

YWCA SUMMER '83

July & August



10305 - 100 Avenue
Edmonton, Alberta T5J 3C8
423-9922



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Many of your favourites will return in September for the Fall and Winter months. Watch for information in July.

For Your Convenience...

THE SHOP

Have you ever forgotten your towel, run out of shampoo, misplaced your racquetball? Drop by 'The Shop' YWCA Lower Level One and discover the selection of fitness clothing, equipment and accessories. Toiletries also available.

The Shop is operated by YWCA Volunteers with proceeds supporting our Child Care facility.

Whether you are a fitness enthusiast, traveller or parent, you'll find the shop helpful.

CAFETERIA

The Sarah Golden Cafeteria is located in the Downtown YWCA 10305-100 Avenue and is open daily to the public.

Monday to Thursday 7-9 p.m. Friday 8 a.m.-6 p.m.

Weekends and Holidays 8:00 a.m.-5:00 p.m.

- Complete meal service
- Specialists in homemade cinnamon buns, muffins, scones, buns and pies
- Catering to meetings/office functions during above hours.

For further information call: Cafeteria Manager 423-9922.

CHILD CARE

Need a break? Use our preschool child care service while you attend a class, shop, go to school, attend a medical appointment . . . no reservation necessary.

HOURS: Monday-Friday 7:30 a.m.-5:45 p.m.

Saturdays 9:00 a.m.-4:00 p.m.

COST: \$1.75/hour; \$1.00/hour for each additional child in a family.

LOCATION: Please take children to age-appropriate area. Five minute drop-off parking at rear entrance.

- Infants (0-12 months) Main Floor
- Babies (12-18 months) Second Floor
- Toddlers (19-35 months) Second Floor (mature 2-year-olds may be placed in this preschool area)
- Preschool (3-5 years) Main Floor

Please supply name tags, disposable diapers, plastic bottles, emergency phone number and bag lunch. Juice or milk available for 25¢.

For further information: Child Care 423-9922.

Accommodation

New in Edmonton? Looking for a job? Going to school? Vacationing? The Edmonton YWCA provides both short term and permanent (up to 2 years) accommodation for women of all ages in our residence at 10305 - 100 Ave. Choice of accommodation in-

cludes "hotel like" single and double rooms with bath, single rooms with shared bath, small dormitories and hostel like "sleeping bag" accommodation. For further information contact: YWCA Women's Residence, 3rd Floor, 423-9922.

Pre-School

NATURE TOTS

Hug a tree, shine like the sun, plant a seed, take a bird to lunch . . . learn about nature through crafts, stories, music, drama and hikes. **Bring Mom or Dad along** and enjoy the outdoor world together in five morning sessions.

Kinnard Park 74 St. & Jasper Ave. \$25/child

Monday to Friday 9:30 a.m. - 12 Noon

#517 July 18 - 22 #520 August 8 - 12

#518 July 25 - 29 #521 August 15 - 19

#519 August 2 - 5 #522 August 22 - 26

(4 days \$20)

Offered in cooperation with Edmonton Parks and Recreation
- Central District for children 3-5 years.



PRE-SCHOOL GYM AND SWIM

Offer your child a chance to explore a new environment, meet other children and be physically active. Jumping, running, bouncing, climbing and playing are just a few of the activities children enjoy. A variety of equipment such as balls, beanbags, hoops, climbing apparatus and a trampoline are used. *Children under 3 years must be accompanied by a parent who will be shown how to encourage his/her child to develop his/her skills. Parents may register their child in the "gym-only" portion of any of the gym and swim programs.*

Cost: Gym & Swim \$32, Swim Only \$20.

			GYM & SWIM	GYM ONLY
2 Years	Tues./Thurs. July 5-28	(Gym) 1:30-2:10 p.m.	#326	#327
	August 2-25	(Pool) 2:30-3:00 p.m.	#445	#446
3 Years	Tues./Thurs. July 5-28	(Gym) 2:10-2:50 p.m.	#328	#329
	August 2-25	(Pool) 3:00-3:30 p.m.	#447	#448
4 & 5 Years	Tues./Thurs. July 5-28	(Pool) 2:00-2:30 p.m.	#330	#331
	August 2-25	(Gym) 2:50-3:30 p.m.	#449	#449A

RUNNIN' AND ROMPIN' TOGETHER

An aerobics class for parents and children 2-7 years. Enjoy both preschool and popular music while you warm up, move and cool down using small apparatus and dance.

LEVEL	DATES	TIMES	NO.
2 & 3 Years	Mon. July 4-August 29	1:30-2:10 p.m.	#333A
	Wed. July 6-August 24	1:30-2:10 p.m.	#333B
4 & 5 Years	Mon. July 4-August 29	2:50-3:30 p.m.	#334A
	Wed. July 6-August 24	2:50-3:30 p.m.	#334B
6 & 7 Years	Mon. July 4-August 29	2:10-2:50 p.m.	#335A
	Wed. July 6-August 24	2:50-3:30 p.m.	#335B

Pre-School Aquatics

Pre-school water activities ensure a relaxed environment for children and their parents during each half hour session. The session is fun, and allows room for movement, experimenting and learning. As your child progresses he/she will develop basic safety skills, self-confidence, social skills and sensory motor co-ordination.

PRE-SCHOOL AQUATICS AGE GROUPINGS

Water Babies I - 4 - 8 Months
 Water Babies II - 8 - 12 Months
 Water Babies III - 12 - 18 Months
 Minnows - 18 - 30 Months
 Guppies - 2½ - 4 Years
 Fishtails - 4 and 5 Years

Advanced Fishtails

Some children 4 and 5 years are ready to progress without their parents aid. The children should feel comfortable in water which is 3.5 feet or more in depth; be able to float on either front or back, and propel themselves through the water. There is a ratio of 5 children to 1 instructor and children will develop more swimming techniques to prepare them for future classes.

