \$23 NM \$33
56359 M-F 9:30-10:00AM Jul 19 Classes: 5 M \$23 NM \$33
56365 M-F 10:30-11:00AM Jul 26 Classes: 5 M \$23 NM \$33
56371 M-F 6:30-7:00PM Jul 26 Classes: 5 M \$23 NM \$33
56368 M-F 6:30-7:00PM Jul 26 Classes: 5 M \$23 NM \$33
56369 M-F 6:30-7:00PM Jul 26 Classes: 5 M \$23 NM \$33
56363 Tu-F 6:30-7:00PM Aug 3 Classes: 4 M \$18 NM \$26
56360 Tu-F 9:30-10:00AM Aug 3 Classes: 4 M \$18 NM \$26
56367 M-F 10:30-11:00AM Aug 9 Classes: 5 M \$23 NM \$33
56370 M-F 6:30-7:00PM Aug 9 Classes: 5 M \$23 NM \$33
56364 M-F 6:30-7:00PM Aug 16 Classes: 5 M \$23 NM \$33
56361 M-F 9:30-10:00AM Aug 16 Classes: 5 M \$23 NM \$33
56366 M-F 10:30-11:00AM Aug 23 Classes: 5 M \$23 NM \$33
56372 M-F 6:30-7:00PM Aug 23 Classes: 5 M \$23 NM \$33

Shawnessy YMCA
54773 M-F 10:00-10:30AM Jul 5 Classes: 10 M \$45 NM \$65
54777 M-Th 6:30-7:00PM Jul 5 Classes: 8 M \$36 NM \$52
54774 M-F 10:00-10:30AM Jul 19 Classes: 10 M \$45 NM \$65
54778 M-Th 6:30-7:00PM Jul 19 Classes: 8 M \$36 NM \$52
54775 Tu-F, M 10:00-10:30AM Aug 3 Classes: 9 M \$41 NM \$59
54779 Tu-Th, M 6:30-7:00PM Aug 3 Classes: 7 M \$32 NM \$46
54776 M-F 10:00-10:30AM Aug 16 Classes: 10 M \$45 NM \$65
54780 M-Th 6:30-7:00PM Aug 16 Classes: 8 M \$36 NM \$52

South YMCA
54756 M-F 10:45-11:15AM Jul 5 Classes: 10 M \$45 NM \$65
54760 M-Th 6:30-7:00PM Jul 5 Classes: 8 M \$36 NM \$52
54784 Sa 11:30-12:00PM Jul 10 Classes: 7 M \$32 NM \$46
54757 M-F 10:45-11:15AM Jul 19 Classes: 10 M \$45 NM \$65
54761 M-Th 6:30-7:00PM Jul 19 Classes: 8 M \$36 NM \$52
54758 Tu-F, M 10:45-11:15AM Aug 3 Classes: 9 M \$41 NM \$59
54768 Tu-Th, M 6:30-7:00PM Aug 3 Classes: 7 M \$32 NM \$46
54759 M-F 10:45-11:15AM Aug 16 Classes: 10 M \$45 NM \$65
54762 M-Th 6:30-7:00PM Aug 16 Classes: 8 M \$36 NM \$52

L'IL DIPPERS - PRESCHOOL UNPARENTED AGE:3Y - 5Y

Excite your child's love for water activities with Bobbers, Floaters, Gliders, Divers, Surfers and Dippers - the final courses in the YMCA L'il Dippers program series. Part of the YMCA National Swimming program, L'il Dippers is a water activity program for three- to five-year-olds. Children will be introduced to swim movement skills, develop a sense of comfort and confidence in the water and learn some water safety. Register for a convenient time and aquatics staff will place your child in an appropriate swim level. Participants who are not toilet-trained must wear pool pants capable of retaining fecal matter.

Crowfoot YMCA

54797	M, W	4:00- 4:30PM	Jul 5	Classes: 8	M \$36	NM \$52
54798	M, W	4:30- 5:00PM	Jul 5	Classes: 8	M \$36	NM \$52
54799	M, W	6:00- 6:30PM	Jul 5	Classes: 8	M \$36	NM \$52
54826	M, W	5:00- 5:30PM	Jul 5	Classes: 8	M \$36	NM \$52
54854	M, W	5:30- 6:00PM	Jul 5	Classes: 8	M \$36	NM \$52
54860	Tu, Th	5:30- 6:00PM	Jul 6	Classes: 8	M \$36	NM \$52
54811	Tu, Th	4:00- 4:30PM	Jul 6	Classes: 8	M \$36	NM \$52
54812	Tu, Th	4:30- 5:00PM	Jul 6	Classes: 8	M \$36	NM \$52
54813	Tu, Th	6:00- 6:30PM	Jul 6	Classes: 8	M \$36	NM \$52
54825	Tu, Th	5:00- 5:30PM	Jul 6	Classes: 8	M \$36	NM \$52
54862	Sa	10:00-10:30AM	Jul 10	Classes: 6	M \$27	NM \$39
54817	Sa	9:00- 9:30AM	Jul 10	Classes: 6	M \$27	NM \$39
54818	Sa	9:30-10:00AM	Jul 10	Classes: 6	M \$27	NM \$39
54861	Tu, Th	5:30- 6:00PM	Aug 3	Classes: 6	M \$27	NM \$39
54814	Tu, Th	4:00- 4:30PM	Aug 3	Classes: 6	M \$27	NM \$39
54815	Tu, Th	4:30- 5:00PM	Aug 3	Classes: 6	M \$27	NM \$39
54816	Tu, Th	6:00- 6:30PM	Aug 3	Classes: 6	M \$27	NM \$39
54828	Tu, Th	5:00- 5:30PM	Aug 3	Classes: 6	M \$27	NM \$39
54859	W, M	5:30- 6:00PM	Aug 4	Classes: 5	M \$23	NM \$33
54808	W, M	4:00- 4:30PM	Aug 4	Classes: 5	M \$23	NM \$33
54809	W, M	4:30- 5:00PM	Aug 4	Classes: 5	M \$23	NM \$33
54810	W, M	6:00- 6:30PM	Aug 4	Classes: 5	M \$23	NM \$33
54827	W, M	5:00- 5:30PM	Aug 4	Classes: 5	M \$23	NM \$33

Eau Claire YMCA

54785	M-F	10:00-10:30AM	Jul 5	Classes: 5	M \$23	NM \$33
56388	M-F	6:00- 6:30PM	Jul 5	Classes: 5	M \$23	NM \$33
56396	M-F	7:00- 7:30PM	Jul 5	Classes: 5	M \$23	NM \$33
56380	M-F	10:30-11:00AM	Jul 5	Classes: 5	M \$23	NM \$33
56384	M-F	9:30-10:00AM	Jul 12	Classes: 5	M \$23	NM \$33
56373	M-F	10:00-10:30AM	Jul 12	Classes: 5	M \$23	NM \$33
56389	M-F	6:00- 6:30PM	Jul 12	Classes: 5	M \$23	NM \$33
56397	M-F	7:00- 7:30PM	Jul 12	Classes: 5	M \$23	NM \$33
56381	M-F	10:30-11:00AM	Jul 19	Classes: 5	M \$23	NM \$33
56374	M-F	10:00-10:30AM	Jul 19	Classes: 5	M \$23	NM \$33
56390	M-F	6:00- 6:30PM	Jul 19	Classes: 5	M \$23	NM \$33
56398	M-F	7:00- 7:30PM	Jul 19	Classes: 5	M \$23	NM \$33
56385	M-F	9:30-10:00AM	Jul 26	Classes: 5	M \$23	NM \$33
56375	M-F	10:00-10:30AM	Jul 26	Classes: 5	M \$23	NM \$33
56391	M-F	6:00- 6:30PM	Jul 26	Classes: 5	M \$23	NM \$33
56399	M-F	7:00- 7:30PM	Jul 26	Classes: 5	M \$23	NM \$33
56383	Tu-F	10:00-10:30AM	Aug 3	Classes: 4	M \$18	NM \$26
56376	Tu-F	10:00-10:30AM	Aug 3	Classes: 4	M \$18	NM \$26
56392	Tu-F	6:00- 6:30PM	Aug 3	Classes: 4	M \$18	NM \$26
56400	Tu-F	7:00- 7:30PM	Aug 3	Classes: 4	M \$18	NM \$26
56386	M-F	9:30-10:00AM	Aug 9	Classes: 5	M \$23	NM \$33
56377	M-F	10:00-10:30AM	Aug 9	Classes: 5	M \$23	NM \$33
56393	M-F	6:00- 6:30PM	Aug 9	Classes: 5	M \$23	NM \$33
56401	M-F	7:00- 7:30PM	Aug 9	Classes: 5	M \$23	NM \$33
56382	M-F	10:30-11:00AM	Aug 16	Classes: 5	M \$23	NM \$33
56378	M-F	10:00-10:30AM	Aug 16	Classes: 5	M \$23	NM \$33
56394	M-F	6:00- 6:30PM	Aug 16	Classes: 5	M \$23	NM \$33
56402	M-F	7:00- 7:30PM	Aug 16	Classes: 5	M \$23	NM \$33
56387	M-F	9:30-10:00AM	Aug 23	Classes: 5	M \$23	NM \$33
56395	M-F	6:00- 6:30PM	Aug 23	Classes: 5	M \$23	NM \$33
56379	M-F	10:00-10:30AM	Aug 23	Classes: 5	M \$23	NM \$33

