



CROWFOOT YMCA

REGISTERED PROGRAMS • WINTER 2016

REGISTRATION DATES

Registration begins at 5:30 am

Member

November 23, 2015

Non-Member

December 7, 2015

SESSION DATES

JANUARY 4 - MARCH 20, 2016



WELCOME TO YMCA CALGARY

YMCA Calgary is a hard working non-profit organization. Our mission is to promote the spiritual, mental, physical and social development of individuals and to foster a sense of responsibility in the community.

Fees for programs, services, admissions and memberships are invested right back into the organization to help maintain facilities, deliver programs, and provide fee assistance to those in need.

Some of our community outreach programs include:

- Aboriginal programs
- Leadership programs
- At-risk youth programs
- Math tutoring programs
- English as a second language programs
- New Canadian settlement programs

Our fee assistance program helps support Calgarians with:

- Program fees
- Overnight and day camp fees
- Membership fees

WANT TO GET THE MOST VALUE OUT OF YOUR YMCA? BECOME A MEMBER.

You can choose from a variety of memberships with various age categories and pricing.

CITY-WIDE MEMBERSHIP: Includes use of general change rooms and all fitness areas at every YMCA in Calgary.

PLUS MEMBERSHIP: Includes use of Plus change rooms and all fitness areas in the facility. Available at Crowfoot, Eau Claire and Shawnessy YMCAs.

SOUTH HEALTH CAMPUS MEMBERSHIP: Includes use of the South Health Campus facility.

FREE GRADE 6 MEMBERSHIP: Every grade 6 student living in Calgary is eligible to receive a free YMCA membership for the school year (September 1 - August 31). This includes the same benefits as all our memberships plus specific grade 6 programming. Proof of age and school registration are required. Sign up by visiting member services at any YMCA Calgary location.

Visit ymcocalgary.org or your local YMCA for more details.

Check out our
NEW membership
for 18 - 25 year
olds. Just \$51/
month!

DID YOU KNOW?

ALL THE BENEFITS YOU RECEIVE AS A YMCA MEMBER

- Access to five YMCAs in Calgary and to YMCAs across Canada
- Free consultations with our certified fitness professionals to help you plan and achieve your health goals
- Access to more than 100 drop-in fitness classes across the city
- FREE childminding for up to 2 hours a day, 3 times a week for children 6 weeks - 35 months
- No contract or withdrawal fees
- Free and discounted registered program rates
- Advanced program registration and priority on program waitlists
- FREE introductory climbing course at Saddletowne, Shawnessy and South Health Campus YMCAs
- Discounted drop-in admission rates for your guests
- FREE access for a guest on the fifth of every month

Financial assistance is available for individuals and families who are financially unable to pay full fees.

HAVE YOU HEARD OF THE TERM PHYSICAL LITERACY?

If you are physically literate, you have acquired the skills and confidence needed to be physically active.

Whether your goal is to engage in regular physical activity, join a sport team, or get to the podium, there are science-based skill progressions that you'll need to follow to help reach your goal.

YMCA Calgary's goal is to ensure that all Calgarians have access to programs that help build the fundamental skills required to participate in whatever physical activities they choose.

START EARLY

It's important to build a foundation of physical literacy. The early years are the best time to start. You can continue to build these skills through life.

BOYS 0 - 6
GIRLS 0 - 6

Learn basic movement skills and link them together to play. Develop habits for being active.

BE ACTIVE FOR LIFE

It's proven that those who are physically literate are more likely to be active for life.

BOYS 6 - 9
GIRLS 6 - 8

Learn fundamental movement skills and build agility, balance and coordination.



Register for a program and start building your physical literacy skills today!

IMPORTANT CHANGES TO HOW YOU ACCESS YOGA PROGRAMS.

To keep up with the demand for free yoga programs and to serve you better, we've made changes to how yoga programs are accessed.

1 Drop in for FREE.

Many of the registered yoga programs are now drop-in yoga classes. Drop in any time, and be sure to arrive a few minutes early. Drop-in classes are accessed on a first come, first served basis. Numbers are limited to ensure a safe teacher to participant ratio.

2 Register for the FREE Introduction to Yoga program.

If you are new to yoga, we recommend you take this introductory program. It will give you the fundamental skills and confidence to join other YMCA yoga programs and drop-in classes.

Participation in just one Introduction to Yoga program will give you an excellent base of skills to move on to other yoga programs. Register early! This program will fill fast.

3 Register for advanced and specialized yoga programs.

Responding to feedback from yoga participants, we have reintroduced additional pay yoga. Many participants felt that paying an additional fee would provide motivation to participate each week and help guarantee a spot in these high demand classes.

Unlike drop-in yoga classes, advanced and specialized yoga programs include weekly consecutive sessions with the same instructor. This allows for a level of progression throughout the program, building on your skills every week.

★ Visit www.ymcacalgary.org/yoga for yoga drop-in schedules or for more details.



PROGRAM *insider* TIPS

PROGRAM FEES

There are two prices listed under each program: a member price and a non-member price. YMCA members receive a discount on programs.

M = Member price **NM** = Non-Member price

FREE PROGRAMS

YMCA Calgary offers a variety of health, wellness, and leadership programs free of charge. Taking advantage of our free programs is a great way to get the most out of your YMCA. Look for the following symbols in the guide to find out which programs are free:



**Free for
YMCA members**



**Free for
everyone**

Drop-in fitness and aquatic classes are also free with admission and membership. YMCA Calgary offers more than 100 free drop-in classes each week. Visit www.ymcocalgary.org for drop-in fitness descriptions and schedules.

HOW TO REGISTER

BY PHONE

A member services representative can take your registration over the phone. Call any one of our YMCA locations to register.

ONLINE

If you are a member, you can register using Member Zone, YMCA's online registration system. Visit our website at www.ymcocalgary.org and click on Member Zone.

IN-PERSON

Visit member services at any YMCA location. A member services representative will be happy to process your registration.

WHEN TO REGISTER

Programs fill quickly. Register closer to the registration opening date to increase your chances of getting into your preferred program(s).

**Member registration opens:
November 23, 2015**

**Non-member registration opens:
December 7, 2015**

TABLE OF CONTENTS

- Aquatics 5**
 - Adult 7
 - Leadership 7
 - Pre-school 8
 - Youth 9
- Adult Programs 12**
 - Athletics and Sports 13
 - Dance 13
 - Health and Wellness 13
 - Martial Arts 13
 - Mind and Body 13
 - Pre/Post-Natal 14
 - Resistance Training 14
- Pre-school Programs 15**
 - Parented 16
 - Unparented 16
- Youth Programs 18**
 - Events, Drama and Personal Development 19
 - Athletics and Sports 19
 - Dance 21
 - Martial Arts 21
 - Babysitting, Training and Certification 21
 - Youth Leadership 21

REGISTRATION DATES

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AQUATICS

REGISTERED PROGRAMS | WINTER 2016

**CROWFOOT
YMCA**



SWIM LESSON LEVELS

PRE-SCHOOL PARENTED (Age:3M-5Y)

L'il Dippers: Splashers, Bubblers and Bobbers

Introduce your little one to swimming with Splashers, Bubblers and Bobbers. Learn how to be safe and have fun in the water with your child. Children will grow their comfort and confidence to thrive and prepare for independent swim lessons.