**SUMMER CLASSES
 ARE HELD TWICE WEEKLY
 FOR FOUR WEEKS
 COST.....\$23.00**

LEVEL	DAYS	DATES	TIME	HOURS OF INSTRUCTION	NO.
Water Babies 1	Mon. & Wed.	July 4-27	11:00-11:30 a.m.	4	310
Water Babies 1	Tues. & Thurs.	July 5-28	11:00-11:30 a.m.	4	311
Water Babies 1	Mon. & Wed.	August 3-29	11:30-12 Noon	4	430
Water Babies 1	Tues. & Thurs.	August 2-25	11:30-12 Noon	4	431
Water Babies 2	Mon. & Wed.	July 4-27	11:30-12 Noon	4	312
Water Babies 2	Tues. & Thurs.	July 5-28	11:30-12 Noon	4	313
Water Babies 2	Mon. & Wed.	August 3-29	7:00-7:30 p.m.	4	432
Water Babies 2	Tues. & Thurs.	August 2-25	7:00-7:30 p.m.	4	433
Water Babies 3	Mon. & Wed.	July 4-27	2:30-3:00 p.m.	4	314
Water Babies 3	Tues. & Thurs.	July 5-28	2:30-3:00 p.m.	4	315
Water Babies 3	Mon. & Wed.	August 3-29	1:00-1:30 p.m.	4	434
Water Babies 3	Tues. & Thurs.	August 2-25	1:00-1:30 p.m.	4	435
Minnows	Mon. & Wed.	July 4-27	9:30-10:00 a.m.	4	316
Minnows	Mon. & Wed.	July 4-27	7:00-7:30 p.m.	4	317
Minnows	Tues. & Thurs.	July 5-28	9:30-10:00 a.m.	4	318
Minnows	Tues. & Thurs.	July 5-28	7:00-7:30 p.m.	4	319
Minnows	Mon. & Wed.	August 3-29	11:00-11:30 a.m.	4	436
Minnows	Tues. & Thurs.	August 2-25	11:00-11:30 a.m.	4	437
Guppies	Mon. & Wed.	July 4-27	1:00-1:30 p.m.	4	320
Guppies	Tues. & Thurs.	July 5-28	1:00-1:30 p.m.	4	321
Guppies	Mon. & Wed.	August 3-29	2:30-3:00 p.m.	4	438
Guppies	Mon. & Wed.	August 3-29	6:30-7:00 p.m.	4	439
Guppies	Tues. & Thurs.	August 2-25	2:30-3:00 p.m.	4	440
Fishtails	Mon. & Wed.	July 4-27	6:30-7:00 p.m.	4	322
Fishtails	Tues. & Thurs.	July 5-28	6:30-7:00 p.m.	4	323
Fishtails	Mon. & Wed.	August 3-29	9:30-10:00 a.m.	4	441
Fishtails	Tues. & Thurs.	August 2-25	9:30-10:00 a.m.	4	442
Advanced Fishtails	Mon. & Wed.	July 4-27	1:00-1:30 p.m.	4	324
Advanced Fishtails	Tues. & Thurs.	July 5-28	1:00-1:30 p.m.	4	325
Advanced Fishtails	Mon. & Wed.	August 3-29	11:30-12 Noon	4	443
Advanced Fishtails	Tues. & Thurs.	August 2-25	11:30-12 Noon	4	444

Youth

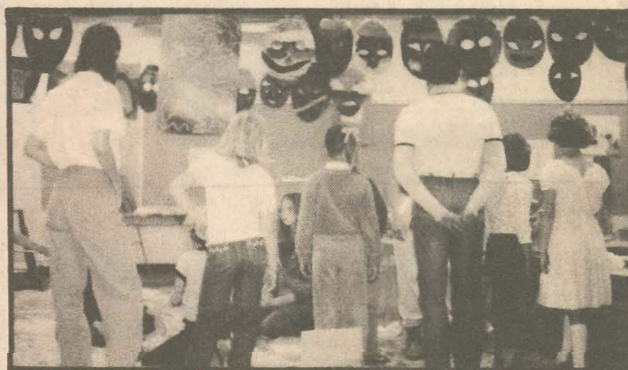
KIDZART

Paint, sculpt, dance and create. Six to twelve year-olds - join us for six half day sessions of art, dance and drama in your neighbourhood. Try print-making, storytelling and make-up application. Enjoy music and movement mixed with fun.

Specialists in visual art, drama and dance will instruct sessions.

\$38/child; \$68/two children in same family.

LOCATION	DATE	9 A.M.- NOON	1:00- 4:00 P.M.
Thornccliffe School 8515 - 175 Street	Mon./Wed./Fri. July 4-15	#509	#510
St. Timothy School 143 Avenue & 117 St.	Mon./Wed./Fri. July 18-29	#511	#512
Steinhauer School 10717 - 32A Avenue	Tue./Wed./Fri. August 2-5 & August 8-12	#513	#514
T.B.A.	Mon./Wed./Fri. August 15-26	#515	#516



YOUTH SWIM

Enjoy the summer sun and learn to swim or add to your interests by discovering the safe way to snorkel.

RED CROSS SWIM CLASSES

See page: _____ for level descriptions.

JUNIOR SNORKEL

Explore the underwater world. Learn now to safely use a mask, snorkel and fins. Water entries and propulsion will also be included.

ATTEND CLASSES TWICE

WEEKLY FOR 4 WEEKS

COST.....\$35

LEVEL	DAYS	DATES	TIME	HOURS OF INSTRUCTION	NO.
Orange	Mon. & Wed.	August 3-29	1:30-2:30 p.m.	8	464
Red	Mon. & Wed.	July 4-27	1:30 - 2:30 p.m.	8	350
Maroon	Mon. & Wed...	August 3-29	1:30-2:30 p.m.	8	465
Jr. Snorkle	Mon. & Wed...	July 4-27	1:30-2:30 p.m.	8	351

Youth

DAY CAMPS

Enjoy a daily swim, cookouts, hikes, nature studies, games, crafts and field trips to special places. Children assist in planning activities. Disabled children welcome.

