



# SHAWNESSY 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 [ymcacalgary.org](http://ymcacalgary.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!

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.

## IMPORTANT CHANGES TO HOW YOU ACCESS YOGA PROGRAMS.

### 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.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**

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## REGISTRATION DATES

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# AQUATICS

REGISTERED PROGRAMS | WINTER 2016

**SHAWNESSY  
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: Otter and Seal

**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: Dolphin and Swimmer

**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.

103374	M	7:00- 7:45PM	Jan 4	Classes: 10	M \$75	NM \$98
103373	W	8:15- 9:00PM	Jan 6	Classes: 11	M \$86	NM \$107

### 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.

103383	M	8:45- 9:30PM	Jan 4	Classes: 10	M \$78	NM \$98
103384	W	7:30- 8:15PM	Jan 6	Classes: 11	M \$86	NM \$107

### 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.

103392	Th	8:45- 9:30PM	Jan 7	Classes: 11	M \$86	NM \$107
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### AQUA BOOTCAMP

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.

103396	M	9:30-10:15AM	Jan 4	Classes: 10	M \$68	NM \$90
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### SWIM FIT

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

105061	M	10:30-11:30AM	Jan 4	Classes: 10	M \$55	NM \$75
105063	Tu, Th	7:00- 8:00PM	Jan 5	Classes: 22	M \$121	NM \$165
105064	W	10:30-11:30AM	Jan 6	Classes: 11	M \$61	NM \$83
105065	F	10:30-11:30AM	Jan 8	Classes: 11	M \$61	NM \$83

### MASTERS SWIM

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.

105135	Th	6:00- 7:00AM	Jan 7	Classes: 11	M \$110	NM \$143
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## 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.

103411	Sa	11:30-12:30PM	Jan 16	Classes: 11	M \$75	NM \$85
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### BRONZE MEDALLION

#### AGE:13Y AND UP

Enhance your understanding of lifesaving principles and skills. Learn tows, carries, release methods, victim assessment and emergency care through this 20-hour program. To participate, you must be at least 10 years old and have successfully completed the Bronze Star Award, or be 13 years or older and able to swim. The course requires 100% attendance to successfully complete. The manual is included in the program fee.

103407	Sa-Su	12:00- 5:00PM	Jan 30	Classes: 4	M \$135	NM \$145
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### 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.

103401	Classes: 3	M \$115	NM \$125
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F	5:00- 9:00PM	Feb 26
Sa	9:00AM-5:00PM	Feb 27
Su	9:00AM-5:00PM	Feb 28

### 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.

103670	Classes: 3	M \$275	NM \$305
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F	5:00- 9:00PM	Mar 4
Sa	9:00AM-5:00PM	Mar 5
Su	9:00AM-5:00PM	Mar 6



## 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.

103676	Su	12:00- 4:00PM	Mar 27	Classes: 1	M \$35	NM \$70
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## JUNIOR LIFEGUARD CLUB AGE:13Y - 15Y



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

103416	Sa	1:30- 2:30PM	Jan 9	Classes: 11	M \$0	NM \$0
103418	Sa	2:30- 3:30PM	Jan 9	Classes: 11	M \$0	NM \$0

## STANDARD FIRST AID - ORIGINAL AGE:12Y AND UP

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

104050	Sa-Su	9:00- 5:30PM	Feb 13	Classes: 2	M \$125	NM \$135
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## YMCA SWIM INSTRUCTOR AGE:16Y AND UP

Complete your qualification to teach swimming, lifesaving and aquatic activities for YMCA Lil 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.

105083	F Sa	5:00- 9:00PM 9:00-5:00PM	Feb 19	Classes: 10	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, Bubblers and Bobbers. In this fun and engaging class, learn how to be safe and have fun in the aquatic environment with your young child. Lil Dippers will grow their comfort and confidence to prepare for their independent swim lessons.

103447	M	9:00- 9:30AM	Jan 4	Classes: 10	M \$60	NM \$75
103452	M	1:30- 2:00PM	Jan 4	Classes: 10	M \$60	NM \$75
103453	M	2:00- 2:30PM	Jan 4	Classes: 10	M \$60	NM \$75
103446	M	6:30- 7:00PM	Jan 4	Classes: 10	M \$60	NM \$75

103450	Tu	11:00-11:30AM	Jan 5	Classes: 11	M \$66	NM \$83
103451	Tu	1:30- 2:00PM	Jan 5	Classes: 11	M \$66	NM \$83
103456	Tu	6:30- 7:00PM	Jan 5	Classes: 11	M \$66	NM \$83
103458	W	1:30- 2:00PM	Jan 6	Classes: 11	M \$66	NM \$83
103467	Th	10:00-10:30AM	Jan 7	Classes: 11	M \$66	NM \$83
103460	Th	6:30- 7:00PM	Jan 7	Classes: 11	M \$66	NM \$83
103459	F	9:30-10:00AM	Jan 8	Classes: 11	M \$66	NM \$83
103457	F	10:30-11:00AM	Jan 8	Classes: 11	M \$66	NM \$83
103462	F	6:30- 7:00PM	Jan 8	Classes: 11	M \$66	NM \$83
103454	Sa	11:00-11:30AM	Jan 9	Classes: 11	M \$66	NM \$83
103455	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$66	NM \$83
103461	Sa	12:00-12:30PM	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.

