

YWCA

Winter/Spring '85

JANUARY-JUNE



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

Registration

Registration for YWCA Winter/Spring classes begins November 19/84 and continues weekdays by:

MAIL OR IN PERSON

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

**Where did you
 learn about this
 class?**

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 & 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.

TRANSFER/REFUNDS/SUBSIDIES

A \$2.00 fee will be charged to participants requesting transfers from one class to another in the same session. We do NOT transfer from one session to another.

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, except at YoWoChAs Centre. 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 zones for disabled persons and childcare participants at rear of building.

The Edmonton YWCA encourages the participant 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:

Special Services Director
 Phone: 423-9922



Cover Photo:

Ken MacDonald

Photography:

Deb Ludwig,
 Suzanne Dumaine,
 Rick Matischak

Where to Find . . .

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New This Season!

Babyfit (Land/Water)...a parent/infant exercise option designed to help you both workout - see page 9.

Wellness for Women...a weekend look at women's health issues, including stress management - see page 39.

Women's Fitness Escapes...take a well deserved fitness break and come back feeling great - see page 39.

Women's Ski Fit...introductory cross-country skiing by day for women, coupled with fitness information and fun in the evening - see page 37.

Wake-up Workout...an early morning coed fitness workout designed to help you start the day right - see page 25.

Coed Fitness Escape...a relaxing weekend break at YoWoChAs Centre promoting health, fitness and fun for both men and women - see page 39.

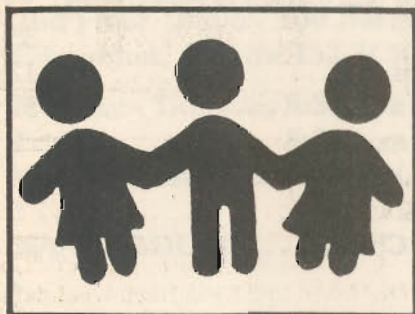
Starting From Scratch...a great way to start a fitness activity program - see page 23.

Rock 'n' Roll...an introduction to the fun of swing-jive - see page 33.

Yearly Fitness Facility Passes...enjoy the convenience of annual fitness facility passes for men & women - see page 21.

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 - Friday

7:30 a.m. - 5:45 p.m.

Saturdays

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

COST: \$1.90/hour; \$1.10/hour 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

Floor

- Preschool (3-5 years) Main Floor

STAFF/CHILD RATIO:

Infants 1:3, Babies 1:3,

Toddlers 1:5, Preschool 1:8

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.



Cafeteria



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

Try is 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

during above hours. For further information call: Cafeteria Manager 423-9922.

Mon.-Thurs. - 7 a.m. - 7 p.m.

Fri. 7 a.m. - 6 p.m.

Weekends and Holidays - 8 a.m. - 4 p.m.

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.

Need a lock, 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

your 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 helpful.

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 includes "hotel like" single and double rooms with bath, single rooms with shared bath, small dormitories and hostel like "sleeping bag" accommodation. Limited coed group accommodation also available by reservation only in "sleeping bag" area. For further information contact: YWCA Women's Residence, 3rd Floor, 423-9922.

Referral counselling associated with womens residence funded in part by United Way.



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 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. Feel 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 1:15 - 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/month with our members and enjoy a surprise fun feast - When we say "POT LUCK", we mean it! Bring your own plate and cutlery so nobody gets stuck with the dishes! 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 Lynn Rock weekdays at 423-9922.

Funded in part by the United Way.



Family Relief Services

CARE IN YOUR HOME FOR HANDICAPPED INDIVIDUALS

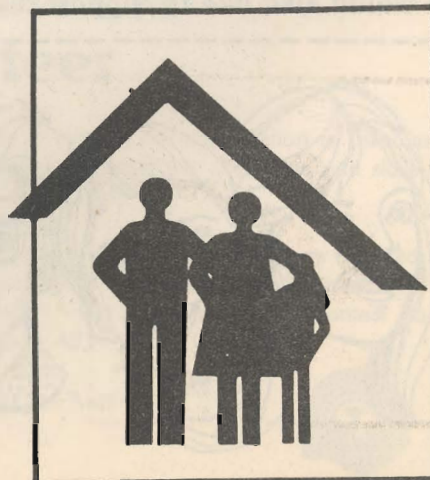
YWCA FAMILY RELIEF SERVICE offers care and companionship for both disabled children and adults. Parents can enjoy an evening out, moms take a break during the day, families can plan weekends or vacation trips knowing their family member requiring special care is being well looked after. This service 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:

Requests 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.



Become A YWCA 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.

BECOME A MEMBER NOW! TOGETHER WE CAN MAKE A DIFFERENCE

The Edmonton YWCA is a voluntary, non profit organization founded in 1907 to assist young women living in the city. Throughout its history the YWCA has actively responded to meet the needs of the Edmonton community and in recent years has extended its service to men and children.

In the past 15 years the Edmonton YWCA has supported the development of the Edmonton Women's Shelter, the Sexual Assault Centre, W.I.N. House for battered women, the Big Sisters Society, McDougall House, and pioneered other community services for Edmonton residents.

The YWCA of Canada is active nationally in issues relating to women's rights and development.

The World YWCA is an international movement with a membership of six million women in eighty-four countries.

The World YWCA coordinates the work of YWCAs throughout the world, to promote international understanding and cooperation for basic human rights and improved social and economic conditions for all people. It obtains support from projects and programmes that develop leadership skills and promote the development of women through literacy, health education, vocational training, day care and refugee projects.

Yes! I'd like to be a YWCA Member

Return To: Membership

Name _____

Edmonton YWCA

Address _____

10305 - 100 Ave.

Phone _____

Edmonton, Alberta

T5J 3C8

Membership Fee Enclosed \$20.

I would also like to support the YWCA through my gift of _____.



Membership at the Edmonton 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.
- Mailed programme brochures and newsletter, "In Touch".
- Input into the future of the Edmonton YWCA.

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;
- with our Stitchers creating worthwhile sewing and needlework projects for the YWCA;
- in the pool assisting adults learning to swim;
- acting as a hostess for the YWCA;
- Serving on Board Committees which deal with membership, volunteers and our residence.

How Can You Help in the Evenings or on Saturdays?

- work with women concerned with social issues on our Social Affairs and Cooperation for Development Committees;
- Use your financial skills on our Finance and Fundraisers 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 and swim activities.



**YES
YOU
CAN...**

Be a YWCA Volunteer

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 Barb MacGregor, weekdays, 423-9922.

Volunteer Recruitment and Training
funded in part
by the United Way



Develop Your Leadership Skills

'GET WET/GET FIT' AQUATIC LEADERSHIP COURSE:

Want to be an Aquatic Fitness Leader? You may come from an aquatic background or have land fitness instructor experience and desire more knowledge in the new field of Aquatic Fitness. The course is recognized by Alberta Parks and Recreation (Sports and Fitness Division) and is a recommended requirement if your wish to teach Aquatic Fitness in the province.

All essential material that is necessary to plan and lead an effective Aquatic Fitness class for all ages and abilities will be covered. Some of the topics are:

- Exercise Physiology and Anatomy
 - Adapting land exercise to the water
 - Body shaping in the water
 - Exercise planning and program design
 - Creative use of equipment and music
 - Strength training in the water
- Developing Aquatic Fitness Sessions for special groups.

Topics will be explored through group sessions and presentations, practical work in the water and lectures.

All participants will be assigned to a practice teaching schedule throughout the course. The leadership course will be 21 hours in length; an additional 8-10 hours will be needed for practice teaching schedule.

Prerequisites: One of the following -

- Red Cross Water Safety Instructor 1 or 2, NLS, or YWCA Fitness Leader Certification.

Current Standard First Aid and Basic Rescuer CPR Courses are not essential BUT they should be held prior to being employed as an Aquatic Fitness Instructor.

\$60. (includes manual)

Wednesdays, 6:30 to 9:30 p.m. March 6 - April 17, 1985 - #1212

Information: Diane Kitchen, 423-9922
Register at Pool Office please.

NATIONAL LIFEGUARD:

Waterfront and pool lifeguard training, stressing teamwork, leadership, communications and prevention. 16 hours practice lifeguarding will be required.

Prerequisite: 16 years and Bronze Gold
\$60.

Wednesdays, 6:00 to 9:30 p.m. January 9 - February 27 - #212

Information: Diane Kitchen, 423-9922
Register at Pool Office please.

BRONZE MEDALLION/CROSS

Rescues, emergency training and endurance swimming, designed as pre-lifeguard training.

Prerequisite: 14 years
\$40 (does not include manual)

Wednesday, 6:30 - 9:30 p.m. May 1 - June 19 - #2184

Information: Register at Pool Office please.

FITNESS LEADERSHIP COURSE:

Interested in the popular YWCA Fitness Leadership Certification? Call Jenni Coombs at 423-9922 for further information.

A.R.C.A CANOE INSTRUCTOR COURSE:

See page 36 for details.

VOLUNTEER LEADERSHIP:

As a YWCA volunteer involved in Board and Committee activities you will be involved in a variety of leadership skills sessions offered throughout the year. For further information contact Barb MacGregor, Volunteer Services Director at 423-9922.



Preschool Aquatics

Preschool Water Skills (4 mos. - 5 yrs.)

The colourful, 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 coordination 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 coordination and comprehension levels.

Water Babies 1	4 months-8 months
Water Babies 2	8 - 12 months
Water Babies 3	12 - 18 months
Minnows	18 - 30 months
Guppies	2½ - 4 years
Fishtails	4 - 5 years

* Parents must accompany the preschooler.

Advanced level water sessions are also available for Guppies and Fishtails. Parents **do not** accompany the preschoolers. The preschoolers must be able to float on front or back without assistance and propel themselves 2 body lengths. The Advanced Level preschooler should feel very comfortable and confident without parental assistance.

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. The Splashercize class is held in the preschool pool. *Put some fun back into swimming!*

Parents must accompany child.

Land/Water Babyfit

New! New! New! New! New!

Water Babies and their parents are invited to join 15 minute land fitness sessions to be held on the pool deck prior to Water Baby Classes marked (land)*. Exercises are designed to help both the infant and adult "workout".

Splashercize

7 Weeks: **\$23** for first child
\$19 for each additional child/family
or drop-in — \$3 per child/class.

8 Weeks: **\$26** for first child
\$22 for each additional child/family
or drop-in — \$4 per child/class

Preschool Water Skills

7 Weeks: **\$23** for first child
\$19 for each additional child/family
(children are not required to be in the same class to receive discount)

8 Weeks: **\$26** for first child
\$22 for each additional child/family

Land/Water Babyfit

7 Weeks: **\$31**
8 Weeks: **\$34**

Fees include Water Baby class and land exercise session marked (land*).

PROGRAM TITLE	DAY	TIME	DATES	NO.
Water Babies 1 (4 - 8 mos.)	Monday	12:15 - 1:00 p.m. (land*)	Jan. 7 - Feb. 25	111B
			Mar. 4 - Apr. 15	1111B
			Apr. 29 - June 24	2111B
	Tuesday	9:30 - 10:00 a.m.	Jan. 8 - Feb. 26	112
			Mar. 5 - Apr. 16	1112
			Apr. 30 - June 18	2112
	Wednesday	1:30 - 2:00 p.m.	Jan. 9 - Feb. 27	113
			Mar. 6 - Apr. 17	1113
			May 1 - June 19	2113
		6:30 - 7:00 p.m.	Jan. 9 - Feb. 27	114
			Mar. 6 - Apr. 17	1114
			May 1 - June 19	2114
	Thursday	10:00 - 10:30 a.m.	Jan. 10 - Feb. 28	115
			Mar. 7 - Apr. 18	1115
			May 2 - June 20	2115
Water Babies 2 (8 - 12 mos.)	Friday	1:00 - 1:30 p.m.	Jan. 11 - Mar. 1	116
			Mar. 8 - Apr. 26	1116
			May 3 - June 21	2116
	Saturday	2:15 - 2:45 p.m.	Jan. 12 - Mar. 2	117
			Mar. 9 - Apr. 27	1117
			May 4 - June 22	2117
	Sunday	10:00 - 10:30 a.m.	Mar. 13 - Mar. 3	118
			Mar. 10 - Apr. 28	1118
			May 5 - June 23	2118
	Monday	1:00 - 1:45 p.m.	Jan 7 - Feb. 25	119
			Mar. 4 - Apr. 15	1119
			Apr. 29 - June 24	2119