56403 M-F 7:00- 7:30PM Aug 23 Classes: 5 M \$23 NM \$33

Shawnessy YMCA

56887	M-F	9:00- 9:30AM	Jul 5	Classes: 10	M \$45	NM \$65
56888	M-F	9:30-10:00AM	Jul 5	Classes: 10	M \$45	NM \$65
56889	M-F	10:30-11:00AM	Jul 5	Classes: 10	M \$45	NM \$65
56890	M-F	11:00-11:30AM	Jul 5	Classes: 10	M \$45	NM \$65
56891	M-Th	4:00- 4:30PM	Jul 5	Classes: 8	M \$36	NM \$52
56892	M-Th	4:30- 5:00PM	Jul 5	Classes: 8	M \$36	NM \$52
56893	M-Th	5:00- 5:30PM	Jul 5	Classes: 8	M \$36	NM \$52
56894	M-Th	5:30- 6:00PM	Jul 5	Classes: 8	M \$36	NM \$52
56895	M-Th	6:00- 6:30PM	Jul 5	Classes: 8	M \$36	NM \$52
56896	M-F	9:00- 9:30AM	Jul 19	Classes: 10	M \$45	NM \$65
56897	M-F	9:30-10:00AM	Jul 19	Classes: 10	M \$45	NM \$65
56898	M-F	10:30-11:00AM	Jul 19	Classes: 10	M \$45	NM \$65
56899	M-F	11:00-11:30-AM	Jul 19	Classes: 10	M \$45	NM \$65
56900	M-Th	4:00- 4:30PM	Jul 19	Classes: 8	M \$36	NM \$52
56901	M-Th	4:30- 5:00PM	Jul 19	Classes: 8	M \$36	NM \$52
56902	M-Th	5:00- 5:30PM	Jul 19	Classes: 8	M \$36	NM \$52
56903	M-Th	5:30- 6:00PM	Jul 19	Classes: 8	M \$36	NM \$52
56904	M-Th	6:00- 6:30PM	Jul 19	Classes: 8	M \$36	NM \$52
56905	Tu-F, M	9:00- 9:30AM	Aug 3	Classes: 9	M \$41	NM \$59
56906	Tu-F, M	9:30-10:00AM	Aug 3	Classes: 9	M \$41	NM \$59
56907	Tu-F, M	10:30-11:00AM	Aug 3	Classes: 9	M \$41	NM \$59
56908	Tu-F, M	11:00-11:30AM	Aug 3	Classes: 9	M \$41	NM \$59
56909	Tu-Th, M	4:00- 4:30PM	Aug 3	Classes: 7	M \$32	NM \$46
56910	Tu-Th, M	4:30- 5:00PM	Aug 3	Classes: 7	M \$32	NM \$46
56911	Tu-Th, M	5:00- 5:30PM	Aug 3	Classes: 7	M \$32	NM \$46
56912	Tu-Th, M	5:30- 6:00PM	Aug 3	Classes: 7	M \$32	NM \$46
56913	Tu-Th, M	6:00- 6:30PM	Aug 3	Classes: 7	M \$32	NM \$46
56914	M-F	9:00- 9:30AM	Aug 16	Classes: 10	M \$45	NM \$65
56915	M-F	9:30-10:00AM	Aug 16	Classes: 10	M \$45	NM \$65
56916	M-F	10:30-11:00AM	Aug 16	Classes: 10	M \$45	NM \$65
56917	M-F	11:00-11:30AM	Aug 16	Classes: 10	M \$45	NM \$65
56918	M-Th	4:00- 4:30PM	Aug 16	Classes: 8	M \$36	NM \$52
56919	M-Th	4:30- 5:00PM	Aug 16	Classes: 8	M \$36	NM \$52
56920	M-Th	5:00- 5:30PM	Aug 16	Classes: 8	M \$36	NM \$52
56921	M-Th	5:30- 6:00PM	Aug 16	Classes: 8	M \$36	NM \$52
56922	M-Th	6:00- 6:30PM	Aug 16	Classes: 8	M \$36	NM \$52

South YMCA

54800	M-F	9:45-10:15AM	Jul 5	Classes: 10	M \$45	NM \$65
54804	M-F	10:15-10:45AM	Jul 5	Classes: 10	M \$45	NM \$65
54823	M-F	9:15- 9:45AM	Jul 5	Classes: 10	M \$45	NM \$65
54824	M-F	11:15-11:45AM	Jul 5	Classes: 10	M \$45	NM \$65
54833	M-Th	5:30- 6:00PM	Jul 5	Classes: 8	M \$36	NM \$52
54837	M-Th	6:00- 6:30PM	Jul 5	Classes: 8	M \$36	NM \$52
54841	M-Th	4:30- 5:00PM	Jul 5	Classes: 8	M \$36	NM \$52
54842	M-Th	5:00- 5:30PM	Jul 5	Classes: 8	M \$36	NM \$52
54855	M-F	10:45-11:15AM	Jul 5	Classes: 10	M \$45	NM \$65
54843	Sa	10:00-10:30AM	Jul 10	Classes: 7	M \$32	NM \$46
54844	Sa	10:30-11:00AM	Jul 10	Classes: 7	M \$32	NM \$46
54847	Sa	11:00-11:30AM	Jul 10	Classes: 7	M \$32	NM \$46
54801	M-F	9:45-10:15AM	Jul 19	Classes: 10	M \$45	NM \$65
54805	M-F	10:15-10:45AM	Jul 19	Classes: 10	M \$45	NM \$65
54829	M-F	9:15- 9:45AM	Jul 19	Classes: 10	M \$45	NM \$65
54830	M-F	11:15-11:45AM	Jul 19	Classes: 10	M \$45	NM \$65
54834	M-Th	5:30- 6:00PM	Jul 19	Classes: 8	M \$36	NM \$52
54838	M-Th	4:30- 5:00PM	Jul 19	Classes: 8	M \$36	NM \$52
54845	M-Th	5:00- 5:30PM	Jul 19	Classes: 8	M \$36	NM \$52
54846	M-Th	6:00- 6:30PM	Jul 19	Classes: 8	M \$36	NM \$52
54856	M-F	10:45-11:15AM	Jul 19	Classes: 10	M \$45	NM \$65
54857	Tu-F, M	10:45-11:15AM	Aug 3	Classes: 9	M \$41	NM \$59
54802	Tu-F, M	9:45-10:15AM	Aug 3	Classes: 9	M \$41	NM \$59
54806	Tu-F, M	10:15-10:45AM	Aug 3	Classes: 9	M \$41	NM \$59
54831	Tu-F, M	9:15- 9:45AM	Aug 3	Classes: 9	M \$41	NM \$59
54832	Tu-F, M	11:15-11:45AM	Aug 3	Classes: 9	M \$41	NM \$59
54835	Tu-Th, M	5:30- 6:00PM	Aug 3	Classes: 7	M \$32	NM \$46
54839	Tu-Th, M	4:30- 5:00PM	Aug 3	Classes: 7	M \$32	NM \$46
54848	Tu-Th, M	5:00- 5:30PM	Aug 3	Classes: 7	M \$32	NM \$46
54849	Tu-Th, M	6:00- 6:30PM	Aug 3	Classes: 7	M \$32	NM \$46

54858	M-F	10:45-11:15AM	Aug 16	Classes:	10	M \$45	NM \$65
54803	M-F	9:45-10:15AM	Aug 16	Classes:	10	M \$45	NM \$65
54807	M-F	10:15-10:45AM	Aug 16	Classes:	10	M \$45	M \$65
54836	M-Th	5:30- 6:00PM	Aug 16	Classes:	8	M \$36	NM \$52
54840	M-Th	4:30- 5:00PM	Aug 16	Classes:	8	M \$36	NM \$52
54850	M-F	9:15- 9:45AM	Aug 1	Classes:	10	M \$45	NM \$65
54851	M-F	11:15-11:45AM	Aug 16	Classes:	10	M \$45	NM \$65
54852	M-Th	5:00- 5:30PM	Aug 16	Classes:	8	M \$36	NM \$52
54853	M-Th	6:00- 6:30PM	Aug 16	Classes:	8	M \$36	NM \$52

56442	M-F	6:30- 7:00PM	Jul 12	Classes:	5	M \$20	NM \$30
56454	M-F	7:00- 7:30PM	Jul 19	Classes:	5	M \$20	NM \$30
56427	M-F	9:30-10:00AM	Jul 19	Classes:	5	M \$20	NM \$30
56434	M-F	10:00-10:30AM	Jul 19	Classes:	5	M \$20	NM \$30
56443	M-F	6:30- 7:00PM	Jul 19	Classes:	5	M \$20	NM \$30
56450	M-F	6:00- 6:30PM	Jul 26	Classes:	5	M \$20	NM \$30
56430	M-F	10:00-10:30AM	Jul 26	Classes:	5	M \$20	NM \$30
56438	M-F	10:30-11:00AM	Jul 26	Classes:	5	M \$20	NM \$30
56444	M-F	6:30- 7:00PM	Jul 26	Classes:	5	M \$20	NM \$30
56455	Tu-F	7:00- 7:30PM	Aug 3	Classes:	4	M \$16	NM \$24
56426	Tu-F	9:30-10:00AM	Aug 3	Classes:	4	M \$16	NM \$24
56435	Tu-F	10:00-10:30AM	Aug 3	Classes:	4	M \$16	NM \$24
56445	Tu-F	6:30- 7:00PM	Aug 3	Classes:	4	M \$16	NM \$24
56451	M-F	6:00- 6:30PM	Aug 9	Classes:	5	M \$20	NM \$30
56431	M-F	10:00-10:30AM	Aug 9	Classes:	5	M \$20	NM \$30
56439	M-F	10:30-11:00AM	Aug 9	Classes:	5	M \$20	NM \$30
56446	M-F	6:30- 7:00PM	Aug 9	Classes:	5	M \$20	NM \$30
56456	M-F	7:00- 7:30PM	Aug 16	Classes:	5	M \$20	NM \$30
56428	M-F	9:30-10:00AM	Aug 16	Classes:	5	M \$20	NM \$30
56436	M-F	10:00-10:30AM	Aug 16	Classes:	5	M \$20	NM \$30
56447	M-F	6:30- 7:00PM	Aug 16	Classes:	5	M \$20	NM \$30
56448	M-F	6:30- 7:00PM	Aug 23	Classes:	5	M \$20	NM \$30
56452	M-F	6:00- 6:30PM	Aug 23	Classes:	5	M \$20	NM \$30
56432	M-F	10:00-10:30AM	Aug 23	Classes:	5	M \$20	NM \$30
56440	M-F	10:30-11:00AM	Aug 23	Classes:	5	M \$20	NM \$30

Aquatics | Youth

LEARN TO SWIM AGE:6Y - 17Y

Have fun and build positive relationships while learning fundamental swimming skills. The Learn to Swim program covers the first four levels of the YMCA National Swimming program- Otter, Seal, Dolphin and Swimmer. This series introduces easy-to-learn skills in a safe environment. Instructors strive to have each participant feel a sense of achievement by introducing new, basic swim skills, and increasing comfort, confidence and endurance. After completing this series, children six years and up will be able to perform a variety of swim skills in shallow and deep water, including the basics of the front crawl. Register for a convenient time and aquatics staff will place your child in the appropriate swim level.

