

YWCA

Summer '86



10305 - 100 AVENUE, EDMONTON, ALBERTA, T5J 3C8 (403) 423-9922

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Course Information

REGISTRATION

Registration is now underway for 1986 Summer programs. Most classes fill quickly. In order to maintain quality we limit registration so please register early to avoid disappointment.

Pre-registration by mail or in person is necessary for all classes. Please register at:

YWCA

2nd Floor - 10305-100 Ave.
Edmonton, Alberta, T5J 3C8

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

Payment may be made in cash, by cheque or by money order payable to "YWCA". Visa and MasterCard will also be accepted for telephone, mail, and in-person registration.

SENIORS DISCOUNT

Men and women 60 years and older are entitled to a 35% discount on class fees. Reduced rates are available for Womens Residence accommodation. Discounts do not apply to YoWoChAs Centre programs.

CANCELLATION

The YWCA reserves the right to cancel classes should minimum registration not be met. Participants will be notified and a full refund forwarded.

The YWCA reserves the right to cancel any YoWoChAs Centre program due to poor weather conditions or low registration. Decisions regarding the cancellation of a program will be made no later than noon on the Tuesday prior to the start of the course. Please consult YWCA Registration regarding YoWoChAs Centre transfer and withdrawal policy.

REFUNDS & TRANSFERS

No refunds can be given without a Doctor's certificate. A \$5 administration charge, as well as the cost of classes scheduled to the date of cancellation will be subtracted from your refund. No refunds can be given after the third week of a class or one week prior to a workshop. Transfers in same session \$2.

SUBSIDIES

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

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 zones for disabled persons and childcare participants at rear of building.

HOLIDAYS

Classes do not meet on statutory holidays and course fees are adjusted accordingly. August 4/86 classes will be cancelled.

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:

Suzanne Norris
Special Services Director
Phone: 423-9922



Class Registration Application

MAIL OR IN PERSON:

YWCA Registration Desk
2nd Floor 10305 - 100 Avenue
Edmonton, Alberta T5J 3C8

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

NAME (ADULT) _____ (CHILD) _____

ADDRESS _____ POSTAL CODE _____

PHONE (Daytime) _____ (Evening) _____

COURSE TITLE AND NUMBER _____

COURSE DATE & LOCATION _____ FEE ENCLOSED _____

Visa/Master Card No. _____ Expiry Date: _____

Our Specialists . . .

EXECUTIVE DIRECTOR

Carol Gilfillan

FINANCE/ADMINISTRATION

MANAGER

Bob Davidson

PERSONNEL/TRAINING MANAGER

Barbara MacGregor

PUBLIC RELATIONS DIRECTOR

Wendy MacDonald

MAINTENANCE DIRECTOR

Lee Heindel

CAFETERIA DIRECTOR

Natalie LeFleur

SOCIAL SERVICES

MANAGER

Vacant

FAMILY RELIEF SERVICES DIRECTOR

Janet Buckmaster

CHILDCARE DIRECTOR

Carol Mennie

SPECIAL SERVICES DIRECTOR

Suzanne Norris

"ON OUR OWN" RESOURCE CENTRE DIRECTOR

Bridget Smyth

WOMEN'S RESIDENCE

MANAGER

Elizabeth Duke

FITNESS & RECREATION

MANAGER

Jon Hall

HEALTH & PHYSICAL EDUCATION

COORDINATOR

Jenni Coombs

WOMEN'S FITNESS CENTRE

DIRECTOR

Ann Makin

EMPLOYEE & COMMUNITY FITNESS

DIRECTOR

Ann Makin

AQUATICS DIRECTOR

Katherine McKeigan

YoWoChAs CENTRE DIRECTOR

Rod Irwin

OUTDOORS ALBERTA DIRECTOR

Steve Montgomery

BOARD OF DIRECTORS*

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Susan Davis

Joan Fargey

Gayle Jenner

Kaye Langager

Paula MacLean

Cathy Moreau

Aurelia Mauro

Marion Morgan

Marion Morstad

Helen Otto

Leah Taylor

Become a Member

Maybe you've never been a widow. But you know one. Perhaps you aren't a parent confronted with raising a handicapped child at home but you've likely met someone who is. Similarly, you may know a battered wife, a child who's never been to camp, a homemaker who would like a break, or a woman who has valuable skills to volunteer.

At the YWCA we never stand still. We believe that what we do helps shape the life of our community and influences government decisions.

We're working to make a difference in the lives of many women, but we can't do it without you.

Your membership is important. A growing membership means a strong voice for women. Your membership increases the strength of that voice.

Membership at the YWCA is voluntary — it is not a requirement for taking part in any Programs or to use our Residence facilities. By becoming a member, you are showing your support of the YWCA.

Women 18 years and older are eligible for membership. Your \$20 annual membership entitles you to:

- Nominate women to the Board of Directors or be nominated
- Attend annual meetings to elect your Board of Directors who set policy
- Nominate and elect delegates to attend Conventions every four years or be nominated.
- Receive programme brochures and newsletter.
- Input into the future of the Edmonton YWCA.

Yes!

I'd like to be a YWCA member!

Name

Address

.....

.....

..... Phone

☐ Membership Fee Enclosed (\$20/Year)

☐ I would also like to support the
YWCA through my gift of \$

(Memberships & Donations are tax deductible.)

Return To:

Membership:

Edmonton YWCA

10305-100 Ave., Edmonton,

Alberta T5J 3C8



Need a lock, toiletries, swim goggles, racquets, a bathing suit, (infant to adult sizes) or a sweat band? We have them all. We also stock a wide range of T-Shirts including YWCA Fitness Sweatshirts for men and women and a complete size range of YWCA Aquatic T-Shirts for the preschool crowd. Check **The Shop** for all you fitness class needs. You'll be pleasantly surprised!

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

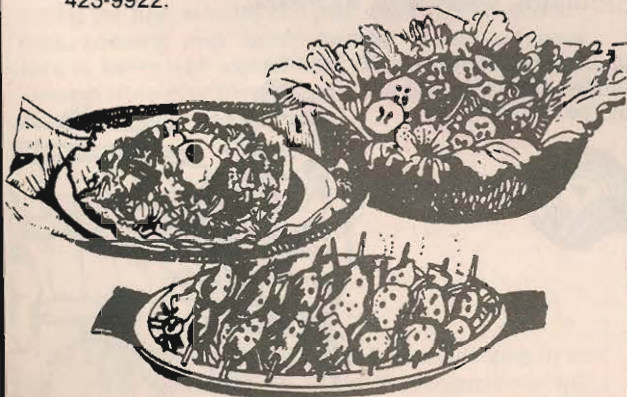
Whether you are a fitness enthusiast, traveller, or parent, you'll find **The Shop** useful!

Located YWCA Lower Level 1

Sarah Golden Cafeteria

Try us for breakfast and lunch specials daily and oven fresh homestyle baking. For a quick lunch, try our choices of homemade soup and sandwich or salad. We'd be glad to create a "brown bag" lunch for you to take to the office.

- Complete meal service
- Specialists in homemade cinnamon buns, muffins, scones, buns and pies.
- Catering to meetings/office functions. For further information call: Cafeteria Director, 423-9922.



Monday - Thursday: 7 a.m. - 7 p.m.
Friday: 7 a.m. - 6 p.m.
Weekends and Holidays: 8 a.m. - 4 p.m.

Stay With Us!



The YWCA is an attractive high-rise building, centrally located in downtown Edmonton... a perfect place for female...

- vacation or business travellers
- newcomers to Edmonton, waiting for permanent accommodation
- students or other long-term residents
- out-of-town guests on shopping trips, doctors' appointments or career interviews.

Both short-term women guests and those needing long-term accommodation are welcome. Long-term women residents must be 16 years or older.

Call us for reservations and information —
423-9922.

'ON OUR OWN' Resource Centre

The "ON OUR OWN" RESOURCE CENTRE is a friendly support service for widowed men and women. The Centre is located in the YWCA and offers a wide variety of programs and services of interest to widowed persons. You will also find a library specially stocked with helpful reading material.

"ON OUR OWN" PROGRAMS AND SERVICES

The Director or one of the volunteer Peer Counsellors will be happy to discuss your concerns on an informal and confidential basis. Fee free to make an appointment. No fee.

LIVING THROUGH LOSS

The "Living Through Loss" group provides support for widowed persons wanting to move through loss toward regain-

ed physical and mental well being. Call us for details.