Preschool Aquatics

	Tuesday	10:00 - 10:30 a.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	120 1120 2120
	Wednesday	1:00 - 1:30 p.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	121 1121 2121
		7:00 - 7:30 p.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	122 1122 2122
	Thursday	9:30 - 10:00 a.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	123 1123 2123
	Friday	12:30 - 1:00 p.m.	Jan. 11 - Mar. 1 Mar. 8 - Apr. 26 May 3 - June 21	124 1124 2124
	Saturday	1:45 - 2:15 p.m.	Jan. 12 - Mar. 2 Mar. 9 - Apr. 27 May 4 - June 22	125 1125 2125
	Sunday	12:00 - 12:30 p.m.	Jan. 13 - Mar. 3 Mar. 10 - Apr. 28 May 5 - June 23	126 1126 2126
Water Babies 3 (12 - 18 mos.)	Monday	1:45 - 2:30 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	127 1127 2127
		7:00 - 7:30 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	128 1128 2128
	Tuesday	12:00 - 12:30 p.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	129 1129 2129
	Wednesday	9:45 - 10:15 a.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	130 1130 2130
		12:30 - 1:00 p.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	131 1131 2131
	Thursday	12:00 - 12:30 p.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	132 1132 2132
	Friday	1:30 - 2:00 p.m.	Jan. 11 - Mar. 1 Mar. 8 - Apr. 26 May 3 - June 21	133 1133 2133
	Saturday	1:00 - 1:30 p.m.	Jan. 12 - Mar. 2 Mar. 9 - Apr. 27 May 4 - June 22	134 1134 2134
	Sunday	10:30 - 11:00 a.m.	Jan. 13 - Mar. 3 Mar. 10 - Apr. 28 May 5 - June 23	135 1135 2135
		1:45 - 2:15 p.m.	Jan. 13 - Mar. 3 Mar. 10 - Apr. 28 May 5 - June 23	136 1136 2136
Minnows (18 - 30 mos.)	Monday	9:30 - 10:00 a.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	137 1137 2137
	Tuesday	11:30 a.m. - 12 Noon	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	138 1138 2138
	Wednesday	9:15 - 9:45 a.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	139 1139 2139
	Thursday	1:30 - 2:00 p.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	140 1140 2140
	Saturday	9:00 - 9:30 a.m.	Jan. 12 - Mar. 2 Mar. 9 - Apr. 27 May 4 - June 22	141 1141 2141
	Sunday	1:15 - 1:45 p.m.	Jan. 13 - Mar. 3 Mar. 10 - Apr. 28 May 5 - June 23	142 1142 2142
Guppies (2½ - 4 yrs.)	Monday	10:00 - 10:30 a.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	143 1143 2143

Preschool Aquatics

	Tuesday	12:45 - 1:15 p.m.	Jan. 8 - Feb. 26	144
			Mar. 5 - Apr. 16	1144
			Apr. 30 - June 18	2144
	Wednesday	6:00 - 6:30 p.m.	Jan. 9 - Feb. 27	145
			Mar. 6 - Apr. 17	1145
			May 1 - June 19	2145
	Thursday	10:45 - 11:15 a.m.	Jan. 10 - Feb. 28	146
			Mar. 7 - Apr. 18	1146
			May 2 - June 20	2146
	Saturday	9:30 - 10:00 a.m.	Jan. 12 - Mar. 2	147
			Mar. 9 - Apr. 27	1147
			May 4 - June 22	2147
	Sunday	12:30 - 1:00 p.m.	Jan. 13 - Mar. 3	148
			Mar. 10 - Apr. 28	1148
			May 5 - June 23	2148
Advanced Guppies	Friday	9:30 - 10:00 a.m.	Jan. 11 - Mar. 1	149
			Mar. 8 - Apr. 26	1149
			May 3 - June 21	2149
	Saturday	12:30 - 1:00 p.m.	Jan. 12 - Mar. 2	150
			Mar. 9 - Apr. 27	1150
			May 4 - June 22	2150
Fishtails (4 - 5 yrs.)	Monday	6:00 - 6:30 p.m.	Jan. 27 - Feb. 25	151
			Mar. 4 - Apr. 15	1151
			Apr. 29 - June 24	2151
	Saturday	12:30 - 1:00 p.m.	Jan. 12 - Mar. 2	152
			Mar. 9 - Apr. 27	1152
			May 4 - June 22	2152
	Sunday	2:30 - 3:00 p.m.	Jan. 13 - Mar. 3	153
			Mar. 10 - Apr. 28	1153
			May 5 - June 23	2153
Advanced Fishtails	Friday	9:00 - 9:30 a.m.	Jan. 11 - Mar. 1	154
			Mar. 8 - Apr. 26	1154
			May 3 - June 21	2154
	Saturday	12:00 - 12:30 p.m.	Jan. 12 - Mar. 2	155
			Mar. 9 - Apr. 27	1155
			May 4 - June 22	2155
Splashercise	Monday	6:30 - 7:00 p.m.	Jan. 7 - Feb. 25	156
			Mar. 4 - Apr. 15	1156
			Apr. 29 - June 24	2156
	Tuesday	1:30 - 2:00 p.m.	Jan. 8 - Feb. 26	157
			Mar. 5 - Apr. 16	1157
			Apr. 30 - June 18	2157
	Thursday	11:15 - 11:45 a.m.	Jan. 10 - Feb. 28	158
			Mar. 7 - Apr. 18	1158
			May 2 - June 20	2158
	Sunday	11:00 - 11:30 a.m.	Jan. 13 - Mar. 3	159
			Mar. 10 - Apr. 28	1159
			May 5 - June 23	2159

Preschool Gym & Swim

GYM & SWIM

The YW's pre-school gym classes are planned to offer your child a chance to explore a new environment, meet other children and be physically active. The children become aware of how they move and what they are capable. Jumping, running, bouncing, climbing and playing are just a few of the activities children enjoy in pre-school gym classes. 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.

The classes for children over 3 years do not require parents to participate and consist of movement education, basic tumbling and time to play on equipment. Parents may register their child in the "gym-only" portion of any of the gym and swim classes.

Parents

1. Bring your child's birth certificate or Alberta Health Care Card when registering.

2. You are required to assist your child in the pool and may be requested to assist your child in the gym.

3. If your child swims after the gym class, please meet him/her outside the Physical Activities Room.

CREATIVE PLAY FOR BABIES

Encourage your infant's development through play activities. Classes include activities which develop both fine and gross motor skills, as well as time for games, rhymes, and songs relevant to the theme for each session.

Large play equipment encourages exploring, climbing, crawling, walking and sliding. Small motion activities include sand, pudding, jello and paper play.

A great opportunity to enjoy your child while learning and exchanging ideas with other parents and an experienced instructor.

Instructor: Susan Wakal

CLASS	DAY	TIME	DATES	No. + Cost Gym & Swim		No. + Cost Gym Only		
Walking to 2 Years	Wednesday	Gym 9:30 - 10:00 a.m.	Jan. 9 - Feb. 27	100	\$27	100A	\$19	
		Pool 10:20 - 10:50 a.m.	Mar. 6 - Apr. 17 May 1 -June 19	1100 2100	\$24 \$27	1100A 2100A	\$16 \$19	
	Friday	Gym 9:30 - 10:00 a.m.	Jan. 11 - Mar. 1	101	\$27	101A	\$19	
		Pool 10:20 - 10:50 a.m.	Mar. 8 - Apr. 26 May 3 -June 21	1101 2101	\$24 \$27	1101A 2101A	\$16 \$19	
2 Year Olds	Monday	Gym 9:30 - 10:10 a.m.	Jan. 7 - Feb. 25	102	\$32	102A	\$21	
		Pool 10:30 - 11:00 a.m.	Mar. 4 - Apr. 15 Apr. 29 - June 24	1102 2102	\$28 \$32	1102A 2102A	\$18 \$21	
	Wednesday	Gym 10:10 - 10:50 a.m.	Jan. 9 - Feb. 27	103	\$32	103A	\$21	
		Pool 11:00 - 11:30 a.m.	Mar. 6 - Apr. 17 May 1 - June 19	1103 2103	\$28 \$32	1103A 2103A	\$18 \$21	
	Friday	Gym 10:10 - 10:50 a.m.	Jan. 11 - Mar. 1	104	\$32	104A	\$21	
		Pool 11:00 - 11:30 a.m.	Mar. 8 - Apr. 26 May 3 - June 21	1104 2104	\$28 \$32	1104A 2104A	\$18 \$21	
	Saturday	Gym 9:30 - 10:10 a.m.	Jan. 12 - Mar. 2	105	\$32	105A	\$21	
		Pool 10:20 - 11:50 a.m.	Mar. 9 - Apr. 27 May 4 - June 22	1105 2105	\$28 \$32	1105A 2105A	\$18 \$21	
	3 Years	Monday	Gym 10:50 - 11:30 a.m.	Jan. 7 - Feb. 25	106	\$32	106A	\$21
			Pool 11:40 - 12:10 a.m.	Mar. 4 - Apr. 15 Apr. 29 - June 24	1106 2106	\$28 \$32	1106A 2106A	\$18 \$21
		Wednesday	Gym 10:50 - 11:30 a.m.	Jan. 9 - Feb. 27	107	\$32	107A	\$21
			Pool 11:40 - 12:10 a.m.	Mar. 6 - Apr. 17 May 1 - June 19	1107 2107	\$28 \$32	1107A 2107A	\$18 \$21
Friday		Gym 10:50 - 11:30 a.m.	Jan. 11 - Mar. 1	108	\$32	108A	\$21	
		Pool 11:40 - 12:10 a.m.	Mar. 8 - Apr. 26 May 3 - June 21	1108 2108	\$28 \$32	1108A 2108A	\$18 \$21	
Saturday		Gym 10:50 - 11:30 a.m.	Jan. 12 - Mar. 2	109	\$32	109A	\$21	
		Pool 11:40 - 12:10 a.m.	Mar. 9 - Apr. 27 May 4 - June 22	1109 2109	\$28 \$32	1109A 2109A	\$18 \$21	
4 & 5 Years		Monday	Gym 10:10 - 10:50 a.m.	Jan. 7 - Feb. 25	110	\$32	110A	\$21
			Pool 11:00 - 11:30 a.m.	Mar. 4 - Apr. 15 Apr. 29 - June 24	1110 2110	\$28 \$32	1110A 2110A	\$18 \$21
		Saturday	Gym 10:10 - 10:50 a.m.	Jan. 12 - Mar. 2	111	\$32	111A	\$21
			Pool 11:00 - 11:30 a.m.	Mar. 9 - Apr. 27 May 4 - June 22	1111 2111	\$28 \$32	1111A 2111A	\$18 \$21

Creative Play for Babies

CLASS	DAY	TIME	DATES	NO.	COST
8-12 Months	Wednesday	9:30 - 10:15 a.m.	Jan. 9 - Feb. 27	160	\$28
			Mar. 6 - Apr. 17	1160	\$25
			May 1 - June 19	2160	\$28
12-16 Months	Wednesday	10:30 - 11:15 a.m.	Jan. 9 - Feb. 27	161	\$28
			Mar. 6 - Apr. 17	1161	\$25
			May 1 - June 19	2161	\$28

Youth Swim

Red Cross Levels (6-15 years)

Register in a class suited to your ability and experience. See page 16 for colour levels. Classes are small to ensure individual attention by instructors.

Endurance & Stroke Improvement (6-15 years)

Improve your skills and fitness level through assistance from a YW instructor. Practice and continuous evaluation will help you become a stronger swimmer.

Aqualanders (6-11 years) ★

Having difficulty with coordination and need a little extra encouragement? Aqualanders is a specially designed gym & swim

class which provides a low staff/child ratio and enables children to gain confidence and skills relating to physical activity.

Red Cross Colors & Endurance Stroke

7 Weeks: **\$34** for first child

\$27 for each additional child in family.

8 Weeks: **\$37** for first child

\$30 for each additional child in family

Aqualanders

7 Weeks: **\$28** per child

8 Weeks: **\$32** per child

PROGRAM TITLE	DAY	TIME	DATES	COST	NO.
Orange	Tuesday	*4:30 - 5:30 p.m.	Jan 8 - Feb. 26		171
			Apr. 30 - June 18		2171
	Saturday	10:00 - 11:00 a.m.	Jan. 12 - Mar. 2		172
			Mar. 9 - Apr. 27		1172
Red	Tuesday	*4:30 - 5:30 p.m.	Jan. 8 - Feb. 26		173
			Apr. 30 - June 18		2173
	Sunday	2:00 - 3:00 p.m.	Jan. 13 - Mar. 3		174
			Mar. 10 - Apr. 28		1174
Maroon	Tuesday	4:30 - 5:30 p.m.	Jan. 8 - Feb. 26		175
			Apr. 30 - June 18		2175
	Saturday	10:00 - 11:00 a.m.	Jan. 12 - Mar. 2		176
			Mar. 9 - Apr. 27		1176
Blue	Tuesday	4:30 - 5:30 p.m.	Jan. 8 - Feb. 26		177
			Apr. 30 - June 18		2177
	Saturday	10:00 - 11:00 a.m.	Jan. 12 - Mar. 2		178
			Mar. 9 - Apr. 27		1178
Green	Tuesday	4:30 - 5:30 p.m.	Jan. 8 - Feb. 26		179
			Apr. 30 - June 18		2179
	Saturday	10:00 - 11:00 a.m.	Jan. 12 - Mar. 2		180
			Mar. 9 - Apr. 27		1180
Grey	Tuesday	4:30 - 5:30 p.m.	Jan. 8 - Feb. 26		181
			Apr. 30 - June 18		2181
	Saturday	10:00 - 11:00 a.m.	Jan. 12 - Mar. 2		182
			Mar. 9 - Apr. 27		1182
White	Tuesday	4:30 - 5:30 p.m.	Jan. 8 - Feb. 26		183
			Apr. 30 - June 18		2183
	Saturday	10:00 - 11:00 a.m.	Jan. 12 - Mar. 2		184
			Mar. 9 - Apr. 27		1184

* All noted classes will be combined red/orange, blue/green; and grey/white.