All day camps operate Monday to Friday 9 a.m. - 4:30 a.m. Staff will be on duty 8:30 a.m. - 5:00 p.m. for the convenience of working parents.

ADVENTURE I DAY CAMPS

Join us at the YWCA downtown, participate in indoor and outdoor fun and learn about the city. Special events and trips to interesting places will be included.

Adventure I Day Camp	July 4-8	501	\$45
Adventure I Day Camp	July 18-22	502	\$45
Adventure I Day Camp	July 25-29	503	\$45
Adventure I Day Camp	August 2-5	504	\$40
Adventure I Day Camp	August 22-26	505	\$45
Adventure II Day Camp	July 11-15 (Wednesday overnight)	506	\$65
Adventure II Day Camp	August 8-12 (Tuesday overnight)	507	\$65
Adventure II Day Camp	August 15-19 (Wednesday overnight)	508	\$65

ADVENTURE II DAY CAMPS

Enjoy all the excitement of Adventure I as well as an overnight trip to YoWoChAs Centre on Lake Wabamun. You'll have a chance to camp out, canoe and enjoy nature. Transportation provided.



Adult Aquatics

The Edmonton
Journal
...helping - in every way!

ADULT SWIM

Enjoy the challenge of improving your swimming skills in a Red Cross certified program. Progress at your own pace in a small class.

ABSOLUTELY TERRIFIED (PRE-RED CROSS COLOUR PROGRAM)

A challenging class designed to help you overcome a genuine fear of the water. Gain confidence as you become more comfortable in the water. Skills such as floating on front and back, breathing in the water, propulsion, and arm and leg coordination will be taught.

Choose a summer class convenient to your schedule

Cost: 10 one-hour lessons	=	\$46.
9 one-hour lessons	=	\$42.
8 one-hour lessons	=	\$38.

RED CROSS COLOUR PROGRAM

**IF YOU
NEED TO
LEARN
HOW TO**

**REGISTER
IN THIS
RED CROSS
LEVEL**

Float on front or back

ORANGE

Jump into deep water OR tread water for 30 seconds

RED

Swim front crawl OR tread water for 1 minute

MAROON

Swim back crawl OR tread water for 2 minutes

BLUE

Swim elementary back stroke OR tread water for 3 minutes

GREEN

Swim breast stroke OR tread water for 4 minutes

GREY

Swim side stroke OR tread water for 5 minutes

WHITE

Attend classes twice weekly for 4 weeks

LEVEL	DAYS	DATES	TIME	HOURS OF INSTRUCTION	NO.
Orange	Mon. & Wed.	July 4-27	10:30-11:30 a.m.	8	336
Absolutely Terrified	Mon. & Wed.	August 3-29	10:30-11:30 a.m.	8	450
Maroon	Tues. & Thurs.	August 2-25	9:30-10:30 a.m.	8	451
Stroke Improvement	Tues. & Thurs.	July 5-28	9:30-10:30 a.m.	8	337
Endurance	Tues. & Thurs.	July 5-28	1:30-2:30 p.m.	8	338
Endurance	Tues. & Thurs.	August 2-25	1:30-2:30 p.m.	8	452
Endurance	Mon. & Wed.	July 4-27	6:30-7:30 p.m.	8	339
Endurance	Mon. & Wed.	August 3-29	6:30-7:30 p.m.	8	452A

Attend classes 5 x weekly for two weeks

LEVEL	DAYS	DATES	TIME	HOURS OF INSTRUCTION	NO.
Absolutely Terrified	Mon.-Fri.	August 2-12	7:30-8:30 p.m.	9	453
Orange	Mon.-Fri.	July 18-29	7:30-8:30 p.m.	10	340
Orange	Mon.-Fri.	August 15-26	7:30-8:30 p.m.	10	454
Red	Mon.-Fri.	July 4-15	7:30-8:30 p.m.	10	341
Red	Mon.-Fri.	August 15-26	7:30-8:30 p.m.	10	455
Maroon	Mon.-Fri.	July 4-15	7:30-8:30 p.m.	10	342
Maroon	Mon.-Fri.	August 2-12	7:30-8:30 p.m.	9	456
Blue	Mon.-Fri.	July 18-29	7:30-8:30 p.m.	10	343

Adult Aqua Fitness

AQUA FITNESS CLASSES

For fun and a new fitness experience try aerobic exercise in the water. These are energizing classes which improve your cardiovascular condition, agility, balance, coordination and endurance. Music accompanies the exercises. The water creates a large work load but equally acts as a cushioning agent for joints and sore muscles. Participants are not required to have swimming ability - in fact most

people develop more confidence in the water after experiencing an aqua fitness class. Classes are rated:

1. Mild - Moderate which begins with 15 minutes of aerobics; (Aquafitness 1)
2. Moderate - Intense which begins with 20 minutes of aerobics; (Aquafitness 2)

COST: Attend 2x/week = \$35

Attend 4x/week = \$65

Length: Four Weeks

LEVEL	DAYS	DATES	TIME	HOURS OF INSTRUCTION	NO.
Aquafitness 1	Mon. & Wed.	July 4-27	9:30-10:30 a.m.	8	344
Aquafitness 1	Mon. & Wed.	August 3-29	9:30-10:30 a.m.	8	457
Aquafitness 2	Tues. & Thurs.	July 5-28	10:30-11:30 a.m.	8	345
Aquafitness 2	Tues. & Thurs.	August 2-25	10:30-11:30 a.m.	8	458
Aquafitness 2	Tues. & Thurs.	July 5-28	6:30-7:30 p.m.	8	346
Aquafitness 2	Tues. & Thurs.	August 2-25	6:30-7:30 p.m.	8	459
Aquafitness 2	Wed. & Fri.	July 6-29	5:30-6:30 p.m.	8	347
Aquafitness 2	Wed. & Fri.	August 3-26	5:30-6:30 p.m.	8	460

ADULT FITNESS SWIM CLUB (CETACEANS)

The club welcomes men and women wishing to swim their way to total fitness. The group participates in three one-hour workouts a week as well as two half-hour weight training and flexibility sessions per week. Swimming workouts are prepared and monitored by a qualified swim coach who helps make fitness enjoyable and interesting. The members of the club are also able to participate in "masters" swim meets throughout the country. People will see an improvement in their swimming technique, cardiovascular fitness, and endurance. Join at any time. Contact Diane Kitchen for more information. 422-9922.

