



# SOUTH HEALTH CAMPUS 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.

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.ymccalgary.org/yoga](http://www.ymccalgary.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.ymcalgary.org](http://www.ymcalgary.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.ymcalgary.org](http://www.ymcalgary.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**

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## REGISTRATION DATES

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## SESSION DATES

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# CLIMBING PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**SOUTH HEALTH CAMPUS  
YMCA**



## PRE-SCHOOL - BILLY GOATS AGE:4Y - 5Y

Encourage your child to climb to new heights! This class explores the basics of indoor climbing, focusing on wall safety and fundamentals. Your child will participate in age-appropriate climbing games while learning how to boulder along the wall. Please note participants will not be permitted to climb above the bouldering line along the wall nor will they be responsible for belaying another child.

105212	Tu	4:30-5:15PM	Jan 5	Classes: 11	M \$99	NM \$124
105214	Th	10:00-10:45AM	Jan 7	Classes: 11	M \$99	NM \$124

## BUGABOOS AGE:6Y - 8Y

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

105164	M	5:25-6:25PM	Jan 4	Classes: 10	M \$120	NM \$150
105165	M	6:30-7:30PM	Jan 4	Classes: 10	M \$120	NM \$150
105168	F	4:30-5:30PM	Jan 8	Classes: 11	M \$132	NM \$165
105172	F	5:35-6:35PM	Jan 8	Classes: 11	M \$132	NM \$165

## HANG DOGS AGE:9Y - 11Y

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

105205	W	5:00-6:30PM	Jan 6	Classes: 11	M \$179	NM \$212
105204	Th	5:00-6:30PM	Jan 7	Classes: 11	M \$179	NM \$212

## ROCK JOCKS AGE:12Y - 14Y

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

105220	W	6:30-8:00PM	Jan 6	Classes: 11	M \$179	NM \$223
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## ROCK STARS AGE:14Y - 17Y

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

105223	W	6:30-8:00PM	Jan 6	Classes: 11	M \$179	NM \$223
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## FIRST ASCENTS AGE:14Y AND UP



Strive for new heights with this 1.5 hour, one day course designed for beginners. Learn safety procedures, belay technique, knot tying, how to top-rope climb, and how to use your equipment properly.

107034	Tu	5:30-7:00PM	Jan 5	Classes: 1	M \$0	NM \$45
105191	Tu	5:30-7:00PM	Jan 12	Classes: 1	M \$0	NM \$45
105192	Tu	5:30-7:00PM	Jan 19	Classes: 1	M \$0	NM \$45
105193	Tu	5:30-7:00PM	Jan 26	Classes: 1	M \$0	NM \$45
105194	Tu	5:30-7:00PM	Feb 2	Classes: 1	M \$0	NM \$45
105195	Tu	5:30-7:00PM	Feb 9	Classes: 1	M \$0	NM \$45
105196	Tu	5:30-7:00PM	Feb 16	Classes: 1	M \$0	NM \$45
105197	Tu	5:30-7:00PM	Feb 23	Classes: 1	M \$0	NM \$45
105198	Tu	5:30-7:00PM	Mar 1	Classes: 1	M \$0	NM \$45
105199	Tu	5:30-7:00PM	Mar 8	Classes: 1	M \$0	NM \$45
105200	Tu	5:30-7:00PM	Mar 15	Classes: 1	M \$0	NM \$45

## ROCK CLIMBING CONDITIONING AGE:16Y AND UP

Climb higher! This conditioning program helps rock climbers of all abilities increase their strength and endurance.

107091	Su	12:00-1:00PM	Jan 10	Classes: 11	M \$110	NM \$143
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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

**SOUTH HEALTH CAMPUS  
YMCA**



## ATHLETICS AND SPORTS

### HARD CORE

#### AGE:16Y AND UP

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

105104	M	12:00- 1:00PM	Jan 4	Classes: 10	M \$100	NM \$130
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### ROCK CLIMBING CONDITIONING

#### AGE:16Y AND UP

Climb higher! This conditioning program helps rock climbers of all abilities increase their strength and endurance.

107091	Su	12:00- 1:00PM	Jan 10	Classes: 11	M \$110	NM \$143
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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!

107123	W	12:00-12:45PM	Jan 13	Classes: 10	M \$83	NM \$124
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107122	Th	7:00- 8:00PM	Jan 14	Classes: 10	M \$110	NM \$165
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## HEALTH AND WELLNESS

### 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.

For individuals who are able to walk but have exercise limitations. The primary focus of this class is improving balance and mobility. Class consists of seated exercises with a gentle cardio component and is held in the classroom only. This class requires a high level of supervision and is offered two days per week. Participants must fill out paperwork before participating.

105272	Tu, Th	12:00- 1:00PM	Jan 5	Classes: 22	M \$0	NM \$178
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### HEALTHY STEPS

#### AGE:18Y AND UP

Healthy Steps takes an evidence-based approach to empower you to better manage your behaviours in an effort to maintain a healthy lifestyle. The program uses a holistic approach to educate about healthy choices in three core areas: nutrition, physical activity and behavior change. Healthy Steps incorporates both practical and lecture components within the gym setting.