Endurance & Stroke Improvement	Saturday	12:00 - 1:00 p.m.	Mar. 9 - Apr. 27		1182
Family - Learn To Snorkle	Friday (See page 13)	7:30 - 8:30 p.m.	May 3 - June 21	\$50/ family	2183
Bronze Medallion/ Cross Course	Wednesday (See page 13)	6:30 - 9:30 p.m.	May 1 - June 19	\$40	2184
Aqualanders (6 - 8 yrs.)	Saturday	1:00 - 1:30 p.m. (pool)	Jan. 12 - Mar. 2	\$32	182A
		1:40 - 2:25 p.m. (gym)	Mar. 7 - Apr. 18	\$28	1182A
			May 2 - June 20	\$32	2182A
Aqualanders (9 - 11 yrs.)	Saturday	1:30 - 2:00 p.m. (pool)	Jan. 12 - Mar. 2	\$32	183A
		2:25 - 3:10 p.m. (gym)	Mar. 7 - Apr. 18	\$28	1183A
			May 2 - June 20	\$32	2183A

Also see "Family & Private Lessons" on Page 15.

Also see "Self Protection for Children" on page 35.

Fitness Consultations

Fitness is a quality of life. It's having the personal energy you need to look and feel well, to meet the demands of your daily routine and to actively pursue leisure time interests. Your level of physical activity, the way you eat and how you handle stress affect your health and well being. The YWCA offers a variety of courses which will help you make wise choices regarding your lifestyle.

All 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. They observe other classes, and are evaluated throughout a student teaching period. All instructors attend regular workshops and in-service training to stay familiar with current trends.

Looking for quality? Try the YWCA. We've been in the business of providing fitness classes for more than 75 years and we'll be here to meet your fitness needs for many years to come.

FITNESS CONSULTATIONS

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

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

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

Cost: \$30. For an appointment call **Ann Malsbury** at 423-9922.

A 25% 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.

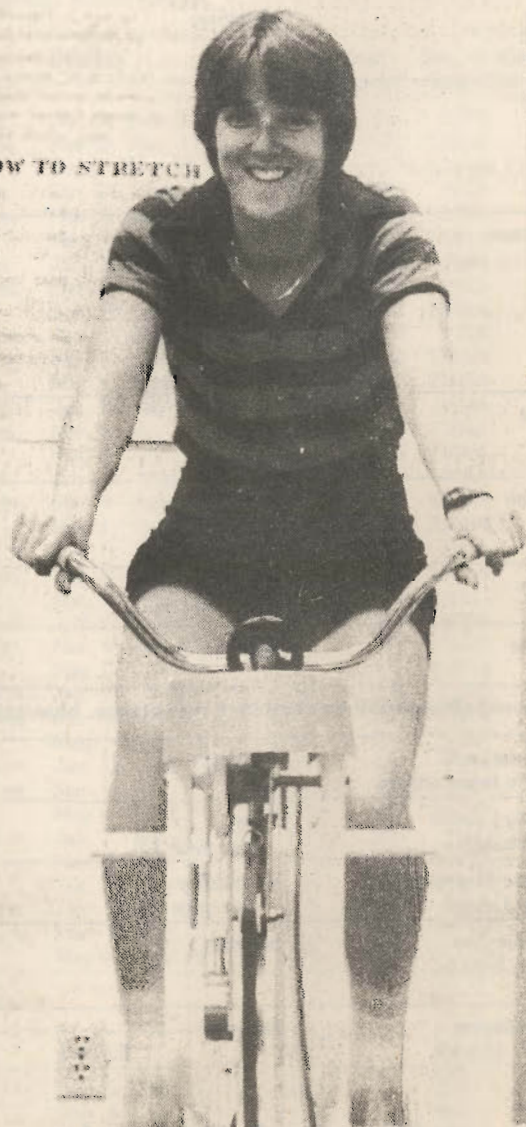
BODY COMPOSITION ASSESSMENT

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. For an appointment call **Ann Malsbury** at 423-9922.

HOW TO STRETCH



Adult 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.

BRONZE MEDALLION/CROSS

Increase your skill and knowledge of rescue techniques including teamwork and beginning of lifeguard training. Decision making and endurance in the water complement theory learned. Prerequisite 14 years and Senior Resuscitation.

AWARD OF MERIT

Learn how to handle increased stress and rescues over a great distance. Timed swim included. Prerequisite 15 years and Bronze Medallion/Senior Resuscitation.

FAMILY LEARN TO SNORKEL

A crash course in snorkelling. A great opportunity to learn basic snorkel skills and enjoy your next vacation near the ocean. Includes mask and snorkel clearing, entries, fin kicks and theory.

STROKE IMPROVEMENT/MAINTENANCE

A crash course designed to help you improve the efficiency of your swim strokes.



PRIVATE LESSONS

These lessons are arranged at your convenience and will help people who learn best on an individual basis. They are suited to people of all abilities.

Fee: 1/2 hour/\$8.00

SEMI-PRIVATE LESSONS

Learn how to swim or improve your technique with a friend(s). Semi-private lessons will accommodate up to 3 people in a group who have similar swimming abilities.

Fee: 3/4 hour/\$15.00.

FAMILY LESSONS

YWCA instructors will help teach all family members to swim, no matter the age or numbers involved. The ratio is one family/instructor.

Fee: 4 1-hour lessons/\$50.00.

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. Blue	- Be able to swim 25 metres front crawl and 15 metres on your back. - Be able to swim in deep water.
6. Green	- Be able to tread water 2 minutes. - Swim 10 metres front crawl and 25 metres back crawl.
7. Grey	- Be able to swim continuously: 50 metres front crawl 50 metres back crawl 25 metres elementary back 25 metres arms only.
8. 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.

Adult Swim

Attend classes once a week for seven or eight weeks

PROGRAM TITLE	DAY	TIME	DATES	NO.	COST
Absolutely Terrified	Tuesday	6:30 - 7:30 p.m.	Jan. 8 - Feb. 26	213	\$40
			Mar. 5 - Apr. 16	1213	\$35
			Apr. 30 - June 18	2213	\$40
	Saturday	9:00 - 10:00 a.m.	Jan. 12 - Mar. 2	214	\$40
			Mar. 9 - Apr. 27	1214	\$35
			May 4 - June 22	2214	\$40
Orange	Wednesday	1:30 - 2:30 p.m.	Jan. 9 - Feb. 27	215	\$40
			May 1 - June 19	2215	\$35
			Jan. 11 - Mar. 1	216	\$40
	Friday	6:30 - 7:30 p.m.	Mar. 8 - Apr. 26	1216	\$40
			May 3 - June 21	2216	\$35
			Jan. 11 - Mar. 1	217	\$40
Red	Friday	6:30 - 7:30 p.m.	Mar. 8 - Apr. 26	1217	\$40
			May 3 - June 21	2217	\$35
			Jan. 8 - Feb. 26	218	\$40
Maroon	Tuesday	6:30 - 7:30 p.m.	Mar. 5 - Apr. 16	1218	\$40
			Apr. 30 - June 18	2218	\$35
			Mar. 6 - Apr. 17	1219	\$40
	Wednesday	1:30 - 2:30 p.m.	Jan. 12 - Mar. 2	220	\$40
			Mar. 9 - Apr. 27	1220	\$35
			May 4 - June 22	2220	\$40
	Saturday	9:00 - 10:00 a.m.	Jan. 5 - Mar. 3	221	\$40
			Mar. 10 - Apr. 28	1221	\$35
			May 5 - June 23	2221	\$40
Learn To Snorkle	Friday	7:30 - 8:30 p.m.	Jan. 11 - Mar. 1	222	\$40/family
			Mar. 8 - Apr. 26	1222	\$40

Attend classes twice a week for four weeks

PROGRAM TITLE	DAY	TIME	DATES	NO.	COST
Absolutely Terrified	Mon. & Wed.	7:30 - 8:30 p.m.	Feb. 4 - Feb. 27	223	\$40
			Apr. 29 - May 27	2223	\$40
			Mar. 5 - Mar. 28	1224	\$40
	Tue. & Thur.	7:30 - 8:30 p.m.	May 28 - June 20	2224	\$40
			Jan. 7 - Jan. 30	225	\$40
			Mar. 4 - Mar. 27	1225	\$40
Orange	Mon. & Wed.	7:30 - 8:30 p.m.	Apr. 1 - Apr. 24	1225	\$40
			May 29 - June 24	2225	\$40
			Feb. 4 - 27	226	\$40
Red	Mon. & Wed.	7:30 - 8:30 p.m.	Apr. 29 - May 27	2226	\$40
			Mar. 4 - Mar. 27	1227	\$40
			May 29 - June 24	2227	\$40
Maroon	Mon. & Wed.	7:30 - 8:30 p.m.	Jan. 7 - Jan. 30	228	\$40
			Apr. 1 - Apr. 24	1228	\$40
			Feb. 5 - Feb. 28	229	\$40
Blue & Green	Tue. & Thur.	7:30 - 8:30 p.m.	Apr. 30 - May 23	2228	\$40

Adult Aquatic Fitness

WHY THE WATER?

The water provides a very relaxing medium for exercise and acts as a cushioning agent for all joints through its buoyancy principle.

A person immersed to the neck in water experiences an apparent loss of 90% of his height. This means that the feet and legs of a woman weighing 140 lbs. will only have to support a weight of 14 lbs. when she is immersed in the water. Not only does one feel weightless, but as well, joints and muscles will not be exposed to excess pressure and/or pounding. The water is refreshing - one will not become too hot or perspire profusely because of the continual washing and cooling effect of the water.

WATER STRETCH

This 45 minute class provides an excellent opportunity for men and women to relax muscles and increase overall flexibility. The class will be held in the small pool where the water temperature is up to 94°F. Water Stretch exercises are not stressful and will provide you with an invigorating feeling throughout the class and afterward. People who have arthritis and/or other joint restrictions OR muscle injuries would find the class extremely beneficial.

AQUATIC FITNESS

Increase or maintain your fitness level through the use of non-swimming exercises which will develop aerobic and anaerobic capacities, muscular strength and endurance and agility, coordination and flexibility.

Aquatic Fitness classes are divided into 4 levels which accommodate all abilities. The increase in intensities is measured by the amount of aerobic activity (huffing and puffing) and the amount of muscular strength activity (weight-lifting with bleach bottles, resistance exercises) included in each class.

If you are an older individual or beginner at fitness, the MILD AND MODERATE classes would be the most suitable. People who are used to regular fitness workouts, 3 times a week or more for at least 45 minutes should sign up for INTENSE AND SUPERFIT classes. MEN AND WOMEN WELCOME!

Aerobic & Strength Component

Mild Aquatic Fitness	10-15 minutes
Moderate Aquatic Fitness	15-25 minutes
Intense Aquatic Fitness	25-35 minutes
Super Aquatic Fitness	30-35 minutes
Pre-natal	
& Post-natal Aquatic Fitness	15-25 minutes

(one of the most relaxing and satisfying feelings is to exercise in the water while pregnant. Instructors are aware of precautions and make the class enjoyable.

WATER STRETCH

7 Weeks:	\$26 1 class/week
	\$40 2 classes/week
	\$4/class/drop-in
8 Weeks:	\$30 1 class/week
	\$48 2 classes/week
	\$4/class/drop-in

AQUATIC FITNESS

7 Weeks:	\$33 1 class/week
	\$53 2 classes/week
	\$73 3 classes/week
	\$5/class/drop-in
8 Weeks:	\$38 1 class/week
	\$58 2 classes/week
	\$78 3 classes/week
	\$5/class/drop-in

ENDURANCE/STROKE IMPROVEMENT

7 Weeks:	\$33 1 class/week
	\$53 2 classes/week
	\$73 3 classes/week
	\$5/class/drop-in
8 Weeks:	\$38 1 class/week
	\$58 2 classes/week
	\$78 3 classes/week
	\$5/class/drop-in

Drop-in fees are payable to the instructor. There is **NO** reduction for seniors on drop-in fees.

continued from page 18

		Mar. 5 - Apr. 16	1206
		Apr. 30 - June 18	2206
	8:30 - 9:30 p.m.	Jan. 8 - Feb. 26	207
		Mar. 5 - Apr. 16	1207
		Apr. 30 - June 18	2207
Thursday	10:30 - 11:30 a.m.	Jan. 10 - Feb. 28	208
		Mar. 7 - Apr. 18	1208
		May 2 - June 20	2208
	8:30 - 9:30 p.m.	Jan. 10 - Feb. 28	209
		Mar. 7 - Apr. 18	1209
		May 2 - June 20	2209
Friday	1:30 - 2:30 p.m.	Jan. 11 - Mar. 1	210
		Mar. 8 - Apr. 26	1210
		May 3 - June 21	2210
Saturday	11:00 a.m. - 12 Noon	Jan. 12 - Mar. 2	211
		Mar. 9 - Apr. 27	1211
		May 4 - June 22	2211

ENDURANCE/STROKE IMPROVEMENT

Improve your fitness level through length swims and drills while receiving continuous evaluations and information from your instructor on improving the efficiency of your swim strokes.