THE CHALLENGE OF BEING WIDOWED

The program will include a potpourri of discussions, films, guest speakers, socializing. Open to any widowed person on a drop-in basis.

Thursdays 1:30 - 3:30 p.m. or
Tuesday evening - 6:00 - 8:00 p.m.

THURSDAY NIGHTERS' POT LUCK SUPPER

Come, bring a casserole or whatever, and spend one evening a month with our members and enjoy a surprise fun feast — When we say "POT LUCK", we mean it! Third Thursday of each month, 7 p.m., in the "On Our Own" Resource Centre. No fee.

For more information about "On Our Own", call 423-9922 weekdays.

Funded in part by the United Way.



Be a YWCA Volunteer!

Volunteers play a central role in all phases of YWCA activities. Volunteering is an opportunity for self-fulfilment; personal growth; a break from routine; making new friends; sharing your skills; helping others; gaining work experience.

How can you help in the daytime?

We need the skills and energies of volunteers

- in our Child Care Department assisting with the care of children from birth to five years;
- to help our busy staff at the Registration, Front and Residence Desks;
- in our small pro shop;
- in the pool assisting adults learning to swim;
- acting as a hostess for the YWCA;
- Serving on Board Committees

How Can You Help in the Evenings or on Saturdays?

- Use your financial skills on our Finance and Fundraising Committees;
- voice your opinions to shape policies in our Program and Services areas;
- assist in our many programs designed for adults who are mentally handicapped;
- work with children with motor coordination difficulties in gym activities;
- serve on Board Committees

The YWCA wishes to express our appreciation to the many volunteers who generously contribute their time and skills to YWCA programs and services.

Watch for ★ markings which indicate volunteers required to help assist with these classes or services. If you are interested in these or other YWCA volunteer opportunities contact our Volunteer Coordinator, weekdays, 423-9922.

Volunteer Recruitment and Training
funded in part
by the United Way



Child Care ★

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

HOURS: - Monday to Friday
7:30 a.m. - 5:45 p.m.
- Saturday
9:00 a.m. - 4:00 p.m.

COST:

\$1.90/hour; \$1.75/hour 2nd child;
\$1.25/hour each additional child in a family.

STAFF/CHILD RATIO:

Infants 1:3, Babies 1:3,
Toddlers 1:5, Preschool 1:8.

LOCATION:

Please take children to age-appropriate area.

Five minute drop-off parking available at rear entrance.

- Infants (0-12 months) Main Floor
- Babies (12-18 months) Second Floor
- Toddlers (19-35 months) Second Floor
- Preschool (3-5 years) Main Floor



Infants receive caring attention in a safe and stimulating atmosphere. Toddlers are involved in a program of simple crafts, music and play activities. Three to five year olds receive a program of crafts, music and play activities.

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.

Funded in part by the United Way.



Family Relief

CARE IN YOUR HOME FOR HANDICAPPED INDIVIDUALS

YWCA FAMILY RELIEF SERVICE offers care and companionship for both disabled children and adults. Parents can enjoy an evening out, moms take a break during the day, families can plan weekends or vacation trips, knowing their family member requiring special care is being well looked after. This service also provides short-term or temporary care to allow the family to meet emergency needs.

FUNDED BY: Family
& Community
Support Services
City of Edmonton

REQUESTS FOR SERVICE should be made directly to the YWCA FAMILY RELIEF SERVICE. A co-ordinator will arrange for relief care including reviewing the needs for the individual and family, matching the family with an appropriate care provider, and followup.

Phone: FAMILY RELIEF SERVICE 423-9922.



Preschool Aquatics

Preschool Water Skills

(4 mos. - 5 yrs.)

The colorful, warm environment of the Preschool Swimming Pool provides a wonderful climate for water play and enjoyment. Children and parents are introduced to games and skill progressions which help develop the social and motor co-ordination abilities of their preschoolers and help guide the parents in water activities appropriate for their children.

Water sessions are divided into age groups based on co-ordination and comprehension levels.

Water Babies I	4 months - 8 months
Water Babies II	8 - 12 months
Water Babies III	12 - 18 months
Minnows	18 - 30 months
Guppies	2½ - 4 years
Fishtails	4 - 5 years

* PARENTS MUST ACCOMPANY THE PRESCHOOLER

Splashercize

(2 - 5 years)

Share the fun of an aquatic fitness class with your preschooler! The half hour session is choreographed to popular children's music and combines movements and equipment which helps build co-ordination and strength of the youngsters, as well as allowing fun and experimentation in a water playground environment. Parents are encouraged to register more than one child/family as long as they feel they are able to watch and guide both children.

* Parents Must Accompany Child in Pool.

Attend twice a week

	Monday/Wednesday	Tuesday/Thursday
Session A	July 7 - 30 or	July 8 - 31 or
Session B	August 6 - 27	August 5 - 28
9:30 - 10:00 a.m.	Minnows #455	Water Babies I #450
10:00 - 10:30 a.m.	Water Babies II #452	Guppies #457
10:30 - 11:00 a.m.	Fishtails #459	Water Babies III #453
11:00 - 11:30 a.m.	Water Babies I #451	
11:30 - 12 noon	Guppies #458	
1:00 - 1:30 p.m.	Water Babies III #454	Minnows #456
1:30 - 2:00 p.m.	Splashercize #461	Fishtails #460

August (Mon/Wed) (7 lessons only) - 23.00, each additional child/family - \$19.

All other Sessions (8 lessons) - \$26.00, each additional child/family - \$22

Preschool Gym & 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 in the gym. A variety of equipment such as balls, beanbags, hoops, climbing apparatus and a trampoline are used.

Children 3 years old and under must be accompanied in the gym by a parent who will be shown how to encourage his/her child to develop his/her skills. **All children must be accompanied in the pool by a parent.** Children may register in "gym only" portion of the class if desired.

Session A	Fridays, July 11-August 1	
Session B	Fridays, August 8-29	
9:30 - 10:00 am (Gym) 10:15 - 10:45 (Pool)	Walking to 2 years Gym (No. G462) Gym & Swim (No. 462)	\$10 \$16
10:00 - 10:30 am (Gym) 10:45 - 11:15 (Pool)	4 & 5 years Gym (No. G463) Gym & Swim (No. 463)	\$10 \$16
10:30 - 11:00 am (Gym) 11:15 - 11:45 am (Pool)	2 & 3 years Gym (No. G464) Gym & Swim (No. 464)	\$10 \$16



Youth Learn-To-Swim

Enjoy the challenge of improving your swimming skills in Red Cross certified swim programs. Progress at your own pace in small classes in the YWCA pool.

Absolutely Terrified ★

If you're a non-swimmer who is afraid of the water we'd like to help you learn to swim. We can provide lots of encouragement and individual attention.

Red Cross Levels

Improve your swim and water safety skills in the Red Cross Color Level appropriate to you. See chart.

To Enter This Level:	You Must
1. Absolutely Terrified	- Be afraid of being in the water and a non-swimmer.
2. Orange	- Be unable to swim distance or be in deep water.
3. Red	- Have completed the orange level. - Be able to swim 10 metres on front and back. - Be able to jump into deep water and recover.
4. Maroon	- Have completed the red level. - Be able to jump into deep water, recover and swim 10 metres on front and 10 metres on back.
5. Survival	- We suggest you try "Survival Swim"
6. Blue	- Be able to swim 25 metres front crawl and 15 metres on your back. - Be able to swim in deep water.
7. Green	- Be able to tread water 2 minutes. - Swim 10 metres front crawl and 25 metres back crawl.
8. Grey	- Be able to swim continuously: 50 metres front crawl 50 metres back crawl 25 metres elementary back 25 metres arms only.
9. White	- Be able to swim continuously: 50 metres front crawl 50 metres back crawl 50 metres elementary crawl 25 metres back stroke 25 metres legs only.

Need extra help or a more flexible instruction schedule? Call us about...

- Pool Rentals (1 hour - \$40)
- Private Lessons (½ hour - \$8)
- Semi-Private Lessons (¾ hour - \$15)
- Family Lessons (4 x 1 hour - \$50)

Information: Katherine McKeigan,
Aquatics Director
423-9922

Water Rats

Do your children need a break from swim lessons or want to diversify their skills? "Water Rats" encourages boys & girls of Maroon level or above to snorkel, play underwater hockey, try inner tube water polo, improve diving skills and participate in other water sports.

If you are 6-15 years old, here is your chance to learn to swim!

Attend twice a week for 4 weeks...