103741	M	9:30-10:00AM	Jan 4	Classes: 10	M \$64	NM \$80
103765	M	10:00-10:30AM	Jan 4	Classes: 10	M \$64	NM \$80
103748	M	11:00-11:30AM	Jan 4	Classes: 10	M \$64	NM \$80
103749	M	11:30-12:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103742	M	1:00- 1:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103798	M	1:30- 2:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103755	M	2:00- 2:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103754	M	2:30- 3:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103751	M	4:30- 5:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103743	M	5:00- 5:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103752	M	5:30- 6:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103744	M	6:00- 6:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103745	M	7:00- 7:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103746	M	7:30- 8:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103757	Tu	9:30-10:00AM	Jan 5	Classes: 11	M \$70	NM \$88
103789	Tu	10:30-11:00AM	Jan 5	Classes: 11	M \$70	NM \$88
103771	Tu	11:00-11:30AM	Jan 5	Classes: 11	M \$70	NM \$88
103760	Tu	12:30- 1:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103773	Tu	1:00- 1:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103770	Tu	4:00- 4:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103761	Tu	4:30- 5:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103776	Tu	5:00- 5:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103762	Tu	5:30- 6:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103763	Tu	6:00- 6:30PM	Jan 5	Classes: 11	M \$70	NM \$88





103779	Tu	7:00- 7:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103786	W	10:30-11:00AM	Jan 6	Classes: 11	M \$70	NM \$88
103764	W	11:00-11:30AM	Jan 6	Classes: 11	M \$70	NM \$88
103787	W	1:00- 1:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103793	W	2:30- 3:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103794	Th	9:00- 9:30AM	Jan 7	Classes: 11	M \$70	NM \$88
103799	Th	9:30-10:00AM	Jan 7	Classes: 11	M \$70	NM \$88
103800	Th	10:30-11:00AM	Jan 7	Classes: 11	M \$70	NM \$88
103753	Th	4:00- 4:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103795	Th	4:30- 5:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103756	Th	5:00- 5:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103747	Th	5:30- 6:00PM	Jan 7	Classes: 11	M \$70	NM \$88
103759	Th	6:00- 6:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103750	Th	7:00- 7:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103801	F	9:30-10:00AM	Jan 8	Classes: 11	M \$70	NM \$88
103772	F	10:00-10:30AM	Jan 8	Classes: 11	M \$70	NM \$88
103777	F	11:30-12:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103767	F	1:00- 1:30PM	Jan 8	Classes: 11	M \$70	NM \$88
103768	F	1:30- 2:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103778	F	2:00- 2:30PM	Jan 8	Classes: 11	M \$70	NM \$88
103769	F	2:30- 3:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103780	F	4:00- 4:30PM	Jan 8	Classes: 11	M \$70	NM \$88
103766	F	4:30- 5:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103781	F	5:00- 5:30PM	Jan 8	Classes: 11	M \$70	NM \$88
103774	F	5:30- 6:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103775	F	6:00- 6:30PM	Jan 8	Classes: 11	M \$70	NM \$88
103782	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103790	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$70	NM \$88
103785	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103788	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$70	NM \$88
103792	Sa	1:00- 1:30PM	Jan 9	Classes: 11	M \$70	NM \$88

103858	M	5:30- 6:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103854	M	7:00- 7:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103855	M	7:30- 8:00PM	Jan 4	Classes: 10	M \$64	NM \$80
103869	Tu	10:00-10:30AM	Jan 5	Classes: 11	M \$70	NM \$88
103885	Tu	10:30-11:00AM	Jan 5	Classes: 11	M \$70	NM \$88
103863	Tu	11:30-12:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103874	Tu	1:00- 1:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103873	Tu	4:00- 4:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103865	Tu	4:30- 5:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103866	Tu	5:30- 6:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103868	Tu	6:00- 6:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103879	Tu	7:00- 7:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103881	W	11:30-12:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103889	W	2:30- 3:00PM	Jan 6	Classes: 11	M \$70	NM \$88
103890	Th	9:30-10:00AM	Jan 7	Classes: 11	M \$70	NM \$88
103887	Th	11:00-11:30AM	Jan 7	Classes: 11	M \$70	NM \$88
103859	Th	4:00- 4:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103891	Th	4:30- 5:00PM	Jan 7	Classes: 11	M \$70	NM \$88
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103864	Th	6:00- 6:30PM	Jan 7	Classes: 11	M \$70	NM \$88
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103877	F	2:00- 2:30PM	Jan 8	Classes: 11	M \$70	NM \$88
103872	F	2:30- 3:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103878	F	5:00- 5:30PM	Jan 8	Classes: 11	M \$70	NM \$88
103875	F	5:30- 6:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103876	F	6:00- 6:30PM	Jan 8	Classes: 11	M \$70	NM \$88
103880	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103886	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$70	NM \$88
103883	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103884	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$70	NM \$88
103882	Sa	12:30- 1:00PM	Jan 9	Classes: 11	M \$70	NM \$88
103888	Sa	1:00- 1:30PM	Jan 9	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.