See Page 8 for New Aquatic Fitness Leadership Course

Adult Aquatic Fitness

Program Title	Day	Time	Dates	No.
Mild Aquafitness	Monday	9:30 - 10:30 a.m.	Jan 7 - Feb. 25	185
			Mar. 4 - Apr. 15	1185
			Apr. 29 - June 24	2185
	Tuesday	5:30 - 6:30 p.m.	Jan. 8 - Feb. 26	186
			Mar. 5 - Apr. 16	1186
			Apr. 20 - June 25	2186
	Wednesday	10:30 - 11:30 a.m.	Jan. 9 - Feb. 27	187
			Mar. 6 - Apr. 17	1187
			May 1 - June 19	2187
	Friday	9:30 - 10:30 a.m.	Jan. 11 - Mar. 1	188
			Mar. 8 - Apr. 26	1188
			May 3 - June 21	2188
Moderate Aquafitness	Tuesday	1:30 - 2:30 p.m.	Jan. 13 - Mar. 3	189
			Mar. 10 - Apr. 28	1189
			May 5 - June 23	2189
	Thursday	1:30 - 2:30 p.m.	Jan. 8 - Feb. 26	190
			Mar. 5 - Apr. 16	1190
			Apr. 30 - June 18	2190
	Friday	5:30 - 6:30 p.m.	Jan. 10 - Feb. 28	191
			Mar. 7 - Apr. 18	1191
			May 2 - June 20	2191
	Saturday	11:00 a.m. - 12 Noon	Jan. 10 - Feb. 28	192
			Mar. 7 - Apr. 18	1192
			May 2 - June 20	2192
Intense Aquafitness	Monday	6:30 - 7:30 p.m.	Jan. 11 - Mar. 1	193
			Mar. 8 - Apr. 26	1193
			May 3 - June 21	2193
	Tuesday	9:30 - 10:30 a.m.	Jan. 12 - Mar. 2	194
			Mar. 9 - Apr. 27	1194
			May 4 - June 22	2194
	Thursday	9:30 - 10:30 a.m.	Jan. 7 - Feb. 25	195
			Mar. 4 - Apr. 15	1195
			Apr. 29 - June 24	2195
	Friday	10:30 - 11:30 a.m.	Jan. 8 - Feb. 26	196
			Mar. 5 - Apr. 16	1196
			Apr. 30 - June 18	2196
Super Aquafitness	Wednesday	5:30 - 6:30 p.m.	Jan. 10 - Feb. 28	197
			Mar. 7 - Apr. 18	1197
			May 2 - June 20	2197
	Thursday	7:30 - 8:30 p.m.	Jan. 9 - Feb. 27	198
			Mar. 6 - Apr. 17	1198
			May 1 - June 19	2198
Pre & Post-Natal Aquafitness	Monday	10:30 - 11:30 a.m.	Jan. 7 - Feb. 25	199
			Mar. 4 - Apr. 15	1199
			Apr. 29 - June 24	2199
	Tuesday	7:30 - 8:30 p.m.	Jan. 8 - Feb. 26	200
			Mar. 5 - Apr. 16	1200
			Apr. 30 - June 18	2200
	Thursday	7:30 - 8:30 p.m.	Jan. 10 - Feb. 28	201
			Mar. 7 - Apr. 18	1201
			May 2 - June 20	2201
	Friday	10:30 - 11:30 a.m.	Jan. 11 - Mar. 1	202
			Mar. 8 - Apr. 26	1202
			May 3 - June 21	2202
Water Stretch	Tuesday	10:30 - 11:15 a.m.	Jan. 7 - Feb. 25	203
			Mar. 4 - Apr. 15	1203
			Apr. 29 - June 24	2203
	Thursday	7:00 - 7:45 p.m.	Jan. 10 - Feb. 28	204
			Mar. 7 - Apr. 16	1204
			May 2 - June 20	2204
Endurance/Stroke Improvement	Monday	8:30 - 9:30 p.m.	Jan. 7 - Feb. 25	205
			Mar. 4 - Apr. 15	1205
			Apr. 29 - June 24	2205
	Tuesday	10:30 - 11:30 a.m.	Jan. 8 - Feb. 26	206

See page 17 for additional Endurance/Stroke Improvement Classes.

Masters Swim Clubs

AQUADETTES MASTER SYNCHRONIZED SWIM CLUB

Masters Synchronized Swimming can become a lifetime sport for swimmers over the age of twenty who are interested in developing their Synchro skills, body flexibility, endurance and strength. Creative expression is also developed as the swimmers create movement to music. The diversity of the skill practices make Synchronized Swimming one of the most enjoyable and rewarding sports to participate in. Conditioning, figure skills and routine swimming are the major areas of the Master Synchro Program at the YWCA. At present, swimmers in the Club range in age from 26 to 66 years of age.

Beginner	Wednesday	9:00 - 10:30 a.m. 6:30 - 7:30 p.m.
	Sunday	9:00 - 10:00 a.m.
Intermediate/ Advanced	Wednesday	9:00 - 10:30 a.m. 6:00 - 7:30 p.m.
	Thursday	8:30 - 9:30 p.m.
	Sunday	8:00 - 9:30 a.m.

FEES: Based on hours/month (10 month season)

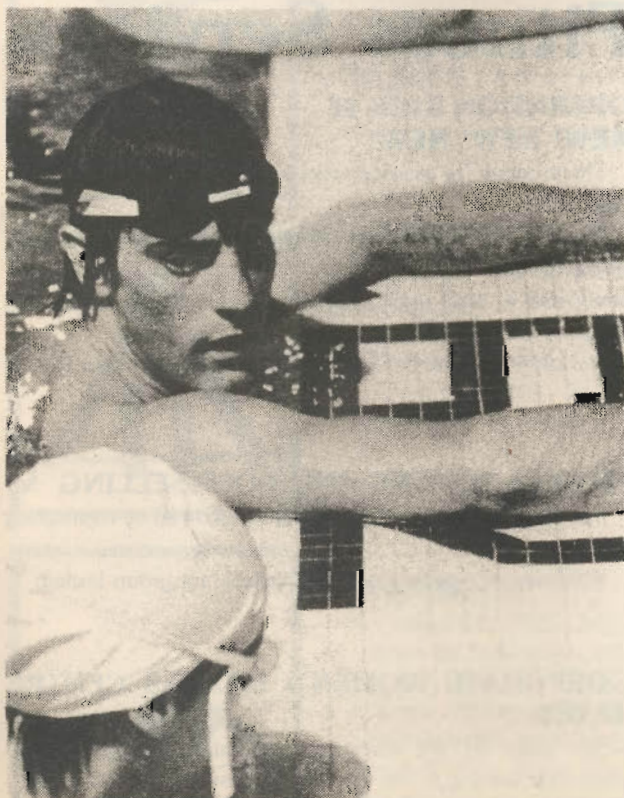
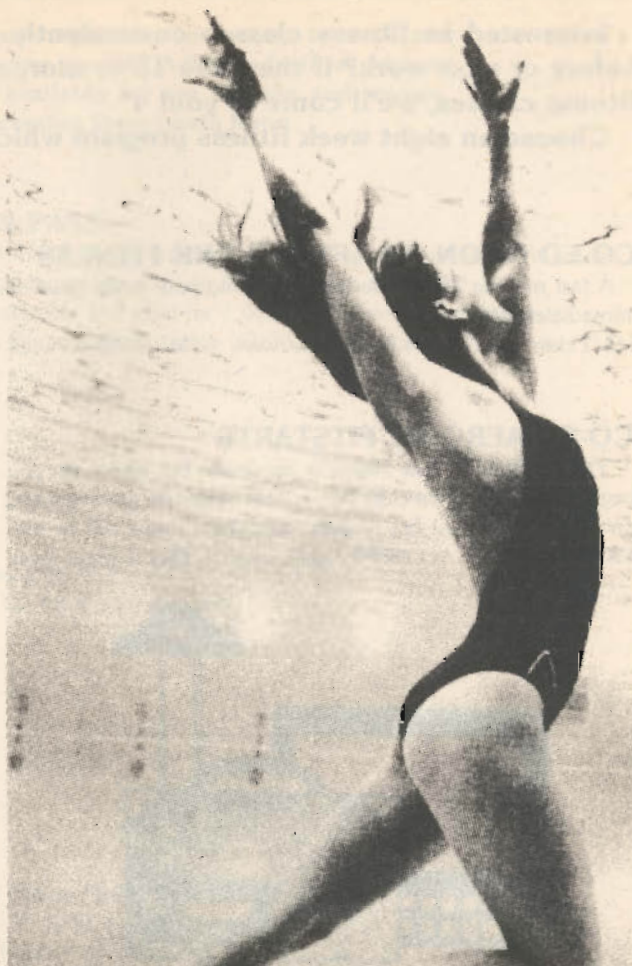
1.5 hours/week - \$19/month

2.5 hours/week - \$21/month

3.5 hours/week - \$23/month

Information: Diane Kitchen 423-9922

*Register at swimming pool office.



CETACEAN'S FITNESS SWIM CLUB

Increase your present level of fitness through swimming. Aerobic fitness and flexibility are achieved through training workouts, flexibility exercises, and swimming drills. Basic competitive strokes and stroke improvement are taught. Participation in competitive events is encouraged but not compulsory. Everyone welcome. We work with the skills and fitness level you already have.

The YWCA "Cetaceans" Adult Fitness Swim Club is a Masters Swim Club recognized by the C.A.S.A. Participants will receive "Amateur" Status Masters Cards and may participate in Canadian "Masters" Swim Meets.

Monday	5:30 - 6:30 p.m.
Tuesday	6:30 - 7:30 a.m.
Thursday	5:30 - 6:30 p.m.
Friday	6:30 - 7:30 a.m.
Saturday	8:00 - 9:00 a.m.

Coach: Elizabeth Paton

FEES: 2 hours/week - \$20/month

3 hours/week - \$22/month

4 hours/week - \$24/month

Information: Diane Kitchen 423-9922

* Register at Swimming Pool office.

Fitness on The Job

Interested in fitness classes conveniently scheduled in your building during noon hour, before or after work? If there are 15 or more women in your workplace who are interested in fitness classes, we'll come to you!

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

CO-ED NOON OR AFTER WORK FITNESS

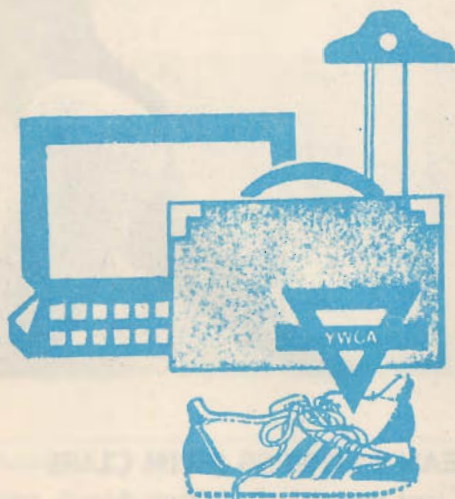
A fast moving 30 minute class to fit into your noon hour or immediately after work.

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

CO-ED AEROBIC FITSTARTS

You've decided that fitness is important but where do you begin? This 45 minute class helps you to improve gradually and painlessly. Everyone has to start somewhere and it can be fun.

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



STRESS MANAGEMENT PROGRAM

NEW! NEW! NEW!

This program involves a graduated course of instruction in which participants will acquire all the necessary information and skills to manage and control excess stress in any situation. This is a eight hour course which is limited to 10 participants.

COST: \$40/person

CONTACT: Ann Malsbury - 423-9922

GETTING SLIM

NEW! NEW! NEW!

Start a weight control program in your office. You will meet once a week to weigh in and discuss various topics such as your eating habits, ways of changing these, following a balanced diet and the importance of exercise in weight control. You will be given a fat percentage assessment to determine a realistic weight loss goal, which will be monitored throughout the course. The program will be led by a nutritionist and an exercise counsellor. The program will run for 10 weeks.

COST: \$40/person

CONTACT: Ann Malsbury - 423-9922.

CO-ED RUSH HOUR FITNESS

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

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

CO-ED AEROBIC WORKOUT

An hour exercise class to contemporary music that focuses on stamina, strength and flexibility. It is a well balanced workout that 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 Malsbury - 423-9922.

Employee Fitness Services

OPERATION KICK IT

NEW! NEW! NEW!

The program for smokers who want to quit, but need a little help.

