



# GRAY FAMILY EAU CLAIRE YMCA

REGISTERED PROGRAMS • WINTER 2016

## REGISTRATION DATES

Registration begins at 5:30 am

### Member

November 23, 2015

### Non-Member

December 7, 2015

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## 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](http://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.



## IMPORTANT CHANGES TO HOW YOU ACCESS YOGA PROGRAMS.

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

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](http://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.ymcacalgary.org](http://www.ymcacalgary.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.ymcacalgary.org](http://www.ymcacalgary.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

<b>Aquatics .....</b>	<b>5</b>
Adult .....	7
Leadership .....	7
Pre-school .....	8
Youth .....	9
<b>Adult Programs .....</b>	<b>11</b>
Athletics and ports .....	12
Dance .....	12
Health and Wellness .....	12
Martial Arts .....	12
Mind and Body .....	13
Pre/Post-Natal .....	13
Resistance Training .....	13
<b>Pre-school Programs .....</b>	<b>15</b>
Parented .....	16
Unparented .....	16
<b>Youth Programs .....</b>	<b>17</b>
Arts and Crafts .....	18
Athletics and Sports .....	18
Babysitting, Training and Certification .....	19

## REGISTRATION DATES

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# AQUATICS

REGISTERED PROGRAMS | WINTER 2016

**GRAY FAMILY EAU CLAIRE  
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.

106409	M	6:00- 7:00PM	Jan 4	Classes: 10	M \$104	NM \$130
103378	W	7:00- 8:00AM	Jan 6	Classes: 11	M \$114	NM \$143
103377	F	7:00- 8:00PM	Jan 8	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.

103385	M	7:00- 8:00AM	Jan 4	Classes: 10	M \$104	NM \$130
103386	W	7:00- 8:00AM	Jan 6	Classes: 11	M \$114	NM \$143
106410	F	6:00- 7:00PM	Jan 8	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.

103394	M	4:00- 5:00PM	Jan 4	Classes: 10	M \$104	NM \$130
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### AQUA BOOT CAMP

Be kind to your joints while taking your water workout to a new level of intensity. Your muscular strength and endurance will grow as you utilize the drag resistance equipment. This equipment was designed by an injured Navy Seal to maintain a high level of fitness during his rehabilitation; it increases the amount of force required to move through the water. Your body will thrive as you enjoy a fun and intense workout.

103395	W	12:05-12:50PM	Jan 6	Classes: 11	M \$110	NM \$143
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### MASTERS SWIM 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.

103668	M, W, F	5:15- 6:30PM	Jan 4	Classes: 32	M \$220	NM \$300
103669	Tu, Th	7:00- 8:00AM	Jan 5	Classes: 22	M \$121	NM \$165

### 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.

105060	Tu, Th	6:00- 7:00AM	Jan 5	Classes: 22	M \$121	NM \$165
106408	Tu, Th	8:00- 9:00PM	Jan 5	Classes: 22	M \$121	NM \$165

## 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.

105074	M, W, F	6:00- 7:00AM	Jan 4	Classes: 32	M \$176	NM \$240
105076	M, W	8:30- 9:30PM	Jan 4	Classes: 21	M \$116	NM \$158
105079	Tu, Th	5:00- 6:00PM	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.

103409	Sa	12:00- 1:30PM	Jan 9	Classes: 11	M \$75	M \$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 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.

103404	Sa	1:00- 5:00PM	Jan 9	Classes: 5	M \$135	NM \$145
103405	Sa	1:00- 5:00PM	Feb 27	Classes: 5	M \$135	NM \$145

## 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.

103399	Sa	1:00- 5:00PM	Jan 9	Classes: 5	M \$115	NM \$125
103400	Sa	1:00- 5:00PM	Feb 20	Classes: 5	M \$115	NM \$125



## 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.

103672	F-Su	5:00- 9:00PM	Jan 22	Classes: 6	M \$275	NM \$305
103674	M-F	9:00- 5:00PM	Mar 28	Classes: 5	M \$275	NM \$305

## 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.

103675	Su	11:00- 3:00PM	Jan 17	Classes: 1	M \$35	NM \$70
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## 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 Swim Instructor program is recommended. In order to successfully complete the course, 100% attendance and participation is required. Once a candidate has 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.