103850	M	9:30-10:00AM	Jan 4	Classes: 10	M \$64	NM \$80
103870	M	10:00-10:30AM	Jan 4	Classes: 10	M \$64	NM \$80
103851	M	1:00- 1:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103852	M	5:00- 5:30PM	Jan 4	Classes: 10	M \$64	NM \$80



## 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.

103907	M	10:30-11:00AM	Jan 4	Classes: 10	M \$64	NM \$80
103908	M	6:00-6:30PM	Jan 4	Classes: 10	M \$64	NM \$80
103909	Tu	2:30-3:00PM	Jan 5	Classes: 11	M \$70	NM \$88
103912	Tu	5:00-5:30PM	Jan 5	Classes: 11	M \$70	NM \$88
103916	W	1:00-1:30PM	Jan 6	Classes: 11	M \$70	NM \$88
103915	Th	5:00-5:30PM	Jan 7	Classes: 11	M \$70	NM \$88
103911	F	10:00-10:30AM	Jan 8	Classes: 11	M \$70	NM \$88
103910	F	4:30-5:00PM	Jan 8	Classes: 11	M \$70	NM \$88
103914	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$70	NM \$88
103913	Sa	12:30-1:00PM	Jan 9	Classes: 11	M \$70	NM \$88

## YOUTH LEARN TO SWIM - OTTER & SEAL 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.

103603	M	4:00-4:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103604	M	4:30-5:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103605	M	5:00-5:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103606	M	5:30-6:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103607	M	6:00-6:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103608	M	6:30-7:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103609	M	7:00-7:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103612	Tu	5:00-5:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103613	Tu	5:30-6:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103614	Tu	6:00-6:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103615	Tu	6:30-7:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103616	Tu	7:00-7:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103610	Tu	7:30-8:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103618	Th	4:30-5:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103619	Th	5:00-5:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103620	Th	5:30-6:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103621	Th	6:00-6:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103622	Th	6:30-7:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103623	Th	7:00-7:30PM	Jan 7	Classes: 11	M \$75	NM \$94

103617	Th	7:30-8:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103624	F	1:00-1:30PM	Jan 8	Classes: 11	M \$75	NM \$94
103631	F	2:00-2:30PM	Jan 8	Classes: 11	M \$75	NM \$94
103625	F	4:00-4:30PM	Jan 8	Classes: 11	M \$75	NM \$94
103626	F	4:30-5:00PM	Jan 8	Classes: 11	M \$75	NM \$94
103627	F	5:00-5:30PM	Jan 8	Classes: 11	M \$75	NM \$94
103628	F	5:30-6:00PM	Jan 8	Classes: 11	M \$75	NM \$94
103629	F	6:00-6:30PM	Jan 8	Classes: 11	M \$75	NM \$94
103630	F	6:30-7:00PM	Jan 8	Classes: 11	M \$75	NM \$94
103632	Sa	9:00-9:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103633	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103634	Sa	10:00-10:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103635	Sa	10:30-11:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103636	Sa	11:00-11:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103639	Sa	11:30-12:00PM	Jan 9	Classes: 11	M \$75	NM \$94
103640	Sa	12:00-12:30PM	Jan 9	Classes: 11	M \$75	NM \$94
103641	Sa	12:30-1:00PM	Jan 9	Classes: 11	M \$75	NM \$94
103645	Sa	1:00-1:30PM	Jan 9	Classes: 11	M \$75	NM \$94

## LEARN TO SWIM - DOLPHIN & SWIMMER 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.

103509	M	4:00-4:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103510	M	4:30-5:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103511	M	5:00-5:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103512	M	5:30-6:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103513	M	6:00-6:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103514	M	6:30-7:00PM	Jan 4	Classes: 10	M \$68	NM \$85
103515	M	7:00-7:30PM	Jan 4	Classes: 10	M \$68	NM \$85
103517	Tu	4:30-5:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103518	Tu	5:00-5:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103519	Tu	5:30-6:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103520	Tu	6:00-6:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103521	Tu	6:30-7:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103522	Tu	7:00-7:30PM	Jan 5	Classes: 11	M \$75	NM \$94
103516	Tu	7:30-8:00PM	Jan 5	Classes: 11	M \$75	NM \$94
103524	Th	4:30-5:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103525	Th	5:00-5:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103526	Th	5:30-6:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103527	Th	6:00-6:30PM	Jan 7	Classes: 11	M \$75	NM \$94



103528	Th	6:30- 7:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103529	Th	7:00- 7:30PM	Jan 7	Classes: 11	M \$75	NM \$94
103523	Th	7:30- 8:00PM	Jan 7	Classes: 11	M \$75	NM \$94
103530	F	1:30- 2:00PM	Jan 8	Classes: 11	M \$75	NM \$94
103532	F	4:30- 5:00PM	Jan 8	Classes: 11	M \$75	NM \$94
103533	F	5:00- 5:30PM	Jan 8	Classes: 11	M \$75	NM \$94
103534	F	5:30- 6:00PM	Jan 8	Classes: 11	M \$75	NM \$94
103535	F	6:00- 6:30PM	Jan 8	Classes: 11	M \$75	NM \$94
103536	F	6:30- 7:00PM	Jan 8	Classes: 11	M \$75	NM \$94
103537	Sa	9:00- 9:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103538	Sa	9:30-10:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103539	Sa	10:00- 10:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103540	Sa	10:30- 11:00AM	Jan 9	Classes: 11	M \$75	NM \$94
103541	Sa	11:00- 11:30AM	Jan 9	Classes: 11	M \$75	NM \$94
103542	Sa	11:30- 12:00PM	Jan 9	Classes: 11	M \$75	NM \$94
103543	Sa	12:00- 12:30PM	Jan 9	Classes: 11	M \$75	NM \$94
103544	Sa	12:30- 1:00PM	Jan 9	Classes: 11	M \$75	NM \$94
103545	Sa	1:00- 1:30PM	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.