PRE-SCHOOL UNPARENTED (Age:3Y-5Y)

Bobbers and Floaters

Bobbers hold the wall, kick and blow bubbles, perform assisted front and back glides, and learn about water hazards. **Floaters** learn unassisted bobs and 3-metre front and back glides.

Gliders and Divers

Gliders develop deep water skills, perform 5-metre front and back swims, and learn how to access EMS. **Divers** learn to surface support for 10 seconds, perform 10-metre front and back swims, and are introduced to boating safety.

Surfers and Dippers

Surfers perform kneeling dives, 15-metre front and back swims, and learn about ice safety. **Dippers** surface support for 45 seconds, perform 25-metre front and back swims, and are introduced to throwing assists.

YOUTH (Age:6Y-17Y)

Learn to Swim: Otters and Seals

Otters go under water and glide on top of the water. **Seals** use flutter kicks and roll the body from side to side for streamlined movement through water.

Learn to Swim: Dolphins and Swimmers

Dolphins coordinate arms, legs and breathing for smooth propulsion during front and back crawl. **Swimmers** improve their front and back strokes, endurance, and treading water skills.

Star Levels 1 and 2

Star 1 swimmers whip kick on their backs and perform a 75-metre endurance swim.

Star 2 swimmers whip kick on their fronts, eggbeater as surface support, and swim 100 metres.

Star Levels 3 and 4

Star 3 skills include elementary backstroke, dolphin kick and a 200 metre endurance swim. **Star 4** swimmers breaststroke, sidestroke and perform a 350 metre endurance swim.

Star Leadership 5 and 6

In **Star 5**, swimmers learn butterfly and throw a buoyant aid to a swimmer; create and teach a water game; and, perform a 500 metre endurance swim. **Star 6** participants learn first aid, tow someone to safety, and demonstrate how to teach a skill.

Star Leadership 7

Star 7 swimmers learn first aid, teach someone a skill using effective feedback, and swim a 12-minute, 400 metre endurance swim.

SWIM LESSON PROGRESSION

AGES 3M- 5Y

L'il Dippers
(Pre-school Parented)

- Splashers
- Bubblers
- Bobbers

AGES 3Y- 5Y

Bobbers and Floaters

Gliders and Divers

Surfers and Dippers

AGES 6Y- 17Y

Otter and Seal

Dolphin and Swimmer

Star Levels 1 & 2

Star Levels 3 & 4

Star Leadership 5 & 6

Star Leadership 7

ADULT

LEVEL 1 - LEARN TO SWIM

Learn the basic skills to be comfortable in the water. Find out how to safely enter, exit, 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 participants' abilities.

103376	W	8:00- 9:00PM	Jan 6	Classes: 11	M \$114	NM \$143
106248	Th	9:00-10:00AM	Jan 7	Classes: 11	M \$114	NM \$143
103371	Su	6:00- 7:00PM	Jan 10	Classes: 11	M \$114	NM \$143
103372	Su	7:00- 8:00PM	Jan 10	Classes: 11	M \$114	NM \$143

LEVEL 2 - SWIMMING STROKES AND SKILLS

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.

103381	Tu	9:00-10:00AM	Jan 5	Classes: 11	M \$114	NM \$143
103382	Su	5:00- 6:00PM	Jan 10	Classes: 11	M \$114	NM \$143

LEVEL 3 - STROKE IMPROVEMENT

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 metres and be comfortable in deep water.

103391	Su	5:00- 6:00PM	Jan 10	Classes: 11	M \$114	NM \$143
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AQUATICS - DEEP WATER TETHERED RUN

Athletes of all types can attain great cross-training benefits from deep water running. A great way to work on your form and fitness while being kind to your joints, this class will also allow you to maintain fitness while recovering from injury.

103412	Th	7:45- 8:45AM	Jan 7	Classes: 11	M \$110	NM \$143
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SWIM FIT

Improve your strokes and fitness through a variety of aquatic fitness activities. Participants should feel comfortable in the water and be able to continuously swim a minimum of 50 metres.

105062	M, W, F	9:30-10:30AM	Jan 4	Classes: 32	M \$176	NM \$240
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TRIATHLON SWIM TRAINING

Improve upon your fundamental swim skills by focusing on more advanced training methods to improve your front crawl, and build your speed and endurance. Registrants should be able to comfortably swim 200 metres using front crawl.

105075	Tu, Th	5:40- 6:40AM	Jan 5	Classes: 22	M \$121	NM \$165
105077	Tu, Th	6:40- 7:40AM	Jan 5	Classes: 22	M \$121	NM \$165
105078	Tu, Th	9:00-10:00AM	Jan 5	Classes: 22	M \$121	NM \$165

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 program also prepares you for the Bronze Medallion course. Before taking Bronze Star, we recommend you complete the Canadian Star Patrol program.

103410	Tu	6:30- 8:00PM	Jan 12	Classes: 10	M \$75	NM \$85
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BRONZE MEDALLION

AGE:13Y AND UP

Enhance your understanding of lifesaving principles and skills. Learn tows, carries, release methods, victim assessment and emergency care through this 20-hour program. 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 able to swim. The course requires 100% attendance to successfully complete. The manual is included in the program fee.

103406	Classes: 3	M \$135	NM \$145
F	5:00- 9:00PM	Jan 15	
Sa	9:00AM-5:00PM	Jan 16	
Su	9:00AM-5:00PM	Jan 17	

BRONZE CROSS

AGE:13Y 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.

103398	Classes: 3	M \$115	NM \$125
F	5:00- 9:00PM	Jan 29	
Sa	9:00AM-5:00PM	Jan 30	
Su	9:00AM-5:00PM	Jan 31	

JUNIOR LIFEGUARD CLUB

AGE:13Y - 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.

103417	F	4:00- 5:00PM	Jan 8	Classes: 11	M \$0	NM \$0
103420	Sa	2:00- 3:00PM	Jan 9	Classes: 11	M \$0	NM \$0



NATIONAL LIFEGUARD 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 the lifesaving awards. To participate in this program you need to have completed the Bronze Cross Award and standard first aid with CPR level C. This course requires 100% attendance and participation in order to successfully complete the core components. The manual is included in the course fee.

103671	Classes: 3	M \$275	NM \$305
F	5:00- 9:00PM	Feb 26	
Sa	9:00AM-5:00PM	Feb 27	
Su	9:00AM-5:00PM	Feb 28	

NATIONAL LIFEGUARD RECERTIFICATION AGE:16Y AND UP

Continue to be certified in one of the top levels of lifeguarding and be able to work in any pool across Canada. This 4-hour recertification covers all the skills, knowledge and values taught in the National Lifeguard Service pool option course. To enroll in this course you must hold a National Lifeguard Service card current within the past five years. This course requires 100% participation in order to successfully complete.

103677	Su	9:00- 1:00PM	Feb 7	Classes: 1	M \$35	NM \$70
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STANDARD FIRST AID - ORIGINAL

Learn to identify an illness or injury as a medical emergency. Discover and practice simple techniques to care for a casualty as a first responder. After completing this 16-hour course, you will be certified in Standard First Aid and CPR Basic Rescuer Level C. This course is approved by Alberta Occupational Health & Safety.

104049	Sa-Su	9:00- 5:00PM	Feb 20	Classes: 2	M \$125	NM \$135
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PRE-SCHOOL (3M-5Y) L'IL DIPPERS - PARENTED AGE:3M - 5Y

Introduce your little one to the water with Splashers, Bubblers and Bobbers. In this fun and engaging class, learn how to be safe and have fun in the aquatic environment with your young child. L'il Dippers will grow their comfort and confidence to prepare for their independent swim lessons.

