



SADDLETOWNE 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.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 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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AQUATICS

REGISTERED PROGRAMS | WINTER 2016

**SADDLETOWNE
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 AGE:12Y AND UP

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.

103379	W	8:00- 8:45PM	Jan 6	Classes: 11	M \$86	NM \$107
103380	W	7:15- 8:00PM	Jan 6	Classes: 11	M \$86	NM \$107
103375	M	8:45- 9:30PM	Jan 11	Classes: 10	M \$78	NM \$98

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

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

103388	M	8:00- 8:45PM	Jan 4	Classes: 10	M \$78	NM \$98
103387	W	7:00- 7:45AM	Jan 6	Classes: 11	M \$86	NM \$107
103389	Sa	8:15- 9:00AM	Jan 9	Classes: 11	M \$86	NM \$107

LEVEL 3 - STROKE IMPROVEMENT AGE:12Y AND UP

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

103393	F	8:00- 8:45PM	Jan 8	Classes: 11	M \$86	NM \$107
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AQUA BOOT CAMP AGE:12Y AND UP

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.

103397	M	7:00- 7:45PM	Jan 11	Classes: 9	M \$68	NM \$88
106306	W	7:00- 7:45PM	Jan 13	Classes: 10	M \$75	NM \$98

LEADERSHIP 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.

103408	Classes: 3	M \$135	NM \$145
F	5:00- 9:00PM	Jan 29	
Sa	9:00AM-5:00PM	Jan 30	
Su	9:00AM-5:00PM	Jan 31	

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 successfully complete.

103403	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	

103402	Classes: 3	M \$115	NM \$125
F	5:00- 9:00PM	Apr 1	
Sa	9:00AM-5:00PM	Apr 2	
Su	9:00AM-5:00PM	Apr 3	

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

103673	Classes: 3	M \$275	NM \$305
F	5:00- 9:00PM	Feb 12, 19	
Sa	9:00AM-5:00PM	Feb 13, 20	
Su	9:00AM-5:00PM	Feb 14, 21	



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. Lil Dippers will grow their comfort and confidence to prepare for their independent swim lessons.

103448	M	10:30-11:00AM	Jan 4	Classes: 10	M \$60	NM \$75
103449	M	6:30- 7:00PM	Jan 4	Classes: 10	M \$60	NM \$75
103425	Tu	6:30- 7:00PM	Jan 5	Classes: 11	M \$66	NM \$83
103426	W	5:00- 5:30PM	Jan 6	Classes: 11	M \$66	NM \$83
103428	Th	11:00-11:30AM	Jan 7	Classes: 11	M \$66	NM \$83
103429	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$66	NM \$83
103430	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$66	NM \$83
103431	Sa	11:00-11:30AM	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, 3-metre front and back glides with kicks.

103783	M	5:30- 6:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103725	M	11:00-11:30AM	Jan 4	Classes: 10	M \$64	NM \$80
103726	M	4:30- 5:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103727	M	5:00- 5:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103728	Tu	10:30-11:00AM	Jan 5	Classes: 11	M \$70	NM \$88
103729	Tu	4:30- 5:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103730	Tu	5:00- 5:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103731	W	11:00-11:30AM	Jan 6	Classes: 11	M \$70	NM \$88
103732	W	6:00- 6:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103733	W	6:30- 7:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103796	Th	4:30- 5:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103734	Th	5:30- 6:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103735	Th	6:00- 6:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103736	Th	6:30- 7:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103740	Th	10:30-11:00AM	Jan 7	Classes: 11	M \$70	NM \$88
103784	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103797	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103737	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$70	NM \$88
103738	Sa	11:00-11:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103739	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$70	NM \$88
103758	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$70	NM \$88
103791	W	4:30- 5:00PM	Jan 20	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.

103839	M	4:30- 5:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103840	Tu	11:00-11:30AM	Jan 5	Classes: 11	M \$70	NM \$88
103841	Tu	4:30- 5:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103843	W	6:30- 7:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103844	Th	5:30- 6:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103845	Th	6:00- 6:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103847	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$70	NM \$88
103848	Sa	11:00-11:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103849	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$70	NM \$88
103842	W	6:00- 6:30PM	Jan 13	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..

103902	Tu	5:00- 5:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103895	W	10:30-11:00AM	Jan 6	Classes: 11	M \$70	NM \$88
103896	Th	5:00- 5:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103897	Sa	11:00-11:30AM	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 rolling the body from side to side for streamlined movement through the water.