104077	M	4:00- 4:45PM	Jan 4	Classes: 10	M \$76	NM \$95
104078	M	4:45- 5:30PM	Jan 4	Classes: 10	M \$76	NM \$95
104079	M	5:30- 6:15PM	Jan 4	Classes: 10	M \$76	NM \$95
104080	M	6:15- 7:00PM	Jan 4	Classes: 10	M \$76	NM \$95
104081	Tu	4:00- 4:45PM	Jan 5	Classes: 11	M \$84	NM \$105
104082	Tu	4:45- 5:30PM	Jan 5	Classes: 11	M \$84	NM \$105
104083	Tu	5:30- 6:15PM	Jan 5	Classes: 11	M \$84	NM \$105
104084	Tu	8:00- 8:45PM	Jan 5	Classes: 11	M \$84	NM \$105
104085	Th	4:00- 4:45PM	Jan 7	Classes: 11	M \$84	NM \$105
104086	Th	4:45- 5:30PM	Jan 7	Classes: 11	M \$84	NM \$105
104087	Th	5:30- 6:15PM	Jan 7	Classes: 11	M \$84	NM \$105
104088	F	1:00- 1:45PM	Jan 8	Classes: 11	M \$84	NM \$105
104089	F	4:00- 4:45PM	Jan 8	Classes: 11	M \$84	NM \$105
104090	F	4:45- 5:30PM	Jan 8	Classes: 11	M \$84	NM \$105

104091	F	5:30- 6:15PM	Jan 8	Classes: 11	M \$84	NM \$105
104092	F	6:15- 7:00PM	Jan 8	Classes: 11	M \$84	NM \$105
104093	Sa	10:15-11:00AM	Jan 9	Classes: 11	M \$84	NM \$105
104094	Sa	11:00-11:45AM	Jan 9	Classes: 11	M \$84	NM \$105
104095	Sa	12:45- 1:30PM	Jan 9	Classes: 11	M \$84	NM \$105

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

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

104115	M	4:00- 4:45PM	Jan 4	Classes: 10	M \$76	NM \$95
104116	M	4:45- 5:30PM	Jan 4	Classes: 10	M \$76	NM \$95
104117	M	5:30- 6:15PM	Jan 4	Classes: 10	M \$76	NM \$95
104118	Tu	4:00- 4:45PM	Jan 5	Classes: 11	M \$84	NM \$105
104119	Tu	4:45- 5:30PM	Jan 5	Classes: 11	M \$84	NM \$105
104120	Th	4:00- 4:45PM	Jan 7	Classes: 11	M \$84	NM \$105
104121	Th	8:00- 8:45PM	Jan 7	Classes: 11	M \$84	NM \$105
104124	F	5:30- 6:15PM	Jan 8	Classes: 11	M \$84	NM \$105
104122	F	1:45- 2:30PM	Jan 8	Classes: 11	M \$84	NM \$105
104123	F	4:00- 4:45PM	Jan 8	Classes: 11	M \$84	NM \$105
104125	Sa	9:00- 9:45AM	Jan 9	Classes: 11	M \$84	NM \$105
104126	Sa	10:45-11:30AM	Jan 9	Classes: 11	M \$84	NM \$105
104127	Sa	11:30-12:15PM	Jan 9	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.

104055	M	6:15- 7:30PM	Jan 4	Classes: 10	M \$76	NM \$95
104056	Tu	6:15- 7:00PM	Jan 5	Classes: 11	M \$84	NM \$105
104057	Th	5:30- 6:15PM	Jan 7	Classes: 11	M \$84	NM \$105
104058	F	4:45- 5:30PM	Jan 8	Classes: 11	M \$84	NM \$105
104060	Sa	12:00-12:45PM	Jan 9	Classes: 11	M \$84	NM \$105



## STAR LEADERSHIP 7

### AGE:6Y - 17Y

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

104076	Th	6:15- 7:00PM	Jan 7	Classes: 11	M \$84	NM \$105
104075	Sa	9:30-10:15AM	Jan 9	Classes: 11	M \$84	NM \$105

## SYNCHRONIZED SWIMMING

### AGE:6Y - 17Y

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

105071	Su	9:00-11:00AM	Jan 17	Classes: 23	M \$276	NM \$345
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## TEEN SWIM 101

### AGE:10Y - 17Y

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

105073	F	7:00- 8:00PM	Jan 8	Classes: 11	M \$80	NM \$124
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## 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. Please note the different skill requirements for beginner, intermediate, and advanced levels.

**Beginner:** Must be able to swim 25 metres of front crawl and have the endurance to swim continuously for the one hour duration.

105084	W	4:30- 5:30PM	Jan 6	Classes: 25	M \$150	NM \$206
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**Intermediate:** Must be able to swim 100 metres in a variety of strokes.