103421	M	6:30- 7:00PM	Jan 4	Classes: 10	M \$60	NM \$75
103435	M	11:30-12:00PM	Jan 4	Classes: 10	M \$60	NM \$75
103432	Tu	10:00-10:30AM	Jan 5	Classes: 11	M \$66	NM \$83
103433	Tu	6:30- 7:00PM	Jan 5	Classes: 11	M \$66	NM \$83
103434	W	6:30- 7:00PM	Jan 6	Classes: 11	M \$66	NM \$83
103436	W	11:00-11:30AM	Jan 6	Classes: 11	M \$66	NM \$83
103437	Th	10:00-10:30AM	Jan 7	Classes: 11	M \$66	NM \$83
103438	Th	6:30- 7:00PM	Jan 7	Classes: 11	M \$66	NM \$83
103463	F	10:00-10:30AM	Jan 8	Classes: 11	M \$66	NM \$83
103439	F	9:30-10:00AM	Jan 8	Classes: 11	M \$66	NM \$83
103464	Sa	12:30- 1:00PM	Jan 9	Classes: 11	M \$66	NM \$83

103465	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$66	NM \$83
103466	Sa	1:00- 1:30PM	Jan 9	Classes: 11	M \$66	NM \$83
105924	Su	9:30-10:00AM	Jan 10	Classes: 11	M \$66	NM \$83

BOBBERS & FLOATERS - UNPARENTED AGE:3Y - 5Y

Begin your child's love of the water with Bobbers and Floaters. Participants will learn how to be safe and have fun in the water while learning foundational swimming skills. Bobbers will hold the wall; kick and blow bubbles; perform assisted front and back glides; and, learn about water hazards. Floaters will perform unassisted bobs and 3-metre front and back glides with kicks.

103706	M	4:00- 4:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103707	M	4:30- 5:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103711	M	2:00- 2:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103712	M	1:30- 2:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103713	M	5:00- 5:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103714	M	5:30- 6:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103715	M	6:00- 6:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103678	Tu	4:00- 4:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103679	Tu	4:30- 5:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103680	Tu	6:00- 6:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103717	Tu	5:00- 5:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103681	Tu	5:30- 6:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103682	Tu	2:00- 2:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103683	Tu	2:30- 3:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103686	W	5:00- 5:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103687	W	6:00- 6:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103688	W	5:30- 6:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103689	W	2:00- 2:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103690	W	2:30- 3:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103719	W	4:30- 5:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103684	W	4:00- 4:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103691	Th	4:00- 4:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103693	Th	5:00- 5:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103694	Th	6:00- 6:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103695	Th	5:30- 6:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103696	Th	2:00- 2:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103697	Th	2:30- 3:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103722	Th	4:30- 5:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103698	F	2:00- 2:30PM	Jan 8	Classes: 11	M \$70	NM \$88
103699	F	2:30- 3:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103700	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$70	NM \$88
103701	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103702	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$70	NM \$88



103704	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$70	NM \$88
103705	Sa	12:00-12:30PM	Jan 9	Classes: 11	M \$70	NM \$88
105920	Su	10:00-10:30AM	Jan 10	Classes: 11	M \$70	NM \$88
105921	Su	10:30-11:00AM	Jan 10	Classes: 11	M \$70	NM \$88

GLIDERS & DIVERS - UNPARENTED AGE:3Y - 5Y

Watch your child thrive in the water as their swimming abilities progress from basic skills learned in Bobbers and Floaters. Participants will be introduced to front and back swims, as well as a variety of deep water skills. Gliders will learn deep water skills; perform a 5-metre back swim; and, learn how to access EMS. Divers' learned skills will include a 10-second surface support swim; a 10 metre front and back swim; and, lessons in boating safety.

103831	M	4:00-4:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103832	M	4:30-5:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103833	M	5:00-5:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103834	M	6:00-6:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103835	M	5:30-6:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103836	M	2:00-2:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103837	M	1:30-2:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103802	Tu	4:00-4:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103803	Tu	4:30-5:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103804	Tu	5:00-5:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103805	Tu	6:00-6:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103806	Tu	5:30-6:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103807	Tu	2:00-2:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103808	Tu	2:30-3:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103811	W	5:00-5:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103812	W	6:00-6:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103813	W	5:30-6:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103814	W	2:00-2:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103815	W	2:30-3:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103809	W	4:00-4:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103810	W	4:30-5:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103816	Th	4:00-4:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103817	Th	4:30-5:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103818	Th	5:00-5:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103819	Th	6:00-6:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103820	Th	5:30-6:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103821	Th	2:00-2:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103822	Th	2:30-3:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103823	F	2:00-2:30PM	Jan 8	Classes: 11	M \$70	NM \$88
103824	F	2:30-3:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103825	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$70	NM \$88

103826	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103827	Sa	9:00-9:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103829	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$70	NM \$88
103830	Sa	12:00-12:30PM	Jan 9	Classes: 11	M \$70	NM \$88
105922	Su	10:00-10:30AM	Jan 10	Classes: 11	M \$70	NM \$88
105923	Su	10:30-11:00AM	Jan 10	Classes: 11	M \$70	NM \$88

SURFERS & DIPPERS - UNPARENTED AGE:3Y - 5Y

Encourage your child's love for the water and watch them thrive in Surfer and Dipper pre-school unparented swim lessons. Surfers will perform kneeling dives; 15-metre front and back swims; and, learn about ice safety. Dippers will learn to surface support for 45 seconds; perform 25- metre front and back swims; and, be introduced to throwing assists.

103906	M	4:30-5:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103894	Tu	5:30-6:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103898	W	4:30-5:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103903	Th	5:30-6:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103904	Sa	9:00-9:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103905	Sa	12:00-12:30PM	Jan 9	Classes: 11	M \$70	NM \$88

YOUTH LEARN TO SWIM - OTTERS & SEALS AGE:6Y - 17Y

Your beginner-level swimmer will learn foundational swimming skills that will be applied throughout their future aquatic activities. They will improve their body awareness and motor skills as they submerge, kick, roll and jump in the water. Otters will learn to go under water and glide on top of the water. Seals will use flutter kicks and roll the body from side to side for streamlined movement through the water.