Crowfoot YMCA

54948	M, W	7:00- 7:30PM	Jul 5	Classes:	8	M \$32	NM \$48
54877	M, W	4:00- 4:30PM	Jul 5	Classes:	8	M \$32	NM \$48
54878	M, W	4:30- 5:00PM	Jul 5	Classes:	8	M \$32	NM \$48
54879	M, W	6:00- 6:30PM	Jul 5	Classes:	8	M \$32	NM \$48
54880	M, W	6:30- 7:00PM	Jul 5	Classes:	8	M \$32	NM \$48
54939	M, W	5:00- 5:30PM	Jul 5	Classes:	8	M \$32	NM \$48
54944	M, W	5:30- 6:00PM	Jul 5	Classes:	8	M \$32	NM \$48
54949	Tu, Th	7:00- 7:30PM	Jul 6	Classes:	8	M \$32	NM \$48
54881	Tu, Th	4:00- 4:30PM	Jul 6	Classes:	8	M \$32	NM \$48
54882	Tu, Th	4:30- 5:00PM	Jul 6	Classes:	8	M \$32	NM \$48
54883	Tu, Th	6:00- 6:30PM	Jul 6	Classes:	8	M \$32	NM \$48
54884	Tu, Th	6:30- 7:00PM	Jul 6	Classes:	8	M \$32	NM \$48
54938	Tu, Th	5:00- 5:30PM	Jul 6	Classes:	8	M \$32	NM \$48
54943	Tu, Th	5:30- 6:00PM	Jul 6	Classes:	8	M \$32	NM \$48
54885	Sa	9:00- 9:30AM	Jul 10	Classes:	6	M \$24	NM \$36
54886	Sa	9:30-10:00AM	Jul 10	Classes:	6	M \$24	NM \$36
54940	Sa	10:00-10:30AM	Jul 10	Classes:	6	M \$24	NM \$36
54951	Tu, Th	6:30- 7:00PM	Aug 3	Classes:	6	M \$24	NM \$36
54946	Tu, Th	5:30- 6:00PM	Aug 3	Classes:	6	M \$24	NM \$36
54950	Tu, Th	7:00- 7:30PM	Aug 3	Classes:	6	M \$24	NM \$36
54891	Tu, Th	4:00- 4:30PM	Aug 3	Classes:	6	M \$24	NM \$36
54892	Tu, Th	4:30- 5:00PM	Aug 3	Classes:	6	M \$24	NM \$36
54893	Tu, Th	6:00- 6:30PM	Aug 3	Classes:	6	M \$24	NM \$36
54942	Tu, Th	5:00- 5:30PM	Aug 3	Classes:	6	M \$24	NM \$36
54887	W, M	4:00- 4:30PM	Aug 4	Classes:	5	M \$20	NM \$30
54888	W, M	4:30- 5:00PM	Aug 4	Classes:	5	M \$20	NM \$30
54889	W, M	6:00- 6:30PM	Aug 4	Classes:	5	M \$20	NM \$30
54890	W, M	6:30- 7:00PM	Aug 4	Classes:	5	M \$20	NM \$30
54941	W, M	5:00- 5:30PM	Aug 4	Classes:	5	M \$20	NM \$30
54945	W, M	5:30- 6:00PM	Aug 4	Classes:	5	M \$20	NM \$30

Eau Claire YMCA

54873	M-F	9:30-10:00AM	Jul 5	Classes:	5	M \$20	NM \$30
56453	M-F	7:00- 7:30PM	Jul 5	Classes:	5	M \$20	NM \$30
56433	M-F	10:00-10:30AM	Jul 5	Classes:	5	M \$20	NM \$30
56441	M-F	6:30- 7:00PM	Jul 5	Classes:	5	M \$20	NM \$30
56449	M-F	6:00- 6:30PM	Jul 12	Classes:	5	M \$20	NM \$30
56429	M-F	10:00-10:30AM	Jul 12	Classes:	5	M \$20	NM \$30
56437	M-F	10:30-11:00AM	Jul 12	Classes:	5	M \$20	NM \$30

Shawnessy YMCA

56923	M-F	9:00- 9:30AM	Jul 5	Classes:	10	M \$40	NM \$60
56924	M-F	9:30-10:00AM	Jul 5	Classes:	10	M \$40	NM \$60
56925	M-F	10:00-10:30AM	Jul 5	Classes:	10	M \$40	NM \$60
56926	M-F	10:30-11:00AM	Jul 5	Classes:	10	M \$40	NM \$60
56927	M-F	11:00-11:30AM	Jul 5	Classes:	10	M \$40	NM \$60
56928	M-Th	4:00- 4:45PM	Jul 5	Classes:	8	M \$48	NM \$72
56929	M-Th	4:45- 5:30PM	Jul 5	Classes:	8	M \$48	NM \$72
56930	M-Th	5:30- 6:15PM	Jul 5	Classes:	8	M \$48	NM \$72
56931	M-Th	6:15- 7:00PM	Jul 5	Classes:	8	M \$48	NM \$72
56932	M-F	9:00- 9:30AM	Jul 19	Classes:	10	M \$40	NM \$60
56933	M-F	9:30-10:00AM	Jul 19	Classes:	10	M \$40	NM \$60
56934	M-F	10:00-10:30AM	Jul 19	Classes:	10	M \$40	NM \$60
56935	M-F	10:30-11:00AM	Jul 19	Classes:	10	M \$40	NM \$60
56936	M-F	11:00-11:30AM	Jul 19	Classes:	10	M \$40	NM \$60
56937	M-Th	4:00- 4:45PM	Jul 19	Classes:	8	M \$48	NM \$72
56938	M-Th	4:45- 5:30PM	Jul 19	Classes:	8	M \$48	NM \$72
56939	M-Th	5:30- 6:15PM	Jul 19	Classes:	8	M \$48	NM \$72
56940	M-Th	6:15- 7:00PM	Jul 19	Classes:	8	M \$48	NM \$72
56941	Tu-F, M	9:00- 9:30AM	Aug 3	Classes:	9	M \$40	NM \$60
56942	Tu-F, M	9:30-10:00AM	Aug 3	Classes:	9	M \$40	NM \$60
56943	Tu-F, M	10:00-10:30AM	Aug 3	Classes:	9	M \$40	NM \$60
56944	Tu-F, M	10:30-11:00AM	Aug 3	Classes:	9	M \$40	NM \$60
56945	Tu-F, M	11:00-11:30AM	Aug 3	Classes:	9	M \$40	NM \$60
56946	Tu-Th, M	4:00- 4:45PM	Aug 3	Classes:	7	M \$42	NM \$63
56947	Tu-Th, M	4:45- 5:30PM	Aug 3	Classes:	7	M \$42	NM \$63
56948	Tu-Th, M	5:30- 6:15PM	Aug 3	Classes:	7	M \$42	NM \$63
56949	Tu-Th, M	6:15- 7:00PM	Aug 3	Classes:	7	M \$42	NM \$63
56950	M-F	9:00- 9:30AM	Aug 16	Classes:	10	M \$40	NM \$60
56951	M-F	9:30-10:00AM	Aug 16	Classes:	10	M \$40	NM \$60
56952	M-F	10:00-10:30AM	Aug 16	Classes:	10	M \$40	NM \$60
56953	M-F	10:30-11:00AM	Aug 16	Classes:	10	M \$40	NM \$60
56954	M-F	11:00-11:30AM	Aug 16	Classes:	10	M \$40	NM \$60
56955	M-Th	4:00- 4:45PM	Aug 16	Classes:	8	M \$48	NM \$72
56956	M-Th	4:45- 5:30PM	Aug 16	Classes:	8	M \$48	NM \$72
56957	M-Th	5:30- 6:15PM	Aug 16	Classes:	8	M \$48	NM \$72
56958	M-Th	6:15- 7:00PM	Aug 16	Classes:	8	M \$48	NM \$72

South YMCA

54947	M-F	11:15-11:45AM	Jul 5	Classes:	10	M \$40	NM \$60
54894	M-F	9:45-10:15AM	Jul 5	Classes:	10	M \$40	NM \$60
54899	M-F	10:15-10:45AM	Jul 5	Classes:	10	M \$40	NM \$60
54902	M-Th	5:30- 6:00PM	Jul 5	Classes:	8	M \$32	NM \$48
54906	M-Th	6:00- 6:30PM	Jul 5	Classes:	8	M \$32	NM \$48
54913	M-F	9:15- 9:45AM	Jul 5	Classes:	10	M \$40	NM \$60