The YWCA, in association with the Alberta Lung Association, will bring Operation Kick It to your company. We can provide a noon hour or after work program, which will provide the opportunity for smokers to quit smoking.

For further information contact: Ann Malsbury - 423-9922.

FITNESS TESTING AND COUNSELLING

Individual fitness assessments will be followed by counselling sessions.

\$30/person. Special rates are available for group testing.

CORPORATE WOMEN'S FITNESS CENTRE RATES

See page 31 for discount corporate rates for female employees wishing to join the YWCA Women's Fitness Centre.

Information: Amanda Holloway - 423-9922.

Fitness Downtown - Drop-In Facilities

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).



ALL FACILITY FITNESS PASS:

Enjoy racquetball, public swimming, weight training and running privileges with the added convenience of a personal storage lockerette and use of lockerroom facilities.

- Yearly Pass - \$350. (non-transferable and valid for 1 year from date of purchase)
- Women... also see Women's Fitness Centre - page 30/31.



RUNNING:

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



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 32 for hours and booking procedures.



WEIGHT TRAINING:

- Yearly Pass - \$225. (includes use of lockerroom, 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 lockerroom use).
 - Single Admission - \$1.50/visit.
- See page 32 for hours.



SWIMMING:

- Yearly Pass - \$225. (includes swim privileges in all Adult, Family, Public and Women Swim times (as applicable), weight training privileges and lockerroom use).
 - Punch Card - \$15.75 (10 visits and lockerroom use).
 - Single Admission - \$1.75/visit
- Seasonal public swim schedules are available at the Main Reception Desk (main floor) and Aquatics Office (lower level 1).
Also see Women's Fitness Centre - page 30/31; Cetacean's Masters Fitness Swim Club - page 19.

Fitness Downtown - Classes

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 78 years and we'll be here to meet your fitness needs for many years to come.

MILD LEVEL CHECK

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

RESULTS:

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.



Mild Classes Page 23/24

MODERATE LEVEL CHECK

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

RESULTS

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.



Moderate Classes Page 25-27

INTENSE LEVEL CHECK

	YES	NO
1. You find an Moderate Class easy.	___	___
2. You can run easily for 20-30 minutes (i.e., 3 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).	___	___
5. You can comfortably handle 25 to 35 minutes of continuous Aerobic activity.	___	___

RESULTS

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.



Intense Classes Page 28

Fitness Downtown - Mild Classes

* See FITNESS LEVEL CHECK, Page 22

Mild Fitness Classes have a longer and more gradual Warm Up than Fitness Classes in the other two categories. The Aerobic component involves walking type activities and is initially 12 to 15 minutes in length (except Yoga). The strength and stretching exercises emphasize proper body positions and sensible progressions.

39 AND HOLDING

Does your body dislike the fast paced hopping and running of other classes? This class is for the person over 40 years who wants to exercise at a pace that is manageable. The intensity of the workout will progress according to the fitness level of the group.

(7 weeks) \$23 1 class/week	\$43 2 classes/week
(8 weeks) \$26 1 class/week	\$49 2 classes/week

AEROBIC FITSTARTS

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

(7 weeks) \$23 1 class/week	\$43 2 classes/week
(8 weeks) \$26 1 class/week	\$49 2 classes/week

FITNESS FOR SENIORS

A gentle exercise class that works on flexibility, toning, balance, mobility and stamina.

(7 weeks) \$25 1 class/week	\$46 2 classes/week
(8 weeks) \$28 1 class/week	\$52 2 classes/week

WOMEN'S FITNESS GETAWAY WEEKENDS NEW! NEW! NEW NEW!

Interested in a relaxing weekend away from home, focusing on fitness and lifestyle? See page 39.

TRIET

NEW! NEW! NEW! NEW! NEW!

(Diet, exercise and motivation. A class co-sponsored by the YWCA and Tri-Fitness).

The ideal class for anyone who feels they need to lose those extra few pounds. The exercise sessions are so much fun you'll forget you are exercising! Each class includes a 15 - 30 minute information/discussion session on exercise for weight control, nutrition tips and plenty of help with motivation.

(7 weeks) \$56 2 classes/week
(8 weeks) \$64 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.

(7 weeks) \$30
(8 weeks) \$34

YOGA FOR 50 YEARS & OLDER

A popular class because individuals can progress slowly and gently at their own pace.

(7 weeks) \$30
(8 weeks) \$34

STARTING FROM SCRATCH NEW! NEW! NEW!

Felt out of shape for a long time and don't know where to start? Come and join this fun class that will get you moving in the right direction.

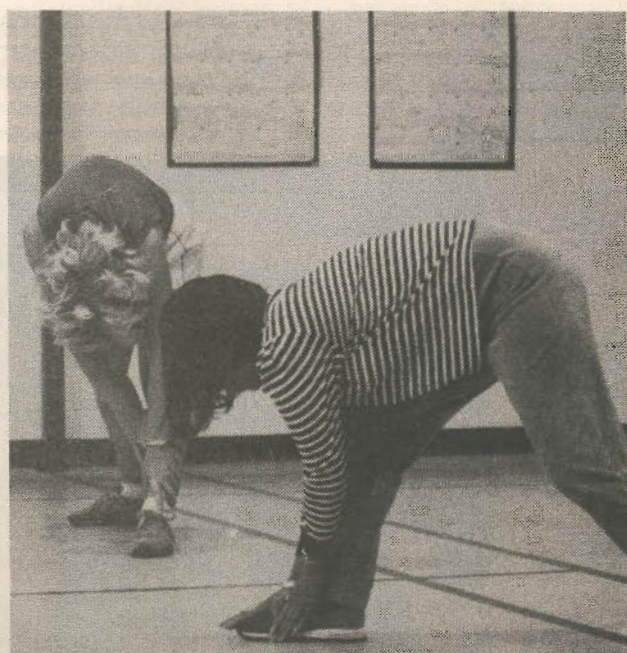
(7 weeks) \$23 1 class/week	\$43 2 classes/week
(8 weeks) \$26 1 class/week	\$49 2 classes/week

FELDENKRAIS

NEW! NEW! NEW!

The Feldenkrais of Awareness through MOvement is a group process in which the individual learns to move naturally into positions of free movement, becoming aware of how each movement affects the rest of the body. This technique offers people of any age to integrate mind, body and environment; helps improve posture, breathing, awareness and self-image and helps to relieve stress.

(7 weeks) \$30 1 class/week
(8 weeks) \$34 1 class/week



Also see Mild and Moderate Aquafitness Page 18

Fitness Downtown - Mild Classes

PROGRAM TITLE	DAY	TIME	DATES	NO.
39 & Holding	Monday	12:05 - 12:50 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	250 1250 2250
	Wednesday	12:05 - 12:50 p.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	251 1251 2251
Aerobic Fitstarts	Tuesday	5:45 - 6:30 p.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	252 1252 2252
	Thursday	5:45 - 6:30 p.m.	Jan. 8 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	253 1253 2253
Fitness For Seniors	Monday	1:00 - 2:00 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	254 1254 2254
	Thursday	1:00 - 2:00 p.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	256 1256 2256
Yoga	Monday	7:00 - 8:30 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	257 1257 2257
	Thursday	9:30 - 11:00 a.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	258 1258 2258
Yoga For 50 & Over	Friday	1:00 - 2:30 p.m.	Jan. 11 - Mar. 1 Mar. 8 - Apr. 26 May 3 - June 21	259 1259 2259
Starting from Scratch	Tuesday	10:30 - 11:15 a.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	260 1260 2260
	Thursday	10:30 - 11:15 a.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	261 1261 2260
	Wednesday	7:45 - 8:45 p.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	262 1262 2262
Triet	Tues./Thurs.	1:30 - 2:30 p.m.	Jan. 8 - Feb. 28 Mar. 5 - Apr. 18 Apr. 30 - June 20	263 1263 2263
Feldenkrais	Tuesday	9:30 - 10:45 p.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	263A 1263A 2263A



Fitness Downtown - Moderate Classes

* See FITNESS LEVEL CHECK, Page 22

Moderate Fitness Classes start with a 10 minute Warm Up. The Aerobic component will consist of: Running, hopping, jumping, skipping, etc. The strength exercises will include more upper body work.

DROP-IN NOON HOUR FITNESS

Attend classes any weekday noon hours convenient to you. **Purchase a Pass at the Registration Desk.** To gain admittance to your class, present your pass to the attendance checker at the gym door. LOST CARDS WILL NOT BE REPLACED AND PASSES ARE VOID AT COMPLETION OF EACH PROGRAM SESSION.

7 class pass — \$20	8 class pass — \$23
14 class pass — \$36	16 class pass — \$42
21 class pass — \$53	24 class pass — \$62

Limited number of cards printed.

AFTER WORK FITNESS

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

(7 weeks)	\$20 1 class/week	\$36 2 classes/week
	\$53 3 classes/week	\$67 4 classes/week
(8 weeks)	\$23 1 class/week	\$42 2 classes/week
	\$62 classes/week	\$79 4 classes/week

RUSH HOUR FITNESS

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

(7 weeks)	\$22 1 class/week	\$39 2 classes/week
	\$54 3 classes/week	\$70 4 classes/week
(8 weeks)	\$25 1 class/week	\$47 2 classes/week
	\$63 3 classes/week	\$82 4 classes/week

MODERATE WORKOUT

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

(7 weeks)	\$23 1 class/week	\$43 2 classes/week
	\$59 3 classes/week	
(8 weeks)	\$26 1 class/week	\$49 2 classes/week
	\$65 3 classes/week	

AFTERNOON FIT-ESCAPE NEW! NEW! NEW!

This class contains the best of both workouts! One half hour will be devoted to body shaping, then into the water for a moderate aquafit class and finish off with a relaxing whirlpool in the Fitness Centre.

(7 weeks) - \$30
(8 weeks) - \$34

AEROBIC WORKOUT I

An hour exercise class to contemporary music that focuses on stamina, strength & flexibility. It is a well balanced workout that varies with each instructor and exercises all areas of the body. For a good workout come and join us three times a week.

(7 weeks)	\$25 1 class/week	\$47 2 classes/week
	\$68 3 classes/week	
(8 weeks)	\$28 1 class/week	\$52 2 classes/week
	\$77 3 classes/week	

WOMEN'S FITNESS GETAWAY WEEKENDS

Interested in a relaxing weekend away from home, focusing on fitness and lifestyle? See page 39.

BODY SHAPING

A progressive series of exercises, done to music, designed to streamline the body. Individual muscle groups will be worked to their maximum potential concentrating on proper body mechanics so as to avoid potential injury. Each muscle group will be relaxed and stretched to prevent stiffness and maintain flexibility. Regular fitness classes or Aerobic activities exercise the cardiovascular system and body shaping tones the body.

(7 weeks)	\$25 1 class/week	\$47 2 classes/week
	\$68 3 classes/week	
(8 weeks)	\$28 1 class/week	\$52 2 classes/week
	\$77 3 classes/week	

WAKEUP WORKOUT

A 45 minute fitness class first thing in the morning.

(7 weeks)	\$23 1 class/week	\$43 2 classes/week
(8 weeks)	\$26 1 class/week	\$49 2 classes/week

STRENGTH AND STRETCH (Co-Ed)

This one hour class will work individual muscle groups to their maximum potential with concentration on proper body mechanics. Each muscle group will be stretched to prevent stiffness and maintain flexibility. This class does not include an aerobic workout.

(7 weeks)	\$25 1 class/week	\$47 2 classes/week
(8 weeks)	\$28 1 class/week	\$52 2 classes/week

FITNESS A LA CARTE NEW! NEW! NEW!

If you are fit, enthusiastic and willing to work your body, try this class! Included are warmups, a potpourri of aerobic workouts of the group's choice (fitness classes, aquafitness, running if the weather permits, etc.) and then a muscular strength workout in the weight room. Finish off with a relaxing whirlpool/sauna in the Fitness Centre.