Times:

Monday 5:30 - 6:30 p.m.

Tuesday 5:30 - 6:30 p.m.

5:00 - 5:30 p.m.

(Weight Training)

Thursday 5:30 - 6:30 p.m.

5:00 - 5:30 p.m.

(Weight Training)

Fee: \$260/year (payment plans can be arranged) or **\$70/3 months**

Racquetball

• HOURS:

7:00 a.m.-11:00 p.m. daily.

• COST:

\$8.00/court/hour.

• RACQUETBALL BOOKING

PROCEDURE:

Phone 423-9922

Fitness Centre Members - may phone in one day in advance, beginning at 7:00 a.m.

Public - may phone in one day in advance after 9:00 a.m.

Weekend and Monday bookings may be made on the preceding Friday.

• GAME CARDS:

Purchase a card which allows you 10 one hour bookings per holder and saves \$5.00.

Cost - \$35.00 for 10 one hour bookings.

NOTE: Game cardholders have the same booking procedures as the public. Partners must pay for their half of the court.

• BLOCK BOOKINGS:

Book your courts well in advance. Total fee must be paid when booking. For information, please call Amanda Holway at 423-9922 (weekdays).

• PRIVATE RACQUETBALL LESSONS:

Private lessons offer individual instruction for beginners interested in learning about racquetball. Novice and intermediate levels of instruction are also available on a private basis - \$15/hour. Please phone the Fitness Centre Director for an appointment.

Interested in instructing racquetball at the YWCA? Please contact the Fitness Centre Director at 423-9922 - extension 6129.

Adult Fitness

We offer fitness classes for all levels from the brand new beginner to the advanced intense level. It is important to read and understand the levels of exercise so that you can choose a class that suits you best. Men & Women welcome!

LOCATION:

YWCA Fitness Classes are held both downtown (YoWoChAs Room, Gym, Northwestern Room, Physical Activities Room), or at neighbourhood locations.

MILD FITNESS CLASSES

MILD LEVEL CHECK

	YES	NO
1. You would like to start an exercising program?	___	___
2. You can touch your toes when sitting (leg straight)	___	___
3. You can walk up one flight of stairs (14-15 steps) without being out of breath	___	___
4. You can do 3 bent knee situps with someone holding your feet (hands at sides)	___	___

RESULTS

If you have answered NO to one or more of the above,

CLASS	DAY	TIME	DATES	LOCATION	NO.
Aerobic Fitstarts	Tues.	10:30-11:15 a.m.	July 5-August 23	Northwestern Rm.	370
		5:30-6:15 p.m.	July 5-August 23	YoWoChAs Rm.	371
	Thurs.	10:30-11:15 a.m.	July 7-August 25	Northwestern Rm.	372
		5:30-6:15 p.m.	July 7-August 25	YoWoChAs Rm.	373
Yoga	Mon.	5:30-7:00 p.m.	July 4-August 29	YoWoChAs Rm.	374

MODERATE FITNESS CLASSES

MODERATE LEVEL CHECK

	YES	NO
1. You find a Mild class easy	___	___
2. You are within 15 lbs. of your desired body weight	___	___
3. You can run easily for 8-10 minutes (i.e., 1/2-1 mile)	___	___
4. You can do 5 pushups (with knees on floor)	___	___

RESULTS:

If you answered NO to two or more of the above, please register in a MODERATE CLASS. If you answered YES to three or more . . . proceed to INTENSE LEVEL CHECK.

DRESS:

Ladies: T-shirt and shorts, sweatpants, leotard and tights, stretch clothing, running shoes.

Men: T-shirts and shorts, sweatpants, running shoes.

- All fitness classes are taught to music by YWCA Nationally Certified Instructors - and each class follows a progression of warm-up activity, aerobic activity (including running) followed by flexibility and strength exercises.
- It is recommended to exercise 20 - 30 minutes, 3 to 4 times per week for all levels.

please register in a MILD class. If you answered YES to all four . . . proceed to MODERATE Level Check.

AEROBIC FITSTARTS

You've decided that fitness is important but where do you begin? This class will help you improve gradually and painlessly. Everyone has to start somewhere and it can be fun.

\$22 1 class/week

\$42 2 classes/week

YOGA

Hatha Yoga is a mild form of exercise that progressively develops flexibility and strength. It is a practical way of working with the body and mind through dynamic postures (asanas), relaxation, breath control and concentration.

\$28

NOON OR AFTER WORK FITNESS

If you've got a busy schedule these fast moving fitness classes can be squeezed into your day.

\$19 - 1 class/week \$36 - 2 classes/week \$52 - 3 classes/week

JAZZ FITNESS

A pinch of Jazz and a dash of fitness and you've got Jazz Fitness. A fun combination that offers the benefits of fitness and dance.

\$26 - 1 class/week

\$50 - 2 classes/week

RUSH HOUR FITNESS

This 40 minute class will help you work off the day's frustrations. It is more strenuous than the half-hour fitness classes because the aerobic portion (huffing-puffing activities) is longer.