103596	M	6:00-6:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103597	M	6:30-7:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103598	M	5:00-5:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103599	M	7:00-7:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103600	M	4:00-4:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103601	M	4:30-5:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103602	M	5:30-6:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103566	Tu	4:30-5:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103567	Tu	5:30-6:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103568	Tu	6:00-6:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103569	Tu	6:30-7:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103570	Tu	4:00-4:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103571	Tu	5:00-5:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103572	Tu	7:00-7:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103575	W	4:30-5:00PM	Jan 6	Classes: 11	M \$75	NM \$94



103576	W	6:00- 6:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103577	W	6:30- 7:00PM	Jan 6	Classes: 11	M \$75	NM \$94
103578	W	7:00- 7:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103579	W	5:00- 5:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103638	W	4:00- 4:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103574	W	5:30- 6:00PM	Jan 6	Classes: 11	M \$75	NM \$94
103580	Th	5:30- 6:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103581	Th	4:00- 4:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103582	Th	4:30- 5:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103583	Th	6:00- 6:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103584	Th	6:30- 7:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103585	Th	7:00- 7:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103586	Th	5:00- 5:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103591	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$75	NM \$94
103592	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103593	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103594	Sa	12:30- 1:00PM	Jan 9	Classes: 11	M \$75	NM \$94
103595	Sa	1:00- 1:30PM	Jan 9	Classes: 11	M \$75	NM \$94
103637	Sa	11:00-11:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103642	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103643	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103644	Sa	12:00-12:30PM	Jan 9	Classes: 11	M \$75	NM \$94
105917	Su	10:30-11:00AM	Jan 10	Classes: 11	M \$75	NM \$94
105918	Su	9:30-10:00AM	Jan 10	Classes: 11	M \$75	NM \$94
105919	Su	10:00-10:30AM	Jan 10	Classes: 11	M \$75	NM \$94
106226	Su	9:00- 9:30AM	Jan 10	Classes: 11	M \$75	NM \$94

LEARN TO SWIM - DOLPHINS & SWIMMERS AGE:6Y - 17Y

Dive into aquatics with the Dolphins and Swimmers program, designed to encourage your child to swim distances as great as 15 metres using common crawl strokes. Dolphins will coordinate arms, legs and breathing for smooth propulsion during front and back crawl. At the Swimmers level, participants will improve front and back strokes, endurance, and treading water skills.

103502	M	6:00- 6:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103503	M	6:30- 7:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103504	M	5:00- 5:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103505	M	7:00- 7:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103506	M	4:00- 4:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103507	M	4:30- 5:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103508	M	5:30- 6:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103472	Tu	4:30- 5:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103473	Tu	5:30- 6:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103474	Tu	6:00- 6:30PM	Jan 5	Classes: 11	M \$75	NM \$94

103475	Tu	6:30- 7:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103476	Tu	4:00- 4:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103477	Tu	5:00- 5:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103478	Tu	7:00- 7:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103481	W	4:30- 5:00PM	Jan 6	Classes: 11	M \$75	NM \$94
103482	W	6:00- 6:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103483	W	6:30- 7:00PM	Jan 6	Classes: 11	M \$75	NM \$94
103484	W	7:00- 7:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103485	W	5:00- 5:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103479	W	4:00- 4:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103480	W	5:30- 6:00PM	Jan 6	Classes: 11	M \$75	NM \$94
103486	Th	5:30- 6:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103487	Th	4:00- 4:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103488	Th	4:30- 5:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103489	Th	6:00- 6:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103490	Th	6:30- 7:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103491	Th	7:00- 7:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103492	Th	5:00- 5:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103493	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103494	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103495	Sa	11:00-11:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103496	Sa	12:00-12:30PM	Jan 9	Classes: 11	M \$75	NM \$94
103497	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$75	NM \$94
103498	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103499	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103500	Sa	12:30- 1:00PM	Jan 9	Classes: 11	M \$75	NM \$94
103501	Sa	1:00- 1:30PM	Jan 9	Classes: 11	M \$75	NM \$94
106227	Su	9:00- 9:30AM	Jan 10	Classes: 11	M \$75	NM \$94

STAR LEVELS 1 & 2 AGE:6Y - 17Y

In Star 1, swimmers learn to whip on their backs and will perform a 75 metre endurance swim. In Star 2, they will learn to whip kick on their front, eggbeater as surface support, and swim 100 metres. By the end of level 4, participants will learn elementary backstroke, breaststroke, sidestroke and increase their swimming distance to 350 metres. Optional items provide opportunities to explore competitive swimming, synchronized swimming, water polo and aquafit.

104100	M	4:30- 5:15PM	Jan 4	Classes: 10	M \$76	NM \$95
104101	M	5:15- 6:00PM	Jan 4	Classes: 10	M \$76	NM \$95
104102	M	6:45- 7:30PM	Jan 4	Classes: 10	M \$76	NM \$95
104103	Tu	4:30- 5:15PM	Jan 5	Classes: 11	M \$84	NM \$105
104104	Tu	6:00- 6:45PM	Jan 5	Classes: 11	M \$84	NM \$105
104105	W	4:30- 5:15PM	Jan 6	Classes: 11	M \$84	NM \$105
104106	W	6:00- 6:45PM	Jan 6	Classes: 11	M \$84	NM \$105



104107	Th	5:15- 6:00PM	Jan 7	Classes: 11	M \$84	NM \$105
104108	Th	6:45- 7:30PM	Jan 7	Classes: 11	M \$84	NM \$105
104109	Sa	9:00- 9:45AM	Jan 9	Classes: 11	M \$84	NM \$105
104110	Sa	10:30-11:15AM	Jan 9	Classes: 11	M \$84	NM \$105
104111	Sa	11:15-12:00PM	Jan 9	Classes: 11	M \$84	NM \$105
104112	Sa	12:45- 1:30PM	Jan 9	Classes: 11	M \$84	NM \$105
105925	Su	9:00- 9:45AM	Jan 10	Classes: 11	M \$84	NM \$105

STAR LEVELS 3 & 4 AGE:6Y - 17Y

Thrive in the water! Star 3 swimmers perform elementary backstroke, dolphin kicks, and a 200 metre endurance swim. In Star 4, participants learn breaststroke, sidestroke, and perform a 350 metre endurance swim. Optional items provide opportunities to explore competitive swimming, synchronized swimming, water polo and aquafit.

105050	M	5:15- 6:00PM	Jan 4	Classes: 10	M \$76	NM \$95
105051	Tu	4:30- 5:15PM	Jan 5	Classes: 11	M \$84	NM \$105
105052	Tu	6:45- 7:30PM	Jan 5	Classes: 11	M \$84	NM \$105
105053	W	5:15- 6:00PM	Jan 6	Classes: 11	M \$84	NM \$105
105054	W	6:45- 7:30PM	Jan 6	Classes: 11	M \$84	NM \$105
105055	Th	4:30- 5:15PM	Jan 7	Classes: 11	M \$84	NM \$105
105056	Th	6:00- 6:45PM	Jan 7	Classes: 11	M \$84	NM \$105
105057	Sa	9:45-10:30AM	Jan 9	Classes: 11	M \$84	NM \$105
105058	Sa	10:30-11:15AM	Jan 9	Classes: 11	M \$84	NM \$105
105059	Sa	12:00-12:45PM	Jan 9	Classes: 11	M \$84	NM \$105

STAR LEADERSHIP 5 & 6 AGE:6Y - 17Y

Watch your aquatic skills grow! In Star 5 & 6, you will thrive with the knowledge gained in previous lessons and begin to apply it in new ways. In Star 5, you'll swim the butterfly; throw a buoyant aid to a swimmer; create and teach a water game; and, perform a 500 metre endurance swim. Star 6 includes first aid, towing someone to safety, and demonstrating how to teach a skill.

104063	M	6:00- 6:45PM	Jan 4	Classes: 10	M \$76	NM \$95
104064	Tu	5:15- 6:00PM	Jan 5	Classes: 11	M \$84	NM \$105
104065	W	5:15- 6:00PM	Jan 6	Classes: 11	M \$84	NM \$105
104066	Th	4:30- 5:15PM	Jan 7	Classes: 11	M \$84	NM \$105
104067	Sa	9:45-10:30AM	Jan 9	Classes: 11	M \$84	NM \$105
104068	Sa	11:15-12:00PM	Jan 9	Classes: 11	M \$84	NM \$105

STAR LEADERSHIP 7 AGE:6Y - 17Y

Enhance your skills in Star Leadership 7, the final level in the YMCA's Star Leadership program. Throughout this course you will gain a deeper understanding of the roles of lifeguards and swim instructors by assisting them with their responsibilities. You'll learn first aid; how to teach someone a skill using effective feedback; and, perform a 400 metre, 12-minute endurance swim.