105082	F-Su	5:00- 9:00PM	Feb 19	Classes: 6	M \$175	NM \$200
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## PRE-SCHOOL (3M-5Y) L'IL DIPPERS - PARENTED AGE:3M - 5Y

Introduce your little one to the water with Splashers, Bubbler 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.

103440	M	10:00-10:30AM	Jan 4	Classes: 10	M \$60	NM \$75
103422	Tu	5:30- 6:00PM	Jan 5	Classes: 11	M \$66	NM \$83
103423	Tu	10:00-10:30AM	Jan 5	Classes: 11	M \$66	NM \$83
103441	W	10:00-10:30AM	Jan 6	Classes: 11	M \$66	NM \$83
103442	W	5:00- 5:30PM	Jan 6	Classes: 11	M \$66	NM \$83
103443	Th	2:30- 3:00PM	Jan 7	Classes: 11	M \$66	NM \$83
103444	Th	10:00-10:30AM	Jan 7	Classes: 11	M \$66	NM \$83
103424	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$66	NM \$83
103427	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$66	NM \$83
103445	Sa	9:00- 9:30AM	Jan 9	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.

103692	M	10:30-11:00AM	Jan 4	Classes: 10	M \$64	NM \$80
103703	M	2:00- 2:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103685	M	5:00- 5:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103708	Tu	5:00- 5:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103709	Tu	2:00- 2:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103710	W	10:30-11:00AM	Jan 6	Classes: 11	M \$70	NM \$88
103716	Th	6:00- 6:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103718	Th	9:30-10:00AM	Jan 7	Classes: 11	M \$70	NM \$88
103720	Sa	12:30- 1:00PM	Jan 9	Classes: 11	M \$70	NM \$88
103721	Sa	11:00-11:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103723	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$70	NM \$88
107071	Su	9:00- 9:30AM	Jan 10	Classes: 11	M \$70	NM \$88
107072	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.

103838	M	5:30- 6:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103846	Tu	1:30- 2:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103853	W	5:30- 6:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103861	W	3:00- 3:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103862	Th	2:00- 2:30PM	Jan 7	Classes: 11	M \$70	NM \$88
106417	F	5:30- 6:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103892	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$70	NM \$88
103893	Sa	12:00-12:30PM	Jan 9	Classes: 11	M \$70	NM \$88
107073	Su	9:30-10:00AM	Jan 10	Classes: 11	M \$70	NM \$88
107074	Su	11:00-11:30AM	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.

103899	Tu	6:30- 7:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103900	W	4:30- 5:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103901	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$70	NM \$88
107075	Su	10:00-10:30AM	Jan 10	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 rolling the body from side to side for streamlined movement through the water.

103573	Tu	6:00- 6:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103587	W	6:00- 6:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103588	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103589	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103590	Sa	11:00-11:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103611	Sa	12:00-12:30PM	Jan 9	Classes: 11	M \$75	NM \$94
107076	Su	9:00- 9:30AM	Jan 10	Classes: 11	M \$75	NM \$94
107077	Su	10:00-10:30AM	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.

103531	Tu	7:00- 7:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103546	W	6:30- 7:00PM	Jan 6	Classes: 11	M \$75	NM \$94
103560	Th	6:30- 7:00PM	Jan 7	Classes: 11	M \$75	NM \$94
106416	F	5:00- 5:30PM	Jan 8	Classes: 11	M \$75	NM \$94
103561	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103562	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103563	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$75	NM \$94
103564	Sa	12:30- 1:00PM	Jan 9	Classes: 11	M \$75	NM \$94
107078	Su	10:30-11:00AM	Jan 10	Classes: 11	M \$75	NM \$94
107079	Su	9:30-10:00AM	Jan 10	Classes: 11	M \$75	NM \$94

## STAR LEVELS 1, 2, 3 & 4 AGE:6Y - 17Y

Your continuing swimmer will learn elementary backstroke, breaststroke, sidestroke, and increase their swimming distance to 350 metres by the end of Star 4. In Star 1, participants will whip kick on their backs and perform a 75 metre endurance swim. In Star 2, swimmers whip kick on their fronts, eggbeater as surface support, and swim 100 metres. Star 3 includes elementary backstroke, dolphin kick, and a 200 metre endurance swim. Star 4 swimmers perform breaststroke, sidestroke, and a 350 metre endurance swim. Optional items provide opportunities to explore competitive swimming, synchronized swimming, water polo and aquafit.

