



Bringing people together

Registered Program Listings Jan. 2 - Feb 26, 2012

☺ Denotes Free for Family members

Preschool Programs-

Moms, Pops, Tots - parent participation (6-36 months)
A great start to enjoying swimming ☺

Lil' Dippers - 3-5 yrs swim lessons ☺
Once/week or twice/week offered 7 days a week - inquire at front desk for dates and times

Kinder Gymnastics - 3-5yrs ☺

#38371	Jan 10 Feb 21	Tuesday	3:15-4:00pm
#37699	Jan 6-Feb 24	Fridays	3:00-3:45pm
#37702	Jan 6-Feb 24	Friday	4:00-4:45pm
#37705	Jan 6-Feb 24	Friday	4:45-5:30pm
#37708	Jan 7- Feb 25	Saturday	10:30-11:15am
#37711	Jan 7- Feb 25	Saturday	11:15-12:00pm

\$16.63 Member \$33.25 Regular Rate (7 weeks)
\$19.00 Member \$38.00 Regular Rate (8 weeks)

Yoga for Youngsters - 3-5yrs

#38396	Jan 5 - Feb 23	Thursday	3:00-3:45pm
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\$24.00 Member \$48.00 Regular Rate

Lil' Dancers - 3-5yrs ☺

#38364	Jan 9-Feb 20	Monday	4:00-4:45pm
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\$15.75 Member \$40.25 Regular Rate

ZumbAtomic - 3-6yrs: Zumba for kids! ☺

#38400	Jan 10 - Feb 21	Tuesday	9:30-10:00am
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\$19.25 Member \$38.50 Regular Rate

Lil' Sneakers - 3-5yrs a variety of sports to explore ☺

#38434	Jan 5- Feb 23	Thursday	9:40-10:25am
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\$16.00 Member \$42.00 Regular Rate

Reading Rascals- 3-5yrs ☺

#38355	Jan 4- Feb 22	Wednesday	9:00-10:00am
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\$20.00 Member \$46.00 Regular Rate

Youth/Teen Programs - Ages 6++

Recreational Gymnastics - 6-12 yrs ☺

#38370	Jan 10 Feb 21	Tuesday	4:00-5:00pm
#37717	Jan 6-Feb 24	Friday	3:45-4:45pm
#37720	Jan 6-Feb 24	Friday	4:45-5:45pm
#37723	Jan 7- Feb 25	Saturday	10:30-11:30am
#37726	Jan 7- Feb 25	Saturday	11:30-12:30pm

\$20.00 Member \$40.25 Regular Rate (7 weeks)
\$23.00 Member \$46.00 Regular Rate (8 weeks)

Lets Dance - 5-7yrs ☺

#38367	Jan 10 Feb 21	Tuesday	4:45-5:30pm
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\$15.75 Member \$40.25 Regular Rate

Yoga for Youngsters - 6-10yrs

#38398	Jan 5 - Feb 23	Thursday	3:00-3:45pm
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\$24.00 Member \$48.00 Regular Rate

Lego Builders - 5-10yrs

#38358	Jan 7- Feb 25	Saturdays	9:45-10:45am
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\$16.00 Member \$42.00 Regular Rate

Youth Floor Hockey - 6-12 yrs ☺

#37566	Jan 5- Feb 23	Thurs	4:15-5:15pm
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\$14.00 Member \$36.75 Regular Rate

Y'd World of Sports - 6-12 yrs have fun in many sports - soccer, basketball, floor hockey ☺

#37566	Jan 5- Feb 23	Thurs	3:15-4:15pm
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\$14.00 Member \$36.75 Regular Rate

Home Learners P.E.

# 37559	Jan 6- Feb 24	Fridays	1:30-2:30pm
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\$16.00 Member \$34.00 Regular Rate

Youth Swim lessons - 6 yrs+ ☺
Learn to Swim and Star Levels
Once/week or twice/week offered 7 days a week - inquire at front desk for dates and times

Synchronized Swimming - 7 yrs+
Orcas Synchro Club- Sept - May
Levels- Novice, Junior & Senior. Check out our information package for dates times, and locations

Babysitter's Training Course - 11 yrs+

#37562	Jan 14-28	Saturday	1:00-4:00pm
#37563	Feb 11-25	Saturday	1:00-4:00 pm

\$36.00 Member \$46.00 Regular Rate

Birthday Parties

Fridays	5:00-8:00pm
Saturday and Sunday	12:00-2:00pm and 1:00-3:00pm
Saturday Sizzler Combo	2:00-5:00pm

Teen Swim Lessons - 14-18 yrs

#36287	Oct. 31-Dec. 12	Monday	5:30-6:15pm
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\$18.00 Member \$46.00 Regular Rate

Youth Leadership Development

Sept - June	Wednesdays
Junior Leaders in Training	10-11 yrs
Leaders in Training	12-14 yrs
Leaders	15-18 yrs

Teen Weight Trainer - 12 yrs+ ☺

#38406	Jan 10 - 26	Tues/Thurs	4:00-6:00pm
#38407	Jan 31 - Feb 16	Tues/Thurs	4:00-6:00pm

\$0 Member \$42.00 Regular Rate

Jr. Warriors -11 yrs+ cycling, MMA, agility & more ☺

#38409	Jan 9 - 30	Monday	4:30-5:30pm
#38410	Feb 6 - 27	Monday	4:30-5:30pm

\$10.00 Member \$20.00 Regular Rate

Adult Programs

★Denotes Drop-Ins Welcome (*Additional fees may apply; space is limited*)