104074	W	6:30- 7:30PM	Jan 6	Classes: 11	M \$111	NM \$139
104072	Sa	12:30- 1:30PM	Jan 9	Classes: 11	M \$111	NM \$139

YOUTH RECREATIONAL SWIM PROGRAM AGE:6Y - 17Y

Have fun learning competitive swimming skills in a recreational environment. Find out how to enter the water, take off, position your body, use your arms, and turn to maximize speed and endurance. You'll swim competitive strokes like front crawl, breaststroke, back crawl and butterfly. Participants will be grouped according to skill level.

105090	Tu, Th	8:00- 9:00PM	Jan 5	Classes: 22	M \$132	NM \$182
105087	F	5:00- 6:00PM	Jan 8	Classes: 11	M \$66	NM \$91
105088	F	6:00- 7:00PM	Jan 8	Classes: 11	M \$66	NM \$91

SYNCHRONIZED SWIMMING AGE:6Y - 17Y

Refine and enhance your synchronized swimming skills. Work on mastering fundamentals such as sculling, breathing, basic positions and basic somersaults. Tub, marlin, somersaults and other advanced positions will also be introduced. Please note: you must be able to swim 25 metres and tread water for 30 seconds.

105070	Su	6:00- 8:00PM	Jan 10	Classes: 23	M \$276	NM \$345
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ADULT PROGRAMS

GOOD TO KNOW.

Adult programs have the appropriate level of skill development and challenge for adult participants.

However, some are also appropriate for (and open to) participants aged 12 years and up unless otherwise indicated.

REGISTERED PROGRAMS | WINTER 2016

**CROWFOOT
YMCA**



ATHLETICS AND SPORTS ACTIVE OLDER ADULT AGE:55Y AND UP



Learn safe, effective ways to include more free weight, on-the-ball and advanced balance exercises in your routine.

107110	M, W	11:30-12:30PM	Jan 4	Classes: 12	M \$0	NM \$97
107109	Tu, Th	12:00- 1:00PM	Jan 5	Classes: 22	M \$0	NM \$178
107156	M, W	11:30-12:30PM	Feb 17	Classes: 11	M \$0	NM \$89

BOOT CAMP AGE:16Y AND UP

Are you ready to take the next step towards your fitness goals? Challenge yourself using body weight exercises and a variety of portable equipment in this exhilarating boot camp class. Classes are progressive so you can start at comfortable level. This is a great way to stay focused and achieve a positive outcome!

107139	Tu, Th	6:00- 7:00AM	Jan 5	Classes: 22	M \$220	NM \$286
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BOXER'S WORKOUT

Workout like a champ! Get ripped and have fun doing it with this interactive boxing workout. Skipping ropes, pads, gloves and punching bags are used to train your body for speed, agility and stamina. No experience needed.

105095	M	7:45- 8:45PM	Jan 4	Classes: 10	M \$100	NM \$130
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FITNESS KICKBOXING

Workout like a champ! Experience specialized boxing techniques and learn specific skills to gain strength and agility while getting a full body workout.

Level 1

107137	Su	5:30- 6:30PM	Jan 10	Classes: 11	M \$110	NM \$143
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Level 2

107138	Su	6:45- 7:45PM	Jan 10	Classes: 11	M \$110	NM \$143
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HARD CORE AGE:16Y AND UP

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

106362	Tu	6:45- 7:45PM	Jan 5	Classes: 11	M \$110	NM \$143
106363	Sa	9:00-10:00AM	Jan 9	Classes: 11	M \$110	NM \$143

SPORT CONDITIONING: SKI & SNOWBOARD

This conditioning program emphasizes the importance of speed, agility, strength and coordination for seasonal sports. You will learn to safely prepare for your sport in a way that will enhance your overall performance by the time the season is in full swing!

105132	F	12:15- 1:15PM	Jan 8	Classes: 11	M \$110	NM \$143
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SPORTS LEAGUE AGE:15Y AND UP

Join our co-ed adult sports league and participate in a recreational sporting environment with a focus on teamwork. There is no prerequisite for playing. This league offers a very social environment with an emphasis on sportsmanship. Don't miss out on the opportunity to join today!

106356	Th	8:30-10:00PM	Jan 7	Classes: 11	M \$99	NM \$132
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DANCE ZUMBA

Join the party! Zumba cardio dance will take you through basic salsa, reggaeton, flamenco and other international rhythms with a fitness flare. Dance your way into shape!

107092	Th	5:30- 6:30PM	Jan 7	Classes: 11	M \$110	NM \$165
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HEALTH AND WELLNESS HEALTHY LIVING AGE:18Y AND UP



Join a class specifically designed for people who have chronic conditions and/or have survived a cardiac event. If you're a graduate of the Living Well and/or Cardiac Wellness programs, you're encouraged to enroll in this class to maintain your fitness level. The class will be in a group setting and includes cardiovascular activities and resistance training. You must have clearance from your doctor to participate.

105266	M, W, F	7:30- 8:30AM	Jan 4	Classes: 32	M \$0	NM \$259
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HEALTHY LIVING PROGRAM AGE:18Y AND UP



This program is designed for graduates of the Alberta Health Services Healthy Living Program and for people who are currently living with one or more chronic conditions.

105267	M, W	2:00- 3:00PM	Jan 4	Classes: 21	M \$0	NM \$170
105271	Tu, Th	2:00- 3:00PM	Jan 5	Classes: 22	M \$0	NM \$178

MARTIAL ARTS SELF DEFENCE

Increase your awareness of your environment and your ability to escape from holds and defend yourself. Safety tips for everyday life are also included.

105289	Tu	8:00- 9:00PM	Jan 5	Classes: 6	M \$60	NM \$78
105290	Tu	8:00- 9:00PM	Feb 23	Classes: 5	M \$50	NM \$65

MIND AND BODY FUSION

Fusion is an intelligent and inspiring blend of yoga, pilates and fitness. You'll move through a progressive series of yoga postures and exercises to train strength, balance and flexibility. Relaxation is included at the end of each class.

105306	M	1:45- 2:45PM	Jan 4	Classes: 10	M \$100	NM \$140
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PILATES MAT CLASS - LEVEL 1

Build core strength, flexibility and posture in this challenging self-paced workout. Grow self-awareness and build lasting friendships while leading yourself to a healthy and active life.

105310	Th	6:45- 7:45PM	Jan 7	Classes: 11	M \$110	NM \$154
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PILATES MAT CLASS - LEVEL 2

Take your Pilates skills to the next level. Increase your awareness of stabilizers and enhanced recruitment of the core through challenging multi-dimensional exercises. If you have taken at least one session of the Pilates Mat Class Level 1, you are ready to move to level 2.

105319	Th	8:00- 9:00PM	Jan 7	Classes: 11	M \$110	NM \$154
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INTRODUCTION TO YOGA*



This class is great for beginners and for those restarting their practice after taking a long break from yoga. The class will teach the fundamentals to help participants feel comfortable taking drop-in classes. *Suggested that participants enroll in only one Introduction to Yoga program per session as the material covered in this program is the same.