103661	M	5:00- 5:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103666	M	6:30- 7:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103646	M	5:30- 6:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103647	M	6:00- 6:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103648	M	4:30- 5:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103664	Tu	6:30- 7:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103649	Tu	5:30- 6:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103650	Tu	6:00- 6:30PM	Jan 5	Classes: 11	M \$75	NM \$94



103651	Tu	6:30- 7:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103652	W	4:30- 5:00PM	Jan 6	Classes: 11	M \$75	NM \$94
103653	W	5:00- 5:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103654	W	5:30- 6:00PM	Jan 6	Classes: 11	M \$75	NM \$94
103662	Th	6:30- 7:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103665	Th	5:30- 6:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103655	Th	4:30- 5:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103656	Th	5:00- 5:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103657	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103658	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103659	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103663	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$75	NM \$94
103667	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103660	Tu	4:30- 5:00PM	Jan 12	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.

103547	M	5:30- 6:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103548	M	6:00- 6:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103549	Tu	5:30- 6:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103550	Tu	6:00- 6:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103551	Tu	7:00- 7:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103552	W	4:30- 5:00PM	Jan 6	Classes: 11	M \$75	NM \$94
103553	W	5:00- 5:30PM	Jan 6	Classes: 11	M \$75	NM \$94
103554	W	5:30- 6:00PM	Jan 6	Classes: 11	M \$75	NM \$94
103555	Th	4:30- 5:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103556	Th	5:00- 5:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103557	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103558	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103559	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103565	Sa	11:30-12:00PM	Jan 9	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.

104096	M	5:00- 5:45PM	Jan 4	Classes: 10	M \$76	NM \$95
104097	Tu	5:00- 5:45PM	Jan 5	Classes: 11	M \$84	NM \$105
104114	Tu	7:30- 8:15PM	Jan 5	Classes: 11	M \$84	NM \$105
104098	W	6:15- 7:00PM	Jan 6	Classes: 11	M \$84	NM \$105
104099	Sa	9:30-10:15AM	Jan 9	Classes: 11	M \$84	NM \$105

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

Thrive in the aquatic environment! 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.

104128	M	5:45- 6:30PM	Jan 4	Classes: 10	M \$76	NM \$95
105047	Tu	5:45- 6:30PM	Jan 5	Classes: 11	M \$84	NM \$105
105048	W	5:30- 6:15PM	Jan 6	Classes: 11	M \$84	NM \$105
105049	Th	6:45- 7:30PM	Jan 14	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.

104061	Th	6:00- 6:45PM	Jan 7	Classes: 11	M \$84	NM \$105
104062	Sa	10:15-11:00AM	Jan 9	Classes: 11	M \$84	NM \$105



CLIMBING PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**SADDLETOWNE
YMCA**



FAMILY CLIMBING AGE:4Y AND UP

Climbing may seem like a solo activity, but it's more fun when you do it with family and friends! Through this family orientated, interactive climbing program, you will learn the basics of climbing and how to stay active in a fun way. Participants over 14 years of age will learn how to belay and can take their belay test. All participants must be registered for the program and fill out a climbing wall waiver.

107117	Su	10:00-11:00AM	Jan 10	Classes: 11	M \$132	NM \$165
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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.

105211	Su	11:00-12:00PM	Jan 10	Classes: 6	M \$72	NM \$90
105215	Su	12:00- 1:00PM	Jan 10	Classes: 6	M \$72	NM \$90
106270	Su	11:00-12:00PM	Feb 21	Classes: 5	M \$60	NM \$75
106271	Su	12:00- 1:00PM	Feb 21	Classes: 5	M \$60	NM \$75

BUGABOOS AGE:6Y - 8Y

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

105169	Tu	5:30- 6:30PM	Jan 5	Classes: 11	M \$132	NM \$165
105170	Tu	6:30- 7:30PM	Jan 5	Classes: 11	M \$132	NM \$165
105171	Th	5:30- 6:30PM	Jan 7	Classes: 11	M \$132	NM \$165
105173	Th	6:30- 7:30PM	Jan 7	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.

105207	M	6:30- 8:00PM	Jan 4	Classes: 10	M \$180	NM \$225
105209	W	6:30- 8:00PM	Jan 6	Classes: 11	M \$198	NM \$248

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 adversities as you address and scale the wall. You'll finish your session with a sense of pride and accomplishment.