54914	M-Th	4:30- 5:00PM	Jul 5	Classes:	8	M \$32	NM \$48
54915	M-Th	5:00- 5:30PM	Jul 5	Classes:	8	M \$32	NM \$48
54934	M-F	10:45-11:15AM	Jul 5	Classes:	10	M \$40	NM \$60
54917	Sa	10:30-11:00AM	Jul 10	Classes:	7	M \$28	NM \$42
54918	Sa	11:00-11:30AM	Jul 10	Classes:	7	M \$28	NM \$42
54895	M-F	9:45-10:15AM	Jul 19	Classes:	10	M \$40	NM \$60
54898	M-F	10:15-10:45AM	Jul 19	Classes:	10	M \$40	NM \$60
54903	M-Th	5:00- 5:30PM	Jul 19	Classes:	8	M \$32	NM \$48
54907	M-Th	6:00- 6:30PM	Jul 19	Classes:	8	M \$32	NM \$48
54912	M-Th	8:00- 8:30PM	Jul 19	Classes:	8	M \$32	NM \$48
54919	M-F	9:15- 9:45AM	Jul 19	Classes:	10	M \$40	NM \$60
54920	M-F	11:15-11:45AM	Jul 19	Classes:	10	M \$40	NM \$60
54921	M-Th	4:30- 5:00PM	Jul 19	Classes:	8	M \$32	NM \$48
54922	M-Th	5:30- 6:00PM	Jul 19	Classes:	8	M \$32	NM \$48
54935	M-F	10:45-11:15AM	Jul 19	Classes:	10	M \$40	NM \$60
54896	Tu-F, M	9:45-10:15AM	Aug 3	Classes:	9	M \$36	NM \$54
54900	Tu-F, M	10:15-10:45AM	Aug 3	Classes:	9	M \$36	NM \$54
54904	Tu-Th, M	5:00- 5:30PM	Aug 3	Classes:	7	M \$28	NM \$42
54910	Tu-Th, M	8:00- 8:30PM	Aug 3	Classes:	7	M \$28	NM \$42
54923	Tu-F, M	9:15- 9:45AM	Aug 3	Classes:	9	M \$36	NM \$54
54924	Tu-F, M	11:15-11:45AM	Aug 3	Classes:	9	M \$36	NM \$54
54925	Tu-Th, M	4:30- 5:00PM	Aug 3	Classes:	7	M \$28	NM \$42
54926	Tu-Th, M	5:30- 6:00PM	Aug 3	Classes:	7	M \$28	NM \$42
54931	Tu-Th, M	6:00- 6:30PM	Aug 3	Classes:	7	M \$28	NM \$42
54936	Tu-F, M	10:45-11:15AM	Aug 3	Classes:	9	M \$36	NM \$54
54916	Sa	10:00-10:30AM	Aug 7	Classes:	4	M \$16	NM \$24
54897	M-F	9:45-10:15AM	Aug 16	Classes:	10	M \$40	NM \$60
54901	M-F	10:15-10:45AM	Aug 16	Classes:	10	M \$40	NM \$60
54905	M-Th	5:00- 5:30PM	Aug 16	Classes:	8	M \$32	NM \$48
54909	M-Th	6:00- 6:30PM	Aug 16	Classes:	8	M \$32	NM \$48
54911	M-Th	8:00- 8:30PM	Aug 16	Classes:	8	M \$32	NM \$48
54927	M-F	9:15- 9:45AM	Aug 16	Classes:	10	M \$40	NM \$60
54928	M-F	11:15-11:45AM	Aug 16	Classes:	10	M \$40	NM \$60
54929	M-Th	4:30- 5:00PM	Aug 16	Classes:	8	M \$32	NM \$48
54930	M-Th	5:30- 6:00PM	Aug 16	Classes:	8	M \$32	NM \$48
54937	M-F	10:45-11:15AM	Aug 16	Classes:	10	M \$40	NM \$60

program. Register for a convenient time and aquatics staff will place your child in an appropriate swim level.

Crowfoot YMCA

55084	M, W	4:00- 4:45PM	Jul 5	Classes:	8	M \$44	NM \$66
55085	M, W	4:45- 5:30PM	Jul 5	Classes:	8	M \$44	NM \$66
55086	M, W	6:00- 6:45PM	Jul 5	Classes:	8	M \$44	NM \$66
55087	M, W	6:45- 7:30PM	Jul 5	Classes:	8	M \$44	NM \$66
55088	Tu, Th	4:00- 4:45PM	Jul 6	Classes:	8	M \$44	NM \$66
55089	Tu, Th	4:45- 5:30PM	Jul 6	Classes:	8	M \$44	NM \$66
55090	Tu, Th	6:00- 6:45PM	Jul 6	Classes:	8	M \$44	NM \$66
55091	Tu, Th	6:45- 7:30PM	Jul 6	Classes:	8	M \$44	NM \$66
55092	Sa	9:00- 9:45AM	Jul 10	Classes:	6	M \$33	NM \$50
55093	Sa	9:45-10:30AM	Jul 10	Classes:	6	M \$33	NM \$50
55098	Tu, Th	4:00- 4:45PM	Aug 3	Classes:	6	M \$33	NM \$50
55099	Tu, Th	4:45- 5:30PM	Aug 3	Classes:	6	M \$33	NM \$50
55100	Tu, Th	6:00- 6:45PM	Aug 3	Classes:	6	M \$33	NM \$50
55101	Tu, Th	6:45- 7:30PM	Aug 3	Classes:	6	M \$33	NM \$50
55094	W, M	4:00- 4:45PM	Aug 4	Classes:	5	M \$28	NM \$42
55095	W, M	4:45- 5:30PM	Aug 4	Classes:	5	M \$28	NM \$42
55096	W, M	6:00- 6:45PM	Aug 4	Classes:	5	M \$28	NM \$42
55097	W, M	6:45- 7:30PM	Aug 4	Classes:	5	M \$28	NM \$42

Eau Claire YMCA

55075	M-F	10:30-11:15AM	Jul 5	Classes:	5	M \$28	NM \$42
56411	M-F	5:45- 6:30PM	Jul 5	Classes:	5	M \$28	NM \$42
56415	M-F	7:00- 7:45PM	Jul 12	Classes:	5	M \$28	NM \$42
56407	M-F	9:15-10:00AM	Jul 12	Classes:	5	M \$28	NM \$42
56404	M-F	10:30-11:15AM	Jul 19	Classes:	5	M \$28	NM \$42
56412	M-F	5:45- 6:30PM	Jul 19	Classes:	5	M \$28	NM \$42
56416	M-F	7:00- 7:45PM	Jul 26	Classes:	5	M \$28	NM \$42
56408	M-F	9:15-10:00AM	Jul 26	Classes:	5	M \$28	NM \$42
56405	Tu-F	10:30-11:15AM	Aug 3	Classes:	4	M \$22	NM \$33
56413	Tu-F	5:45- 6:30PM	Aug 3	Classes:	4	M \$22	NM \$33
56417	M-F	7:00- 7:45PM	Aug 9	Classes:	5	M \$28	NM \$42
56409	M-F	9:15-10:00AM	Aug 9	Classes:	5	M \$28	NM \$42
56406	M-F	10:30-11:15AM	Aug 16	Classes:	5	M \$28	NM \$42
56414	M-F	5:45- 6:30PM	Aug 16	Classes:	5	M \$28	NM \$42
56418	M-F	7:00- 7:45PM	Aug 23	Classes:	5	M \$28	NM \$42
56410	M-F	9:15-10:00AM	Aug 23	Classes:	5	M \$28	NM \$42

Shawnessy YMCA

56959	M-F	9:00- 9:45AM	Jul 5	Classes:	10	M \$55	NM \$83
56960	M-F	9:45-10:30AM	Jul 5	Classes:	10	M \$55	NM \$83
56961	M-F	10:30-11:15AM	Jul 5	Classes:	10	M \$55	NM \$83
56962	M-Th	4:00- 5:00PM	Jul 5	Classes:	8	M \$58	NM \$88
56963	M-Th	5:00- 6:00PM	Jul 5	Classes:	8	M \$58	NM \$88
56964	M-Th	6:00- 7:00PM	Jul 5	Classes:	8	M \$58	NM \$88
56965	M-F	9:00- 9:45AM	Jul 19	Classes:	10	M \$55	NM \$83
56966	M-F	9:45-10:30AM	Jul 19	Classes:	10	M \$55	NM \$83
56967	M-F	10:30-11:15AM	Jul 19	Classes:	10	M \$55	NM \$83
56968	M-Th	4:00- 5:00PM	Jul 19	Classes:	8	M \$58	NM \$88
56969	M-Th	5:00- 6:00PM	Jul 19	Classes:	8	M \$58	NM \$88
56970	M-Th	6:00- 7:00PM	Jul 19	Classes:	8	M \$58	NM \$88
56971	Tu-F, M	9:00- 9:45AM	Aug 3	Classes:	9	M \$55	NM \$83
56972	Tu-F, M	9:45-10:30AM	Aug 3	Classes:	9	M \$55	NM \$83
56973	Tu-F, M	10:30-11:15AM	Aug 3	Classes:	9	M \$55	NM \$83
56974	Tu-Th, M	4:00- 5:00PM	Aug 3	Classes:	7	M \$51	NM \$77
56975	Tu-Th, M	5:00- 6:00PM	Aug 3	Classes:	7	M \$51	NM \$77
56976	Tu-Th, M	6:00- 7:00PM	Aug 3	Classes:	7	M \$51	NM \$77
56977	M-F	9:00- 9:45AM	Aug 16	Classes:	10	M \$55	NM \$83
56978	M-F	9:45-10:30AM	Aug 16	Classes:	10	M \$55	NM \$83
56979	M-F	10:30-11:15AM	Aug 16	Classes:	10	M \$55	NM \$83
56980	M-Th	4:00- 5:00PM	Aug 16	Classes:	8	M \$58	NM \$88
56981	M-Th	5:00- 6:00PM	Aug 16	Classes:	8	M \$58	NM \$88
56982	M-Th	6:00- 7:00PM	Aug 16	Classes:	8	M \$58	NM \$88

South YMCA

55102	M-F	10:00-10:45AM	Jul 5	Classes:	10	M \$55	NM \$83
55103	M-Th	7:00- 7:45PM	Jul 5	Classes:	8	M \$44	NM \$66
55104	M-F	9:15-10:00AM	Jul 5	Classes:	10	M \$55	NM \$83

AQUATICS - MASTER SWIMMER AGE:6Y - 17Y

Master the pool by advancing your swimming and water safety skills. Gain greater experience in water patrol and lifesaving skills, improve your stroke proficiency and endurance, and get introduced to life as a swim instructor. This program involves an additional six hours of volunteer teaching with a certified swimming instructor. The Master Swimmer program is for participants who have completed YMCA Star 6.

Crowfoot YMCA

54952	M, W	6:00- 7:30PM	Jul 5	Classes:	8	M \$85	NM \$133
54953	Tu, Th	6:00- 7:30PM	Jul 6	Classes:	8	M \$85	NM \$133
54955	Tu, Th	6:00- 7:30PM	Aug 3	Classes:	6	M \$64	NM \$100
54954	W, M	6:00- 7:30PM	Aug	Classes:	5	M \$53	NM \$83

South YMCA

54956	M-Th	5:30- 7:00PM	Jul 5	Classes:	8	M \$83	NM \$133
54957	M-Th	5:30- 7:00PM	Jul 19	Classes:	8	M \$85	NM \$133
54958	M-T	5:30- 7:00PM	Aug 2	Classes:	7	M \$74	NM \$116
54959	M-Th	5:30- 7:00PM	Aug 16	Classes:	8	M \$85	NM \$133

AQUATICS - STAR SWIMMER PROGRAM AGE:6Y - 17Y

Expand your swimming and water activity skills. The YMCA Star Swimmer program is part of the YMCA National Swimming program. It includes six levels: Stars 1,2,3,4,5 and 6, which are designed to improve your swimming ability and endurance. You'll learn front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Water sports and safety skills are also covered and there are leadership opportunities within the

55107	Sa	12:00-12:45PM	Jul 10	Classes:	7	M \$39	NM \$58
55114	Sa	9:15-10:00AM	Jul 10	Classes:	7	M \$39	NM \$58
55108	M-F	10:00-10:45AM	Jul 19	Classes:	10	M \$55	NM \$83
55111	M-Th	7:00- 7:45PM	Jul 19	Classes:	8	M \$44	NM \$66
55118	M-F	9:15-10:00AM	Jul 19	Classes:	10	M \$55	NM \$83
55105	Tu-F, M	9:15-10:00AM	Aug 3	Classes:	9	M \$50	NM \$74
55109	Tu-F, M	10:00-10:45AM	Aug 3	Classes:	9	M \$50	NM \$74
55112	Tu-Th, M	7:00- 7:45PM	Aug 3	Classes:	7	M \$39	NM \$58
55106	M-F	9:15-10:00AM	Aug 16	Classes:	10	M \$55	NM \$83
55110	M-F	10:00-10:45AM	Aug 16	Classes:	10	M \$55	NM \$83
55113	M-Th	7:00- 7:45PM	Aug 16	Classes:	8	M \$44	NM \$66

CLIMBING - HANGDOGS AGE:9Y - 11Y

Discover a sense of confidence and accomplishment after learning the basics of indoor climbing. Test your determination, learn safety procedures and have fun in this dynamic program.