(7 weeks)	\$28 1 class/week
(8 weeks)	\$32 1 class/week

Also see Moderate and Intense Aquafitness Page 18

Fitness Downtown - Moderate Classes

PROGRAM TITLE	DAY	TIME	DATES	NO.
Drop-In Noon Fitness	Monday	12:15 - 12:45 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	PURCHASE PASS CARDS AT REGISTRATION
	Tuesday	12:15 - 12:45 p.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	
	Wednesday	12:15 - 12:45 p.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	
	Thursday	12:15 - 12:45 p.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	
	Friday	12:15 - 12:45 p.m.	Jan. 11 - Mar. 1 Mar. 8 - Apr. 26 May 3 - June 21	
After Work Fitness	Monday	5:00 - 5:30 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	264 1264 2264
	Tuesday	5:00 - 5:30 p.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	265 1265 2265
	Wednesday	5:00 - 5:30 p.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	266 1266 2266
	Thursday	5:00 - 5:30 p.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 30	267 1267 2267
	Friday	5:00 - 5:30 p.m.	Jan. 11 - Mar. 1 Mar. 8 - Apr. 26 May 3 - June 21	268 1268 2268
Rush Hour Fitness	Monday	4:45 - 5:25 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	269 1269 2269
	Tuesday	4:45 - 5:25 p.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 16	270 1270 2270
	Wednesday	4:45 - 5:25 p.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	271 1271 2271
	Thursday	4:45 - 5:25 p.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	272 1272 2272
	Friday	4:45 - 5:25 p.m.	Jan. 11 - Mar. 1 Mar. 8 - Apr. 26 May 3 - June 21	273 1273 2273
Moderate Workout	Monday	10:30 - 11:15 a.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	274 1274 2274
		7:30 - 8:15 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	274A 1274A 2274A
	Wednesday	10:30 - 11:15 a.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	275 1275 2275
		7:30 - 8:15 p.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	275A 1275A 2275A
	Friday	10:30 - 11:15 a.m.	Jan. 11 - Mar. 1 Mar. 8 - Apr. 26 May 3 - June 21	276 1276 2276
Bodyshaping	Tuesday	10:30 - 11:30 a.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	277 1277 2277
		7:30 - 8:30 p.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	277A 1277A 2277A

Fitness Downtown - Moderate Classes

	Thursday	10:30 - 11:30 a.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	278 1278 2278
		7:30 - 8:30 p.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	278A 1278A 2278A
	Friday	10:30 - 11:30 a.m.	Jan. 11 - Mar. 1 Mar. 8 - Apr. 26 May 3 - June 21	279 1279 2279
Wakeup Workout	Wednesday	7:00 - 7:45 a.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	280 1280 2280
	Friday	7:00 - 7:45 a.m.	Jan. 11 - Mar. 1 Mar. 8 - Apr. 26 May 3 - June 21	281 1281 2281
Aerobic Workout I	Monday	9:30 - 10:30 a.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	282 1282 2282
		5:30 - 6:30 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	282A 1282A 2282A
	Tuesday	6:30 - 7:30 p.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	283 1283 2283
	Wednesday	9:30 - 10:30 a.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	284 1284 2284
		5:30 - 6:30 p.m.	Jan. 9 - Feb. 27 Mar. 6 - Apr. 17 May 1 - June 19	284A 1284A 2284A
	Thursday	6:30 - 7:30 p.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	285 1285 2285
	Friday	9:30 - 10:30 a.m.	Jan. 11 - Mar. 1 Mar. 8 - Apr. 26 May 3 - June 21	286 1286 2286
	Saturday	10:30 - 11:30 a.m.	Jan. 12 - Mar. 2 Mar. 9 - Apr. 27 May 4 - June 22	287 1287 2287
	Sunday	10:30 - 11:30 a.m.	Jan. 13 - Mar. 3 Mar. 10 - Apr. 28 May 5 - June 23	288 1288 2288
Strength 'n' Stretch (Co-ed)	Tuesday	6:30 - 7:30 p.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	289 1289 2289
	Thursday	6:30 - 7:30 p.m.	Jan. 10 - Feb. 28 Mar. 7 - Apr. 18 May 2 - June 20	290 1290 2290
Afternoon Fit Escape	Monday	1:00 - 2:45 p.m.	Jan. 7 - Feb. 25 Mar. 4 - Apr. 15 Apr. 29 - June 24	291 1291 2291
Fitness A La Carte	Tuesday	9:30 - 11:15 a.m.	Jan. 8 - Feb. 26 Mar. 5 - Apr. 16 Apr. 30 - June 18	292 1292 2292

Fitness Downtown - Intense Classes

Intense Fitness Classes start with a 10 minute Warm Up. The Aerobic component ranges in length from 25 minutes to 30 minutes (except Bodyshaping). More upper body movements will be combines with running, hopping, jumping, and sprinting movements. The floor exercises will require a fairly good level of strength. * See FITNESS LEVEL CHECK, Page 22

BODY SHAPING II

A progressive series of exercises, done to music, designed to streamline the body. Individual muscle groups will be worked to their maximum potential concentrating on proper body mechanics so as to avoid potential injury. Each muscle group will be relaxed and stretched to prevent stiffness and maintain flexibility. Regular fitness classes or Aerobic activities exercise the cardiovascular system and body shaping tones the body.

45-minute class:

(7 weeks) **\$23** 1 class/week **\$43** 2 classes/week

(8 weeks) **\$26** 1 class/week **\$49** 2 classes/week

1 hour class:

(7 weeks) **\$25** 1 class/week **\$47** 2 classes/week

(8 weeks) **\$28** 2 classes/week **\$53** 2 classes/week

AEROBIC WORKOUT II

An hour exercise class to contemporary music that focuses on stamina, strength & flexibility. It is a well-balanced workout that varies with each instructor and exercises all areas of the body. For a good workout come and join us three times a week.

(7 weeks) **\$25** 1 class/week **\$47** 2 classes/week

\$68 3 classes/week

(8 weeks) **\$28** 1 class/week **\$53** 2 classes/week

\$77 3 classes/week

ADVANCED WORKOUT

An intense 90 minute fitness class.

(7 weeks) **\$29** 1 class/week **\$55** 2 classes/week

(8 weeks) **\$33** 1 class/week **\$63** 2 classes/week

PROGRAM TITLE	DAY	TIME	DATES	NO.
Body Shaping II	Monday	5:45 - 6:45 p.m.	Jan. 7 - Feb. 25	293
			Mar. 4 - Apr. 15	1293
	Tuesday	12:05 - 12:50 p.m.	Apr. 29 - June 24	2293
			Jan. 8 - Feb. 26	294
	Wednesday	5:45 - 6:45 p.m.	Mar. 5 - Apr. 16	1294
			Apr. 30 - June 18	2294
	Thursday	12:05 - 12:50 p.m.	Jan. 9 - Feb. 27	295
			Mar. 6 - Apr. 17	1295
	Friday	12:05 - 12:50 p.m.	May 1 - June 19	2295
			Jan. 10 - Feb. 28	296
Aerobic Workout II	Monday	6:30 - 7:30 p.m.	Mar. 7 - Apr. 18	1296
			May 2 - June 20	2296
	Tuesday	9:30 - 10:30 a.m.	Jan. 11 - Mar. 1	297
			Mar. 8 - Apr. 26	1297
	Wednesday	6:30 - 7:30 p.m.	May 3 - June 21	2297
			Jan. 11 - Mar. 1	297A
	Thursday	9:30 - 10:30 a.m.	Mar. 8 - Apr. 26	1297A
			May 3 - June 21	2297A
	Saturday	9:30 - 10:30 a.m.	Jan. 7 - Feb. 25	298
			Mar. 4 - Apr. 15	1298
Advanced Workout	Friday	5:30 - 6:45 p.m.	Apr. 29 - June 24	2298
			Jan. 8 - Feb. 26	299
	Saturday	12:00 - 1:15 p.m.	Mar. 5 - Apr. 16	1299
			Apr. 30 - June 18	2299
	Sunday		Jan. 8 - Feb. 26	299A
			Mar. 5 - Apr. 16	1299A
	Monday	6:30 - 7:30 p.m.	Apr. 30 - June 18	299A
			Jan. 9 - Feb. 27	300
	Tuesday	9:30 - 10:30 a.m.	Mar. 6 - Apr. 17	1300
			May 1 - June 19	2300
	Wednesday	5:30 - 6:30 p.m.	Jan. 10 - Feb. 28	301
			Mar. 7 - Apr. 18	1301
	Thursday	9:30 - 10:30 a.m.	May 2 - June 20	2301
			Jan. 10 - Feb. 28	301A
	Friday	5:30 - 6:30 p.m.	Mar. 7 - Apr. 18	1301A
			May 2 - June 20	2301A
	Saturday	9:30 - 10:30 a.m.	Jan. 12 - Mar. 2	302
			Mar. 9 - Apr. 27	1302
	Sunday		May 4 - June 22	2302
			Jan. 13 - Mar. 3	303
	Monday	6:30 - 7:30 p.m.	Mar. 10 - Apr. 28	1303
			May 5 - June 23	2303
	Tuesday	9:30 - 10:30 a.m.	Jan. 11 - Mar. 1	304
			Mar. 8 - Apr. 26	1304
	Wednesday	5:30 - 6:45 p.m.	May 3 - June 21	2304
			Jan. 12 - Mar. 2	305
	Thursday	9:30 - 10:30 a.m.	Mar. 9 - Apr. 27	1305
			May 4 - June 22	2305
	Friday	5:30 - 6:45 p.m.	Jan. 11 - Mar. 1	304
			Mar. 8 - Apr. 26	1304
	Saturday	12:00 - 1:15 p.m.	May 3 - June 21	2304
			Jan. 12 - Mar. 2	305
	Sunday		Mar. 9 - Apr. 27	1305
			May 4 - June 22	2305

Fitness in Your Neighborhood

Take advantage of an Aerobic Workout, or Co-ed Strength and Stretch class located close to home!

Registration: By mail or in person at the YWCA or the first night of class.

CO-ED STRENGTH AND STRETCH

A progressive series of exercises, done to music, designed to streamline the body. Individual muscle groups will be worked to their maximum potential concentrating on proper body mechanics so as to avoid potential injury. Each muscle group will be relaxed and stretched to prevent stiffness and maintain flexibility. Regular fitness classes or Aerobic activities are an excellent compliments to this class because Aerobic activities exercise the cardiovascular system and bodyshaping tones the body.

PRICES

Babysitting

St. Pauls United Church only
\$14/child/session

7 hour classes

\$21 one class/week

\$39 two classes/week

9 hour classes

\$27 one class/week

\$50 two classes/week

11 hour classes

\$33 one class/week

\$63 two classes/week

CO-ED AEROBIC WORKOUT

An hour exercise class for men and women to contemporary music that focuses on stamina, strength and flexibility. It is a well balanced workout that varies with each instructor and exercises all areas of the body. Join us twice a week for a good workout!

CO-ED AEROBIC WORKOUT

Southwest

Monday	9:30 - 10:30 a.m.	Jan. 7 - Mar. 18	11	St. Pauls United Church	311
		Apr. 1 - June 24	11	11526 - 76 Ave. (childcare available)	1311
Wednesday	9:30 - 10:30 a.m.	Jan. 9 - Mar. 20	11	St. Pauls United Church	312
		Apr. 3 - June 12	11	(childcare available)	1312
Monday	8:15 - 9:15 p.m.	Jan. 7 - Mar. 18	11	Steinhauer School	313
		Apr. 1 - June 24	11	10717 - 32A Ave.	1313
Wednesday	8:15 - 9:15 p.m.	Jan. 9 - Mar. 20	11	Steinhauer School	314
		Apr. 3 - June 12	11	10717 - 32A Ave.	1314
* Saturday *	8:45 - 9:45 a.m.	Jan. 5 - Mar. 16	11	Steinhauer School	315
NEW! NEW!		Apr. 13 - June 22	11	10717 - 32A Ave.	1315

Southeast

Monday	8:30 - 9:30 p.m.	Jan. 14 - Mar. 11	9	Braemer School	316
		Apr. 1 - May 27	7	9359 - 67A St.	1316
Wednesday	8:30 - 9:30 p.m.	Jan. 16 - Mar. 13	9	Braemer School	317
		Apr. 3 - May 29	9	9359 - 67A St.	1317

West

Monday	7:15 - 8:15 p.m.	Jan. 14 - Mar. 11	9	Wellington School	318
		Apr. 1 - May 27	7	13160 - 127 St.	1318
Wednesday	8:15 - 9:15 p.m.	Jan. 16 - Mar. 13	9	Kensington School	319
		Apr. 3 - May 29	9	13410 - 119 St.	1319
Thursday	7:15 - 8:15 p.m.	Jan. 17 - Mar. 14	9	La Perle School	320
		Apr. 4 - May 30	9	18715 - 97A Ave.	1320

Northwest

Monday	8:30 - 9:30 p.m.	Jan. 14 - Mar. 11	9	Caernarvon School	321
		Apr. 1 - May 27	7	14820 - 118 St.	1321

Northeast

Monday	8:00 - 9:00 p.m.	Jan. 14 - Mar. 11	9	Belmont School	322
		Apr. 1 - May 27	7	3310 - 132A Ave.	1322
Thursday	7:00 - 8:00 p.m.	Jan. 17 - Mar. 14	9	Belmont School	323
		Apr. 4 - May 30	9	3310 - 132A Ave.	1323

CO-ED STRENGTH & STRETCH

Thursday	8:00 - 8:45 p.m.	Jan. 17 - Mar. 14	9	Belmont School	324
		Apr. 4 - May 30	9	3310 - 132A Ave.	1324

Women's 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 a "one-time" fee 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 and towels
- Sauna
- Ultraviolet Room
- Storage Lockerettes
- Lounge

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 2 Aerobic Dance classes or 2 Aquafitness classes per week. If space is available in other classes, then members may participate in as many as they wish.
- Discounts on racquetball lessons and esthetic services

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.