104052	Tu	6:00- 6:45PM	Jan 5	Classes: 11	M \$84	NM \$105
106407	Th	6:00- 6:45PM	Jan 7	Classes: 11	M \$84	NM \$105
104053	Sa	9:00- 9:45AM	Jan 9	Classes: 11	M \$84	NM \$105
104054	Sa	10:30-11:15AM	Jan 9	Classes: 11	M \$84	NM \$105
107080	Su	9:00- 9:45AM	Jan 10	Classes: 11	M \$84	NM \$105
107081	Su	10:30-11:15AM	Jan 10	Classes: 11	M \$84	NM \$105

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

Watch your aquatic skills grow! In Star Leadership 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.

104069	Tu	6:45- 7:30PM	Jan 5	Classes: 11	M \$84	NM \$105
106418	F	8:00- 8:45PM	Jan 8	Classes: 11	M \$84	NM \$105
104070	Sa	9:45-10:30AM	Jan 9	Classes: 11	M \$84	NM \$105
104071	Sa	11:15-12:00PM	Jan 9	Classes: 11	M \$84	NM \$105
107082	Su	9:45-10:30AM	Jan 10	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.

104073 Sa 12:00- 1:30PM Jan 9 Classes: 11 M \$167 NM \$209

## 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.

105089 M,Th 7:00- 8:00PM Jan 4 Classes: 21 M \$126 NM \$173

## JUNIOR LIFEGUARD CLUB AGE:10Y - 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.

103419 Sa 1:30- 3:30PM Jan 9 Classes: 11 M \$0 NM \$0



# 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

**GRAY FAMILY EAU CLAIRE  
YMCA**



## ATHLETICS AND SPORTS

### 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 class. Classes are progressive so you can start at a comfortable level. This is a great way to stay focused and achieve a positive outcome!

105105	M	12:05-12:50PM	Jan 4	Classes: 10	M \$100	NM \$130
105106	W	12:05-12:50PM	Jan 6	Classes: 11	M \$110	NM \$143

### 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.

105093	Th	5:15- 6:45PM	Jan 7	Classes: 11	M \$165	NM \$215
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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.

105100	W	6:30- 7:30PM	Jan 6	Classes: 11	M \$110	NM \$143
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### OBSTACLE RACE TRAINING

#### AGE:16Y AND UP

Are you preparing for your first or twelfth obstacle course race? If so, come to this class to get prepared for the race of a lifetime! This class will incorporate a cardiovascular portion; a strength portion pertaining to muscle groups used in an actual race; and, common movements used out on the course. Get past that first obstacle by registering today!

107149	M	7:30- 8:30AM	Jan 4	Classes: 10	M \$100	NM \$130
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### PARKOUR

#### AGE:16Y AND UP

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.

105723	M	6:30- 7:30PM	Jan 4	Classes: 10	M \$110	NM \$150
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### PARTNER FITNESS

#### AGE:16Y AND UP

This full body workout is a fun way to get in shape with your partner or friend. Body weight exercises and your partner's body weight are used to challenge you in new ways. An element of friendly competition will encourage you to work harder and your partner or friend will hold you accountable to showing up. Fit together is fit forever!

107135	M	5:30- 6:30PM	Feb 1	Classes: 9	M \$90	NM \$117
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### RUN FOR YOUR LIFE

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 techniques to give you the skills to become a better runner.

105129	Th	5:30- 7:00PM	Jan 14	Classes: 11	M \$165	NM \$215
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### SKI & SNOWBOARD CONDITIONING

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 performance by the time the season is in full swing!

105131	W	5:20- 6:20PM	Jan 6	Classes: 11	M \$110	NM \$143
106411	Th	6:00- 7:00PM	Jan 7	Classes: 11	M \$110	NM \$143

### DANCE

#### BOLLYWOOD

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 add a little spice to your fitness routine.

107101	Th	6:45- 7:30PM	Jan 7	Classes: 11	M \$110	NM \$165
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### WESTERN DANCE

Get ready for Stampede! Learn to line dance, two step, double shuffle and more! Our dance instructor will take you through the moves so you look like a pro on the dance floor. This is a great work out for all fitness levels.

105237	Tu	6:35- 7:35PM	Jan 5	Classes: 11	M \$110	NM \$165
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### 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!