Time	Monday/Wednesday	Tuesday/Thursday
	July 7 - 30 (Session A)	July 8 - 31 (Session A)
	August 6 - 27 (Session B)	August 5 - 28 (Session B)
10:30 - 11:30 a.m.	Maroon #467 Survival #468	Orange #465 Red #466
1:30 - 2:30 p.m.	Blue/Green #469 Grey/White #470	Water Rats #471
August (Monday/Wednesday) (7 lessons):\$32		
All other sessions (8 lessons)\$36		

Adult Learn-To-Swim

Enjoy the convenience of summer classes and enhance your swimming skills in an "Absolutely Terrified" beginner or Red Cross Color Level program. *(See page 10 for levels)*

ATTEND TWICE A WEEK (July or August)

JULY	Monday/Wednesday July 7 - 30	Tuesday/Thursday July 8 - 31
9:30 - 10:30 a.m.	Absolutely Terrified #475	Red #478
2:30 - 3:30 p.m.	Grey/white #483 Orange #476	#Maroon #479 Survival #481
6:30 - 7:30 p.m.	Red #477	Maroon #480 Survival #482

AUGUST	Monday/Wednesday August 6 - 27	Tuesday/Thursday August 5 - 28
9:30 - 10:30 a.m.	Orange #487	Maroon #489
2:30 - 3:30 p.m.	Absolutely Terrified #485	Red #488
6:30 - 7:30 p.m.	Maroon #490	Absolutely Terrified #486
August (Monday/Wednesday - 7 lessons) \$35 All other sessions - 8 lessons \$40		

ATTEND FOUR TIMES A WEEK

	Monday through Thursday July 7 - 17	Monday through Thursday July 21 - 31
7:30 - 8:30 p.m.	Blue/Green #494 Orange #492	Absolutely Terrified #491 Maroon #493
	Monday through Thursday August 5 - 14	Monday through Thursday August 18 - 28
7:30 - 8:30 p.m.	Red #496 Survival #497	Grey/White #498 Orange #495
August 5 - 15 (7 lessons) \$35 All other sessions (8 lessons) \$40		

Summer Public Swim Schedule

(July 7 - August 29, 1986)

	Adult	Public/ Family	Women/ Women's Fitness Centre	PreSchool
Monday	6:30 - 8:30 a.m. 11:30 - 1:30 p.m. 3:30 - 5:30 p.m. 8:30 - 9:30 p.m.		2:30 - 3:30 p.m.	2 - 6 p.m.
Tuesday	6:30 - 8:30 a.m. 11:30 - 1:30 p.m. 3:30 - 5:30 p.m. 8:30 - 9:30 p.m.	3:30 - 5:30 p.m.	2:30 - 3:30 p.m.	2 - 5 p.m.
Wednesday	6:30 - 8:30 a.m. 11:30 - 1:30 p.m. 3:30 - 5:30 p.m. 8:30 - 9:30 p.m.	3:30 - 5:30 p.m.	2:30 - 3:30 p.m.	2 - 5 p.m.
Thursday	6:30 - 8:30 a.m. 11:30 - 1:30 p.m. 3:30 - 5:30 p.m. 8:30 - 9:30 p.m.		2:30 - 3:30 p.m.	2 - 6 p.m.
Friday	6:30 - 8:30 a.m. 11:30 - 1:30 p.m. 3:30 - 5:30 p.m.	3:30 - 5:30 p.m.	2:30 - 3:30 p.m.	2 - 5 p.m.
Saturday/ Sunday	<ul style="list-style-type: none"> • Closed to Public • Pools Available For Rental 			

Adult - Relax and enjoy lane swimming with other adults (18 yrs. +) only.

Public/Family - Enjoy the pool with family and friends of all ages. Children under 8 years must be accompanied by responsible adult.

Women/Women's Fitness Centre - Pool reserved especially for women (18 yrs. +) including Women's Fitness Centre members.

Preschool - Have fun with your preschooler (infant through 5 years) in our specially designed preschool pool.

Fees Payable: Reception Desk (Main Floor)

	Single Swim	10 Swims
Adult (16 yr. & older)	\$1.75	\$15.75
Senior (60 yr. & older)	\$1.25	\$11.25
Youth/Preschool (under 16)	\$1.00	\$9.00

Please...

- Bring your own lock
- Leave valuables at reception desk (main floor)

Towels...

For rent (50¢) at reception desk (main floor) or "The Shop" (lower level one). Identification required as deposit.

Fitness Consultations

Fitness Testing

Whether you exercise regularly or are new to the physical activity world, a comprehensive fitness evaluation helps to set realistic goals. Registered Fitness Appraisers will help you determine your fitness levels in the areas of:

- body composition
- cardio-vascular endurance
- muscle strength and endurance
- flexibility

A follow up private counselling session will help you decide on a personal fitness program to meet your needs.

Cost: \$30/person

Inquiries or appointments call Women's Fitness Centre 423-9922 #6129.

A reduction will be given on fitness consultations to anyone registered in a fitness program at the YWCA. Just bring your receipt to the fitness assessment to receive the discount.

Body Composition Assessment

Concerned about your weight? Are you interested in monitoring changes in your body fat as you begin a diet or exercise program?

Make an appointment for a body composition assessment (measurement of weight, girths, and skinfolds). The fee includes a follow up assessment.

Cost: \$15.00 For an appointment call Women's Fitness Centre at 423-9922.



Fitness Levels

The best for you...

We understand the importance of offering the best in fitness facilities and instruction...no contracts, fads or gimmicks, just fun, information and safe instruction designed to help you develop and maintain a healthy lifestyle.

Looking for quality? Try the YWCA. We've been in the business of providing fitness classes for more than 79 years and we'll be here to meet your fitness needs for many years to come.

MILD LEVEL CHECK

	YES	NO
1. You can walk up one flight of stairs (14-15 steps) without being out of breath.	___	___
2. You can do 3 bent knee situps with someone holding your feet (hands at side).	___	___
3. You can comfortably handle 15 minutes of continuous Aerobic activity (running, hopping, etc).	___	___

If you have answered NO to one or more of the above, please register in a MILD CLASS. If you answered YES to all five...proceed to MODERATE LEVEL CHECK.

MODERATE LEVEL CHECK

	YES	NO
1. You are within 15 lbs. of your desired body weight.	___	___
2. You can run easily for 12-15 minutes (ie, 1 - 2 miles).	___	___
3. You can do pushups (with knees on floor).	___	___
4. You can comfortably handle 25 minutes of continuous Aerobic activity.	___	___

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

INTENSE LEVEL CHECK

	YES	NO
1. You can run easily for 20-30 minutes (i.e., 3 miles).	___	___
2. You can do 15 pushups with knees on floor.	___	___
3. You can hold a chair sitting position for 60 seconds without a chair (back against wall, legs bent at knees at 90 degrees).	___	___
4. You can comfortably handle 25 to 35 minutes of continuous Aerobic activity.	___	___

You should be able to answer YES to all five before attempting this level. If not, remain at MODERATE LEVEL for another season; then try again.



Mild Classes Page 15



Moderate Classes Page 16/17



Intense Classes Page 18

We're Proud of our Staff!

YWCA Fitness Instructors have completed a minimum 10-week National YWCA Fitness Leadership Course which combines theory and practical experience in physiology, anatomy, first aid, CPR, program planning and leadership skills. These instructors observe other classes and are evaluated throughout a student teaching period. All instruc-

tors attend regular workshops and inservice training to keep updated with current trends.

YWCA Aquatic Fitness Instructors have completed a similar course with specialized instruction designed for water exercise. They also "practice teach" and are evaluated prior to instructing

Mild Fitness Classes - Downtown

If you'd like to start a beginner fitness program or have been away from physical activity for more than three months, we suggest **MILD FITNESS CLASSES**. Choose a class in the pool or the gym at a time convenient to you.

AEROBIC FITSTART

You're committed to improving your fitness level but don't know where to begin? We'd be glad to guide you through a safe, gradual workout.

\$13

YOGA

Develop strength and flexibility through Hatha Yoga techniques which encourage relaxation, breath control & concentration.

\$16

WATER STRETCH

If you've had a muscle injury, suffer from arthritis or other joint restrictions, or just want to gain more body flexibility, consider this water exercise class held in our small warm pool (94°F).

\$15 (\$11 if registered Monday/August. Class cancelled Aug. 4) or drop in...\$4/class.

AQUAFITNESS

Increase your fitness level through a non-swimming water exercise program. A good all round class to develop aerobic capacity, strength & flexibility.

\$19 (\$16 if registered Monday/August. Class cancelled Aug. 4) or drop in...\$5/class.