105085	W	5:30- 6:30PM	Jan 6	Classes: 23	M \$150	NM \$206
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**Advanced:** Must be able to swim at least 400 metres in a variety of strokes.

105086	W	6:30- 7:30PM	Jan 6	Classes: 23	M \$150	NM \$206
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# CLIMBING 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

**SHAWNESSY  
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.

105213	M	5:15- 6:00PM	Jan 4	Classes: 10	M \$90	NM \$113
105216	W	5:45- 6:30PM	Jan 6	Classes: 11	M \$99	NM \$124
105210	Th	5:45- 6:30PM	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 and improve muscular endurance and body awareness.

105167	M	6:00- 7:00PM	Jan 4	Classes: 10	M \$120	NM \$150
105160	Tu	5:00- 6:00PM	Jan 5	Classes: 11	M \$132	NM \$165
105163	Tu	4:00- 5:00PM	Jan 5	Classes: 11	M \$132	NM \$165
105161	W	4:45- 5:45PM	Jan 6	Classes: 11	M \$132	NM \$165
105162	Th	6:30- 7:30PM	Jan 7	Classes: 11	M \$132	NM \$165
105804	Th	4:45- 5:45PM	Jan 7	Classes: 11	M \$132	NM \$165
105166	Sa	10:00-11:00AM	Jan 9	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.

105206	W	6:30- 8:00PM	Jan 6	Classes: 11	M \$132	NM \$165
105203	Sa	11:00- 12:30PM	Jan 9	Classes: 11	M \$132	NM \$165

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

105218	Tu	6:00- 7:30PM	Jan 5	Classes: 11	M \$179	NM \$212
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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.

105176	W	8:00- 9:30PM	Jan 13	Classes: 1	M \$0	NM \$45
105175	W	8:00- 9:30PM	Jan 27	Classes: 1	M \$0	NM \$45
105177	W	8:00- 9:30PM	Feb 10	Classes: 1	M \$0	NM \$45
105178	W	8:00- 9:30PM	Feb 24	Classes: 1	M \$0	NM \$45
105179	W	8:00- 9:30PM	Mar 9	Classes: 1	M \$0	NM \$45
105180	W	8:00- 9:30PM	Mar 23	Classes: 1	M \$0	NM \$45

## WOMEN WITH ALTITUDE

### AGE:18Y AND UP

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

105224	M	7:00- 8:30PM	Jan 4	Classes: 10	M \$163	NM \$203
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## WOMEN WITH ALTITUDE BOOT CAMP

### AGE:16Y AND UP

Experience the sense of power and accomplishment climbing offers in this specialized course for women. This class combines the best of our Women with Altitude climbing course with the best of our high intensity bootcamp style classes! Female instructors will teach you skills to develop confidence, muscular strength and endurance. You'll reach new heights and challenge your regular workout routine.

105906	F	12:00- 1:00PM	Jan 8	Classes: 11	M \$179	NM \$223
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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

**SHAWNESSY  
YMCA**



## ACTIVE OLDER ADULT RESISTANCE TRAINING AGE:55Y AND UP



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

105505	Tu, Th	2:15- 3:15PM	Jan 5	Classes: 22	M \$0	NM \$178
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## 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.

105096	W	5:15- 6:45PM	Jan 6	Classes: 11	M \$165	NM \$215
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## METABOLIC CONDITIONING/APPALACHIANS AGE:16Y AND UP

This hour-long class will raise your metabolic rate for 16-48 hours after your workout. Combining the best of our adult climbing classes and bootcamp style classes, this class takes place on our 30 feet climbing wall and lets you learn new climbing skills in a fun and safe setting while still challenging your body with a bootcamp style work out. Join us and reach new heights on the wall and in your workouts!

105111	Th	7:30- 9:00PM	Jan 7	Classes: 11	M \$176	NM \$209
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## TRIATHLON TRAINING AGE:16Y AND UP

Join one of the fastest growing sports! The triathlon program gives you all the tools needed to tackle your first triathlon or fine tune your existing training.

105133	M, W, F	6:00- 7:00AM	Jan 4	Classes: 32	M \$320	NM \$416
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## 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.

105229	F	6:15- 7:15PM	Jan 8	Classes: 11	M \$110	NM \$165
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## BELLY DANCING - LEVEL 2 AGE:16Y AND UP

Continue to develop muscle tone and coordination using combinations and choreographies of different dance styles. Some experience with a veil is required. Prerequisite: two sessions of Belly Dance 1 or previous dance experience.

105231	F	7:30- 8:30PM	Jan 8	Classes: 11	M \$110	NM \$165
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## SOCIAL DANCE - LEVEL 1

Grace the dance floor with classics like the fox trot, rhumba, waltz, jive and two-step. You must register as a couple.

105235	Th	7:05- 8:05PM	Jan 7	Classes: 11	M \$132	NM \$176
				Partner Price	M \$66	NM \$88

## SOCIAL DANCE - LEVEL 2

In Level 2, master advanced steps and styles of dances learned in Level 1. You must register as a couple.