105320	W	8:00- 9:00AM	Jan 6	Classes: 6	M \$0	NM \$154
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107102	Th	6:45- 7:45PM	Jan 7	Classes: 6	M \$0	NM \$154
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107140	W	8:00- 9:00AM	Feb 17	Classes: 5	M \$0	NM \$154
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107141	Th	6:45- 7:45PM	Feb 18	Classes: 5	M \$0	NM \$154
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YOGA - LEVEL 2

Lift your body and spirit to the next level. This class will help you grow your yoga practice through more advanced postures. This level is appropriate for people who have taken level one or Introduction to Yoga.

105361	Tu	6:45- 7:45PM	Jan 5	Classes: 11	M \$110	NM \$154
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107103	F	5:00- 6:00PM	Jan 8	Classes: 11	M \$110	NM \$154
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PRE/POST-NATAL

POST-NATAL - BABY & ME H₂O WORKOUT AGE:16Y AND UP

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

105378	W	9:30-10:15AM	Jan 6	Classes: 11	M \$83	NM \$116
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POST-NATAL - PILATES - MOM & BABY AGE:16Y AND UP

Designed specifically to recondition the body after pregnancy and childbirth, mom and baby Pilates brings new moms together to spend time connecting with their babies while getting a balanced full body workout. For babies 6 weeks to crawling and for moms who have received permission from a physician to begin an exercise program. Please bring blankets and toys for baby.

105379	F	10:45-11:30AM	Jan 8	Classes: 11	M \$83	NM \$116
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RESISTANCE TRAINING

INTRODUCTION TO RESISTANCE TRAINING AGE:16Y AND UP



This class will help increase your understanding of strength training fundamentals. The instructor will lead you through resistance exercises with a focus on proper technique and execution. Belong to a group dedicated to improving strength!

107108	Tu	10:45-11:45AM	Jan 5	Classes: 6	M \$0	NM \$78
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105518	W	10:45-11:45AM	Jan 6	Classes: 6	M \$0	NM \$78
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105517	F	8:00- 9:00AM	Jan 8	Classes: 6	M \$0	NM \$78
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105510	Su	11:30-12:30PM	Jan 10	Classes: 6	M \$0	NM \$78
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107145	Tu	10:45-11:45AM	Feb 16	Classes: 5	M \$0	NM \$65
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107146	W	10:45-11:45AM	Feb 17	Classes: 5	M \$0	NM \$65
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107147	F	8:00- 9:00AM	Feb 19	Classes: 5	M \$0	NM \$65
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107148	Su	11:30-12:30PM	Feb 21	Classes: 5	M \$0	NM \$65
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ADVANCED CONDITIONING AGE:16Y AND UP

Discover advanced training protocols that will kick your resistance training up a notch and provide you with another level of challenge.

107063	M	10:45-11:45AM	Jan 4	Classes: 10	M \$100	NM \$130
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105534	Tu	7:15- 8:15AM	Jan 5	Classes: 11	M \$110	NM \$143
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105535	W	3:45- 4:45PM	Jan 6	Classes: 11	M \$110	NM \$143
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107064	Th	10:45-11:45AM	Jan 7	Classes: 11	M \$110	NM \$143
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107065	Su	10:15-11:15AM	Jan 10	Classes: 11	M \$110	NM \$143
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ADVANCED CONDITIONING - OLYMPIC LIFTING AGE:16Y AND UP

Learn the foundation movements of the Olympic and power lifts to add strength and speed to your workouts. Beginners will benefit from setting correct movement patterns to maximize results and minimize injuries. The advanced lifter can refine their technique under a trained and watchful eye.

105538	M	7:30- 8:30PM	Jan 4	Classes: 10	M \$100	NM \$130
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YOGA CHANGES.

Many of our registered yoga programs are now drop-in yoga classes.

For details and schedules, visit www.ymcacalgary.org/yoga



PRE-SCHOOL PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**CROWFOOT
YMCA**



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

Develop your toddler'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. Participants will explore painting, drawing, cutting and gluing in the craft component.

105412	M	10:30-11:30AM	Jan 4	Classes: 10	M \$90	NM \$120
105413	F	10:30-11:30AM	Jan 8	Classes: 11	M \$99	NM \$132

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

Let your toddler burn some energy playing in the gym and pool. Children will sing songs, stretch and learn about safety in the gym component. While in the pool, they will sing songs and play with pool toys and equipment. Children who are not toilet trained must wear approved swim diapers. Participants must be able to walk.

105427	Th	10:30-11:30AM	Jan 7	Classes: 11	M \$110	NM \$138
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R3 (READING, ROCKING, RUNNING) - PARENTED AGE:10M - 23M

Toddlers will enjoy free play time, group sing-alongs and story time. Participants must be able to walk.

105439	F	10:00-11:00AM	Jan 8	Classes: 11	M \$99	NM \$132
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SONG AND DANCE - PARENTED AGE:2Y - 3Y

Encourage your child's exploration of music through lively songs, rhythm and sounds. Your toddler's experience is further enhanced by dance, movement, and fun games to develop body and spatial awareness.

105441	F	1:15- 2:00PM	Jan 8	Classes: 11	M \$74	NM \$99
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SPORTS - PARENTED AGE:2Y - 3Y

Is your child crazy about sports? Let him or her try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your child's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf and floor hockey. Appropriate indoor shoes are required.

105450	Tu	2:00- 2:45PM	Jan 5	Classes: 11	M \$74	NM \$99
105449	W	10:45-11:30AM	Jan 6	Classes: 11	M \$74	NM \$99

TUMBLE TIME - PARENTED AGE:2Y - 3Y

Bring your active toddler 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.

105472	Tu	10:45-11:30AM	Jan 5	Classes: 11	M \$74	NM \$99
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UNPARENTED DANCE - UNPARENTED AGE:4Y - 5Y

This class expands motor skill development through creative movement, rhythmic skills, locomotor and coordination skills. Child must be toilet trained and wear appropriate footwear (running shoes).

105407	Tu	4:00- 4:30PM	Jan 5	Classes: 11	M \$43	NM \$58
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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. Child must be toilet trained to attend this class.

105417	Th	10:30-11:30AM	Jan 7	Classes: 11	M \$94	NM \$124
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GYM AND SWIM - UNPARENTED AGE:3Y - 5Y

Let your child 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 play with pool toys and equipment, and sing songs. Children who are not toilet trained must wear approved swim diapers. All participants must be able to walk.

105429	M	10:30-11:30AM	Jan 4	Classes: 10	M \$100	NM \$125
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KANGAROOS & CLIMBERS - UNPARENTED AGE:3Y - 5Y

Your child will have a great time using gym equipment in a safe, supervised environment. Classes will focus on developing balance, spatial awareness and movement, while educating about safety.

106261	M	11:30-12:30PM	Jan 4	Classes: 10	M \$85	NM \$113
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SONG AND DANCE - 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 movement and fun games to develop body and spatial awareness.

105446	Tu	10:00-11:00AM	Jan 5	Classes: 11	M \$94	NM \$124
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SPORTS - UNPARENTED AGE:3Y

Is your child crazy about sports? Let him or her try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your child's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf and floor hockey. Child must be toilet trained and appropriate indoor shoes are required.