MEMBERSHIP PLANS

MONTHLY MEMBERSHIP

- Per month \$ 49
- Hours: 7 a.m. - 10 p.m. MONDAY - FRIDAY
10 a.m. - 6 p.m. SATURDAY & SUNDAY (includes all privileges except racquetball)

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. SATURDAY & SUNDAY (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. SATURDAY & SUNDAY

SENIORS MEMBERSHIP

- \$20 for 10 visits
- Hours: 7 a.m. - 4 p.m. MONDAY - FRIDAY
10 a.m. - 6 p.m. SATURDAY & SUNDAY (includes use of Fitness Centre and swimming pool only)

Women's Fitness Centre

Corporate Fitness Discounts

Corporate Fitness Discounts of **20%** are available to groups of 10 or more women.

For only \$6 a year* you can use...

- swimming pool
- racquetball courts
- weight room
- storage lockers
- whirlpool
- sauna
- steam room
- ultraviolet room

and receive discounts on fitness consultations, racquetball clinics and esthetic services.

* Are you paying for each fitness/aquafitness class individually? If so you are probably paying \$49 for 2 classes per session × 6 sessions per year for a total of \$294.

For just \$6 more, you can become a member of the YWCA Women's Fitness Centre.

Call us at 423-9922, ext. 6129 or drop by for a visit on Lower Level 1 - 10305-100 Avenue.

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, #6129.

		Public	Fitness Centre Members
MASSAGE:	1/2 Hour	\$23	\$20
	1 Hour	\$28	\$25
REFLEXOLOGY:	3/4 Hour	\$21	\$19
FACIALS:	1 Hour	\$28	\$23
PEDICURES:		\$29	\$26
MANICURES:		\$11	\$10
EYELASH TINTS:		\$13	\$12

Information . . . 423-9922

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

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

Weight Training

WEIGHT ROOM FACILITIES

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

INTRODUCTORY WEIGHT TRAINING CLINICS FOR MEN AND WOMEN

DAY	DATE	TIMES	NO.	COST
Saturday	January 12	9:30 a.m. - 12:30 p.m.	353A	\$15
Saturday	January 26	9:30 a.m. - 12:30 p.m.	354	\$15
Saturday	February 9	9:30 a.m. - 12:30 p.m.	355	\$15
Saturday	February 23	9:30 a.m. - 12:30 p.m.	356	\$15
Saturday	March 9	9:30 a.m. - 12:30 p.m.	357	\$15
Saturday	March 23	9:30 a.m. - 12:30 p.m.	358	\$15
Saturday	April 20	9:30 a.m. - 12:30 p.m.	359A	\$15
Saturday	May 4	9:30 a.m. - 12:30 p.m.	359B	\$15
Saturday	June 1	9:30 a.m. - 12:30 p.m.	359C	\$15
Saturday	June 15	9:30 a.m. - 12:30 p.m.	359D	\$15

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).

See page 21 for fees.

Racquetball



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 preceding Friday.

BLOCK BOOKINGS

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

RACQUET STRINGING

Need to repair your racquetball racquet?

\$2/string

or

\$15/racquet

Contact Women's Fitness Centre 423-9922, #6129 for details.

GAME CARDS

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

Cost: \$40 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.

ALL FITNESS FACILITY PASS

See Page 21.

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 - \$18/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.

BEGINNER CLINICS:

Interested in learning how to play? Enroll if you have a very limited understanding of the rules, strokes and strategy of the game. All equipment is supplied. 3 hour clinic - \$24; Fitness Centre Members - \$12.

Saturday, Jan. 14	10 a.m. - 1 p.m.	#	420
Saturday, Jan. 28	10 a.m. - 1 p.m.	#	421
Saturday, Feb. 18	10 a.m. - 1 p.m.	#	422
Saturday, Mar. 3	10 a.m. - 1 p.m.	#	423
Saturday, Mar. 24	10 a.m. - 1 p.m.	#	424
Saturday, Apr. 14	10 a.m. - 1 p.m.	#	425
Saturday, May 19	10 a.m. - 1 p.m.	#	426

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? Come and join us for fun, dancing and a social evening in one of the following classes:

That Latin Feeling

A four week basic course in three Latin dances:

1. Rhumba
2. Cha-Cha
3. Samba

Rock n' Roll

A four week basic course in Swing-Jive.

Waltz the Night Away

A four week basic course in:

1. Slow Waltz
2. Fox Trot

Survival on the Dance Floor

A crash course in Social Dance teaching the basics of:

1. Swing-Jive
2. Waltz

3. Fox-Trot
4. Polka

Social Dance I

A more extensive introductory Social Dance Course teaching:

1. Swing-Jive
2. Waltz
3. Fox Trot
4. Samba
5. Rhumba
6. Cha-Cha

Social Dance II

A more advanced course which offers additional variations in all the dances taught in SOCIAL DANCE I. Participants should have completed SOCIAL DANCE I or THAT LATIN FEELING and any two of the other four-week courses.

A fun, challenging and up-tempo way to improve your flexibility, strength and co-ordination through dance steps and routines.

JAZZ

A fun, challenging and up-tempo way to improve your flexibility, strength and co-ordination through dance steps and routines.

PROGRAM TITLE	DAY	TIME	DATES	NO.	COST
That Latin Feeling	Monday	7:30 - 8:30 p.m.	Jan 7 - Jan. 28 (4 wks.) 4 hrs.	331	\$30/couple
			Feb. 4 - Feb. 25 (4 wks.) 4 hrs.	331A	
			Mar. 4 - Mar. 25 (4 wks.) 4 hrs.	331B	
			Apr. 1 - Apr. 22 (4 wks.) 4 hrs.	331C	
			Apr. 29 - May 27 (4 wks.) 4 hrs.	331D	
Rock n' Roll	Tuesday	7:30 - 8:30 p.m.	June 3 - June 24 (4 wks.) 4 hrs.	331E	\$30/couple
			Jan. 8 - Jan. 29 (4 wks.) 4 hrs.	332	
			Feb. 5 - Feb. 26 (4 wks.) 4 hrs.	332A	
			Mar. 5 - Mar. 26 (4 wks.) 4 hrs.	332B	
			Apr. 2 - Apr. 23 (4 wks.) 4 hrs.	332C	
Waltz the Night Away	Thursday	7:30 - 8:30 p.m.	Apr. 30 - May 21 (4 wks.) 4 hrs.	332D	\$30/couple
			May 28 - June 18 (4 wks.) 4 hrs.	332E	
			Jan. 10 - Jan. 31 (4 wks.) 4 hrs.	333	
			Feb. 7 - Feb. 28 (4 wks.) 4 hrs.	333A	
			Mar. 7 - Mar. 28 (4 wks.) 4 hrs.	333B	
Survival on the Dance Floor	Tuesday	8:30 - 10:00 p.m.	Apr. 4 - Apr. 25 (4 wks.) 4 hrs.	333C	\$45/couple
			May 2 - May 23 (4 wks.) 4 hrs.	333D	
			May 30 - June 20 (4 wks.) 4 hrs.	333E	
			Jan. 8 - Jan. 29 (4 wks.) 6 hrs.	334	
			Feb. 5 - Feb. 26 (4 wks.) 6 hrs.	334A	
Social Dance I	Wednesday	8:30 - 10:00 p.m.	Mar. 5 - Mar. 26 (4 wks.) 6 hrs.	334B	\$85/couple
			Apr. 2 - Apr. 23 (4 wks.) 6 hrs.	334C	
			May 2 - May 23 (4 wks.) 6 hrs.	334D	
			May 30 - June 20 (4 wks.) 6 hrs.	334E	
			Jan. 9 - Feb. 27 (8 wks.) 12 hrs.	335	
Social Dance II	Thursday	8:30 - 10:00 p.m.	Mar. 6 - Apr. 17 (7 wks.) 10 1/2 hrs.	335A	\$75/couple
			May 1 - June 19 (8 wks.) 12 hrs.	335B	
			Jan. 10 - Feb. 28 (8 wks.) 12 hrs.	336	
			Mar. 7 - Apr. 18 (7 wks.) 10 1/2 hrs.	336A	
			May 2 - June 20 (8 wks.) 12 hrs.	336B	
Jazz	Monday	8:30 - 10:00 p.m.	Jan. 7 - Feb. 27 (8 wks.) 12 hrs.	337	\$85/couple
			Mar. 4 - Apr. 15 (7 wks.) 10 1/2 hrs.	337A	
			Apr. 29 - June 24 (8 wks.) 12 hrs.	337B	
			Jan. 9 - Feb. 27 (8 wks.)	338	
			Mar. 6 - Apr. 17 (7 wks.)	338A	
	Wednesday	7:45 - 8:45 p.m.	May 1 - June 19 (8 wks.)	338B	\$32/person
			Jan. 9 - Feb. 27 (8 wks.)	339	
			Mar. 6 - Apr. 17 (7 wks.)	339A	
			May 1 - June 19 (8 wks.)	339B	

Recreation For Adults With Special Needs

The Edmonton YWCA encourages the participation of individuals who are mentally or physically disabled in all YWCA programs. Assistance can be provided to ensure the successful participation of an individual in a variety of programs. If you would like further information regarding programs listed below or require assistance in participating in other YWCA programs or services, please contact SPECIAL SERVICES DIRECTOR, 423-9922.

LEISURE COUNSELLING SERVICES ★

New! New! New! New

The YWCA will provide the leisure counselling assistance required for individuals with special needs who have developed some skills in a specific recreation or leisure time activity and

wish to integrate into programs. Interested participants will be matched up with trained volunteers who will assist them with choosing and participating in a YWCA or other community Recreation Program. For further information please contact Special Services Director, 423-9922.

THE FOLLOWING PROGRAMS ARE BEING OFFERED FOR ADULTS WHO ARE MENTALLY HANDICAPPED TO HELP PREPARE THEM FOR PARTICIPATING IN TYPICAL ADULT LEISURE ACTIVITIES IN INDIVIDUAL, FAMILY AND COMMUNITY SETTINGS.

RACQUETBALL ★

Learn the basic rules, strokes and strategy of the game of racquetball. All equipment is supplied.

BASIC GOURMET COOKING ★

Learn to prepare a variety of foods such as party foods, Chinese dishes, pastries, quick breads, Italian dishes, candies and chocolates, desserts and much more.

WEIGHT TRAINING ★

Learn how to use the weight machines and increase your muscular strength, tone and endurance through your own weight training program.

LEISURE AWARENESS ★

A recreation awareness program providing information on what there is to do in the community or home during your leisure time. Plan and take part in quiet leisure time activities or special outings.

SPORTS EXPERIENCES ★

Come and TRY OUT four different activities. The first evening will be racquetball at the YWCA followed each night by YOUR CHOICE of activities such as roller skating, golf, swimming, weight training or any other sport.

JAZZ DANCE I ★

Learn a dance routine to one of your favorite songs in a jazz class that will improve your fitness and co-ordination in a fun and challenging way.

CREATIVE CRAFTS ★

Choose and create a couple of projects such as a silk or dry flower arrangement, lampshade, soft sculpture, dough art plaque, macrame, rag rug, or anything else you wish to make!

COOKING AND NUTRITION ★

A basic cooking course designed to help develop the necessary knowledge and skills in cooking, food storage, safety in the kitchen, and food shopping needed for independent apartment living. Cooking practice, menu planning and demonstrations are included.

PROGRAM TITLE	DAY	TIME	DATES	NO.	COST
Creative Crafts	Tuesday	7:30 - 9:00 p.m.	Jan. 29 - Mar. 19 April 30 - June 18	401 1408	\$21
Leisure Awareness	Thursday	7:00 - 9:00 p.m.	Jan. 24 - Mar. 14 May 2 - June 20	402 1409	\$18
Cooking and Nutrition (Westmount Jr. High School)	Monday	7:00 - 9:00 p.m.	Jan. 21 - Mar. 11	403	\$24
Basic Gourmet Cooking (Westmount Jr. High School)	Monday	7:00 - 9:00 p.m.	Apr. 1 - May 27	1410	\$21
Racquetball	Saturday	1:00 - 2:00 p.m.	(no class April 8 or May 20) Jan. 19 - Feb. 16 Mar. 2 - Mar. 30 May 4 - June 1	404 1411 1412	\$20
Weight Training	Monday	7:30 - 8:30 p.m.	Jan. 21 - Feb. 18 Mar. 11 - Apr. 8 May 6 - June 10 (no class May 20)	405 1413 1414	\$16
Sports Experiences	Tuesday	7:30 - 9:30 p.m.	Jan. 29 - Feb. 19 Apr. 30 - May 21 June 4 - June 25	406 1415 1416	\$15
Jazz Dance	Saturday	11:30 - 12:30 p.m.	Jan. 19 - Feb. 23 Mar. 9 - Apr. 20 (no class Apr. 6) May 4 - June 8	407 1417 1418	\$16

Special Interest

SELF PROTECTION FOR CHILDREN NEW! NEW! NEW! NEW! NEW! NEW!

Attention to personal safety and decision-making skills enable children to identify both potentially dangerous situations and alternate responses to them. Through the use of games, children practice several effective, easily learned self-defence techniques. In addition, children also learn how to summon help when in danger and who to turn to for assistance if they have been assaulted or threatened. Age-appropriate games, role-plays and discussions enable children to handle their fear, gain confidence and develop awareness assertiveness and self-protection skills.