105236	Th	8:15- 9:15PM	Jan 7	Classes: 11	M \$132	NM \$176
				Partner Price	M \$66	NM \$88

## 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!

105248	M	6:15- 7:15PM	Jan 4	Classes: 10	M \$100	NM \$150
105240	W	7:30- 8:30PM	Jan 6	Classes: 11	M \$110	NM \$165
105245	Sa	10:30-11:30AM	Jan 9	Classes: 11	M \$110	NM \$165

## HEALTH AND WELLNESS BE YOUR BEST WOMEN'S HEALTH RESOURCES AGE:12Y AND UP



**'10 Secrets to Healthy Aging'**: Alberta Health Services Speaker Series. Medical advances have improved women's health. Treatment and interventions will be discussed along with steps you can take to increase your health, happiness and longevity.

105259	W	6:30- 8:00PM	Feb 10	Classes: 1	M \$0	NM \$0
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## HEALTHY LIVING PROGRAM AGE:18Y AND UP



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

**Level 1:** 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.

105270	Tu, F	1:15- 2:15PM	Jan 5	Classes: 22	M \$0	NM \$178
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**Level 2:** For individuals who need some level of monitoring. This class consists of seated resistance exercises with a medium level cardio component. Primary focuses are aerobic endurance, muscular strength, balance and flexibility. Classes are offered three days per week.

105269	M, W, F	12:00- 1:00PM	Jan 4	Classes: 32	M \$0	NM \$260
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**Level 3:** For individuals with a few limitations that require little supervision. This class consists of classroom and weight floor exercises with a medium to large cardio component. Primary focuses are aerobic endurance, muscular strength, balance and flexibility. Classes are offered two days per week.

105268	Tu, Th	12:00- 1:00PM	Jan 5	Classes: 22	M \$0	NM \$178
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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!

105280	Th	7:45- 9:00PM	Jan 7	Classes: 11	M \$138	NM \$179
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## MIND AND BODY FUSION

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

105303	M	6:30- 7:30PM	Jan 4	Classes: 11	M \$100	NM \$140
105304	W	6:30- 7:30PM	Jan 6	Classes: 11	M \$110	NM \$154
105307	Su	10:00-11:00AM	Jan 10	Classes: 11	M \$110	NM \$154

## 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.

105311	Tu	6:15- 7:15PM	Jan 5	Classes: 11	M \$110	NM \$154
105894	W	9:00-10:00AM	Jan 6	Classes: 11	M \$110	NM \$154
105315	Th	7:45- 8:45PM	Jan 7	Classes: 11	M \$110	NM \$154

## PILATES MAT CLASS - CHI BALL

Enjoy a new take on pilates! Improve your strength, flexibility, and core using the chi balls provided.

105891	Tu	7:30- 8:30PM	Jan 5	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 course per session as the material covered in the Introduction to Yoga program is the same.



107116	M	8:30- 9:30PM	Jan 4	Classes: 11	M \$0	NM \$140
107115	Th	6:30- 7:30PM	Jan 7	Classes: 11	M \$0	NM \$154
107114	F	11:15-12:15PM	Jan 8	Classes: 11	M \$0	NM \$154

## YOGA - FAMILY AGE:7Y AND UP

Enjoy stretching, strengthening and spending quality time together in a calming atmosphere. This class is designed to bring parents and children together to explore yoga's health and wellness benefits while learning basic postures.



105354	M	6:30- 7:30PM	Jan 4	Classes: 10	M \$0	Adult NM \$140 Youth NM \$75
105895	Tu	6:30- 7:30PM	Jan 5	Classes: 11	M \$0	NM \$154 Youth NM \$83

## 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.

105356	Tu	12:00- 1:30PM	Jan 5	Classes: 11	M \$110	NM \$154
105358	Tu	7:45- 9:15PM	Jan 5	Classes: 11	M \$110	NM \$154
105359	Th	8:00- 9:30PM	Jan 7	Classes: 11	M \$110	NM \$154

## PRE/POST-NATAL

### POST-NATAL - BABY & ME H<sub>2</sub>O WORKOUT AGE:16Y AND UP

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

105375	Tu	10:15-11:00AM	Jan 5	Classes: 11	M \$83	NM \$116
105376	Th	1:15- 2:00PM	Jan 7	Classes: 11	M \$83	NM \$116

## 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.

105380	Tu	10:30-11:30AM	Jan 5	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.

105385	Th	6:30- 7:45PM	Jan 7	Classes: 11	M \$83	NM \$116
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### YOGA CHANGES.

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

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



## INTRODUCTION TO RESISTANCE TRAINING FOR ADULTS 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! \*Please see youth program section for additional Introduction to Resistance Training programs (Age 12Y - 14Y ).

105514	M	10:00-11:00AM	Jan 4	Classes: 5	M \$0	NM \$65
107170	Tu	6:00- 7:00PM	Jan 5	Classes: 6	M \$0	NM \$78
105902	W	10:00-11:00AM	Jan 6	Classes: 6	M \$0	NM \$78
105903	Th	6:00- 7:00PM	Jan 7	Classes: 6	M \$0	NM \$78
107171	Tu	6:00- 7:00PM	Feb 16	Classes: 5	M \$0	NM \$65
107168	W	9:15-10:15AM	Feb 17	Classes: 5	M \$0	NM \$65
107169	Th	6:00- 7:00PM	Feb 18	Classes: 5	M \$0	NM \$65
107167	M	9:15-10:15AM	Feb 22	Classes: 5	M \$0	NM \$65

## ADVANCED CONDITIONING AGE:16Y AND UP

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

105531	Tu, Th	6:00- 7:00PM	Jan 5	Classes: 22	M \$220	NM \$286
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## ADVANCED CONDITIONING: INTRODUCTION TO POWERLIFTING AGE:16Y AND UP

Develop size and strength in this weekly powerlifting program. Discover how to build your body to the max while learning proper lifting technique.