PRE/POST NATAL AQUAFITNESS

Maintain your fitness level through safe and comfortable water exercise classes during and after your pregnancy. You'll appreciate the feeling of weightlessness, as the buoyant force of the water supports your body.

\$19 (\$14 if registered Monday/August. Class cancelled Aug. 4) or drop in...\$5/class.

	Monday	Tuesday	Wednesday	Thursday	Friday
Session A	July 7-28	July 8-29	July 9-30	July 10-31	July 11-Aug.1
Session B	or Aug. 11-25	or Aug. 5-26	or Aug. 6-27	or Aug. 7-28	or Aug. 8-29
9:30-10:30am	Aquafitness No.400		Aquafitness No.401		
9:30-11am				Yoga No.500	
10:30-11:30am	Pre/Post Natal Aquafitness No.402		Pre/Post Natal Aquafitness No.403		
11:15-12		Water Stretch No.404		Water Stretch No.405	
5:45-6:30pm		Aerobic Fitstart No.502		Aerobic Fitstart No.503	
6:30-8pm		Yoga No.501			
6:30-7:30pm			Pre/Post Natal Aquafitness No.406		
7-7:45pm	Water Stretch No.407		Water Stretch No.408		
7:30-8:30pm	Pre/Post Natal Aquafitness No.409				

Receive a 10% discount when you register for 2 or more classes of the same kind, offered in the same session.

Moderate Fitness Classes - Downtown

If you are comfortable with physical activity and exercise regularly consider a MODERATE FITNESS CLASS on land or in the water.

Aerobics I

Join us for a well balanced workout which combines stamina, strength and flexibility activities.
\$14 (\$11 if registered Mondays/August - Aug. 4 class cancelled)

Noon Hour Fitness

Take a half hour break for an aerobic workout and return home or to the office refreshed and relaxed. Purchase a drop in punch card and attend any days convenient to you.
Drop-in Pass: 7 classes - \$20, 14 classes - \$36, 21 classes - \$53

Rush Hour Fitness

Workout your day's frustrations in a forty minute aerobics class. Purchase a drop-in punch card and attend class on the days of your choice.
Drop-in Pass: 7 classes - \$22, 14 classes - \$39, 21 classes - \$54

Afterwork Fitness

Short of time? Join us in a quick half hour class designed to send you home fit and relaxed.
\$12 (\$9 if registered Mondays/August - classes cancelled Aug. 4)

Wakeup Workout

Start your day in the gym or pool in an early morning workout designed to help you start the day in a well balanced way.

\$13 (land)

\$15 (Pool)

Body Shaping I

Tone and streamline your body in a workout designed to focus on individual muscle groups. Emphasis will be placed on muscular strength and flexibility.
\$13 (\$10 if registered Monday/August - class cancelled Aug. 4)

Water Shape I

Enjoy the benefits of a body shaping class in the water. See Body Shaping I.
\$12 or drop-in \$4.



Aquafitness

Try a well balanced non-swimming exercise class in the water, focussing on stamina, strength and flexibility. You'll be pleasantly surprised at the benefits to be gained in the comfort of the water.
\$19 (\$14 if registered Monday/August - class cancelled Aug. 4) or drop-in \$5/class.

Endurance Swim

Improve your fitness level through length swimming, while receiving continuous evaluation and information about how to improve your stroke efficiency in the water.
\$19 (\$14 if registered Monday/August - class cancelled Aug. 4) or drop in \$5/class.

Moderate Fitness Classes - Downtown

	Monday July 7 - 28	Tuesday July 8 - 29	Wednesday July 9 - 30	Thursday July 10 - 31	Friday July 11 - Aug. 1
Session A					
Session B	or Aug. 11 - 25	or Aug. 5 - 26	or Aug. 6 - 27	or Aug. 7 - 28	or Aug. 8 - 29
7 - 7:45 a.m.	(Gym) Wakeup Workout #528	(Pool) Wakeup Workout #410		(Gym) Wakeup Workout #527	(Pool) Wakeup Workout #411 9:30 - 10:30 a.m.
9:30 - 10:30 a.m.	Aerobics I #504		Aerobics I (low impact) #506	Aerobics I #505	
10 - 11:00 a.m.	Body Shaping I #507				Body Shaping I #508
10:30 - 11:30 a.m.		Endurance Swim #412		Endurance Swim #413	
12:15 - 12:45 p.m.	Noon Fitness	Noon Fitness Watershape #414	Noon Fitness	Noon Fitness Watershape #415	Noon Fitness
1:30 - 2:30 p.m.	Aquafitness #416	Aquafitness #417	Aquafitness #418	Aquafitness #419	
4:45 - 5:30 p.m.	Rush Hour Fitness	Rush Hour Fitness	Rush Hour Fitness	Rush Hour Fitness	Rush Hour Fitness
5:00 - 5:30 p.m.	Afterwork Fitness #509	Afterwork Fitness #510	Afterwork Fitness #511	Afterwork Fitness #512	
5:15 - 6 p.m.		Watershape I #420			Watershape I #421
5:30 - 6:30 p.m.	Aerobics I (low impact) #513		Aerobics I (low impact) #514		
5:45 - 6:30 p.m.	Body Shaping I #515				
6:30 - 7:30 p.m.	Aquafitness #422	Bodyshaping I #516 Aerobics I #517		Bodyshaping I #518 Aerobics I #519 Aquafitness #423	
8:30 - 9:30 p.m.	Endurance Swim #424	Endurance Swim #425		Endurance Swim #426	

Receive a 10% discount when you register for 2 or more classes of the same kind, offered in the same session.

Intense Fitness Classes - Downtown

If you workout three or more times a week and can handle a 25-30 minute aerobic component in an exercise program consider an **INTENSE FITNESS CLASS** in the water on on land.

AEROBICS II

Enjoy the challenge of an advance workout focussing on stamina, strength and flexibility.

\$14 (\$11 if registered Mondays in August - Class cancelled August 4)

AQUAFITNESS

Transfer the benefits of an Aerobics II workout into the water in a well balanced, challenging workout

\$19 (\$14 if registered Mondays in August - Class cancelled Aug. 4) or drop in: \$5/Class.

SUPER AQUAFIT

Looking for the ultimate challenge in water workouts? Join us for our most demanding Aquafitness Program.

\$19 or drop-in: \$5/Class.

BODY SHAPING II

Enhance your muscular strength and flexibility in an advanced level class designed to help you tone and streamline.
\$13

WATER SHAPE II

Enjoy all the benefits of an advanced Body Shaping Class in the comfort of the water.

\$10 (\$7 if registered Mondays/August - Class cancelled Aug. 4) or drop in: \$4/class.

ENDURANCE SWIM

Improve your fitness level through length swimming while receiving continuous evaluation and information on how to improve your stroke efficiency in the water. Progress at your own pace.

\$19 (\$14 if registered Mondays/August - Class cancelled Aug. 4) or drop in: \$5/class.

	Monday	Tuesday	Wednesday	Thursday	Friday
Session A	July 7-28 or Aug. 11-25	July 8-29 or Aug. 5-26	July 9-30 or Aug. 6-27	July 10-31 or Aug. 7-28	July 11-Aug.1 or Aug. 8-29
Session B					
9:30-10:30am		Aquafitness No.427		Aquafitness No.428	
10:30-11:30am		Endurance Swim No.429		Endurance Swim No.430	
12:05-12:50pm		Body Shaping II No.520		Body Shaping II No.521	
12:15-12:45pm	Water Shape II No.431		Water Shape II No.432		
4:45-5:30pm	Aquafitness No.433		Aquafitness No.434		
5:15-6 pm			Water Shape II No.435		
5:30-6:30pm		Super Aquafit No.436 Aerobics II No.526		Aerobics II No.522	
5:45-6:30pm			Body Shape II No.523		
6:30-7:30pm	Aerobics II No.524		Aerobics II No.525		
8:30-9:30pm	Endurance Swim No.437	Endurance Swim No.438		Endurance Swim No.439	

Receive a 10% discount when you register for 2 or more classes of the same kind offered in the same session.

Employee Fitness Services

Fitness Testing & Counselling

Individual fitness assessments will be followed by a private counselling session at the YWCA or in your workplace.
\$30/person Special rates available for group testing.

Body Composition Analysis

This assessment includes measurements of body weight, girth and skinfold measurements. The fee of \$15.00 includes a re-test. A great way to record your progress!