Shawnessy YMCA
55151 W 5:00- 6:30PM Jul 7 Classes: 8 M \$128 NM \$152

CLIMBING - ROCKJOCKS AGE:12Y - 14Y

Conquer the wall. This introductory course teaches basics such as proper equipment use, safety and climbing techniques. We'll work with you one-on-one to find new ways to approach any adversities as you approach and scale the wall. You'll finish your session with a sense of pride and accomplishment.

Shawnessy YMCA
55152 M 5:00- 6:30PM Jul 5 Classes: 7 M \$112 NM \$133

Climbing

APPALACHIANS AGE:18Y AND UP

New to climbing? Let us introduce you to safety considerations, basic climbing style and techniques as well as warm-up stretches and training ideas.

Shawnessy YMCA
55132 Tu 6:00- 7:30PM Jul 6 Classes: 8 M \$128 NM \$152

BUGABOOS AGE:6Y - 8Y

Your child can be challenged to reach new heights, both mentally and physically. This class will introduce him or her to the fundamentals of wall climbing. They will learn how to use the wall and understand the importance of trust and communication as they develop mental focus and improve muscular endurance and body awareness.

Shawnessy YMCA
55133 Tu 5:00- 6:00PM Jul 6 Classes: 8 M \$77 NM \$91
55134 Tu 6:00- 7:00PM Jul 6 Classes: 8 M \$77 NM \$91
55135 Th 6:30- 7:30PM Jul 8 Classes: 8 M \$77 NM \$91

FIRST ASCENTS AGE:14Y AND UP

Strive for new heights with this one-day course designed for beginners. Learn how to top-rope - the basic form of rope climbing, safety procedures - as well as belay techniques, knot tying and how to use your equipment properly.

Shawnessy YMCA

55136	Th	5:00- 6:30PM	Jul 8	Classes:	1	M \$40	NM \$45
55144	Sa	10:30-12:00PM	Jul 10	Classes:	1	M \$40	NM \$45
55137	Th	5:00- 6:30PM	Jul 15	Classes:	1	M \$40	NM \$45
55145	Sa	10:30-12:00PM	Jul 17	Classes:	1	M \$40	NM \$45
55138	Th	5:00- 6:30PM	Jul 22	Classes:	1	M \$40	NM \$45
55146	Sa	10:30-12:00PM	Jul 24	Classes:	1	M \$40	NM \$45
55139	Th	5:00- 6:30PM	Jul 29	Classes:	1	M \$40	NM \$45
55140	Th	5:00- 6:30PM	Aug 5	Classes:	1	M \$40	NM \$45
55147	Sa	10:30-12:00PM	Aug 7	Classes:	1	M \$40	NM \$45
55141	Th	5:00- 6:30PM	Aug 12	Classes:	1	M \$40	NM \$45
55148	Sa	10:30-12:00PM	Aug 14	Classes:	1	M \$40	NM \$45
55142	Th	5:00- 6:30PM	Aug 19	Classes:	1	M \$40	NM \$45
55149	Sa	10:30-12:00PM	Aug 21	Classes:	1	M \$40	NM \$45
55143	Th	5:00- 6:30PM	Aug 26	Classes:	1	M \$40	NM \$45
55150	Sa	10:30-12:00PM	Aug 28	Classes:	1	M \$40	NM \$45

Dance

BELLY DANCING - LEVEL 1 AGE:12Y AND UP

Ladies of all shapes, sizes, and ages can learn this beautiful, feminine dance form! Hip, torso, arm, and shoulder movements will help tone muscles and enhance balance and coordination in a fun environment. Veils and a short choreography will be done at the end of the session. No dance experience required.

South YMCA
57085 Tu 7:15- 8:15PM Jul 6 Classes: 8 M \$64 NM \$96

BELLY DANCING - LEVEL 2 AGE:12Y AND UP

Continue to develop muscle tone and coordination using combinations and choreographies of different dance styles (i.e. cabaret, zil, drum, candle, etc). Some experience with a veil is required. Prerequisite: Two sessions of Belly dance 1 or previous dance experience.

South YMCA
57086 Tu 8:20- 9:20PM Jul 6 Classes: 8 M \$64 NM \$96

ZUMBA AGE:12Y AND UP

This class will take you through basic salsa, reggaeton, flamenco and cumbia steps with a fitness flare.

Shawnessy YMCA
57022 Sa 10:30-11:30AM Jul 10 Classes: 7 M \$80 NM \$120

Health/Wellness | Athletics/Sports

ABC - AQUA BODY CONDITIONING AGE: 12Y AND UP

This class uses omni directional drag force resistance based equipment, which allow participants to vary their intensity. Ranging from gentle movements that aid in developing flexibility and muscle refinement, to intense all-out movements that build mass, endurance and strength. A great water workout for everyone from athletes to casual fitness enthusiasts.

South YMCA

55158	Tu	8:30- 9:15AM	Jul 6	Classes: 8	M \$48	NM \$72
55156	W	8:30- 9:30PM	Jul 7	Classes: 8	M \$64	NM \$96
56740	Th	8:30- 9:15AM	Jul 8	Classes: 8	M \$48	NM \$72

BABY & ME H2O WORKOUT AGE: 16Y AND UP

Have fun with your baby while getting into shape! Experience aerobic conditioning, build strength and stretch while your little one floats right beside you in their own personal floatation device. Your baby will love being in the water while you experience this playful way of getting fit! Babies ages 6-18 months are welcome.

Shawnessy YMCA

57122	Tu	12:00-12:45PM	Jul 6	Classes: 8	M \$56	NM \$72
57123	Th	12:00-12:45PM	Jul 8	Classes: 8	M \$56	NM \$72

BOXER'S WORKOUT AGE: 12Y AND UP

Get a taste of key boxing training principles such as shadow boxing, circuit training and skipping. You'll work with various equipment and have the option of sparring to round out your experience.

Shawnessy YMCA

55159	W	5:30- 7:00PM	Jul 7	Classes: 8	M \$96	NM \$144
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CROSSFIT AGE: 16Y AND UP

The ultimate all-round strength and conditioning program is here! Offered in conjunction with CrossFit Calgary, CrossFit uses a variety of exercises that draw the maximum benefits of gymnastics, weight and cardio training. You pick the intensity. Whether you're an elite athlete or just looking to improve overall fitness, put in the work and you will see results.

Eau Claire YMCA

55160	M	6:30- 7:30PM	Jul 5	Classes: 7	M \$119	NM \$154
55161	M	7:30- 8:30PM	Jul 5	Classes: 7	M \$119	NM \$154

Shawnessy YMCA

55164	W	5:30- 6:30PM	Jul 7	Classes: 8	M \$136	NM \$176
55165	W	6:30- 7:30PM	Jul 7	Classes: 8	M \$136	NM \$176

South YMCA

55162	Tu	6:30- 7:30PM	Jul 6	Classes: 8	M \$136	NM \$176
55163	Tu	7:30- 8:30PM	Jul 6	Classes: 8	M \$136	NM \$176

HARD CORE AGE: 12Y AND UP

Increase strength, balance and stability with exercises that concentrate on the lower back, abdominal and gluteal muscles.

Shawnessy YMCA

55166	Tu	1:00- 2:00PM	Jul 6	Classes: 8	M \$56	NM \$112
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HEALTHY LIVING AGE: 12Y AND UP

Come join a class specifically designed for people who have chronic conditions and/or have survived a cardiac event. Graduates of the Living Well Program and/or Cardiac Wellness are encouraged to enroll in this class to keep up their level of fitness. Class will be in a group setting including cardiovascular activities and resistance training. Participants must have clearance from their doctor to participate.

Crowfoot YMCA

55169	M, W, F	7:30- 9:00AM	Jul 5	Classes: 23	M \$0	NM \$115
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LIVING WELL MAINTENANCE PROGRAM AGE: 12Y AND UP

This program is designed for graduates of the CHR's Living Well Program.

Crowfoot YMCA

55171	M, W-Th	2:00- 3:00PM	Jul 5	Classes: 23	M \$0	NM \$115
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Shawnessy YMCA

55170	Th, Tu	1:15- 2:15PM	Jul 8	Classes: 16	M \$0	NM \$80
55172	F, Tu	11:45-12:45PM	Jul 9	Classes: 16	M \$0	NM \$80

OUTDOOR BOOTCAMP AGE: 12Y AND UP

Improve your fitness with bootcamp classes designed to use outside elements to improve muscular strength, endurance and cardio.