105453	W	1:15- 2:15PM	Jan 6	Classes: 11	M \$94	NM \$124
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SPORTS - UNPARENTED AGE:3Y - 5Y

Is your child crazy about sports? Let him or her try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your child's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf and floor hockey. Child must be toilet trained and appropriate indoor shoes are required.

105456	F	10:30-11:30AM	Jan 8	Classes: 11	M \$94	NM \$124
105941	Sa	11:45-12:30PM	Jan 9	Classes: 11	M \$70	NM \$93

SPORTS - UNPARENTED AGE:4Y - 5Y

Is your child crazy about sports? Let him or her try fun new games and sports that help improve movement and skills. All sports will be adapted to meet your child's needs and abilities. Each class will feature a different sports theme such as basketball, soccer, badminton, volleyball, golf and floor hockey. Child must be toilet trained and appropriate indoor shoes are required.

105455	M	1:15-2:15PM	Jan 4	Classes: 10	M \$85	NM \$113
105938	W	1:15-2:15PM	Jan 6	Classes: 11	M \$94	NM \$124

VARIETY WITH 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, he or she will play with soft equipment and take part in games, relays and action songs. Structured half-hour swim lessons with a qualified YMCA swim instructor will follow the YMCA Lil Dippers program curriculum based on your child's swim ability. Child must be toilet trained. Please bring a healthy nut-free snack from home.

105484	M	9:00-11:00AM	Jan 4	Classes: 10	M \$180	NM \$240
105486	W	9:00-11:00AM	Jan 6	Classes: 11	M \$198	NM \$264
105492	Th	1:00-3:00PM	Jan 7	Classes: 11	M \$198	NM \$264
105491	F	9:00-11:00AM	Jan 8	Classes: 11	M \$198	NM \$264
105939	Sa	9:30-11:30AM	Jan 9	Classes: 11	M \$198	NM \$264

YMCA PRE-SCHOOL AGE:3Y - 5Y

Give your child plenty of quality time with their friends and YMCA pre-school instructors in this multi-day class. In the classroom, children will explore the world around them with developmentally appropriate learning games and activities, story time, circle time, art and free play. In the gym, your child will develop gross motor, spatial awareness and body management skills with structured and free play activities. Participants will learn safety skills and play with soft equipment. We will visit the pool for supervised swimming and play once a week. Please bring a healthy nut-free snack from home. Child must be toilet trained to attend this class.

105501	M, W	12:30-3:00PM	Jan 4	Classes: 21	M \$426	NM \$568
105940	Tu, Th	9:00-11:30AM	Jan 5	Classes: 22	M \$444	NM \$591



YOUTH PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**CROWFOOT
YMCA**



EVENTS, DRAMA & PERSONAL DEVELOPMENT SPECIAL EVENTS FOR GRADE 5-7



Every month there will be a free event for youth. Come join us for basketball tournaments, pool parties, scavenger hunts, mini-Olympics and more! See your YMCA for more details.

Winter Olympics

105575	Sa	1:00-3:00PM	Jan 30	Classes: 1	M\$0	NM\$0
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Pool Party

105576	Sa	2:00-4:00PM	Feb 27	Classes: 1	M\$0	NM\$0
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WACKY VOLLEYBALL TOURNAMENT



Join a group or bring your friends for an afternoon of fun and a friendly game of volleyball!

107035	Sa	1:00-3:00PM	Mar 19	Classes: 1	M\$0	M\$0
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DRAMA AGE:10Y - 13Y

Whether you're trying to break into the performing arts, hone a creative edge, or simply want to become more comfortable in front of new people, you'll benefit from performing improv, drama games and more!

106220	M	4:00-5:00PM	Jan 4	Classes: 10	M\$78	NM\$105
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EXPRESS YOURSELF AGE:10Y - 13Y

Express Yourself is a program that encourages youth to develop self-confidence, build friendships, and learn about key issues such as body image and bullying. Topics are explored through the creative outlets of drama, public speaking, story telling games, spoken word poetry, arts and crafts, dance, fashion creation, and discussion.

106221	F	4:00-5:00PM	Jan 8	Classes: 11	M\$85	NM\$116
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ATHLETICS AND SPORTS SPORTS LEAGUES AGE:8Y - 11Y



Looking for some friendly competition? Throughout the year we offer a youth sports league focusing on basketball or soccer. Tournaments will be held at the end of each session for players to compete against other YMCA facilities.

BASKETBALL

106223	Sa	3:15-4:30PM	Jan 9	Classes: 6	M\$0	NM\$66
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SOCCER

107175	Sa	3:15-4:30PM	Jan 9	Classes: 5	M\$0	NM\$55
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SPORTS LEAGUES AGE:12Y - 14Y



Looking for some friendly competition? Throughout the year we offer a youth sports league focusing on basketball or soccer. Tournaments will be held at the end of each session for players to compete against other YMCA facilities.

BASKETBALL

106255	Th	6:15-7:15PM	Jan 7	Classes: 6	M\$0	NM\$66
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106224	Su	2:45-4:00PM	Jan 10	Classes: 6	M\$0	NM\$66
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SOCCER

107173	Th	6:15-7:15PM	Feb 18	Classes: 5	M\$0	NM\$55
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106224	Su	2:45-4:00PM	Jan 10	Classes: 5	M\$0	NM\$55
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ACTIVE Y KIDS AGE:8Y - 11Y



Through a variety of activities and fun games, Active Y Kids offers children and youth a chance to improve and sustain a healthy lifestyle. Designed to improve overall health, this registered program incorporates cardiovascular and muscular conditioning activities, nutrition sessions, and self-development education.

105577	Tu	6:00-7:00PM	Jan 5	Classes: 11	M\$0	NM\$0
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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.

105606	W	5:00-6:00PM	Jan 6	Classes: 11	M\$85	NM\$116
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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.

105607	W	6:00-7:00PM	Jan 6	Classes: 11	M\$85	NM\$116
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105608	Sa	10:30-11:30AM	Jan 9	Classes: 11	M\$85	NM\$116
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FITNESS TRAINING FOR YOUTH AGE:12Y - 14Y



Develop gym etiquette and learn how to use the gym to improve strength, power and agility. You will use a variety of equipment including battle ropes, bosu balls and free weights plus learn proper bench press technique and more!

106346	F	5:30-6:30PM	Jan 8	Classes: 6	M\$0	NM\$66
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106347	F	5:30-6:30PM	Feb 19	Classes: 5	M\$0	NM\$55
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FITNESS TRAINING FOR YOUTH AGE:15Y - 17Y



Develop gym etiquette and learn how to use the gym to improve strength, power and agility. You will use a variety of equipment including battle ropes, bosu balls and free weights plus learn proper bench press technique and more!

106350	F	6:30-7:30PM	Jan 8	Classes: 6	M\$0	NM\$66
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106351	F	6:30-7:30PM	Feb 19	Classes: 5	M\$0	NM\$55
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FLOOR HOCKEY AGE:6Y - 7Y

Stick handle your way to fun in our floor hockey program. You'll learn hockey fundamentals, including shooting and passing, to help grow your skills. You'll learn the value of teamwork and sportsmanship while you learn and play the game.

105619	Sa	12:45-1:45PM	Jan 9	Classes: 11	M\$85	NM\$116
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FLOOR HOCKEY



AGE:8Y - 9Y

Stick handle your way to fun in our floor hockey program. You'll learn hockey fundamentals, including shooting and passing, to help you grow your skills. You'll learn the value of teamwork and sportsmanship while you play the game.