107089	Tu	6:00- 8:00PM	Jan 12	Classes: 10	M \$165	NM \$184
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## MARTIAL ARTS

### CAPOEIRA

Capoeira is the ultimate activity for transforming the whole person. This Brazilian martial art promotes growth in strength, flexibility, rhythm and agility as well as camaraderie, community, confidence and respect. Step out of your comfort zone and find fun and success with Capoeira!

105282	Tu	4:30- 5:30PM	Jan 12	Classes: 10	M \$100	NM \$130
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### HAP KI DO

Overcome adversity and become a leader amongst your peers through the practice of Hap Ki Do, the art of coordinating energy. Grow your strength and confidence with this Korean martial art as you learn self-defence through redirection of opponents' energy. Participants will practice joint locks, pressure points, throws, strikes, rolls, mental concepts and other techniques in a respectful and supportive environment.

105285	M	7:15- 8:45PM	Jan 11	Classes: 10	M \$150	NM \$195
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### TAE KWON DO

Tae Kwon Do is a Korean martial art that combines combat and self-defense techniques. Learn the fundamental techniques including kicks, blocks, punches and strikes.

105294	W	7:30- 8:30PM	Jan 13	Classes: 11	M \$110	NM \$143
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## MIND AND BODY

### 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 course per session as the material covered in the courses is the same.

107120	Tu	8:00- 9:00PM	Jan 12	Classes: 5	M \$0	NM \$70
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107126	Tu	8:00- 9:00PM	Feb 16	Classes: 5	M \$0	NM \$70
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## RESISTANCE TRAINING

### INTRODUCTION TO RESISTANCE TRAINING

#### AGE:16Y AND UP



This class will help grow 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!

107085	W	6:30- 7:30PM	Jan 6	Classes: 6	M \$0	NM \$78
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106343	Th	6:00- 7:00PM	Jan 7	Classes: 6	M \$0	NM \$78
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107084	W	6:30- 7:30PM	Feb 17	Classes: 5	M \$0	NM \$65
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107083	Th	6:00- 7:00PM	Feb 18	Classes: 5	M \$0	NM \$65
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### YOGA CHANGES.

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

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





# PRE-SCHOOL PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**SOUTH HEALTH CAMPUS  
YMCA**



**PARENTED  
GYM AND CRAFTS  
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.

105410	M	10:15-11:00AM	Jan 4	Classes: 10	M \$68	NM \$90
105411	F	9:00- 9:45AM	Jan 8	Classes: 11	M \$74	NM \$99

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

Is your child crazy about sports? Let your sporty one try fun new games and sports that help improve movement and skills. All activities 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.

105451	W	9:00- 9:45AM	Jan 6	Classes: 11	M \$68	NM \$90
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**UNPARENTED  
GYM AND CRAFTS  
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. Participants will explore painting, drawing, cutting and gluing in the craft component. Child must be toilet trained to attend this class.

105419	W	10:00-11:00AM	Jan 6	Classes: 11	M \$94	NM \$124
105420	F	10:00-11:00AM	Jan 8	Classes: 11	M \$94	NM \$124

**SPORTS  
AGE:3Y - 5Y**

Is your child crazy about sports? Let your sporty one 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.

105466	M	9:00-10:00AM	Jan 4	Classes: 10	M \$85	NM \$113
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# **YOUTH PROGRAMS**

REGISTERED PROGRAMS | WINTER 2016

**SOUTH HEALTH CAMPUS  
YMCA**



## ATHLETICS AND SPORTS

### ACTIVE Y KIDS

#### AGE:5Y - 7Y



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.

105582 Sa 10:00-11:00AM Jan 9 Classes: 11 M \$0 NM \$0

### 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.

105581 Sa 11:05-12:05PM Jan 9 Classes: 11 M \$0 NM \$0

## FITNESS TRAINING

### AGE:12Y - 15Y



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!

107086 M 6:00- 7:00PM Jan 4 Classes: 6 M \$0 NM \$66

107087 M 6:00- 7:00PM Feb 22 Classes: 4 M \$0 NM \$44

## MIND AND BODY

### YOGA

#### AGE:8Y - 13Y

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

105763 F 5:30- 6:30PM Jan 8 Classes: 11 M \$85 NM \$127

## MARTIAL ARTS

### HAP KI DO

#### AGE:6Y - 11Y

Overcome adversity and become a leader amongst your peers through the practice of Hap Ki Do, the art of coordinating energy. Grow your strength and confidence with this Korean martial art as you learn self-defense through redirection of opponents' energy. Participants will practice joint locks, pressure points, throws, strikes, rolls, mental concepts and other techniques in a respectful and supportive environment.

105719 Tu 6:30- 8:00PM Jan 5 Classes: 11 M \$165 NM \$215

105717 Th 6:15- 7:45PM Jan 7 Classes: 11 M \$165 NM \$215

## TAE KWON DO

### AGE:6Y - 11Y

Tae Kwon Do is a Korean martial art that combines combat and self-defence techniques. Learn the fundamentals including kicks, blocks, punches and strikes.

105722 W 6:15- 7:15PM Jan 6 Classes: 11 M \$110 NM \$143