\$20 - 1 class/week

\$38 - 2 classes/week

\$54 - 3 classes/week

MODERATE FITNESS CLASSES "continued"

MODERATE FITNESS

Energize your day with this 45 minute class. It is similar in content to Aerobic Dance 1 except the aerobic portion (huffing-puffing activities) is not quite as strenuous and the flexibility and strength exercises are not as intense.

\$22 - 1 class/week \$42 - 2 classes/week \$60 - 3 classes/week

CLASS	DAY	TIME	DATES	LOCATION	NO.
Noon/After Work Fitness	Mon.	12:15-12:45 p.m.	July 4-August 29	Gym	375
		5:00-5:30 p.m.	July 4-August 29	YoWoChAs Rm.	376
	Tues.	12:15-12:45 p.m.	July 5-August 23	Gym	377
		5:00-5:30 p.m.	July 5-August 23	YoWoChAs Rm.	378
	Wed.	12:15-12:45 p.m.	July 6-August 24	Gym	379
Rush Hour Fitness		5:00-5:30 p.m.	July 6-August 24	YoWoChAs Rm.	380
	Thurs.	12:15-12:45 p.m.	July 7-August 25	Gym	381
		5:00-5:30 p.m.	July 7-August 25	YoWoChAs Rm.	382
	Fri.	12:15-12:45 p.m.	July 8-August 26	Gym	383
	Mon.	4:45-5:25 p.m.	July 4-August 29	Gym	384
Jazz Fitness	Tues.	4:45-5:25 p.m.	July 5-August 23	Gym	385
	Wed.	4:45-5:25 p.m.	July 6-August 24	Gym	386
	Thurs.	4:45-5:25 p.m.	July 7-August 25	Gym	387
	Mon.	7:30-8:30 p.m.	July 4-August 29	Northwestern Rm.	388
	Wed.	7:30-8:30 p.m.	July 6-August 24	Northwestern Rm.	389
Moderate Fitness	Mon.	10:30-11:15 a.m.	July 4-August 29	Gym	390
		7:30-8:15 p.m.	July 4-August 29	Gym	391
	Tues.	7:30-8:15 p.m.	July 5-August 23	Gym	392
	Wed.	10:30-11:15 a.m.	July 6-August 24	Gym	393
		7:30-8:15 p.m.	July 6-August 24	Gym	394
Aerobic Dance 1		7:30-8:15 p.m.	July 7-August 25	Gym	395
	Fri.	10:30-11:15 a.m.	July 8-August 26	Gym	396
	Mon.	9:30-10:30 a.m.	July 4-August 29	Gym	397
		5:30-6:30 p.m.	July 4-August 29	Gym	398
	Tues.	6:30-7:30 p.m.	July 5-August 23	Gym	399
	Wed.	9:30-10:30 a.m.	July 6-August 24	Gym	400
		5:30-6:30 p.m.	July 6-August 24	Gym	401
	Thurs.	6:30-7:30 p.m.	July 7-August 25	Gym	402
	Fri.	9:30-10:30 a.m.	July 8-August 26	Gym	403

AEROBIC DANCE 1

Aerobic Dance remains popular because it provides a well balanced exercise class that is never dull. The hour class improves agility, balance, coordination, endurance, strength and flexibility. While your fitness level improves you may even pick up a step or two for the dance floor. Moderate to intense.

\$26 - 1 class/week \$50 - 2 classes/week \$72 - 3 classes/week

INTENSE FITNESS CLASSES

INTENSE LEVEL CHECK

1. You find a Moderate class easy
2. You can run easily for 18-20 minutes (i.e., 2 miles)
3. You can do 15 pushups with knees on floor
4. You can hold a chair sitting position for 60 seconds without a chair (back against wall, legs bent at knees at 90 degrees)

YES NO

___ ___
___ ___
___ ___
___ ___

RESULTS

You should be able to answer YES to all four before

CLASS	DAY	TIME	DATES	LOCATION	NO.
Dawn Aerobic Dance II	Tues.	7:00-7:45 a.m.	July 5-August 23	Gym	404
	Wed.	7:00-7:45 a.m.	July 6-August 24	Gym	405
	Fri.	7:00-7:45 a.m.	July 8-August 26	Gym	406
Aerobic Dance II	Mon.	6:30-7:30 p.m.	July 4-August 29	Gym	407
	Tues.	9:30-10:30 a.m.	July 5-August 23	Gym	408
		5:30-6:30 p.m.	July 5-August 23	Gym	409
	Wed.	6:30-7:30 p.m.	July 6-August 24	Gym	410
	Thurs.	9:30-10:30 a.m.	July 7-August 25	Gym	411
		5:30-6:30 p.m.	July 7-August 25	Gym	412

attempting this level. If not, remain at Moderate Level for another season; then try again.

DAWN AEROBIC DANCE II

For the keepers! A 45-minute fitness class first thing in the morning to start your day off right.

\$22 - 1 class/week \$42 - 2 classes/week \$60 - 3 classes/week

AEROBIC DANCE II

Aerobic Dance remains popular because it provides a well balanced exercise class that is never dull. The aerobics will begin at 25 minutes and increase in time and intensity.

\$26 - 1 class/week \$50 - 2 classes/week \$72 - 3 classes/week

Women's Fitness Centre

The YWCA Women's Fitness Centre provides an informal friendly atmosphere where you can comfortably spend your leisure time.

Our qualified staff members are always available to answer questions and recommend fitness programs.

All Memberships include:

- STEAM ROOM
- SAUNA
- WHIRPOOL
- ULTRAVIOLET ROOM
- SHOWER FACILITIES
- LOUNGE
- EXERCISE ROOM
- PERSONAL FITNESS TESTING INCLUDING:
CARDIO-RESPIRATORY STATUS FLEXIBILITY
MUSCULAR STRENGTH AND ENDURANCE
FAT DETERMINATION
- PERSONAL STORAGE LOCKERETTES
- TOWELS PROVIDED
- MAKE-UP AREA PROVIDING:
HAIR DRYERS
CURLING IRONS
TOILET ARTICLES

FACILITIES

- Five regulation racquetball courts
- 25 metre swimming pool
- Participation in fitness classes - limited enrollment
- Weight training facilities.