105221	W	6:30- 8:00PM	Jan 6	Classes: 11	M \$179	NM \$223
105219	F	6:00- 7:30PM	Jan 8	Classes: 11	M \$179	NM \$223

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 adversities as you scale the wall. You'll finish your session with a sense of pride and accomplishment.

105222	F	6:00- 7:30PM	Jan 8	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 how to top-rope climb (the basic form of roped rock climbing), safety procedures, belay technique, knot tying and how to use your equipment properly.

106173	F	7:30- 9:00PM	Jan 8	Classes: 1	M \$0	NM \$45
105181	F	7:30- 9:00PM	Jan 15	Classes: 1	M \$0	NM \$45
105182	F	7:30- 9:00PM	Jan 22	Classes: 1	M \$0	NM \$45
105183	F	7:30- 9:00PM	Jan 29	Classes: 1	M \$0	NM \$45
105184	F	7:30- 9:00PM	Feb 5	Classes: 1	M \$0	NM \$45
105185	F	7:30- 9:00PM	Feb 12	Classes: 1	M \$0	NM \$45
105186	F	7:30- 9:00PM	Feb 19	Classes: 1	M \$0	NM \$45
105187	F	7:30- 9:00PM	Feb 26	Classes: 1	M \$0	NM \$45
105188	F	7:30- 9:00PM	Mar 4	Classes: 1	M \$0	NM \$45
105189	F	7:30- 9:00PM	Mar 11	Classes: 1	M \$0	NM \$45
105190	F	7:30- 9:00PM	Mar 18	Classes: 1	M \$0	NM \$45



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

**SADDLETOWNE
YMCA**

YOGA CHANGES.

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

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



ATHLETICS AND SPORTS

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.

105097	Tu	6:15- 7:15PM	Jan 12	Classes: 11	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.

107143	Th	7:00- 8:00PM	Jan 14	Classes: 10	M \$100	NM \$130
107144	Su	6:30- 7:30PM	Jan 17	Classes: 9	M \$90	NM \$117

OBSTACLE RACE TRAINING AGE:16Y AND UP

Are you preparing for an obstacle course race? If so, come to this class to get prepared for the race of a lifetime - whether it's your first or twelfth! You'll train for the actual race through cardio, endurance, and specific muscle strength training. Get past that first obstacle by registering today.

107157	M	5:30- 6:30PM	Jan 11	Classes: 9	M \$90	NM \$117
107158	W	6:30- 7:30PM	Jan 13	Classes: 10	M \$100	NM \$130
107159	F	10:30-11:30AM	Jan 15	Classes: 10	M \$100	NM \$130

SPORT 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 overall performance by the time the season is in full swing!

107161	Th	7:00- 8:00PM	Jan 14	Classes: 10	M \$100	NM \$130
107163	F	5:15- 6:15PM	Jan 15	Classes: 10	M \$100	NM \$130
107162	Su	5:30- 6:30PM	Jan 17	Classes: 10	M \$100	NM \$130

DANCE

BELLY DANCING - LEVEL 1 AGE:16Y AND UP

Celebrate your femininity! Experience this beautiful dance form, letting your personality sparkle with veils and skirts, while toning and burning calories. No experience required.

105230	M	6:45- 7:45PM	Jan 11	Classes: 10	M \$100	NM \$130
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BELLYFIT®

Reach your fitness goals and relieve stress by getting the sweat flowing with fun, easy-to-learn cardio moves infused with the fundamentals of belly dance, Bollywood, Bhangra, African dance and more. Enjoy sculpting, toning and tightening with Pilates-inspired core work, a deep yet relaxing yoga-inspired stretch, and mindful Mudra meditation. Experience an hour that inspires the body, mind, spirit and heart to reach beyond limitations and into pure transformation.

105233	W	5:30- 6:30PM	Jan 13	Classes: 11	M \$110	NM \$165
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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!

105281	Tu	6:45- 8:00PM	Jan 12	Classes: 10	M \$125	NM \$163
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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.

105284	W	6:45- 7:45PM	Jan 13	Classes: 10	M \$100	NM \$130
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SELF DEFENCE

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

105287	Sa	9:30-10:30AM	Jan 16	Classes: 10	M \$100	NM \$130
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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. *Suggested that participants enroll in only one course per session as the material covered in the Introduction to Yoga program is the same.