105618 Tu 5:00-6:00PM Jan 5 Classes: 11 M \$85 NM \$116

FLOOR HOCKEY

AGE:10Y - 13Y

Stick handle your way to fun with our floor hockey program. You'll learn hockey fundamentals, including shooting and passing to help you grow your skills. You'll learn the value of teamwork and sportsmanship while you play the game.

105617 Th 5:15-6:15PM Jan 7 Classes: 11 M \$85 NM \$116

HOMESCHOOL SPORTS CLASS

AGE:6Y - 7Y

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

105697 W 12:00-1:00PM Jan 6 Classes: 11 M \$85 NM \$116

HOMESCHOOL SPORTS CLASS

AGE:8Y - 9Y

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

107038 W 12:00-1:00PM Jan 6 Classes: 11 M \$85 NM \$116

HOMESCHOOL SPORTS CLASS

AGE:10Y - 13Y

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

105698 F 1:00-2:00PM Jan 8 Classes: 11 M \$85 NM \$116

HOMESCHOOL SPORTS CLASS

AGE:14Y - 17Y

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

107037 F 1:00-2:00PM Jan 8 Classes: 11 M \$85 NM \$116

INDOOR SOCCER

AGE:6Y - 7Y

Explore the popular sport of indoor soccer 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.

105710 Tu 4:00-5:00PM Jan 5 Classes: 11 M \$85 NM \$116

INDOOR SOCCER

AGE:8Y - 9Y

Explore the popular sport of indoor soccer 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.

105709 Sa 11:45-12:45PM Jan 9 Classes: 11 M \$85 NM \$116

PARKOUR

AGE:8Y - 13Y

Twist, flip and leap your way through the urban jungle! Parkour utilizes movements such as rolls, vaults and climbing in combination with free running, freestyle gymnastics and martial arts to navigate through any environment. It is about moving efficiently and effectively. Learn to scale walls, jump gaps, move on all fours, balance on rails, climb poles and much more! Parkour conditions us to see all obstacles as opportunities.

105725 Tu 4:00-5:00PM Jan 5 Classes: 11 M \$121 NM \$165

105729 Tu 5:00-6:00PM Jan 5 Classes: 11 M \$121 NM \$165

PARKOUR

AGE:14Y - 17Y

Twist, flip and leap your way through the urban jungle! Parkour utilizes movements such as rolls, vaults and climbing in combination with free running, freestyle gymnastics and martial arts to navigate through any environment. It is about moving efficiently and effectively. Learn to scale walls, jump gaps, move on all fours, balance on rails, climb poles and much more! Parkour conditions us to see all obstacles as opportunities.

105726 Tu 6:00-7:00PM Jan 5 Classes: 11 M \$121 NM \$165

STEVE NASH BASKETBALL

AGE:6Y - 7Y

Steve Nash Youth Basketball (SNYB) is a Canadian national youth basketball program designed to develop fundamental skills, sportsmanship and a love for the game of basketball. Participants will receive a SNYB reversible jersey, basketball, drawstring bag, parents' guide, SNYB poster and certificate of participation.

105747 M 5:00-6:00PM Jan 4 Classes: 10 M \$110 NM \$150

STEVE NASH BASKETBALL

AGE:8Y - 9Y

Steve Nash Youth Basketball (SNYB) is a Canadian national youth basketball program designed to develop fundamental skills, sportsmanship and a love for the game of basketball. Participants will receive a SNYB reversible jersey, basketball, drawstring bag, parents' guide, SNYB poster and certificate of participation.

105745 M 5:00-6:00PM Jan 4 Classes: 9 M \$110 NM \$150

105746 F 4:00-5:00PM Jan 8 Classes: 10 M \$121 NM \$165

STEVE NASH BASKETBALL AGE:10Y - 13Y

Steve Nash Youth Basketball (SNYB) is a Canadian national youth basketball program designed to develop fundamental skills, sportsmanship and a love for the game of basketball. Participants will receive a SNYB reversible jersey, basketball, drawstring bag, parents' guide, SNYB poster and certificate of participation.

105749	M	4:00- 5:00PM	Jan 4	Classes: 10	M \$110	NM \$150
105748	F	5:00- 6:00PM	Jan 8	Classes: 11	M \$121	NM \$165
105750	Sa	2:00- 3:00PM	Jan 9	Classes: 11	M \$121	NM \$165

VOLLEYBALL AGE:10Y - 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 scrimmages.

105751	W	4:00- 5:00PM	Jan 6	Classes: 11	M \$85	NM \$116
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Y SKIP AGE:8Y - 13Y

Get ready for fun! High energy games, partner and team skipping, and individual tricks are used to teach focused jump rope skills, coordination, power, rhythm, fitness development and teamwork. This class focuses on the basics of individual rope skipping, long rope and partner skipping. Double dutch will be introduced. Come join us and see why jump rope is one of the most fun and dynamic sports for kids!

105753	Th	4:00- 5:00PM	Jan 7	Classes: 11	M \$85	NM \$116
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DANCE ZUMBA AGE:6Y - 7Y

Zumbatomic Lil' Starz is an explosion of music, dance and energy! Lil' Starz is a kid-friendly, fun and healthy program that uses the ZUMBA fitness concept.

105611	Tu	5:15- 5:45PM	Jan 5	Classes: 5	M \$43	NM \$58
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ZUMBA AGE:8Y - 12Y

Zumbatomic Big Starz is an explosion of music, dance and energy! Big Starz is a kid-friendly, fun and healthy program that uses the ZUMBA fitness concept.

105609	Tu	4:30- 5:15PM	Jan 5	Classes: 11	M \$64	NM \$87
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HIP HOP AGE:10Y - 13Y

Leap into the world of dance! Develop confidence and creativity while learning the basics of movement and dance. You will learn hip hop techniques and will be introduced to modern dance and ballet inspired movements. You will get a chance to create routines to current music and show them off to your friends and family. All levels welcome!

106357	W	5:00- 6:00PM	Jan 6	Classes: 11	M \$85	NM \$116
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BREAKDANCE AGE:10Y - 13Y



Join our talented instructors for breakdancing on Flames Friday youth nights! All levels welcome.

106359	F	7:30- 8:30PM	Jan 8	Classes: 11	M \$0	NM \$0
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MARTIAL ARTS 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 your family can participate in this incredible martial art form.

105715	Tu	5:00- 6:00PM	Jan 5	Classes: 11	M \$110	NM \$143
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INSTRUCTOR TRAINING / CERTIFICATION BABYSITTING CERTIFICATION COURSE AGE:12Y - 17Y



Launch your childcare career aspirations with this informative course developed by the Red Cross. Learn the latest childcare theories and practices while you prepare to take your first steps as a child caregiver. Manual is included in the course fee.

105590	Sa-Su	9:00- 1:00PM	Mar 12	Classes: 2	M \$0	NM \$60
107127	Sa-Su	9:00- 1:00PM	Apr 9	Classes: 2	M \$0	NM \$60

YOUTH LEADERSHIP YOUTH ADVISORY BOARD AGE:14Y - 17Y



Similar to a Board of Directors, the Youth Advisory Board will meet once a month (from January to June) to discuss current trends in the world of youth and come up with new registered and drop-in program ideas. This is a chance for you to gain leadership experience and voice your ideas.

107104	F	5:00- 6:00PM	Jan 8	Classes: 6	M \$0	NM \$0
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