Crowfoot YMCA

57017	M, W, F	6:00- 7:00AM	Jul 5	Classes: 12	M \$96	NM \$144
57129	Tu, Th	9:30-11:00AM	Jul 6	Classes: 8	M \$96	NM \$144
57126	Tu, Th	6:00-7:00PM	Jul 6	Classes: 8	M \$64	NM \$96
57125	M, W, F	6:00- 7:00AM	Aug 4	Classes: 11	M \$88	NM \$132
57130	Tu, Th	9:30-11:00AM	Aug 3	Classes: 8	M \$96	NM \$144
57127	Tu, Th	6:00-7:00PM	Aug 3	Classes: 8	M \$64	NM \$96

Eau Claire YMCA

55173	M	12:00- 1:00PM	Jul 5	Classes: 7	M \$48	NM \$72
55178	M	6:30- 7:30AM	Jul 5	Classes: 7	M \$48	NM \$72
55175	Tu	6:30- 7:30AM	Jul 6	Classes: 8	M \$64	NM \$96
55177	Tu	5:00- 6:00PM	Jul 6	Classes: 8	M \$64	NM \$96
55174	F	12:00- 1:00PM	Jul 9	Classes: 8	M \$64	NM \$96

POST-NATAL FITNESS AGE: 16Y AND UP

Bring your baby, under twelve months, to a class that incorporates cardio, core work, resistance training and stretching designed to be safe and effective for new moms. Share experiences with others while using body weight, free weights and baby's weight to maximize your workout.

Shawnessy YMCA

55180	Th	10:30-11:30AM	Jul 8	Classes: 4	M \$32	NM \$48
56710	Th	10:30-11:30AM	Aug 5	Classes: 4	M \$32	NM \$48

RUN FOR YOUR LIFE AGE: 12Y AND UP

Are you a 5K to marathon runner wanting a little more? Join us for a variety of workouts including hills, tempo, intervals, circuit training and technique to give you the skills to become a better runner. Gord Hobbins from Gord's Running Store teaches the course at the Eau Claire branch.

Eau Claire YMCA
55188 Th 5:30- 7:00PM Jul 8 Classes: 8 M \$84 NM \$108

SPORTS PERFORMANCE AGE: 16Y - 18Y

Are you feeling the pressure of that season right around the corner? Are you out of shape and worried about that tryout a month from now? Our staff have put together a sport specific plan for you that will prepare you for any upcoming sport season. Whether it's hockey, football or lawn bowling we will prepare you for it all. You will learn the basics of weight training, principles of lifting, gym etiquette, proper lifting techniques, basic anatomy of the body as well as better nutritional values. This course also incorporates plyometrics, agility, power, aerobic and anaerobic endurance and core strength. We will prepare you to succeed and set you on the right track because here we never fail.

South YMCA
56735 Th 6:30- 7:30PM Jul 8 Classes: 8 M \$56 NM \$72

SQUASH BOOTCAMP AGE: 12Y AND UP

Squash Bootcamp is designed for both intermediate and advanced squash players looking to improve footwork and racket preparation on the squash court. Players will be given drills and conditioned games targeting specific skills and strategies to improve their game.

Eau Claire YMCA
55189 M, Th 6:00- 8:00PM Aug 16 Classes: 6 M \$60 NM \$75

VOLLEYBALL - RECREATIONAL INDIVIDUAL AGE: 16Y AND UP

Have fun and make new friends in our recreational volleyball experience. Sign up with a friend or as an individual participant and be grouped with others. Learn to play volleyball whether you're just a beginner or if you're a seasoned vet. All levels are welcome.

South YMCA
56736 Th 7:30- 9:45PM Jul 8 Classes: 8 M \$40 NM \$40

Health/Wellness | Martial Arts

TAI CHI AGE: 12Y AND UP

Learn ancient techniques to centre your focus and improve your mental and physical stamina.

Shawnessy YMCA
55190 W 7:00- 8:00PM Jul 7 Classes: 8 M \$48 NM \$72

Health/Wellness | Specialty

WORKSHOPS - BIKE MAINTENANCE AGE: 12Y AND UP

This free workshop will teach you the basics of roadside repair and pre-ride checks. Identifying parts, basic tool selection, changing a flat and bigger problems on the road will be discussed.

Crowfoot YMCA
55168 Tu 7:30- 9:30PM Jul 27 Classes: 1 M \$0 NM \$0

Health/Wellness | Resistance Training

HEALTH/WELLNESS - RESISTANCE TRAINING AGE: 12Y AND UP

Learn the fundamentals of strength and conditioning training in a fun and supportive environment. Classes will teach you to apply resistance training skills and knowledge to daily healthy active living.

Crowfoot YMCA
55181 M, W 9:30-11:00AM Jul 5 Classes: 8 M \$84 NM \$108
57128 M, W 9:30-11:00AM Aug 4 Classes: 8 M \$74 NM \$95

RESISTANCE TRAINING - ACTIVE OLDER ADULTS AGE: 55Y AND UP

Learn the fundamentals of strength and conditioning training in a fun and supportive environment. Classes will teach you to apply resistance training skills and knowledge to daily healthy active living.

South YMCA
56737 Tu, Th 1:00- 2:00PM Jul 6 Classes: 16 M \$56 NM \$104

RESISTANCE TRAINING - WOMEN LEVEL 1 AGE: 12Y AND UP

In Level 1, discover the principles and benefits of women's resistance training. A pre/post natal focus is also available.

Shawnessy YMCA
55187 M, F 10:15-11:15AM Jul 5 Classes: 15 M \$105 NM \$135
56686 Tu, Th 9:00-10:00AM Jul 6 Classes: 16 M \$112 NM \$144

Mind/Body | Fusion

FUSION AGE: 12Y AND UP

Fusion Fitness is a non-purist approach to traditional forms of training. It is a perfect blend of Yoga, Pilates and Fitness Conditioning that challenges strength, balance, flexibility, increases stamina, and focuses the mind while cleansing the spirit.

Crowfoot YMCA
55194 Tu 7:00- 8:00PM Jul 6 Classes: 8 M \$80 NM \$120

Shawnessy YMCA

55193 Tu 8:30- 9:30PM Jul 6 Classes: 8 M \$80 NM \$120
 56711 Th 9:00-10:00AM Jul 8 Classes: 8 M \$80 NM \$120

**FUSION - FAMILY
 AGE:12Y AND UP**

Fusion Fitness is a non-purist approach to traditional forms of training. It is a perfect blend of Yoga, Pilates and Fitness Conditioning that challenges strength, balance, flexibility, increases stamina, and focuses the mind while cleansing the spirit. This class is specifically designed to bring busy families together.

Shawnessy YMCA

57029 Su 11:00-12:00PM Jul 11 Classes: 7 Adt M \$70 NM \$105
 Yth M \$53 NM \$79

**FUSION - POST-NATAL
 AGE:12Y AND UP**

Fusion Fitness is a non-purist approach to traditional forms of training. It is a perfect blend of Yoga, Pilates and Fitness Conditioning, benefiting new mothers. Post Natal Fusion challenges strength, balance, flexibility, increases stamina, and focuses the mind while cleansing the spirit.

Shawnessy YMCA

57028 W 9:00-10:00AM Jul 7 Classes: 8 M \$80 NM \$120

Mind/Body | Pilates

**PILATES MAT CLASS - LEVEL 1
 AGE:12Y AND UP**

In Level 1, build flexibility, balance and core stability through this functional workout.

Eau Claire YMCA

57061 M 12:00- 1:00PM Jul 5 Classes: 7 M \$70 NM \$105

Shawnessy YMCA

57065 M 8:00- 9:00PM Jul 5 Classes: 7 M \$70 NM \$105
 57066 Tu 10:30-11:30AM Jul 6 Classes: 8 M \$80 NM \$120

**PILATES MAT CLASS - LEVEL 2
 AGE:12Y AND UP**

In Level 2, push your Pilates experience up a notch. If you have taken at least one session of the Pilates Mat Class Level 1, you are ready to move to Level 2.

Eau Claire YMCA

57063 W 6:25- 7:25PM Jul 7 Classes: 8 M \$80 NM \$120

**PILATES - MULTILEVEL
 AGE:12Y AND UP**

Build flexibility, balance and core stability through this functional workout. This class will combine Pilates Levels 1 and 2.

Crowfoot YMCA

57093 Tu 6:00- 7:00PM Jul 6 Classes: 8 M \$80 NM \$120

**PILATES - BOOTCAMP!
 AGE:12Y AND UP**

Shawnessy YMCA

57059 M 9:00-10:00AM Jul 5 Classes: 7 M \$70 NM \$105
 57062 Th 6:00- 7:00PM Jul 8 Classes: 8 M \$80 NM \$120

**PILATES - GOLFERS
 AGE:12Y AND UP**

Improve posture alignment, coordination and stability through a combination of balance, core strength and muscular endurance. Pilates for golfers will help to improve flexibility and fluidity to enhance your golf game.

Shawnessy YMCA

57030 Tu 7:45- 8:45PM Jul 6 Classes: 8 M \$80 NM \$120

**PILATES - MOM & BABY
 AGE:12Y AND UP**

Pilates will help to build flexibility, balance and core stability through this functional workout. Try a specialized class specific to your fitness goals. Build flexibility, balance and core strength through this functional workout with your baby. Babies are 6 weeks old to crawling.

Shawnessy YMCA

57031 M 10:15-11:15AM Jul 5 Classes: 8 M \$70 NM \$105

**PILATES - RUNNERS
 AGE:12Y AND UP**

Pilates will help to build flexibility, balance and core stability through this functional workout. Try a specialized class specific to your fitness goals.

Eau Claire YMCA

57064 W 7:30- 8:30PM Jul 7 Classes: 8 M \$80 NM \$120

Mind/Body | Yoga

**YOGA - LEVEL 1
 AGE:12Y AND UP**

Revitalize your body and spirit. Level 1 Hatha yoga classes teach you flexibility, strength, relaxation, stress management and breathing techniques.

Eau Claire YMCA

57069 M 7:00- 8:30PM Jul 5 Classes: 7 M \$105 NM \$158
 57070 Tu 5:00- 6:00PM Jul 6 Classes: 8 M \$80 NM \$120
 57071 W 12:00- 1:00PM Jul 7 Classes: 8 M \$80 NM \$120
 57072 W 5:00- 6:00PM Jul 7 Classes: 8 M \$80 NM \$120
 57073 Th 6:00- 7:15AM Jul 8 Classes: 8 M \$100 NM \$150

Shawnessy YMCA

57067 M 12:30- 2:00PM Jul 5 Classes: 7 M \$105 NM \$158
 57037 W 6:00- 7:30PM Jul 7 Classes: 8 M \$120 NM \$180
 57068 Sa 9:00-10:30AM Jul 10 Classes: 7 M \$105 NM \$158

**YOGA - LEVEL 2
 AGE:12Y AND UP**

Revitalize your body and spirit. Level 2 will help to develop your yoga practice further through advanced positions and poses. This level is appropriate for people who have taken Yoga Level 1.