FOR YOUR CONVENIENCE

- Daytime Childcare for infants and pre-schoolers
- "The Shop", to meet your personal and athletic needs
- Cafeteria facilities
- Close to River Valley running trails
- ETS bus service from all areas of the city
- Fitness Centre is open to women over the age of 16
- Open all year round, except Statutory Holidays.
- Maternity and holiday extensions available.

INFORMATION: 423-9922

Weekdays 7 a.m.-10 a.m.

Weekends 10 a.m.-6 p.m.

MEMBERSHIP PLANS

FULL MEMBERSHIP

- 3 MONTHS \$150.
- 6 MONTHS \$250.
- 1 YEAR \$380.

Hours: 7 a.m.-10 p.m. MONDAY-FRIDAY
10 a.m.-6 p.m. SAT. & SUN.

(includes racquetball privileges)

DAYTIME MEMBERSHIP

- 3 MONTHS \$100.
- 6 MONTHS \$175.
- 1 YEAR \$280.

Hours: 7 a.m.-4 p.m. MONDAY-FRIDAY
(includes racquetball privileges)

NON-RACQUETBALL MEMBERSHIP

- 3 MONTHS \$125.
- 6 MONTHS \$200.
- 1 YEAR \$300.

Hours: 7 a.m.-10 p.m. MONDAY-FRIDAY
10 a.m.-6 p.m. SAT. & SUN.

SENIORS MEMBERSHIP

\$15.00 for 10 visits

Hours: 7 a.m.-4 p.m. MONDAY-FRIDAY
10 a.m.-6 p.m. SAT. & SUN.

Corporate Fitness Discounts of 10% to groups of 10 or more women.

SUMMER MEMBERSHIP

\$35.00 for 10 Visits

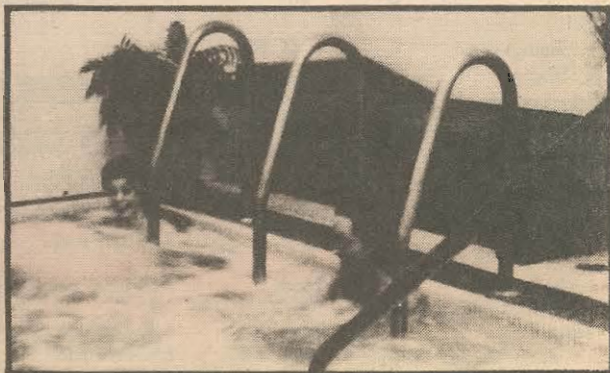
Effective June 1 - August 31, 1983

HOURS: 7 a.m.-10 p.m.

Monday-Friday

10 p.m.-6 p.m.

Saturday & Sunday



FITNESS IN YOUR WORKPLACE

FITNESS IN YOUR WORKPLACE

Employee Fitness has been shown to be of benefit to both the employees and employer. Benefits include: Increased morale, decreased absenteeism and increased productivity. The YWCA will come to your place of work and provide fitness classes, fitness testing, fitness and nutrition talks, exercise breaks.

Information: Ann Malsbury 423-9922.

30 Minute Class

\$15 1 class/week

\$30 2 classes/week

\$45 3 classes/week

45 Minute Class

\$20 1 class/week

\$35 2 classes/week

\$50 3 classes/week

8 WEEK FITNESS CLASSES

Active 8 week fitness classes emphasizing aerobic type activities geared to all levels of co-ed fitness. The classes are accompanied by music for added enjoyment.

WOMEN'S SELF DEFENSE

A self defense course designed for women. You will be taught practical and realistic methods of protecting yourself. You will learn to escape, to fight back effectively or to use alternative options under stressful situations. Summer

sessions \$46.

#419 Mon. 7:00-9:00 p.m. July 4-August 29

#420 Wed. 7:00-9:00 p.m. July 6-August 24

Weight Training for Men and Women

WEIGHT TRAINING FACILITIES

16 station universal gym and warm up area located on the second floor, downtown YWCA. Men and women welcome!

WEIGHT ROOM HOURS

Monday - Friday 7:00 a.m.-9:00 p.m.

Saturday and Sunday 10:00 a.m.-5:30 p.m.

(excluding times noted below for clinics and classes).

Cost: \$1.50 per visit (pay at the Front Desk).

WEIGHT TRAINING CLINICS

Mon.	6:30-7:30 p.m.	July 4-25	421	\$15.00
		August 8-29	424	\$15.00
Tues.	7:00-8:00 p.m.	July 5-26	422	\$15.00
		August 2-23	425	\$15.00
Thurs.	6:00-7:00 p.m.	July 7-28	423	\$15.00
		August 4-25	426	\$15.00

Adult Dance

SOCIAL DANCE

Need to learn to dance for an upcoming wedding or graduation? Or just want to feel more comfortable on the dance floor? All of our instructors have extensive teaching experience with the University of Alberta Social Dance Club or other dance clubs in the city. Come and join them for fun, dancing and a social evening in one of the following classes.

SURVIVAL ON THE DANCE FLOOR

A crash course in Social Dance which teaches the basics of:

- | | |
|---------------|-------------|
| 1. Swing-Jive | 2. Polka |
| 3. Waltz | 4. Fox-Trot |

SOCIAL DANCE 1

A more extensive introductory Social Dance course that teaches:

- | | |
|----------------|---------------|
| 1. Rhumba | 5. Fox-Trot |
| 2. Schottische | 6. Swing-Jive |
| 3. Butterfly | 7. Polka |
| 4. Cha Cha | 8. Waltz |

JAZZ DANCE

JAZZ is a fun and easy way to improve your flexibility, strength and coordination through dance steps and routines. The instructors of these classes have had extensive dance training and are presently dancing with companies in the city.