Cardio Pulmonary Resuscitation

Train your staff in CPR. See page

Stress Management Program

Make stress work for you, rather than against you! This program involves a graduated course of instruction in which participants will acquire necessary information and skills to manage and control excess stress in most situations. This is an eight hour course which is limited to 10 participants. Available at YW or in your workplace. Contact: Ann Makin at 423-9922. Cost: \$40/person

Corporate Women's Fitness Centre Rates

Call 423-9922 for discount corporate rates for female employees wishing to join the YWCA Women's Fitness Centre as a group. (20% discount groups of 10 or more)
Information: Women's Fitness Centre - 423-9922

Fitness On The Job

Is your energy level fading? Having trouble concentrating on work? Take a break and go home or back to your desk feeling great! Consider workplace fitness classes conveniently scheduled in your office building during noon hour, before or after work. If there are 15 or more people at your place of work who are interested in fitness classes, we'll come to you!

Choose an eight week fitness program which best suits your schedule and fitness level.

• Co-ed Noon Or After Work Fitness

A fast moving 30 minute class to fit into your noon hour or immediately after work.

\$15/1 class/week \$30/2/classes/week \$45/3 classes/week

• Co-ed Aerobic Fitstarts

You are ready for a lifestyle change - you've decided that fitness is important but where do you begin? This 45 minute class is designed to provide a painless and gradual improvement of your fitness level. Everyone has to start somewhere, so make it fun with your co-workers.

\$20/1 class/week \$35/2/classes/week \$50/3 classes/week

• Strength & Stretch

This 30 or 45 minute class concentrates on strengthening and toning the major muscle groups (e.g. legs, abdominals & buttocks). Trim & tone your body for those hot, sunny days!

Information: Ann Makin 423-9922

• Co-ed Rush Hour Fitness

This 45 minute class helps you work off the day's frustrations. It is more strenuous than the half-hour fitness classes because the aerobic component is longer.

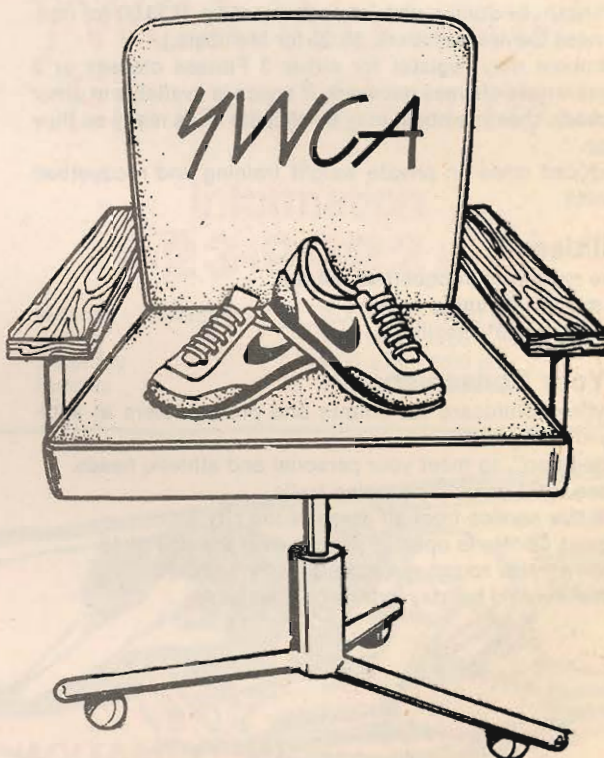
\$20/1 class/week \$35/2 classes/week \$50/3 classes/week

• Co-ed Aerobic Workout

An hour class to contemporary music that focuses on stamina, strength and flexibility. This well balanced workout varies with each instructor and exercises all areas of the body.

\$24/1 class/week \$40/2 classes/week \$60/3 classes/week

Information: Ann Makin 423-9922



fitness Centre

The YWCA Women's Fitness Centre provides an informal friendly atmosphere where you can comfortably spend your leisure time with other members. Enjoy the convenience of varied membership plans for facility use and fitness classes.

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

All memberships include:

- Steam Room
- Whirlpool
- Exercise Room
- Makeup area providing hairdryers, curling irons, toilet articles
- Sauna
- Ultraviolet Room
- Storage Lockerettes & Towels
- Relaxation area with coffee

Services & Classes

- Personal fitness testing including cardio-respiratory, strength, flexibility, and fat determination. (\$30.00 for non-Fitness Centre members, \$5.00 for Members.)
- Members may register for either 3 Fitness classes or 3 Aquafitness classes per week. If space is available in other classes, then members may participate in as many as they wish.
- Reduced rates on private weight training and racquetball clinics.

Facilities

- Five regulation racquetball courts
- 25 metre swimming pool
- Weight training facilities

For Your Convenience

- Daytime Childcare for infants and pre-schoolers at additional charge.
- "The Shop", to meet your personal and athletic needs.
- 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, #6129

Women's Fitness Centre

Membership Plan	Hours	Class	Fitness Room	Weight Pool	Swimming Whirlpool	Steam Room ball	Racquet Reduced Rates on
							<ul style="list-style-type: none"> • Fitness Appraisals • Weight Clinics • Massage • Reflexology • Suntan Bed
Full • 3 month \$150 • 6 month \$250 • 1 year \$380	Mon.-Thurs. Fri 7 a.m.-10 p.m. Sat 9 a.m.-5 p.m. Sun 10 a.m.-6 p.m.	Yes	Yes	Yes	Yes	Yes	Yes
Non-Racquetball • 1 month \$49 • 3 month \$125 • 6 month \$210 • 1 year \$320	Same as "Full"	Yes	Yes	Yes	Yes	No	Yes
Daytime • 3 month \$100 • 6 month \$175	Mon.-Friday 7 a.m.-4 p.m.	Yes	Yes	Yes	Yes	Yes	Yes
Seniors • 10 visits \$20 • 7 visits \$25	Same as "Full"	No Yes	No Yes	Yes Yes	Yes Yes	No No	No No
Summer Special • 10 visits \$35 (June 1-August 31/86)	Same as "Full" Same as "Full"	Yes	Yes	Yes	Yes	No	

ESPECIALLY FOR YOU;

The following services are available to MEN & WOMEN and appointments may be made by calling the Women's Fitness Centre at 423-9922, No. 6129.

YWCA Womens' Fitness Centre

Information

423-9922 #6129

MASSAGE

Partial (½ hour)	\$20	\$18
Full (1 Hour)	\$28	\$25

REFLEXOLOGY

(¾ Hour)	\$18	\$19
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Sun-Tanning Bed (Women only)

(½ hour)	\$8	\$4
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Monday - Thursday
 Friday
 Saturday
 Sunday

7:00 a.m. - 10:00 p.m.
 7:00 a.m. - 8:00 p.m.
 9:00 a.m. - 5:00 p.m.
 10:00 a.m. - 6:00 p.m.

SUMMER MEMBERSHIP

(June 1 - August 31)

10 visits: \$35.00

swimming pool, weight room, exercise room, sauna, whirlpool, steam, sun-tanning bed, discounts, fitness classes (3/week).



Other Great Ways To Get Fit...

FITNESS IN YOUR NEIGHBORHOOD

**Stay refreshed, relaxed and in shape over the summer months.
Watch for YWCA Fitness Classes at other neighborhood
locations again in the fall.**

Steinhauer Community School
10717 - 32A Ave.

Low Impact Aerobics

Tuesdays, July 8 - August 12,
6:30 - 7:30 p.m. (No. 540)

Body Shaping

Thursdays, July 10 - August 14,
6:30 - 7:30 p.m. (No. 541)

Attend once a week - \$18
Attend twice a week - \$33
Register at first class or at YWCA.



Cetacean's Fitness Swim Club

Increase your present level of fitness through swimming. Aerobic fitness and flexibility are achieved through drills, exercise and training workouts. We work with the skills and fitness level you already have.

The YWCA "Cetaceans" are recognized by the C.S.A. as an Amateur Status Masters' Club and some members may wish to compete in Canadian "Masters" Meets.

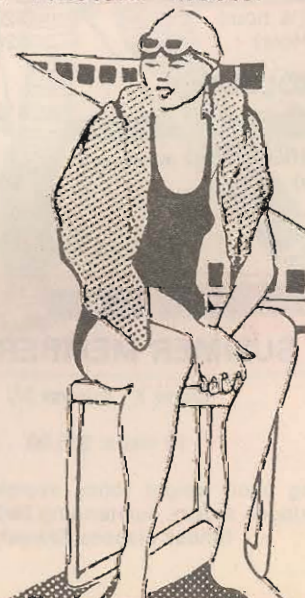
Fees based on hours/month (July 7 - August 28)

2 hours/week	\$20/mo.
3 hours/week	\$22/mo.