107118	Su	5:00- 6:00PM	Jan 10	Classes: 11	M \$110	NM \$143
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## TRX BOOT CAMP AGE:16Y AND UP

Discover new training techniques with the TRX suspension trainer. This is a bootcamp style class with a large portion of the class dedicated towards learning advanced exercises on the TRX suspension trainer.

107142	Tu	8:30- 9:30PM	Jan 5	Classes: 11	M \$110	NM \$143
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## TRX CYCLE AGE:16Y AND UP

Discover new training techniques with the TRX suspension trainer alternating with drills on the Keiser bike.

107150	Tu	6:00- 7:00AM	Jan 5	Classes: 11	M \$110	NM \$143
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## TOTALLY TRX AGE:16Y AND UP

Discover new training techniques with the TRX suspension trainer. In this class you will learn advanced techniques on the TRX trainer combined with a high intensity spin class.

107151	W	7:00- 8:00AM	Jan 6	Classes: 11	M \$110	NM \$143
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## WOMEN'S RESISTANCE TRAINING AGE:16Y AND UP

Discover the principles and benefits of women's resistance training. Explore concepts such as training splits, tempo training and exercise variations including stability ball resistance training.

105540	Tu, Th	10:00-11:00AM	Jan 5	Classes: 22	M \$220	NM \$286
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# PRE-SCHOOL PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**SHAWNESSY  
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.

105391	Tu	1:45-2:30PM	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.

105409	M	10:30-11:30AM	Jan 4	Classes: 10	M \$90	NM \$120
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## 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.

105423	Tu	9:30-10:45AM	Jan 5	Classes: 11	M \$99	NM \$132
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## 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.

105421	Tu	9:15-10:30AM	Jan 5	Classes: 11	M \$99	NM \$132
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## R3 (READING, ROCKING, RUNNING) AGE:10M - 23M

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

105440	F	10:15-11:00AM	Jan 8	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 is further enhanced by dance, movement and fun games to develop body and spatial awareness.

106372	Th	9:30-10:15AM	Jan 7	Classes: 11	M \$74	NM \$99
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105444	F	11:15-12:00PM	Jan 8	Classes: 11	M \$74	NM \$99
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105445	F	9:15-10:00AM	Jan 8	Classes: 11	M \$74	NM \$99
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## SPORTS - PARENTED AGE:2Y - 3Y

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

105448	W	10:15-11:00AM	Jan 6	Classes: 11	M \$74	NM \$99
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105447	F	10:15-11:00AM	Jan 8	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.

105431	W	10:45-11:45AM	Jan 6	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.

105397	Th	10:30-11:30AM	Jan 7	Classes: 11	M \$116	NM \$146
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105398	Sa	10:30-11:30AM	Jan 9	Classes: 11	M \$116	NM \$146
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## CREATIVE HEIGHTS AGE:4Y - 5Y

If your child is climbing your walls, why not let them climb ours? Creative Heights is a class designed for your active preschooler. This class may include songs, stories, and group games. Please note this is a beginning climbing course and a focus on bouldering and safety will be taught. Child must be toilet trained and appropriate indoor shoes are required. A waiver must be signed prior to climbing.

105842	F	11:00-12:00PM	Jan 8	Classes: 11	M \$110	NM \$138
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105402	Sa	9:00-10:00AM	Jan 9	Classes: 11	M \$116	NM \$146
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## DANCE AGE:3Y - 5Y

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

105405	Tu	5:00-5:45PM	Jan 5	Classes: 11	M \$87	NM \$109
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105404	W	4:15-5:00PM	Jan 6	Classes: 11	M \$87	NM \$109
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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.

105416	M	10:30-11:30AM	Jan 4	Classes: 10	M \$85	NM \$113
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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.

105459	Tu	1:00- 2:00PM	Jan 5	Classes: 11	M \$94	NM \$124
105463	W	5:05- 6:05PM	Jan 6	Classes: 11	M \$94	NM \$124
105464	W	9:00-10:00AM	Jan 6	Classes: 11	M \$94	NM \$124
105462	F	9:00-10:00AM	Jan 8	Classes: 11	M \$94	NM \$124

## 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.

105479	M	9:00-11:00AM	Jan 4	Classes: 10	M \$143	NM \$190
105481	Th	12:30- 2:30PM	Jan 7	Classes: 11	M \$157	NM \$209
105482	Th	9:00-11:00AM	Jan 7	Classes: 11	M \$157	NM \$209
105480	F	9:00-11:00AM	Jan 8	Classes: 11	M \$157	NM \$209

## 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.

105493	Tu	9:00-11:00AM	Jan 5	Classes: 11	M \$198	NM \$264
105495	Tu	12:30- 2:30PM	Jan 5	Classes: 11	M \$198	NM \$264
105494	W	9:00-11:00AM	Jan 6	Classes: 11	M \$198	NM \$264
105496	W	12:30- 2:30PM	Jan 6	Classes: 11	M \$198	NM \$264

## YOGA

### AGE:3Y - 5Y

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

105502	Tu	9:15-10:00AM	Jan 5	Classes: 11	M \$87	NM \$109
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# YOUTH PROGRAMS

REGISTERED PROGRAMS | WINTER 2016

**SHAWNESSY  
YMCA**

## ARTS AND CRAFTS

### ARTS

#### AGE:12Y - 14Y

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.