105239	W	6:30- 7:30PM	Jan 6	Classes: 11	M \$110	NM \$165
105238	F	12:05-12:50PM	Jan 8	Classes: 11	M \$110	NM \$165

### HEALTH AND WELLNESS

#### HEALTHY LIVING

#### AGE:16Y AND UP

Come learn the five stages of lifestyle and nutritional modification to help you feel amazing. Through education, accountability and support, our workshop series will teach you the nutrition fundamentals. Let our wellness support team empower you to form better habits and develop better health.

107098	Tu	7:00- 8:00PM	Jan 19	Classes: 5	M \$40	NM \$50
107105	Tu	7:00- 8:00PM	Feb 23	Classes: 5	M \$40	NM \$50

### MARTIAL ARTS

#### TAI CHI

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

105296	Th	12:05-12:50PM	Jan 7	Classes: 11	M \$110	NM \$143
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## YOGA CHANGES.

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

For details and schedules, visit [www.ymcocalgary.org/yoga](http://www.ymcocalgary.org/yoga)

### MIND AND BODY 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.

105814	Th	6:35-7:35PM	Jan 7	Classes: 11	M \$110	NM \$154
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### 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.

105301	M	6:35-7:35PM	Jan 4	Classes: 10	M \$100	NM \$140
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105302	W	1:15-2:15PM	Jan 6	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. \*It is suggested that participants enroll in only one Introduction to Yoga program per session as the material covered in this program is the same.

105340	W	10:00-11:00AM	Jan 6	Classes: 6	M \$0	NM \$84
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105888	M	6:00-7:00AM	Jan 4	Classes: 6	M \$0	NM \$84
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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.

107153	Tu	5:15-6:16PM	Jan 5	Classes: 11	M \$110	NM \$154
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107154	W	12:00-1:00PM	Jan 6	Classes: 11	M \$110	NM \$154
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105357	Th	5:30-6:30PM	Jan 7	Classes: 11	M \$110	NM \$206
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107155	W	6:30-7:45PM	Jan 13	Classes: 10	M \$138	NM \$193
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### YOGA FOR RUNNERS

This yoga program is designed to meet the needs of runners. It 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 and help you develop better breathing patterns and running form. Discover how yoga will benefit your physical and mental training.

107152	Tu	6:30-7:30PM	Jan 5	Classes: 11	M \$110	NM \$154
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### PRE/POST-NATAL POST-NATAL FITNESS AGE:16Y AND UP

Post-natal mom and baby classes provide the opportunity to workout with your baby and meet other moms. This supportive land-based fitness class is designed to help women strengthen, stabilize and recondition post-partum. The class will incorporate cardio, resistance, core and stretching exercises appropriate for post-natal women.

105382	Sa	9:30-10:30AM	Jan 9	Classes: 11	M \$110	NM \$154
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### PRE-NATAL YOGA AGE:16Y AND UP

Experience Hatha yoga to help with a healthy pregnancy, delivery and recovery. This course will guide you through slow poses, breath work and relaxation techniques in a serene atmosphere to support your mind, body and spirit.

105387	M	5:15-6:30PM	Jan 4	Classes: 10	M \$100	NM \$140
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### RESISTANCE TRAINING ACTIVE OLDER ADULT LEVEL 1 AGE:55Y AND UP



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

107119	Th	10:00-11:00AM	Jan 21	Classes: 6	M \$0	NM \$49
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### ACTIVE OLDER ADULT LEVEL 2 AGE:55Y AND UP

Discover advanced training protocols that will kick your resistance training up a notch and provide you with another level of challenge. These classes will help further improve your strength and range of motion for your everyday life activities to help prevent injuries related to daily chores.

107134	W	10:00-11:00AM	Jan 6	Classes: 11	M \$55	NM \$89
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### 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!

105524	M	12:00-1:00PM	Jan 4	Classes: 6	M \$0	NM \$78
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105523	Th	12:00-1:00PM	Jan 7	Classes: 6	M \$0	NM \$78
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105522	F	5:15-6:15PM	Jan 8	Classes: 6	M \$0	NM \$78
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107136	Th	12:00-1:00PM	Feb 18	Classes: 5	M \$0	NM \$65
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### RESISTANCE TRAINING - LEVEL 2 AGE:16Y AND UP

Learn new and exciting exercises to kick start your workout. Sculpt your body from head to toe with this full body workout that incorporates cardiovascular intervals and strength training movements designed for the absolute beginner through to the advanced lifter.