105348	Tu	5:00- 6:00PM	Jan 12	Classes: 10	M \$0	NM \$130
107164	W	7:15- 8:15PM	Jan 13	Classes: 10	M \$0	NM \$130
105352	Su	9:00-10:00AM	Jan 17	Classes: 10	M \$0	NM \$130

PRE AND POST-NATAL PRE-NATAL AQUATIC FITNESS AGE:16Y AND UP

Experience a fit pregnancy and meet other moms-to-be in this fun fitness class designed with the unique needs of pregnant women in mind. Pre-natal aquatic fitness provides an impact-free workout that incorporates exercises suitable for pregnant women of all fitness levels.

107165	W	6:00- 6:45PM	Jan 13	Classes: 10	M \$75	NM \$105
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POST-NATAL FITNESS AGE:16Y AND UP

Post-natal mom and baby classes provide an 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.

105383	M	12:00- 1:00PM	Jan 11	Classes: 10	M \$100	NM \$140
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PRE-NATAL FITNESS AGE:16Y AND UP

Experience a fit pregnancy and meet other moms-to-be in this fun fitness class designed with the unique needs of pregnant women in mind. Pre-natal fitness will incorporate cardio, resistance, core and stretching exercises suitable for pregnant women of all fitness levels.

105390	Sa	10:30-11:30AM	Jan 16	Classes: 10	M \$100	NM \$140
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RESISTANCE TRAINING INTRODUCTION TO RESISTANCE TRAINING AGE:16Y AND UP



This class will 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!

106381	M	7:30- 8:30PM	Jan 11	Classes: 9	M \$0	NM \$117
106382	M	10:30-11:30AM	Jan 11	Classes: 9	M \$0	NM \$117
106383	W	10:30-11:30AM	Jan 13	Classes: 10	M \$0	NM \$130
106384	F	6:30- 7:30PM	Jan 15	Classes: 10	M \$0	NM \$130

ADVANCED CONDITIONING AGE:16Y AND UP

Discover advanced training exercises and techniques utilizing a variety of equipment including TRX, kettlebell, battler ropes and more. This class will kick your resistance training up a notch and provide you with the next level of challenge.

107121	Tu	7:30- 8:30PM	Jan 12	Classes: 10	M \$100	NM \$130
107160	W	9:15-10:15AM	Jan 13	Classes: 10	M \$100	NM \$130



PRE-SCHOOL PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**SADDLETOWNE
YMCA**



PARENTED ARTS AND CRAFTS AGE:2Y - 3Y

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

105392	Tu	11:15-12:00PM	Jan 5	Classes: 11	M \$74	NM \$99
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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.

105414	W	1:00- 2:00PM	Jan 6	Classes: 11	M \$74	NM \$99
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SONG AND DANCE AGE:2Y - 3Y

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

105443	Th	10:00-10:45AM	Jan 7	Classes: 11	M \$74	NM \$99
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SPORTS AGE:2Y - 3Y

Is your toddler 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.

105452	Th	11:15-12:00PM	Jan 7	Classes: 11	M \$74	NM \$99
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UNPARENTED ARTS AND CRAFTS AGE:3Y - 5Y

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

105432	Sa	11:00-12:00PM	Jan 9	Classes: 11	M \$94	NM \$124
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COOKIE MONSTERS AGE:3Y - 5Y

In this class, children express themselves through food preparation and selection, nutrition and cooking. They will learn, create and explore using quick, easy recipes. The best part is they get to eat what they make! Child must be toilet trained to attend this class.

105400	Th	3:15- 4:15PM	Jan 7	Classes: 11	M \$116	NM \$146
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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. Kids will explore painting, drawing, cutting and gluing in the craft component. Child must be toilet trained to attend this class.

105418	F	2:15- 3:15PM	Jan 8	Classes: 11	M \$94	NM \$124
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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.

105433	Tu	10:00-11:00AM	Jan 5	Classes: 11	M \$94	NM \$124
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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 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. Child must be toilet trained and appropriate indoor shoes are required.

105465	F	1:00- 2:00PM	Jan 8	Classes: 11	M \$94	NM \$124
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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.