Parents are also kept up-to-date on what their children are learning with various handouts including myths and facts about childhood assault and how to help a child who has been victimized.

During a third week of the course parents are invited to attend an evening seminar with the instructors. (Dates to be announced at the onset of the course).

Instructors: Kathy and Jacques St. Onge.

COST: \$25/child

AGE	DAY	TIME	DATES	NO.
Self-Protection for children 5 - 8 years	Saturdays	1:30 - 2:30 p.m.	Jan. 12 - Feb. 23	350
			Mar. 9 - Apr. 27 (no class Apr. 6)	1350
	Sunday	2:30 - 3:30 p.m.	May 4 - June 22 (no class May 18)	2350
			Jan. 13 - Feb. 24	351
9 - 12 years	Saturday	2:30 - 3:30 p.m.	Mar. 10 - Apr. 28 (no class April 7)	1351
			May 5 - June 23 (no class May 19)	2351
			Jan. 12 - Feb. 23	352
	Sunday	3:30 - 4:30 p.m.	Mar. 9 - Apr. 27 (no class Apr. 6)	1352
			May 4 - June 22 (no class May 18)	2352
			Jan. 13 - Feb. 24	353
			Mar. 10 - Apr. 28 (no class Apr. 7)	1353
			May 5 - June 23 (no class May 19)	2353

Pre-Natal

Registered physiotherapists will instruct. Prepare yourself for the birth of your child by attending lecture and practical classes. Topics covered include anatomy of pregnancy, pre and post-natal nutrition, Lemaze Method of breathing techniques in labour, relaxation in labour, stages of labour/delivery, pre-natal exercises, preparation for your newborn, breast feeding and infant nutrition.

Cost: \$40.

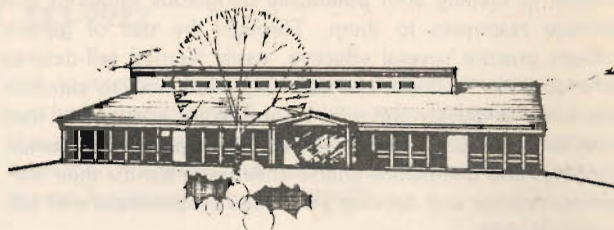
CLASS	DAY	TIME	DATES	NO.	LOCATION
Pre-Natal	Tuesday	7:45 - 9:45 p.m.	Jan. 8 - Feb. 19	345	YoWoChAs Room, YWCA
			Feb. 26 - Apr. 9	1345	10305 - 100 Ave.
			Apr. 16 - May 28	2345	Edmonton, T5J 3C8



THE YWCA YEAR ROUND CENTRE FOR

- OUTDOOR RECREATION
- ENVIRONMENTAL EDUCATION
- LEADERSHIP DEVELOPMENT

YoWoChAs Centre



Located 80 km west of Edmonton on Lake Wabamun

Canoeing

INTRODUCTORY LAKE CANOE WEEKENDS

Prepare for your summer with a Spring Canoe Course

Enjoy a weekend on the wooded shores enjoying the basics of canoeing during the day and relaxing in front of the fireplace in the evening, sharing experiences with old and new friends.

Weekend courses include instruction in basic strokes, safety, equipment and trip planning. All equipment is provided.

Weekends are from Friday evening to Sunday afternoon.

COST: \$65/person (includes accommodation and instruction).

DATES: May 31 - June 2, 1985 — #367

June 7 - June 9, 1985 — #368

June 21 - 23, 1985 — #369

Spring Break Camp

If you are between the ages of 8 and 14, you are invited to come to YoWoChAs Centre on Lake Wabamun during 'Spring Break' week.

Based on outdoor enjoyment and appreciation, campers will be involved in activities such as cross-country skiing, snowshoeing, building Eskimo shelters, ice fishing, old-fashioned skating parties on the lake, hiking, group games and outdoor cooking. You will also be involved in campfire programs, drama, music and nature crafts during these five exciting days.

DATES: March 25 - 29, 1985

Meet at the YWCA - 10305 - 100 Avenue at 9:00 a.m. Monday morning, transportation provided to YoWoChAs Centre by the YWCA. We will return to the YWCA at 4:30 p.m. Friday afternoon.

COST: \$125/child

ACCOMMODATION AND MEALS

Campers will be accommodates in a modern lodge and residence. Homestyle meals provided.

BECOME A CERTIFIED CANOE INSTRUCTOR!

Alberta Recreation Canoe Association (ARCA)

Basic Canoe Instructor's Course . . .

This course is offered Friday evening to Sunday afternoon and includes a theory exam, one day of lake practice, evaluation and testing as well as a student teaching experience, which will be evaluated.

Candidates should be advanced canoeists as well as strong swimmers. St. John's Basic First Aid Course is a prerequisite.

COST: \$100 (includes meals, accommodation and instruction).

DATES: May 31 - June 2, 1985 — #370



YoWoChAs Centre - Cross Country Skiing

ADULT CROSS COUNTRY SKI WEEKENDS

Superb homecooked meals, relaxing Fireplace Lounge, expertly groomed trails and great company set the atmosphere for a memorable ski weekend at YoWoChAs Centre.

Experienced, Nationally Certified instructors ensure a pleasurable and beneficial learning experience, whether you are a first time skier or an established expert. Each course includes practical ski instruction plus information on equipment selection and care, waxing, clothing and safety.

Weekends start Friday evenings 8:30 p.m. and end Sunday afternoon 4:00 p.m. and include full instruction, meals and shared accommodation. Participants should be 16 years or older. Transportation can be arranged through Greyhound bus lines.

CROSS COUNTRY SKI RENTALS

Cross Country ski equipment is available for use at YoWoChAs Centre on a rental basis. Please reserve ahead to ensure availability by calling 423-3811.

(rental includes boots, poles and skis)

Weekend: Adult \$12 Student \$8

Day: Adult \$7 Student \$5

Hour: Adult \$1.50 Student \$1.00

ADULT LEVEL I (NOVICE) WEEKENDS

An introductory course for those with little or no experience or formal instruction. A variety of basic, flat, uphill and downhill techniques will be covered. Also, information on equipment selection and care, waxing, clothing, safety and day touring will be included. . . \$65.

January 11 - 13	#372	February 15 - 17	#377
January 18 - 20	#373	February 22 - 24	#378
January 25 - 27	#374	March 8 - 10	#379
February 1 - 3	#375	March 15 - 17	#380
February 8 - 10	#376		

WOMEN'S SKI-FIT WEEKEND

A winter weekend designed for fun and fitness for women only. Ski instruction will be at the introductory level covering the basics of equipment fitting, diagonal stride, uphill and downhill maneuvers and winter safety. Evening Sessions will also be conducted on flexibility, fitness, nutrition and health, with an emphasis on winter; followed by an evening sauna. Skating will also be available — so bring your skates. . . \$65.

January 25 - 27	#384	February 22 - 24	#385
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FAMILY WINTER FUN AND SKI WEEKEND

Enjoy the winter outdoors and your family while learning to ski, skate, and ice fish. Ski instruction will be at the introductory level. You must supply your line and tackle for fishing, we supply the auger. The warm lodge will always be waiting if it gets too cold.

\$100 for family of 1 adult and — child February 22-24, 1985 #381

\$150 for family of 3 or more

FAMILY LEARN TO SKI DAY

A day designed for parents and children of all ages, emphasizing the fun aspects of skiing with children. Includes lunch, lessons, games, an afternoon tour, and information on equipment and clothing selection. One day only. . . \$36/family:

February 10, 1985 #382 February 17, 1985 #383



YoWoChAs Centre - First Aid Course

WILDERNESS MEDICAL TECHNICIAN

Wilderness Medical Technician is a 100 hour program in wilderness emergency care. The course is taught at the 'basic life support' level and oriented to the outdoor environment where resources are limited and professional help unavailable for a time period of many hours to days.

This program will be of particular interest to outdoor leaders, climbers, guides, ski patrollers, rescue personnel and the general public.

Prerequisites - Any basic first aid certificate or equivalent training **plus** a current certification of C.P.R. (Cardiopulmonary Resuscitation) at the basic rescue level. Proof of the C.P.R. must accompany the application by way of a photocopy of the certificate.

The course will consist of two, five-day blocks of on-site program, with a study break of one week between sessions. Each week will consist of in classroom lectures, discussion and practical application as well as numerous accident simulations in an outdoor setting.

The student will develop an understanding of basic vital functions of the human body and how injury and disease affect the functions. Understanding how and why will be stressed rather than extensive emphasis on 'knots and bandaging techniques'.

Fee: \$325

Dates: October 31 - November 4 and November 14 - 18, 1984 **OR**

January 16 - 20 and January 30 - February 3, 1985

REFRESHER COURSE - WILDERNESS MEDICAL TECHNICIAN

This 40 hour course, designed to update and refresh your knowledge of wilderness medicine, is **REQUIRED** for all W.M.T.s who received training prior to January, 1982, and is suggested for those trained prior to January, 1983. Successful students will be re-certified as Wilderness Medical Technicians by the Association of Wilderness Medical Technicians.

Fee: \$120

Dates: November 23 - 25, 1984 or

February 22 - 24, 1985

CARDIO PULMONARY RESUSCITATION

A 16 hour Cardio Pulmonary Resuscitation 'Basic' certification or updating.

Fee: \$110

REGISTRATION

Registration for **First Aid Courses Only** by mail to:

YoWoChAs Centre

Fallis, Alberta

TOE 0V0



YoWoChAs Centre

Weekend Fitness Workshops

Interested in a relaxed weekend, away from home, focusing on fitness and lifestyle? The YWCA is offering a wide variety of weekend fitness programs at beautiful YoWoChas Centre at Lake Wabamun. All programs include opportunities to enjoy the outdoors, meet new people, learn about developing a healthier lifestyle, and most importantly, to have fun.

The Centre offers a number of other activities to complement the structured classes. Canoeing, hebertisme (ropes and log fitness course), hiking, cross-country skiing, and skating are available, depending upon the season.

WOMEN'S WINTER ESCAPE

(Moderate/Intense Level)

If you have been exercising on a fairly regular basis, this is the course for you. The activity sessions will be designed to keep you moving and offer a challenge. Lecture sessions on nutrition, fitness, motivation and lifestyle will be included.

January 25-27, 1985 — #360

\$90 (includes meals, accommodation, instruction and full use of facilities).

WOMEN'S FITNESS ESCAPE

(Mild Level)

This weekend is intended for those who are just beginning (or are thinking about!) a fitness program. Sessions on how to get started (and keep going!) will be a major focus of this weekend. The activity sessions will be aimed at the 'novice aerobicizer'.

April 19-21, 1985 — #361

\$90.00 (includes meals, accommodations, instruction and full use of facilities)

WOMEN'S FITNESS ESCAPE

(Moderate/Intense Level)

If you have been exercising on a fairly regular basis, this is the course for you. The activity sessions will be designed to keep you moving and will offer a challenge. Lecture sessions on nutrition, fitness, motivation and lifestyle will be included.

May 3-5, 1985 — #362

\$90.00 (includes meals, accommodation, instruction and full use of facilities).

WELLNESS FOR WOMEN

To Be Announced.

May 17-20, 1985 (3 days) — #363

\$135.00 (includes meals, accommodation, instruction and full use of facilities)

WOMEN'S YOGA RETREAT

This weekend offers a unique opportunity introductory sessions on yoga, acupressure, massage, relaxation techniques and meditation. If you want to try something new and different, this course is for you.

May 24-26, 1985 — #364 \$90

WOMEN'S FITNESS/OUTDOOR RETREAT

This is a combined fitness weekend and outdoor retreat. A number of sessions will be offered and you are free to choose which, if any, you would like to participate in. Canoeing, sailing, outdoor hikes, aerobics and body shaping are included - less structured than 'Fitness Escapes' - more time to relax!

June 14-16, 1985 — #365

\$90.00 (includes meals, accommodation, instruction and full use of facilities).

CO-ED FITNESS ESCAPE

(Moderate/Intense Level)

If you have been exercising on a fairly regular basis, this is the course for you. The activity sessions will be designed to keep you moving and will offer a challenge. Lecture sessions on nutrition, fitness, motivation and lifestyle will be included.

April 26-28, 1985 — #366

\$90 (includes meals, accommodation, instruction and full use of facilities)



ANNUAL FITNESS PASSES

New this winter . . . Yearly Fitness Passes for men and women
See Page 21 for details.

WATCH FOR DETAILS ON SUMMER PROGRAMS

July & August, 1985
Available April 15, 1985 at the
YWCA & Edmonton Public Libraries

YWCA "TRIBUTE TO WOMEN" AWARDS DINNER

Honoring Outstanding Women in Edmonton

Wednesday, May 8, 1985
Westin Hotel
Information: Wendy McDonald 423-9922

*Special thanks to
The Edmonton Journal
for their co-sponsorship
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and Aquafitness classes.*



YWCA

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