PROGRAM TITLE	DAY	TIME	DATES	NO.	COST
Survival on the Dance Floor	Tues.	7:30-9:00 p.m.	July 5-July 26	413	\$22/person
			August 2-August 23 (6 hrs. of instruction)	414	\$42/couple
	Thurs.	7:30-8:30 p.m.	July 7-August 25 (8 hrs. of instruction)	415	\$30/person
Social Dance	Thurs.	8:30-10:00 p.m.	July 7-August 25	416	\$56/couple
			(12 hrs. of instruction)		\$45/person
Jazz	Tues.	6:30-7:30 p.m.	July 5-August 23	417	\$84/couple
	Wed.	5:45-6:45 p.m.	July 6-August 24	418	\$32/person



THE YWCA YEAR ROUND CENTRE FOR
• OUTDOOR RECREATION
• ENVIRONMENTAL EDUCATION
• LEADERSHIP DEVELOPMENT



Located 80 km west of Edmonton on Lake Wabamun

LAKE CANOEING

ENJOY A WEEKEND ON THE WOODED SHORES OF LAKE WABAMUN, AT YOWOCHAS CENTRE. LEARN ABOUT THE FUN OF CANOEING DURING THE DAY AND RELAX IN FRONT OF THE FIREPLACE IN THE EVENING, SHARING EXPERIENCES WITH OLD AND NEW FRIENDS.

WEEKEND COURSES INCLUDE INSTRUCTION IN BASIC CANOE STROKES, SAFETY AND RESCUE, EQUIPMENT SELECTION AND MAINTENANCE AND PLANNING CANOE TRIPS. ALL EQUIPMENT IS PROVIDED.

ADULT CANOE WEEKENDS

- 18 years and older
- \$60 (includes meals, accommodation and instruction)
- Friday evening to Sunday afternoon
- #543 June 3-5
- #544 July 1-3
- #545 July 8-10
- #546 July 15-17
- #547 July 29-31
- #548 August 12-14
- #549 August 19-21

PARENT/TEEN CANOE WEEKENDS

- Enjoy the weekend together and discover a new family activity.
- Parents and teens under 18 years.
- \$100/two family members; \$150/three or more family members, (includes meals, accommodation and instruction).
- Friday evening to Sunday afternoon.
- #550 July 8-10 or #551 - July 29-31

TEEN CANOE CAMP

Discover the excitement of canoeing and enjoy the outdoors with other young men and women. Learn basic canoe strokes, double and solo paddling, safety, rescues and camping skills. End the week with an overnight canoe trip on Lake Wabamun

- 12-16 years
- \$110 (includes meals, accommodation, instruction and transportation)
- Monday morning to Friday afternoon.
- #536 July 4-8.

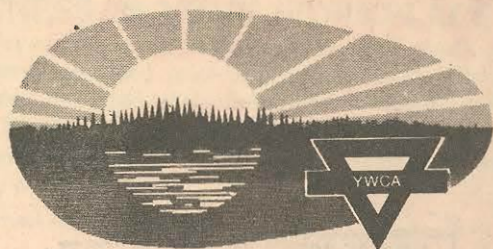
CANOE INSTRUCTORS COURSE:

The Alberta Recreational Canoe Association (ARCA) basic canoe instructors course consists of a theory exam, one day of lake practice, evaluation and testing as well as a student reaching experience upon which the candidate will be evaluated.

PREREQUISITES:

Open Canoe III Course Completion, Kanawa IV Certificate or equivalent training and experience. Student should be able to swim a minimum of 100 metres and tread water for three minutes.

- \$100 (meals, accommodation and instruction).
- \$15 (exam fee - paid to instructor at course).
- Friday evening to Sunday afternoon.
- #552 May 13-15 or #553 August 12-14.



THE YWCA YEAR ROUND CENTRE FOR
• **OUTDOOR RECREATION**
• **ENVIRONMENTAL EDUCATION**
• **LEADERSHIP DEVELOPMENT**

YoWoChAs Centre



Located 80 km west of Edmonton on Lake Wabamun

Summer Camps for Everyone . . .

ENJOY YOUR SUMMER, OUTDOORS, AT YOWOCHAS CENTRE ON LAKE WABAMUN AT FALLIS, 80 KM. WEST OF EDMONTON. CAMPERS WILL BE ACCOMMODATED IN A MODERN LODGE AND RESIDENCE WITH FAMILY STYLE MEAL SERVICE IN OUR DINING HALL.

EXPLORERS I & II

Visit magic places, create in our adventure playground with hammer and nails, solar dry your own fruit snacks, sprout seeds, and learn about energy conservation. Join us for summer fun, a chance to make new friends and an opportunity to learn more about the natural world. We'll also walk in the woods, sing, cook outside and enjoy good times with drama and craft activities (6-11 years).

CHALLENGERS

Join other teens 12-14 years and discover the challenges of canoeing, hiking and a Hebertisme fitness course. Enjoy outdoor saunas, music and good times. Accommodation in tent cabins.

TEEN CANOE CAMP

Are you 12-16 years old? Discover the excitement of lake canoeing in a five-day camp where you'll learn about basic canoe strokes, solo and double paddling, safety, rescues, equipment selection and trip planning. End the week with an overnight canoe trip on Lake Wabamun.

DISCOVERERS:

Outdoor summer fun for mentally handicapped teens. Enjoy canoeing, cook-outs, sing-songs, swimming and trips to local recreation areas. Share your YoWoChAs Centre camp experience with other young men and women: 12-16 years.

OUTDOOR ENTHUSIASTS:

Fun, fellowship and an outdoor holiday for mentally handicapped adults. Activities will include canoeing, hiking and other outdoor recreation activities of interest to adults. Day trips to other recreation areas will ensure an interesting and exciting vacation.