Adult Swim Lessons - Stroke Improvement 14yrs+
TBA

First Aid and CPR - 14yrs +

CPR A \$35.00

#38440 Jan 28 Saturday 1:30-5:30pm

CPR C \$62.00

#38444 Jan 28 & Feb 4 Saturday 1:30-5:30pm

CPR C Recert \$43.00

#38456 Jan 14 Saturday 1:30-5:30pm

Emergency First Aid \$95.00

(includes CPR C)

#38448 Jan 28 & Feb 4 Saturday 1:30-5:30pm

Emergency First Aid Recert \$52.00

(includes CPR)

#38459 Jan 14 Saturday 1:30-5:30pm

Standard First Aid \$144.00

(includes CPR C)

#38452 Jan 28, Feb 4, 11, 18 Saturday 1:30-5:30pm

Standard First Aid Recert \$68.00

(includes CPR C)

#38462 Jan 14 & 21 Saturday 1:30-5:30pm

Senior Learning & Brain Fitness -

Programs will be starting in January. Start date & fees TBA.

Questions can be directed to Andrea Gieselmann 604-792-3371 ext.2414

Women & Weights - 14 yrs+

#38402 Jan.9 - Feb.13 Mondays 6:30-7:45pm

#38403 Feb.20 - Mar.26 Mondays 6:30-7:45pm

#38405 Feb.21 - Mar.27 Tuesdays 10:30-11:45am

\$27.00 Member/Student \$54.00 Regular Rate

Zumba - 14 yrs + ★

#38380 Jan.11 - Feb.15 Wednesday 7:00-8:00pm

#38381 Feb.22 - Mar.28 Wednesday 7:00-8:00pm

#38382 Jan.14 - Feb.18 Saturday 9:00-10:00am

#38383 Feb.25 - Mar.31 Saturday 9:00-10:00am

\$21.00 Member/Student \$42.00 Regular Rate

Trial Drop-in Class Jan.4 Wed 7:00-8:00pm

Zumba GOLD -For seniors & those new to exercise ★

#38376 Jan.9 - Feb.13 Monday 5:45-6:45pm

#38377 Feb.20 - Mar.26 Monday 5:45-6:45pm

#38378 Jan.10 - Feb.14 Tuesday 10:05-11:05am

#38379 Feb.21 - Mar.27 Tuesday 10:05-11:05am

\$21.00 Member/Student \$42.00 Regular Rate

Trial Drop-in Classes Jan.3 Tues 10:05-11:05am

AQUA Zumba - 14 yrs + ★

#38412 Jan.11 - Feb.15 Wednesday 11:00am-12:00p

#38413 Feb.22 - Mar.28 Wednesday 11:00am-12:00p

\$21.00 Member/Student \$42.00 Regular Rate

Trial Drop-in Class Jan.4 Wed 11:00am-12:00pm

Yoga for Life - a gentle form of yoga over noon hour★

#38384 Jan.11 - Feb.15 Wednesday 12:05-1:05pm

#38385 Feb.22 - Mar.28 Wednesday 12:05-1:05pm

\$27.00 Member/Student \$54.00 Regular Rate

TRIAL Drop-in Class Jan.4 Wed 12:05-1:05pm

Gentle Yoga - formerly Srs Yoga (gentle & open to all) ★

#38388 Jan.13 - Feb.17 Friday 9:15-10:15am

#38389 Feb.24 - Mar.30 Friday 9:15-10:15am

\$27.00 Member/Student \$54.00 Regular Rate

Trial Drop-in Classes Jan.6 Fri 9:15-10:15am

Vinyasa (Flow) Yoga - 14 yrs + ★

#38386 Jan.12 - Feb.16 Thursday 7:00-8:00pm

#38387 Feb.23 - Mar.29 Thursday 7:00-8:00pm

\$27.00 Member/Student \$54.00 Regular Rate

Trial Drop-in Class Jan.5 Thur 7:00-8:00pm

Introduction to Meditation ★

#38390 Jan.12 - Feb.16 Thursday 5:45-6:45pm

#38391 Feb.23 - Mar.29 Thursday 5:45-6:45pm

\$0 Member/Student \$24.00 Regular Rate

YMCA Warriors Conditioning Camps - ★

Ask about our NEW flexible payment & registration options. **HST inc. in Fees* *

YMCA Weekend Warriors** TBA

YMCA Warriors Boot Camps**

#38428 Jan.9 - Feb.3 M/W/F 6:00-7:00am

#38429 Feb.6 - Mar.2 M/W/F 6:00-7:00am

\$90 Member/Student \$146.00 Regular Rate

Special Populations

Cardiac Care / OsteoFit / Move to Improve / Get Up & Go

Consultations required; see brochures for more info

YMCA Membership Fees

(based on continuous membership)

Family * \$79

Young Adult (19-34 years) \$37

Adult \$44

Senior (65 years+) \$36

Adult Couple \$77

Student (full time) (19 years+) \$37

Youth (6-18) \$24.50

Cardiac Care/Move to Improve \$46

Fees shown are monthly rates and subject to HST where applicable

* *For a family of 2 adults (married or common law) and 2 or more dependents (19 years and under or full-time student living at home). Additional children no charge.*

Mission Statement: The YMCA is a charitable association dedicated to the development of people in spirit, mind and body as well as the improvement of local, national and international communities.

Charity # 11930 7148 RR0001