Mondays: 5:30 - 6:30 p.m.
Wednesdays: 5:30 - 6:30 p.m.
Thursdays: 5:30 - 6:30 p.m.

* Information: Katherine McKeigan 423-9922

* Register at Swimming Pool office.



Drop-In Fitness - Downtown

Interested in flexible scheduling of fitness activities, convenient to work and home? Consider the following ways of enjoying the YWCA fitness facilities without participating in classes. All facilities are available for use by men and women. Passes may be purchased at the YWCA Reception Desk (main floor).



RUNNING:

- Yearly Pass - (see Weight Training for All Facility Fitness Pass)
- Punch Card - \$5. (10 visits) - fee for locker room use
- Single visit - \$1. Fee for locker room use.



RACQUETBALL:

- Yearly Pass - (see All Facilities Fitness Pass)
- Punch Card - \$35. (10 visits - 1/2 court fee)
- Single Admission - \$8./hour (total court fee)

See page 24 for hours and booking procedures.



WEIGHT TRAINING:

- Yearly Pass - \$100. (includes use of locker room, warm-up area and weight training room during public hours. Non-transferable and valid for 1 year from date of purchase.)
- Punch Card - \$15. (12 visits and locker room use).
- Single Admission - \$1.50/visit.

See page 24 for hours.



SWIMMING:

- Punch Card - \$15.75 (10 visits and locker room use).
- Single Admission - \$1.75/visit (adult) \$1.25 (senior) \$1.00 (child)
- Swim Schedule - Page 12



DROP-IN FITNESS CLASSES:

- See "Noon Fitness" and Rush Hour Fitness - page 16/17
- All "Aquatic Fitness" Classes are also available on a drop in basis. See pages 15-19.

Also see Women's Fitness Centre - page 20/21;

Cetacean's Masters Fitness Swim Club - page 22.

Weight Training

Weight Room Facilities

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

Weight Room Hours

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

Saturday 9:00 - 5:00 p.m.

Sunday 10:00 - 6:00 p.m.

Fee: \$1.50 per visit of \$15 per 12 visits (payable at front desk).

Private Lessons: Individual lessons are available at \$10/clinic or \$5/clinic to Fitness Centre members.

NEW! NEW! NEW!

Weight Training Classes

Want to learn ore about weight-training?

4 week session Tuesdays June 3 - June 24 No. 536

7-8:30 p.m. July 8 - July 29 No. 537

August 5 - 26 No. 538

This course will cover basic information (equipment use, muscle groups etc), techniques and individual programs.

COST: \$25.00 (includes 4 free visits to weight room).

Racquetball

Five Regulation Racquetball Courts are located on the Lower Level II of the downtown YWCA building.

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

Court Fee: \$8/hour

Racquetball Booking

Procedure:

Phone 423-9922

Book by phone one day in advance, beginning at 7:00 a.m. Weekend and Monday bookings may be made on the preeceding Friday.

Game Cards

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

Cost: \$35 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 the Women's Fitness Centre Director at 423-9922, No. 6129 (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 - \$10. Please phone the Fitness Centre Director for an appointment. 423-9922 No. 6129.

Racquet Stringing

Need to repair your racquetball?

\$2/string or \$15/racquet

Contact Women's Fitness Centre 423-9922 No. 6129 for details.

Adult Dance

**Need to learn to dance for an upcoming wedding or graduation?
Or just want to feel more comfortable on your feet. Choose a social or
jazz dance class convenient to you.**

Survival on the Dance Floor

Take a quick look at the basics of waltz, Fox Trot, Swing/Jive and polka in four beginner lessons.

Thursdays 7:30 - 9:00 p.m. July 10 - 31 (No. 530) \$45./couple

Tuesdays 7:30 - 9:00 p.m. August 5 - 26 (No. 5334) \$45./couple

Rock 'N' Roll

Learn the basics of Swing/Jive in four easy lessons.

Tuesdays 7:30 - 8:30 p.m. July 8 - 29 (No. 531) \$30/couple

Thursdays 7:30 - 8:30 p.m. August 7 - 28 (No. 534) \$30/couple

Jazz Dance

Improve your coordination, strength and flexibility through challenging jazz steps and routines.

Wednesdays 6:45 - 7:45 p.m.

July 9 - 30 (No. 532) \$16./person

Aug. 6 - 27 (No. 535) \$16/person

Cardio Pulmonary Resucitation (C.P.R.)

Train Your Staff in CPR

Interested in having your staff or group certified in CPR? We will provide qualified staff to run a special class to fit your business schedule. Daytime or evening courses available. Contact Ann Makin at 423-9922 to details.

Please Note: All instructors have received their Instructor Certification through the Alberta Heart Foundation.

YoWoChAs Centre

Enjoy leisure learning at YoWoChAs Centre, 80 km west of Edmonton. Select a weekend course suited to your interests or create your own experience and rent the facility for your group.

YoWoChAs Centre Rental

If your group is looking for a quiet, convenient, and reasonable location for a retreat workshop, reunion or camp, consider YoWoChAs Centre just a one hour drive from Edmonton. Located on Lake Wabamum near the village of Fallis, the centre is situated on a 48 acre peninsula with all season trails and waterfront facilities. The modern lodge and residence include a dining area, fireplace lounge, shared accommodation, meeting rooms and sauna.

We can provide accommodation, food services and program assistance. Groups of 12 to 68 are welcome.

For information call Rod Irwin, YoWoChAs Centre Director, 423-3811.

Host a Workshop, Retreat or Seminar



YoWoChAs Centre
Fallis, Alberta TOE OVQ (403) 423-3811

Women's Escape Weekend

Need a break from your family, workplace or the city? Join us for a weekend devoted entirely to you!

Choose from activities that appeal to you including Aerobics, bodyshaping and relaxation sessions, as well as lecture/discussions. Informal activities will vary with the time of the year. In the Winter months, skiing, skating and snowshoeing will be available and during the Spring and Fall, enjoy the hebertisme (rope and log obstacle course), and canoeing. All year you can enjoy our hiking trails and sauna, or curl up with a good book in the fireplace lounge. A masseuse will be available at extra cost. Saturday evening, there will be a social. All activities are optional! We're here to help you have fun and relax. Take a break and return home feeling great!

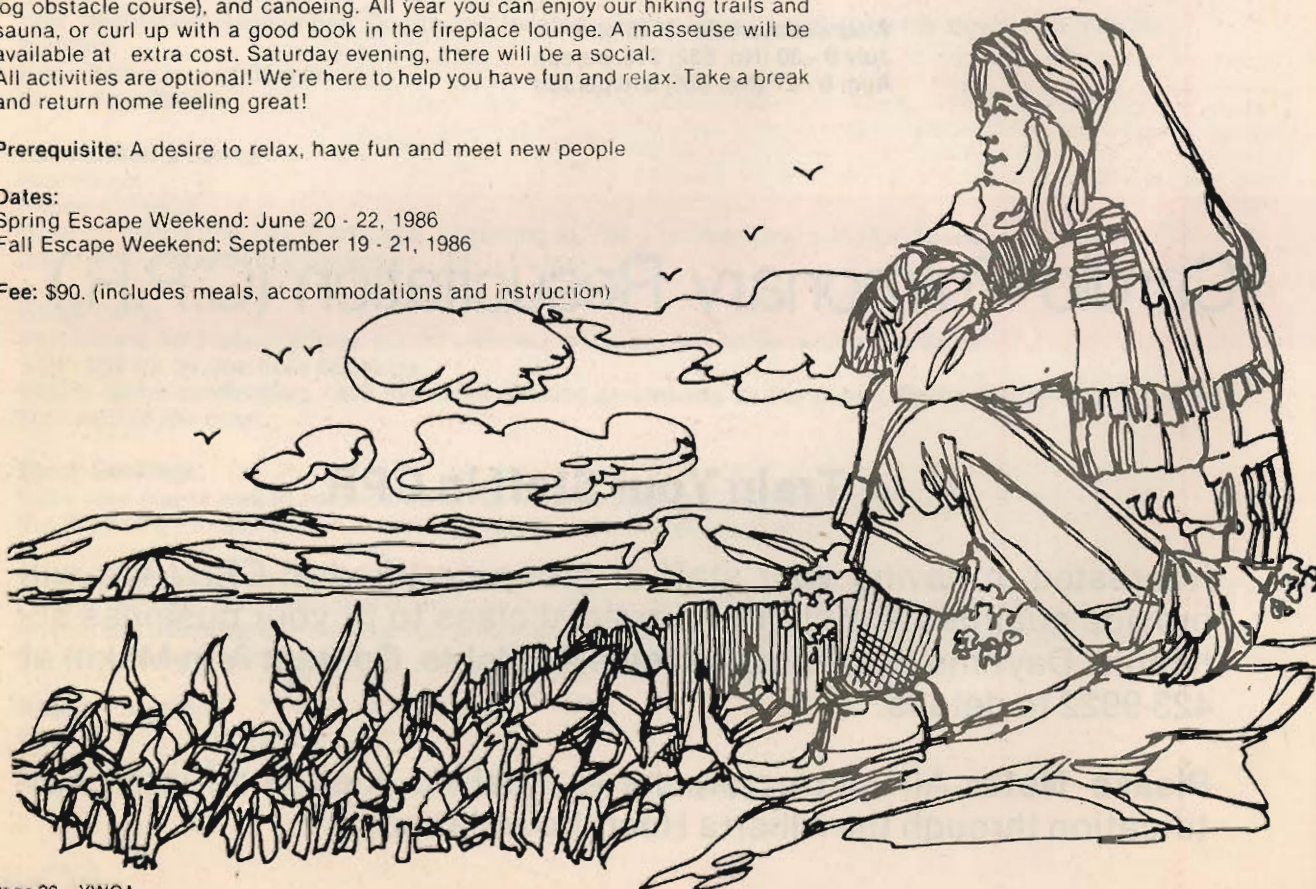
Prerequisite: A desire to relax, have fun and meet new people