Eau Claire YMCA

57078 M 5:15- 6:45PM Jul 5 Classes: 7 M \$105 NM \$158
 57077 F 12:00- 1:00PM Jul 9 Classes: 8 M \$80 NM \$120

Shawnessy YMCA

57075 W 10:30-12:00PM Jul 7 Classes: 8 M \$120 NM \$180

**YOGA - GENTLE
 AGE:12Y AND UP**

Be kind to your body. This features Hatha yoga that emphasizes gentle poses as well as breathing techniques.

Crowfoot YMCA

57044 Th 6:00- 7:30PM Jul 8 Classes: 8 M \$120 NM \$180

**YOGA - PRE-NATAL
 AGE:12Y AND UP**

Tap into Hatha yoga to help with a healthy pregnancy, delivery and recovery. This course features poses, breathing and relaxation techniques to support your pregnancy.

Shawnessy YMCA

57076 Th 6:30- 7:30PM Jul 8 Classes: 8 M \$80 NM \$120

**YOGA - INTRO
 AGE:12Y AND UP**

This class is for people who are interested in yoga, and want to build a strong foundation for their practice. It will help participants to improve flexibility, increase breath awareness, and become versed in deep relaxation. The instructor will take time to teach each pose and will help participants to find ease and relaxation throughout their practice. Introduction to yoga is recommended for all ages and is sure to leave you feeling revitalized, de-stressed, and relaxed.

Shawnessy YMCA

57036 M 5:15- 6:30PM Jul 5 Classes: 7 M \$88 NM \$131

**YOGA - MULTILEVEL
 AGE:12Y AND UP**

Revitalize your body and spirit. Hatha yoga classes teach you flexibility, strength, relaxation, stress management and breathing techniques. Develop your yoga practice further through advanced positions and poses.

Crowfoot YMCA

57081 M 7:00- 8:30PM Jul 5 Classes: 7 M \$105 NM \$158
 57080 Th 6:00- 7:30PM Jul 8 Classes: 8 M \$120 NM \$180

South YMCA

57082 M 6:00- 7:30PM Jul 5 Classes: 7 M \$105 NM \$158

**YOGA - POWER
 AGE:12Y AND UP**

Revitalize your body and spirit. Take your yoga practice to the next level with this advanced version of an ancient art.

Eau Claire YMCA

57079 W 7:00- 8:15PM Jul 7 Classes: 8 M \$100 NM \$150

Preschool | Parented

**GYM AND CRAFTS - PARENTED
 AGE:2Y - 3Y**

Develop your child's sense of adventure as he or she experiments with gym equipment and discovers an artistic side with crafts. Gym activities will focus on balance, spatial awareness, movement and safety skills. Kids will explore painting, drawing, cutting and gluing in the craft component.

Crowfoot YMCA

55232 M 10:00-11:00AM Jul 5 Classes: 4 M \$28 NM \$36
 55234 F 10:00-11:00AM Jul 9 Classes: 4 M \$28 NM \$36
 55235 F 10:00-11:00AM Aug 6 Classes: 4 M \$28 NM \$36
 55233 M 10:00-11:00AM Aug 9 Classes: 3 M \$21 NM \$27

Shawnessy YMCA

55230 M 10:30-11:30AM Jul 5 Classes: 4 M \$28 NM \$36
 55231 M 10:30-11:30AM Aug 9 Classes: 3 M \$21 NM \$27

**GYM AND SWIM - PARENTED
 AGE:10M - 23M**

Let your children burn some energy playing in the gym and pool. Children will sing songs, stretch and learn about safety in the gym component. While they are in the pool they will receive a water orientation and safety education, play with pool toys and equipment, and sing songs. Children who are not toilet-trained must wear pool pants capable of retaining fecal matter. All participants must be able to walk.

Crowfoot YMCA

55242 W 10:30-11:30AM Jul 7 Classes: 4 M \$32 NM \$44
 55243 W 10:30-11:30AM Aug 4 Classes: 3 M \$24 NM \$33

Shawnessy YMCA

55238 W 9:30-10:45AM Jul 7 Classes: 4 M \$32 NM \$44
 55239 W 9:30-10:45AM Aug 4 Classes: 4 M \$32 NM \$44

**GYM AND SWIM - PARENTED
 AGE:2Y - 3Y**

Let your children burn some energy playing in the gym and pool. Children will sing songs, stretch and learn about safety in the gym component. While they are in the pool they will receive a water orientation and safety education, play with pool toys and equipment, and sing songs. Children who are not toilet-trained must wear pool pants capable of retaining fecal matter. All participants must be able to walk.

Shawnessy YMCA

55240 W 9:15-10:30AM Jul 7 Classes: 4 M \$32 NM \$44
 55241 W 9:15-10:30AM Aug 4 Classes: 4 M \$32 NM \$44

**SPORTS - PARENTED
 AGE:2Y - 3Y**

Are your children crazy about sports? Let them try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your children's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf and floor hockey.

Crowfoot YMCA

55256 Th 10:15-11:00AM Jul 8 Classes: 4 M \$23 NM \$29
 55257 Th 10:15-11:00AM Aug 5 Classes: 4 M \$23 NM \$29

Shawnessy YMCA

55254 F 10:15-11:00AM Jul 9 Classes: 4 M \$23 NM \$29

55255 F 10:15-11:00AM Aug 6 Classes: 4 M \$23 NM \$29

Preschool | Unparented

LITTLE EINSTEINS - UNPARENTED AGE:3Y - 5Y

Pique your child's interest in the world of science. Your child will observe, discover and learn through hands on experiments and various play activities. Each class may include free play, games, stories and songs.

Shawnessy YMCA

55252 M 9:00-10:00AM Aug 9 Classes: 3 M \$21 NM \$27

GYM AND CRAFTS - UNPARENTED AGE:3Y - 5Y

Develop your child's sense of adventure as he or she experiments with gym equipment and discovers an artistic side with crafts. Gym activities will focus on balance, spatial awareness, movement and safety skills. Kids will explore painting, drawing, cutting and gluing in the craft component.

Shawnessy YMCA

55236 M 10:30-11:30AM Jul 5 Classes: 4 M \$32 NM \$40

55237 M 10:30-11:30AM Aug 9 Classes: 3 M \$24 NM \$30

IMAGINATION STATION - UNPARENTED AGE:3Y - 5Y

Let your child experience various art media and performing arts at the YMCA. During theme-based classes, your child can explore their creativity through painting, drawing, cutting, pasting and drama. Classes may also include stories and songs.

Shawnessy YMCA

55245 M 9:00-10:00AM Jul 5 Classes: 4 M \$32 NM \$40

INDOOR/OUTDOOR ADVENTURES - UNPARENTED AGE:3Y - 5Y

Help your child discover nature and seasonal wonders through activities and crafts. Weather permitting, each class will include a different outdoor activity such as sidewalk chalk art, bubble blowing, bug hunts, nature walks and nature collages. Please ensure children are dressed appropriately for each class.

Crowfoot YMCA

55250 M 11:00-12:00PM Jul 5 Classes: 4 M \$28 NM \$36

55246 W 10:30-11:30AM Jul 7 Classes: 4 M \$28 NM \$36

55247 W 10:30-11:30AM Aug 4 Classes: 4 M \$28 NM \$36

55251 M 11:00-12:00PM Aug 9 Classes: 3 M \$21 NM \$27

Shawnessy YMCA

55248 W 10:00-11:00AM Jul 7 Classes: 4 M \$28 NM \$36

55249 W 10:00-11:00AM Aug 4 Classes: 4 M \$28 NM \$36

KANGAROOS AND CLIMBERS - UNPARENTED AGE:3Y - 5Y

Show your child a great time using gym equipment in a safe, supervised environment. Classes will focus on developing your child's balance, spatial awareness and movement, while educating about safety. Kids will also get to

try equipment like trestles, bars, slides, ladders and more. Participants must be able to walk.

Shawnessy YMCA

56712 M 1:00- 2:00PM Aug 9 Classes: 3 M \$32 NM \$40

LITTLE EINSTEINS - UNPARENTED AGE:3Y - 5Y

Pique your child's interest in the world of science. Your child will observe, discover and learn through hands on experiments and various play activities. Each class may include free play, games, stories and songs.

Shawnessy YMCA

56715 F 10:30-11:30AM Aug 6 Classes: 4 M \$28 NM \$36

SPORTS - UNPARENTED AGE:3Y - 3Y

Are your children crazy about sports? Let them try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your children's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf, and floor hockey.

Crowfoot YMCA

55260 Tu 10:15-11:15AM Jul 6 Classes: 4 M \$30 NM \$38

55261 Tu 10:15-11:15AM Aug 3 Classes: 4 M \$30 NM \$38

SPORTS - UNPARENTED AGE:3Y - 5Y

Are your children crazy about sports? Let them try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your children's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf, and floor hockey.

Shawnessy YMCA

55264 F 10:15-11:15AM Jul 9 Classes: 4 M \$30 NM \$38

55265 F 10:15-11:15AM Aug 6 Classes: 4 M \$30 NM \$38

SPORTS - UNPARENTED AGE:4Y - 5Y

Are your children crazy about sports? Let them try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your children's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf, and floor hockey.

Crowfoot YMCA

55262 W 11:00-12:00PM Jul 7 Classes: 4 M \$30 NM \$38

55263 W 11:00-12:00PM Aug 4 Classes: 4 M \$30 NM \$38

TEENY TIME TRAVELLERS - UNPARENTED AGE:3Y - 5Y

Children will use their imaginations to learn about prehistoric times, the future and the solar system through different crafts, games and simple experiments. This class may also include gym and outside play.

Shawnessy YMCA

56713 F 10:30-11:30AM Jul 9 Classes: 4 M \$28 NM \$36

TUMBLE TIME - UNPARENTED AGE:3Y - 5Y

Bring your active preschooler to jump, roll, play and explore in a high-energy environment. Tumble Time will give your child a head start on a healthy lifestyle through movement, exercise and games.

Shawnessy YMCA
56714 M 1:00-2:00PM Jul 5 Classes: 4 M \$30 NM \$38

TWIST AND SHOUT - UNPARENTED AGE:3Y - 5Y

Encourage your child's exploration of music through lively songs, rhythm and sounds. Your child's experience is further enhanced by dance, movement and fun games to develop awareness of their body and the space around them. Parented and un-parented classes are offered.