107129	M	7:00-8:00PM	Jan 4	Classes: 10	M \$100	NM \$130
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107133	Tu	6:00-7:00AM	Jan 5	Classes: 11	M \$110	NM \$143
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105528	F	12:00-1:00PM	Jan 8	Classes: 11	M \$110	NM \$143
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107131	F	10:00-11:00AM	Jan 8	Classes: 11	M \$110	NM \$143
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## TRIATHLON RESISTANCE TRAINING

Interested in joining one of the fastest growing sports? This triathlon resistance training class is geared towards strength training specifically for the sport and will help you become stronger and faster while helping to prevent injuries. It is also a great opportunity to meet people with similar goals and interests.

105134	M, W	11:00-12:00PM	Jan 4	Classes: 21	M \$210	NM \$273
107172	W	11:00-12:00PM	Jan 6	Classes: 11	M \$110	NM \$143

## WOMEN'S RESISTANCE TRAINING - LEVEL 2 AGE:16Y AND UP

This class is for women who already strength train and want to learn new ideas to progress. You will start challenging yourself by lifting heavier weights and learn proper form and technique to use free weights and lift at the power rack. You will build confidence, learn new ways to train, and get a great workout in a fun and supportive environment.

105550	Tu	12:00- 1:00PM	Jan 5	Classes: 11	M \$99	NM \$132
105549	Th	7:30- 8:30PM	Jan 7	Classes: 11	M \$99	NM \$132
105542	Th	5:30- 6:30PM	Jan 7	Classes: 11	M \$99	NM \$132

## ADVANCED CONDITIONING - TRX/KETTLEBELL AGE:16Y AND UP

This class includes TRX, kettlebell and functional training with cardio intervals to increase strength and cardiovascular fitness. Discover new training techniques with the TRX suspension trainer and kettlebell. This full body strength training workout challenges all fitness levels. Please note: course 107130 is TRX only.

107128	Tu	5:30- 6:30PM	Jan 5	Classes: 11	M \$110	NM \$143
107130	W	6:30- 7:15PM	Jan 6	Classes: 11	M \$83	NM \$107

## ADVANCED CONDITIONING - OLYMPIC LIFTING AGE:16Y AND UP

Learn the foundational movements of 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. Advanced lifters will refine their technique under a trained and watchful eye.

105527	M	7:00- 8:00PM	Jan 11	Classes: 10	M \$100	NM \$130
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# PRE-SCHOOL PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**GRAY FAMILY EAU CLAIRE  
YMCA**



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

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.

105428	W	9:15-10:30AM	Jan 6	Classes: 11	M \$110	NM \$138
105424	Sa	9:15-10:30AM	Jan 9	Classes: 11	M \$110	NM \$138

## GYM AND SWIM 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.

105426	W	9:15-10:30AM	Jan 6	Classes: 11	M \$110	NM \$138
105425	Sa	9:15-10:30AM	Jan 9	Classes: 11	M \$110	NM \$138

## SONG AND DANCE 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.

105442	M	9:30-10:15AM	Jan 4	Classes: 10	M \$68	NM \$90
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## TUMBLE TIME AGE:10M - 23M

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.

105469	W	9:15-10:15AM	Jan 6	Classes: 11	M \$99	NM \$132
105473	Sa	9:15-10:15AM	Jan 9	Classes: 11	M \$99	NM \$132

## TUMBLE TIME 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.

105470	W	9:15-10:15AM	Jan 6	Classes: 11	M \$99	NM \$132
105471	Sa	9:15-10:15AM	Jan 9	Classes: 11	M \$99	NM \$132

## UNPARENTED KANGAROOS & CLIMBERS 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.

107070	M	10:15-11:15AM	Jan 4	Classes: 10	M \$85	NM \$113
105435	W	10:15-11:15AM	Jan 6	Classes: 11	M \$94	NM \$124
105436	Sa	10:30-11:30AM	Jan 9	Classes: 11	M \$94	NM \$124

## SPORTS 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.

105461	Sa	9:30-10:30AM	Jan 9	Classes: 11	M \$94	NM \$124
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## SPORTS 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.