Dates:

Spring Escape Weekend: June 20 - 22, 1986

Fall Escape Weekend: September 19 - 21, 1986

Fee: \$90. (includes meals, accommodations and instruction)



Sailing

Group Bookings

Several dates have been kept open throughout the sailing season for established groups seeking sailing instructions. Groups of persons of all ages and abilities will be considered.

Priority will be given to groups requiring a multi-day residential experience. Costs for these programs are negotiable with the YoWoChAs centre Director, depending on each group's specific needs. For further information about specially designed programs call 423-3811.

All YoWoChAs Centre sailing programs consist of the Canadian Yachting Association White Sail Levels, and will be instructed by experienced CYA certified sailing instructors. The instructor's focus is on providing a high quality learning opportunity combined with a pleasurable social experience.

Adult Sailing Weekends

Our school emphasizes the water practical sailing skills. You'll learn the parts of a sailboat, how to rig and derig, how to steer, how to trim sails, terminology and Basic Theory of Sailing. Safety is an important aspect of all water sports. You'll practice how to right a capsized sailboat and to recognize signs of approaching bad weather.

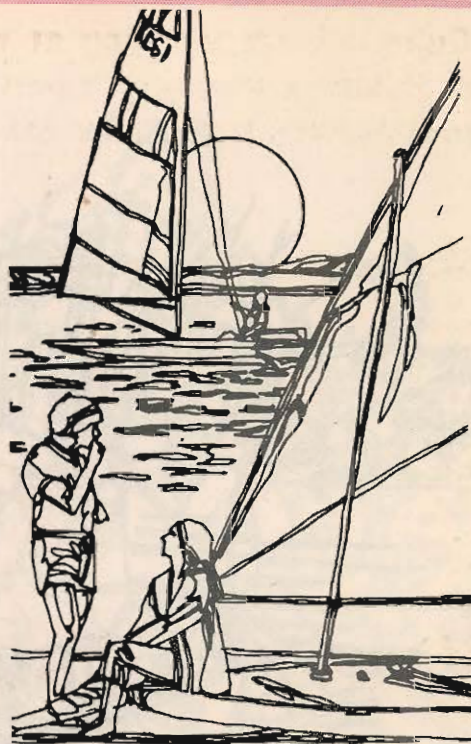
Programs consist of one 3½ hour theory lecture on Thursday evening in Edmonton prior to the weekend experience. Lectures combined with two, eight hour water sessions provide enough Learn-To-Sail time to be eligible for White Sail Level I, II or III Canadian Yachting Association Certification. What level you achieve is up to you and how quickly you acquire skills.

\$95. (for sailing/lecture program only.)

Children's Sailing Camps

These five-day camps operate Monday morning to Friday afternoon. Sailors are picked up and dropped off at the YWCA in downtown Edmonton by the YoWoChAs Centre Summer Camp Buss. CYA White Sail Level I and II material will be taught to the students during the day. This includes on-the-water sessions, theory, evaluation and testing. During mealtimes and in the evenings, sailors participate in recreational programs which are part of the YoWoChAs Centre Summer Camp. CYA certificates and badges presented at the conclusion of the program.

Students ages 9-17 years with basic swimming skills are eligible for this program.



\$125. (includes sailing program, overnight accommodation on Saturday at YoWoChAs Centre, lunch and dinner Saturday, breakfast and lunch Sunday.)

Lectures held at YWCA, Thursday 6:30-10 p.m. prior to sailing weekend.

Lecture Dates	Sailing Dates	
June 5	June 7, 8	No. 26
June 12	June 14, 15	No. 27
June 19	June 21, 22	No. 28
July 3	July 5, 6	No. 29
July 10	July 12, 13	No. 30
July 17	July 19, 20	No. 31
July 24	July 26, 27	No. 32
August 14	August 16, 17	No. 33
August 21	August 23, 24	No. 34

\$175. (includes meals, accommodation, transportation, instruction and a YOWOCHAS Centre T-shirt).

Dates	Level	
July 7 - 11	White Sail I	No. 50
July 14 - 18	White Sail I	No. 51
July 21, 25	White Sail I	No. 52
July 21 - August 1	White Sail I	No. 53
August 11 - 15	White Sail I	No. 54
August 18 - 22	White Sail II	No. 55



INTRODUCTION TO LAKE CANOEING

J. Stroke!, Sweep!, Splash! If none of this makes any sense to you or if you spend a lot of time paddling in circles — or not at all — then this is the course for you! Get out of the city and enjoy a weekend paddling the wooded shores of Lake Wabamun, learning the basics of lake canoeing during the day and relaxing in front of our fireplace in the evening. Our weekend courses include instruction in basic strokes, safety, equipment selection and trip planning. All equipment is provided.

May 30 - June 1;	No. 20
June 13 - 15	No. 21
June 20 - 22;	No. 22
July 4 - 6	No. 23

\$65./person (includes accommodation, meals and instruction)

INTRODUCTION TO RIVER CANOEING

If you keep your canoe moving in a straight line, why not develop your paddling skills and move on to the excitement of oving water? We'll review lake strokes and manoeuvres, master cap-sizes and rescues, read moving water and discuss safety, overnight river tripping and other related information.

All equipment is provided, as well as transportation between YoWoChAs Centre and the local river.

August 29 - September 1	No. 24
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\$75. (includes meals, accommodation and instruction)

Prerequisites: A basic lake canoeing course or equivalent experience.