Crowfoot YMCA
55268 Th 10:00-11:00AM Jul 8 Classes: 4 M \$30 NM \$38
55269 Th 10:00-11:00AM Aug 5 Classes: 4 M \$30 NM \$38

VARIETY- UNPARENTED AGE:3Y - 5Y

Amuse your child with songs, story time, puzzles, free play, arts and crafts. In the gym, your child will explore movement with structured and free play activities, play with soft equipment and learn safety skills. Please bring a nut-free snack from home for your child to enjoy.

Shawnessy YMCA
55270 W 9:30-11:30AM Jul 7 Classes: 4 M \$52 NM \$68
55271 W 9:30-11:30AM Aug 4 Classes: 4 M \$52 NM \$68

VARIETY W/ SWIM LESSON - UNPARENTED AGE:3Y - 5Y

Delight your child with a blend of classroom and gym activities, as well as a swim lesson. In the classroom, your child will sing songs, take part in story time, enjoy free play, and get creative with arts and crafts. In the gym, your child will play with soft equipment, take part in games, relays and action songs. Structured half-hour swim lessons with a qualified YMCA swim instructor will follow the YMCA L'il Dippers program curriculum based on your child's swim ability. Please bring a nut-free snack from home for your child to enjoy.

Crowfoot YMCA
55274 Tu 9:00-10:00AM Jul 6 Classes: 4 M \$70 NM \$94
55272 W 9:00-10:00AM Jul 7 Classes: 4 M \$70 NM \$94
55275 Tu 9:00-11:00AM Aug 3 Classes: 3 M \$53 NM \$71
55273 W 9:00-11:00AM Aug 4 Classes: 3 M \$53 NM \$71

Youth | Athletics / Sports

BASKETBALL AGE:6Y - 7Y

Join us for a slam-dunk basketball program that focuses on six areas: footwork, ball-handling/dribbling, shooting, passing/receiving, rebounding and offense. Kids also learn the value of fair play, sportsmanship and life skills such as health, respect, discipline and hard work.

Crowfoot YMCA
55283 M 5:45-6:45PM Jul 5 Classes: 8 M \$42 NM \$63

BASKETBALL AGE:8Y - 9Y

Join us for a slam-dunk basketball program that focuses on six areas: footwork, ball-handling/dribbling, shooting, passing/receiving, rebounding and offense. Kids also learn the value of fair play, sportsmanship and life skills such as health, respect, discipline and hard work.

Crowfoot YMCA
55280 M 5:45-6:45PM Jul 5 Classes: 8 M \$42 NM \$63

BASKETBALL AGE:10Y - 13Y

Join us for a slam-dunk basketball program that focuses on six areas: footwork, ball-handling/dribbling, shooting, passing/receiving, rebounding and offense. Kids also learn the value of fair play, sportsmanship and life skills such as health, respect, discipline and hard work.

Crowfoot YMCA
55281 M 6:45-7:45PM Jul 5 Classes: 8 M \$42 NM \$63

Shawnessy YMCA
55282 M 5:30-6:30PM Jul 5 Classes: 8 M \$42 NM \$63

INDOOR SOCCER AGE:6Y - 7Y

Turn your World Cup dreams into a reality and explore this popular sport within the YMCA learning environment. Learn all the essentials and even some tricks, as you pass and juggle your way through this fun-filled program.

Crowfoot YMCA
55284 Th 6:00-7:00PM Jul 8 Classes: 8 M \$48 M \$72

Shawnessy YMCA
55287 Tu 5:00-6:00PM Jul 6 Classes: 8 M \$48 NM \$72

INDOOR SOCCER AGE:8Y - 9Y

Turn your World Cup dreams into a reality and explore this popular sport within the YMCA learning environment. Learn all the essentials and even some tricks, as you pass and juggle your way through this fun-filled program.

Crowfoot YMCA
55285 Th 7:00-8:00PM Jul 8 Classes: 8 M \$48 NM \$72

Shawnessy YMCA
55288 Tu 5:00-6:00PM Jul 6 Classes: 8 M \$48 NM \$72

INDOOR SOCCER AGE:10Y - 13Y

Turn your World Cup dreams into a reality and explore this popular sport within the YMCA learning environment. Learn all the essentials and even some tricks, as you pass and juggle your way through this fun-filled program.

Shawnessy YMCA
55286 Th 5:30-6:30PM Jul 8 Classes: 8 M \$48 NM \$72

Youth | Certification

BABYSITTING CERTIFICATION COURSE AGE:12Y - 17Y

Launch your childcare career aspirations with this exciting 12-hour course developed by the Alberta Safety Council. Learn the latest childcare tactics and theories while you prepare to take your first steps as a child caregiver. Manual is included in the course fee.

Shawnessy YMCA

55279 Tu 5:00- 9:00PM Aug 10 Classes: 3 M \$40 NM \$60

Youth | Yoga

YOGA AGE:8Y - 17Y

Yoga for kids? You bet. No longer considered an adult-only class, we encourage all youth to participate in this incredibly rewarding fitness routine. Hatha yoga will help children stay in touch with their bodies and maintain flexibility as they age, preventing health problems and joint issues that are affecting more inactive youth today than ever. Focuses are flexibility, strength, relaxation, stress management and breathing techniques.

Shawnessy YMCA

57040 Tu 1:00- 2:00PM Jul 6 Classes: 8 M \$60 NM \$90

57041 Th 1:00- 2:00PM Jul 8 Classes: 8 M \$60 NM \$90

Camp Chief Hector YMCA | Spring/Summer 2010

Overnight Camps

SPRING BREAK CAMP AGE: 8Y – 12Y

Join us for a week of winter fun at the Camp Chief Hector YMCA. Take part in high and low ropes, climbing, challenge course, hiking, winter cookout, arts & crafts, music, drama, drumming, snow angels and more! Free bussing from Calgary, indoor accommodations and six campers to one counsellor. To register call 403-269-6156 or 1-866-430-9622.

Camp Chief Hector YMCA

51303	Female 8-10Y	Mon Mar 29 8:30AM - Fri Apr 2 3:00PM	\$315
51304	Male 8-10Y	Mon Mar 29 8:30AM - Fri Apr 2 3:00PM	\$315
51305	Female 11-12Y	Mon Mar 29 8:30AM - Fri Apr 2 3:00PM	\$315
51306	Male 11-12Y	Mon Mar 29 8:30AM - Fri Apr 2 3:00PM	\$315

SUMMER CAMPS AGE: 7Y – 17Y

Camp Chief Hector YMCA is YMCA Calgary's unique camping and outdoor education branch. Programs emphasize community and values-based education, outdoor challenge, fun, individual growth, environmental stewardship, leadership development and service excellence. The camp is located just one-hour west of Calgary on a beautiful 1000-acre site in the Bow Valley. Both residential and day camps are offered during the summer.

Camp Chief Hector YMCA

Visit www.ymcocalgary.org for full details regarding summer camps

Day Camps

SUMMER DAY CAMPS AGE: 6Y – 12Y

Camp Chief Hector YMCA day camps allow children ages six to twelve the opportunity to learn teamwork, co-operation and creativity while having fun and experiencing challenging activities. Activities may include archery, exploring, climbing tower, day-hikes, challenge course, games, environmental activities, swimming, arts and crafts, and canoeing. Eshguwin campers can experience our high ropes course. Age-appropriate assistance and risk management directions are provided for campers throughout their stay. A Camp Chief Hector YMCA counsellor will lead this week-long adventure for a group of eight to ten campers.

Camps run Monday to Friday 8:55am to 4:00pm. Transportation is available for an extra fee from Canmore and Exshaw.

To register call 403-269-6156 or 1-866-430-9622.

Specialty Weekends

YOUNG WOMEN'S RETREAT AGE: 13Y – 15Y

Spend an entire weekend out at the Camp Chief Hector YMCA. Try out awesome camp activities like the high ropes course, challenge course, camp craft and the giant swing. Maybe you'll meet up with some of your summer camp friends or make some new friends along the way. Have fun with the other girls and camp leaders exploring the great outdoors. Challenge yourself to learn more about the environment and the natural world. Make a camp craft for someone special or take home your creation to decorate your room. In the evening, laugh, sing songs and enjoy being around the fire. Weekend includes cozy accommodations, evening camp fires and tasty food. Free bus transportation from the Crowfoot YMCA*...the fun starts on the way to camp! For more information and to register please call our city office at 403-269-6156 or 1-866-430-9622.

*Bus will depart from the Crowfoot YMCA at 5:00pm, Friday, March 12 and return to the Crowfoot YMCA at 3:00pm on Sunday, March 14.

Camp Chief Hector YMCA

56353	Fri Mar 12 6:00PM - Sun Mar 14 2:00PM	\$165
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YOGA RETREAT AGE: 18Y AND UP

This retreat is designed to help participants gain energy and relax through yoga. Intended for beginners and yoga enthusiasts alike, participants will explore breathing techniques, postures and the five basic movements with yoga instructor George McFaul. Having taught with YMCA Calgary for many years, George is a member of the International Association of Yoga Therapists (IAYT) and the Yoga Research and Education Centre (YREC). Other activities include site hikes, a campfire, crafts and high ropes. Shared accommodations, meals and yoga equipment are included. Participants are responsible for their own transportation to and from the camp. For more information and to register please call our city office at 403-269-6156 or 1-866-430-9622.

Camp Chief Hector YMCA

53699	Fri Apr 23 5:00PM - Sun Apr 25 2:00PM	\$260
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FAMILY WEEKEND AGE: ALL AGES

Bring the whole family to the Camp Chief Hector YMCA for a weekend get-away! There are a variety of activities to choose from to create a unique outdoor experience. Family campers can try things like horseback riding, hikes, high and low ropes courses, group games, arts and crafts, a climbing wall and evening campfires. Our daily child care program enables parents to leave children ages three to six with us when taking part in some activities. Accommodations and meals are included. Participants are responsible for their own transportation to and from the camp. For more information and to register please call our city office at 403-269-6156 or 1-866-430-9622.

Camp Chief Hector YMCA

53697	Fri May 14 7:00PM - Sun May 16 2:00PM
53698	Fri May 28 7:00PM - Sun May 30 2:00PM

Adult \$160 | 6 - 17Y \$120 | 3 - 5Y \$100 | 0 - 2Y Free