SINGLE PARENT FAMILY CAMP

A five day family holiday with a chance to relax and enjoy your children. We'll do the cooking while you canoe, hike, swim, learn new crafts or participate in other activities of your choice. Special adult interest sessions will also allow you to share the challenges of being a single parent with others.

FAMILY CAMP

Take the time to enjoy yourself and your family - we'll do the cooking and help you plan an exciting and relaxing holiday using our facilities. The camp allows time for children and parents to be together and apart. Grandparents welcome! Share the challenges of raising a family.

'CAMPERSHIPS'

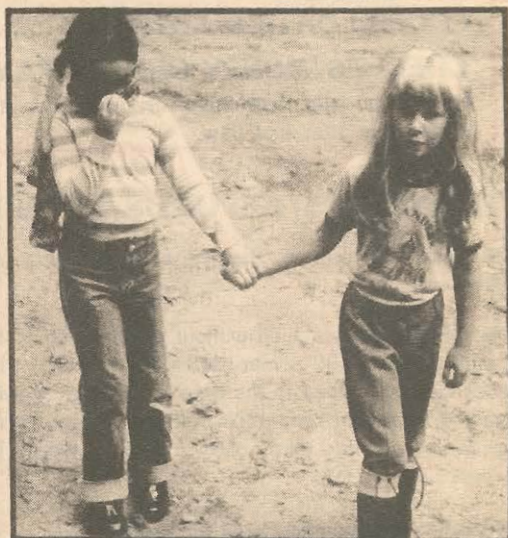
In special circumstances, through the generous contributions of interested individuals, the YWCA is able to subsidize camp fees. If you require subsidization or would like to donate to the 'Campership' fund, please call Rick Ireland, YWCA Outdoor Recreation Manager at 423-9922 weekdays.

YoWoChAs Centre

Summer Camps for Everyone . . . continued



CAMP	DATE	DAYS	NUMBER	COST
Explorer I (6-8 years)	July 4-8	5	#525	\$110
	July 11-15	5	#526	\$110
	August 4-11	8	#527	\$176
	August 15-19	5	#528	\$110
Explorers II (9-11 years)	July 4-8	5	#529	\$110
	July 11-15	5	#530	\$110
	August 4-11	8	#531	\$176
	August 15-19	5	#532	\$110
Challengers (12-14 years)	July 20-29	10	#533	\$220
	August 4-11	8	#534	\$176
	August 15-19	5	#535	\$110
Teen Canoe Camp (12-16 years)	July 4-8	5	#536	\$110
Discoverers	August 4-11	8	#538	\$176
Outdoor Enthusiasts	July 20-29	10	#537	\$220
Single Parent Family Camp	July 25-29	5	#539	\$110 (adult)
	August 15-19	5	#540	\$ 75 (6-15 years)
				\$ 25 (3-5 years)
				Free (under three)
Family Camp	July 11-15	5	541	\$110 (adult)
	July 20-25	5	#542	\$ 75 (6-15 years)
				\$ 25 (3-5 years)
				Free (under three)



ORIENTEERING

Learn the International sport of orienteering from the pro's. Focus, on the use of a map and compass to get around a special course. Great fun for ALL AGES.

This family activity can be as competitive as you want to make it and can be done on cross-country

skis in the winter too! It also has application for the hunter and hiker. 9 a.m.-4:30 p.m. \$30 (includes maps #500 Saturday, June 4 at Kinsmen Park & Fieldhouse, Sunday June 5 at BRUDERHEIM (car pool to be arranged, bring your lunch!).

Offered in cooperation with the Overlanders Orienteering Club.

Registration

Registration for YWCA programmes described in this brochure commences Monday, April 18, 1983, 10305 - 100 Avenue. Please have programme title and number

ready as well as birth certificate or Alberta Health Care card for children 6 years and younger. No telephone registrations can be accepted. All fees subject to change.

After Monday, April 18, 1983, registration for all YWCA programmes (Downtown, YoWoChAs Centre, and neighborhood locations) will be taken by:

MAIL OR IN PERSON

YWCA Registration Desk
2nd Floor 10305 -100 Avenue
Edmonton, Alberta

Monday - Thursday 8:30 a.m. - 6:30 p.m.
Friday 8:30 a.m. - 4:00 p.m.



NAME.....

ADDRESS..... POSTAL CODE.....

PHONE (Daytime)..... (Evening).....

COURSE TITLE & NUMBER.....

COURSE DATE & LOCATION..... FEE ENCLOSED.....

CHEQUES/MONEY ORDERS PAYABLE TO: YWCA

Register no later than one week prior to class commencement. Classes may be cancelled due to insufficient registration after that time.

TRANSFERS/REFUNDS/SUBSIDIES

A \$2.00 fee will be charged to participants requesting transfers.

No refunds can be given without presentation of a doctor's certificate. A \$5.00 administration fee as well as the cost of each class scheduled to the date of cancellation will be subtracted from your refund. No refunds for any reason will be given after the third class or one week before a workshop.

Subsidies may be considered for persons who are unable to pay entire fee. Contact Doreen McKinnon, Registrar, 423-9922.

Seniors

Edmonton YWCA Programme fees are half price to adults 60 years and over. A 25% discount on YoWoChAs Centre Programmes will be given to those 60 years and over. Reduced rates on accommodation for senior women also available.

PARKING

Please note that there is no parking for participants at the Downtown YWCA location. Private parking facilities are available within one block and there is some meter parking adjacent to the building. Edmonton Transit Services are convenient to the YWCA. For further information call 421-4636 for schedules. Loading zone for disabled persons and child-care participants at rear of building.

The Edmonton YWCA encourages the participation of people with special needs in our classes. We wish to assist you in any way that will enable you to take part. If you require information or assistance please contact:

Patti Parker
Special Services Director
Phone: 423-9922