FAMILY CANOE DAY

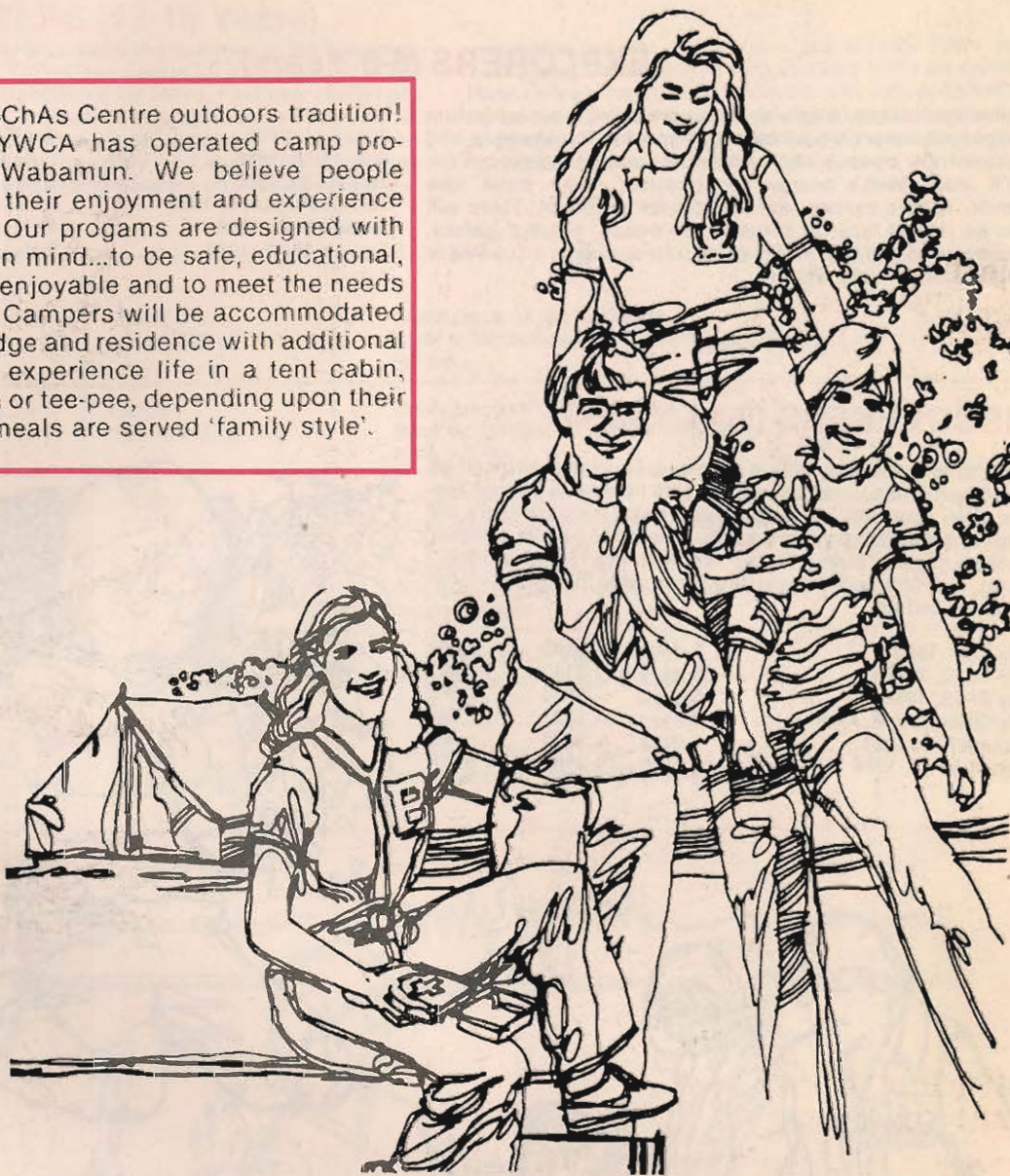
A day designed for parents and children of all ages, emphasizing the fun of canoe paddling with children. Includes lunch, lessons, games, exploring along the lake, skits and information on safe canoeing practices. One day only...we start at 9:30 a.m. and finish at 4:00 p.m.

July 6
\$36./Family

No. 25

Summer Camps for Everyone

Join the YoWoChAs Centre outdoors tradition! since 1910 the YWCA has operated camp programs at Lake Wabamun. We believe people develop through their enjoyment and experience in the outdoors. Our programs are designed with this philosophy in mind...to be safe, educational, challenging and enjoyable and to meet the needs of each camper. Campers will be accommodated in our modern lodge and residence with additional opportunities to experience life in a tent cabin, tent, rustic cabin or tee-pee, depending upon their age. Nutritious meals are served 'family style'.



SAFETY AND FIRST AID

— All full-time staff on site are certified Wilderness Medical Technicians. In common terms, this means there is always an individual with first aid training equal to an ambulance attendant. A well-stocked first aid room, infirmary, emergency procedures and rescue equipment enhance our safety level.

— A 16 Foot boat with a 60 h.p. outboard motor is available for emergency use.

CAMPERSHIPS

In special circumstances through the generous contribution of interested individuals, the YWCA is able to subsidize camp fees. If you require subsidization or would like to donate to the 'camper-ship' fund, please call the Registration desk at the YWCA (423-9922). Families on Social Assistance may also qualify for financial assistance through Alberta Social Services. Please contact your Social Worker for details.

YoWoChAs Centre is fully accredited member of the Alberta Camping Association.

Summer Camps for Everyone

EXPLORERS (6-8 Years)

Visit magic places, create something special in our adventure playground, solar dry your own fruit, snacks, sprout seeds, and discover how curious and complex our natural world can be. We'll learn about energy conservation, make some new friends, paddle canoes, swim and cook outdoors. There will also be lots of time for hikes in the woods, singing, games, drama, crafts and fun! You may even sleep over in a Tee-Pee or a rustic cabin in the woods!

July 7-11, 1986	5 days	\$140	#56
July 14-18, 1986	5 days	\$140	#57
July 21-25, 1986	5 days	\$140	#58
July 30-August 6, 1986	8 days	\$221	#59
August 9-15, 1986	7 days	\$194	#60
August 18-22, 1986	5 days	\$140	#60A

DISCOVERERS (9-11 Years)

Learn to find your way with a compass. Challenge yourself on our Hebertisme (ropes) course, and try living in a tent or Tee-Pee. With your new friends, you can enjoy a sauna or try our outdoor sweat lodge, take a swim, or learn to paddle a canoe. We'll be cooking over an open fire, learning "NEW GAMES", hiking, crafting and discovering many new things about the world around us.

July 7-11, 1986	5 days	\$140	#61
July 14-18, 1986	5 days	\$140	#62
July 21-25, 1986	5 days	\$140	#63
July 30-August 6, 1986	8 days	\$221	#64
August 9-15, 1986	7 days	\$194	#65
August 18-22, 1986	5 days	\$140	#65A



SINGLE PARENT FAMILY CAMP

Join us for a 5 day family holiday designed for you. Relax and enjoy your children. We'll do the cooking while you enjoy swimming, crafting, and the great outdoors. Share in the excitement of summer with your family while you learn to canoe, go on a hike or meet new friends.

July 7-11	5 days	Adult - \$140	#72
		6-15 - \$140	
		3-5 - \$85	
August 18-22	5 days	Adult - \$140	#73
		6-15 - \$140	
		3-5 - \$85	
		Under 3 free	

Summer Camps for Everyone

CHALLENGERS (12-15 Years)

Meet exciting people and make the summer of '86 a memorable one! Join us at YoWoChas Centre for a summer full of fun on our river canoe expeditions for teens. Find new challenges on our Hebertisme & Ropes course and initiative Task Course. Enjoy a sauna, swim, or relax on the beach with your new friends. Learn to canoe in safety on Lake Wabumun before heading out to more challenging waters on Alberta Rivers. Accommodations for challengers are in wall tents while at YoWoChas Centre and in tarp shelters while on canoe trips. River canoe trips will be accompanied by fully qualified and experienced canoe instructors. All equipment is supplied. Novice paddlers need no previous experience. Advanced paddlers must have been on at least one river canoe trip previously.

July 7-11	Novice (5 days) \$140	Confluence of the Berland River to Whitecourt on the Athabasca River (97 km.)	#66
July 14-18	Novice (5 days) \$140	Confluence of the Berland River to Whitecourt on the Athabasca River (97 km.)	#67
July 21-25	Novice (5 days) \$140	Hinton to Berland River confluence on Athabasca River (96 km.)	#68
July 30-August 6	Advanced (8 days) \$221	Abraham Lake to Rocky Mountain House on North Saskatchewan River (145 km)	#69
August 9-15	Novice (7 days) \$194	Rocky Mountain House to Drayton Valley on North Saskatchewan River (129 km).	#70
August 18-22	Novic (5 days) \$140	Hinton to Berland River confluence on Athabasca River (96 km.)	#71



OUTDOOR ENTHUSIASTS

Fun, fellowship and an outdoor holiday for adults who are mentally handicapped. Activities will include canoeing, hiking and other outdoor recreation activities of interest to adults. Exciting day trips to other recreation areas like the local beaches and horseback facilities ensure an interesting vacation.

July 14 - 18	5 Days	\$155	#74
July 21 - 25	5 Days	\$155	#75
July 30 - August 6	5 Days	\$245	#76
August 9 - 15	7 Days	\$215	#77

**Thanks to you
it works...**



United Way

**FOR ALL
OF US**

The YWCA supports and
belongs to the United Way.

**YWCA
10305 - 100 Ave.
Edmonton, Alberta T5J 3C8**

SEND TO:

**WATCH FOR DETAILS ON
FALL '86 PROGRAMS**

September - December/86

Available August 5/86 at the
YWCA & Edmonton Public Libraries

***Special Thanks to
The Edmonton Journal
for their co-sponsorship
of Adult Swim, Dance,
and Aquafitness classes.***