105497	M, W, F	9:20-11:50AM	Jan 4	Classes: 32	M \$574	NM \$765
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105499	M, W, F	1:00- 3:00PM	Jan 4	Classes: 32	M \$456	NM \$608
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105498	Tu, Th	9:20-11:50AM	Jan 5	Classes: 22	M \$392	NM \$523
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105500	Tu, Th	1:00- 3:00PM	Jan 5	Classes: 22	M \$314	NM \$418
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106412	Tu, Th	3:15- 5:15PM	Jan 5	Classes: 22	M \$314	NM \$418
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YOUTH PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**SADDLETOWNE
YMCA**



ARTS 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!

107042 Th 5:30- 6:30PM Jan 7 Classes: 11 M \$85 NM \$116

DRAMA AGE:14Y - 17Y

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, this class is for you!

107043 Th 5:30- 6:30PM Jan 7 Classes: 11 M \$85 NM \$116

ATHLETICS AND SPORTS YOUTH - ACTIVE Y KIDS AGE:8Y - 12Y



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.

105580 F 6:00- 7:00PM Jan 8 Classes: 11 M \$0 NM \$0

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.

107056 Th 6:30- 7:30PM Jan 7 Classes: 20 M \$85 NM \$116
Sa 11:00-12:00PM

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.

105596 Th 5:30- 6:30PM Jan 7 Classes: 20 M \$85 NM \$116
Sa 11:00-12:00PM

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.

105699 W 1:00- 2:00PM 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.

105700 W 1:00- 2:00PM 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.

105701 W 1:00- 2:00PM Jan 6 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.

105711 M 4:30- 5:30PM Jan 4 Classes: 19 M \$78 NM \$105
Sa 11:00-12:00PM

105712 Tu 4:30- 5:30PM Jan 5 Classes: 20 M \$85 NM \$116
Sa 11:00-12:00PM

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.

107057 W 4:30- 5:30PM Jan 6 Classes: 20 M \$85 NM \$116
Sa 11:00-12:00PM

PARKOUR AGE:6Y - 7Y

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.

105724 W 5:30- 6:30PM Jan 6 Classes: 11 M \$121 NM \$165

PARKOUR AGE:8Y - 9Y

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.

105855 W 5:30- 6:30PM Jan 6 Classes: 11 M \$121 NM \$165



PARKOUR AGE:10Y - 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.

105856	W	4:30-5:30PM	Jan 6	Classes: 11	M \$121	NM \$165
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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.

105857	W	4:30-5:30PM	Jan 6	Classes: 11	M \$121	NM \$165
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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, soccer or badminton. Tournaments will be held at the end of each session for youth to compete against other YMCA branches.

BASKETBALL

106174	F	5:00-6:00PM	Jan 8	Classes: 6	M \$0	NM \$66
106231	F	5:00-6:00PM	Feb 19	Classes: 5	M \$0	NM \$55

SOCCER

106389	F	4:00-5:00PM	Jan 8	Classes: 6	M \$0	NM \$66
106390	F	4:00-5:00PM	Feb 19	Classes: 5	M \$0	NM \$55

BADMINTON

106178	Th	4:30-5:30PM	Jan 7	Classes: 6	M \$0	NM \$66
106232	Th	4:30-5:30PM	Feb 18	Classes: 5	M \$0	NM \$55

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.

105858	W Sa	6:30-7:30PM 12:00-1:00PM	Jan 6	Classes: 20	M \$121	NM \$165
105735	W Sa	5:30-6:30PM 12:00-1:00PM	Jan 6	Classes: 20	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.

105859	M Sa	6:30-7:30PM 1:00-2:00PM	Jan 4	Classes: 19	M \$110	NM \$150
105736	Tu Sa	5:30-6:30PM 1:00-2:00PM	Jan 5	Classes: 20	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.

105738	M Sa	5:30-6:30PM 2:00-3:00PM	Jan 4	Classes: 19	M \$110	NM \$150
105860	Tu Sa	6:30-7:30PM 2:00-3:00PM	Jan 5	Classes: 20	M \$121	NM \$165

INSTRUCTOR 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.

105593	Sa	9:00-5:00PM	Jan 16	Classes: 1	M \$0	NM \$60
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MARTIAL ARTS YOUTH CAPOEIRA AGE:6Y - 11Y

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!

105299	Tu	5:30-6:30PM	Jan 12	Classes: 10	M \$100	NM \$130
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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.

105716	W	5:30-6:30PM	Jan 6	Classes: 11	M \$110	NM \$143
105718	F	5:30-6:30PM	Jan 8	Classes: 11	M \$110	NM \$143
105721	F	6:45-7:45PM	Jan 8	Classes: 11	M \$110	NM \$143