105458	Tu	4:30-5:30PM	Jan 5	Classes: 11	M \$94	NM \$124
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## VARIETY AGE:3Y - 5Y

Your child will be amused by 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 healthy nut-free snack from home. Child must be toilet trained to attend this class.

105477	W	9:15-11:15AM	Jan 6	Classes: 11	M \$157	NM \$209
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## VARIETY WITH SWIM LESSON 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.

105489	Tu	9:15-11:15AM	Jan 5	Classes: 11	M \$198	NM \$264
107094	Th	9:15-11:15AM	Jan 7	Classes: 11	M \$198	NM \$264
105488	F	9:15-11:15AM	Jan 8	Classes: 11	M \$198	NM \$264





# YOUTH PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**GRAY FAMILY EAU CLAIRE  
YMCA**



## ARTS AND CRAFTS ARTS IN THE CITY AGE:8Y - 11Y

Are you looking for a creative way to spend your time? Are you interested in expressing yourself through art? Our youth arts and crafts programs provide you with opportunities to explore and discover your inner artist.

107066	W	5:00- 6:00PM	Jan 6	Classes: 11	M \$85	NM \$116
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## ATHLETICS AND SPORTS 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

106300	Sa	12:00- 1:00PM	Jan 9	Classes: 6	M \$0	NM \$66
106299	Sa	12:00- 1:00PM	Feb 20	Classes: 5	M \$0	NM \$55

### SOCCER

106297	Th	6:30- 7:30PM	Jan 7	Classes: 6	M \$0	NM \$66
106298	TH	6:30-7:30PM	Feb 18	Classes: 5	M \$0	NM \$55

## 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.

105605	W	6:30- 7:30PM	Jan 6	Classes: 11	M \$85	NM \$116
105603	Su	1:00- 2:00PM	Jan 10	Classes: 11	M \$85	NM \$116

## 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.

105601	W	6:30- 7:30PM	Jan 6	Classes: 11	M \$85	NM \$116
105602	F	6:00- 7:00PM	Jan 8	Classes: 11	M \$85	NM \$116
105600	Su	1:00- 2:00PM	Jan 10	Classes: 11	M \$85	NM \$116

## 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.

105604	F	6:00- 7:00PM	Jan 8	Classes: 11	M \$85	NM \$116
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## FITNESS TRAINING 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!

107124	F	5:30- 6:30PM	Jan 8	Classes: 5	M \$0	NM \$52
107125	F	5:30- 6:30PM	Feb 19	Classes: 5	M \$0	NM \$52

## HANDBALL - LEVEL 1 AGE:6Y - 12Y

Learn how to rip it up in handball with lessons developed to teach you what you need to pass, leap and score! Court handball is the world's oldest game played with a ball. This fun sport will help you improve hand-eye coordination, balance, footwork and bilateral body movements.

105695	Su	11:00-12:00PM	Jan 10	Classes: 11	M \$85	NM \$116
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## HANDBALL- LEVEL 2 AGE:12Y - 16Y

Learn how to rip it up in handball with lessons developed to teach you what you need to pass, leap and score! Court handball is the world's oldest game played with a ball. This fun sport will help you improve hand-eye coordination, balance, footwork and bilateral body movements.

105694	Su	10:00-11:00AM	Jan 10	Classes: 11	M \$85	NM \$116
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## 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.

105704	Su	11:30-12:30PM	Jan 10	Classes: 11	M \$85	NM \$116
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## 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.

105705	Su	11:30-12:30PM	Jan 10	Classes: 11	M \$85	NM \$116
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## PARKOUR AGE:16Y AND UP

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.

105723	M	6:30- 7:30PM	Jan 4	Classes: 10	M \$110	NM \$150
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## 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.

105741	W	5:15- 6:15PM	Jan 6	Classes: 11	M \$121	NM \$165
105740	Sa	10:00-11:00AM	Jan 9	Classes: 11	M \$121	NM \$165

## 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.

105742	W	5:15- 6:15PM	Jan 6	Classes: 11	M \$121	NM \$165
105744	Sa	10:00-11:00AM	Jan 9	Classes: 11	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.

105743	Sa	11:00-12:00PM	Jan 9	Classes: 11	M \$121	NM \$165
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## TRAINING AND 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.

105591	M	9:00- 5:30PM	Feb 1	Classes: 1	M \$0	NM \$60
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