106393	W	7:00- 8:00PM	Jan 6	Classes: 11	M \$85	NM \$116
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## ATHLETICS AND SPORTS

### SPORTS LEAGUE: BASKETBALL

#### AGE:10Y - 17Y

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

106400	F	4:00- 5:00PM	Jan 8	Classes: 5	M \$0	NM \$55
106399	F	4:00- 5:00PM	Feb 12	Classes: 5	M \$0	NM \$55



### SPORTS LEAGUE: SOCCER

#### AGE:12Y - 14Y

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

106401	W	4:00- 5:00PM	Jan 6	Classes: 5	M \$0	NM \$55
106402	W	4:00- 5:00PM	Feb 10	Classes: 5	M \$0	NM \$55



## 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.

105578	M	4:50- 5:50PM	Jan 4	Classes: 11	M \$0	NM \$0
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## BADMINTON

### AGE:8Y - 9Y

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

105595	Sa	3:00- 4:00PM	Jan 9	Classes: 11	M \$85	NM \$116
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## BADMINTON

### AGE:10Y - 13Y

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

105597	Sa	4:00- 5:00PM	Jan 9	Classes: 11	M \$85	NM \$116
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## 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.

105598	Sa	5:00- 6:00PM	Jan 9	Classes: 11	M \$85	NM \$116
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## FLOOR HOCKEY

### AGE:6Y - 7Y

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

105620	Tu	4:00- 5:00PM	Jan 5	Classes: 11	M \$85	NM \$116
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## FLOOR HOCKEY

### AGE:8Y - 9Y

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

105621	Tu	5:00- 6:00PM	Jan 5	Classes: 11	M \$85	NM \$116
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## FLOOR HOCKEY

### AGE:10Y - 13Y

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

105616	F	5:00- 6:00PM	Jan 8	Classes: 11	M \$85	NM \$116
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## FLOOR HOCKEY

### AGE:14Y - 17Y

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

105843	F	6:00- 7:00PM	Jan 8	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.

105706 Sa 11:10-12:10PM Jan 9 Classes: 11 M \$85 NM \$116

## INDOOR SOCCER AGE:8Y - 9Y

Explore the popular sport of indoor soccer within the YMCA learning environment. Learn all the essentials, and even some tricks, as you pass and juggle your way through this fun-filled program.

105707 Sa 12:10-1:10PM Jan 9 Classes: 11 M \$85 NM \$116

## INDOOR SOCCER AGE:10Y - 13Y

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.

105708 Tu 6:05-7:05PM Jan 5 Classes: 11 M \$85 NM \$116

## 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.

105733 M 5:00-6:00PM Jan 4 Classes: 11 M \$110 NM \$150

## STEVE NASH BASKETBALL AGE:8Y - 9Y

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

105737 Th 4:00-5:00PM Jan 7 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.

105739 M 4:00-5:00PM Jan 4 Classes: 11 M \$110 NM \$150

105734 Th 5:00-6:00PM Jan 7 Classes: 11 M \$121 NM \$165

## VOLLEYBALL AGE:10Y - 13Y

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

105752 W 6:15-7:15PM Jan 6 Classes: 11 M \$85 NM \$116

## DANCE DANCE AGE:6Y - 7Y

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

105610 Sa 1:00-1:45PM Jan 9 Classes: 11 M \$64 NM \$87

## DANCE AGE:8Y - 13Y

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

105613 Sa 1:50-2:50PM Jan 9 Classes: 11 M \$85 NM \$116

## MARTIAL ARTS CAPOEIRA - LEVEL 1 AGE:6Y - 11Y

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

105298 Th 6:30-7:30PM Jan 7 Classes: 11 M \$110 NM \$143

## CAPOEIRA - LEVEL 2 AGE:6Y - 11Y

Graduate to level 2 youth Capoeira after earning your level 1 Capoeira belt.

105300 Th 6:30-7:30PM Jan 7 Classes: 11 M \$110 NM \$143

## KARATE - FAMILY AGE:6Y AND UP

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

106403 Sa 11:45-12:45PM Jan 9 Classes: 11 M \$110 NM \$143



## RESISTANCE TRAINING INTRODUCTION TO RESISTANCE TRAINING FOR YOUTH AGE:12Y - 14Y



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! \*Please see adult program section for additional Introduction to Resistance Training programs (Age 16Y and up).

106386	M	5:00- 6:00PM	Jan 4	Classes: 5	M \$0	NM \$65
107166	M	5:00- 6:00PM	Feb 22	Classes: 5	M \$0	NM \$65

## 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.

105592	M	5:00- 9:00PM	Jan 25	Classes: 2	M \$0	NM \$60
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