

YWCA

Fall, 1984

SEPTEMBER-DECEMBER



10305 - 100 Avenue
Edmonton, Alberta T5J 3C8

423-9922



United Way

Registration

Registration for YWCA summer classes begins July 15/84 and continues weekdays by:

MAIL OR IN PERSON

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



**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 on 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.

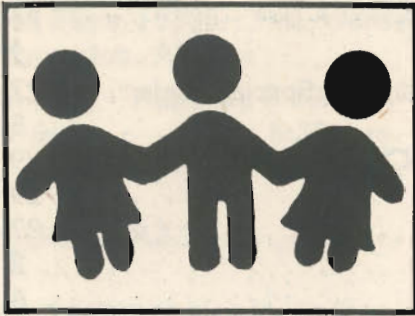
The Edmonton YWCA encourages the participation of people with special needs in our classes. We wish to assist you in any way that will enable you to take part. If you require information or assistance please contact:

Patti St. Pierre
 Special Services Director
 Phone: 423-9922



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" ac-

commodation. 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 women's 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 pro-

vides support for widowed persons wanting to move through loss toward regained 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

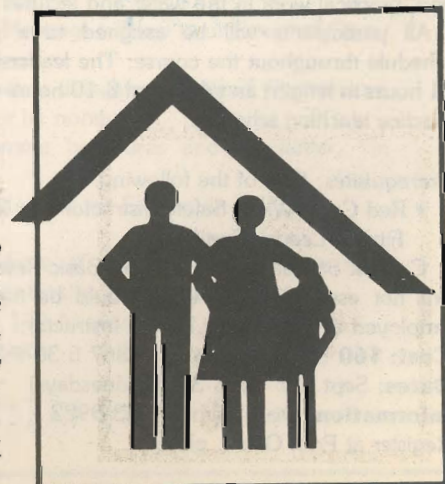
YWCA FAMILY RELIEF SERVICE offers care and companionship for both disabled children and adults. Parents can enjoy an evening out, moms take a break during the day, families can plan weekends or vacation trips knowing their family member requiring special care is being well looked after. This service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





Yes You Can...

- **Act as a peer counsellor to widowed individuals.**
- **Manage and operate a small sporting goods shop.**
- **Participate in policy and planning decisions.**
- **Be a friend to a preschooler in a childcare centre.**
- **Act as an instructional aide in recreation programs for mentally disabled adults.**
- **Assist as a program registration clerk.**
- **Help promote YWCA activities.**
- **Assist with fundraising projects.**

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 you 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 presentation, 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.

Cost: \$60 (includes manual) #867 6:30-9:30 p.m.

Dates: Sept. 19 - Oct. 31 (Wednesdays)

Information: Dian Kitchen, 423-9922

Register at Pool Office, please.

Fitness Leadership Course

The popular YWCA Fitness Leadership Course session is presently filled. For further information about future courses to be held in cooperation with Edmonton Parks and Recreation, contact Tish Eidem at the YWCA, 423-9922 or Kathy Marvin at Edmonton Parks and Recreation, 428-3575.

Pre-School Leadership Course

Discover new methods, explore ideas and develop skills for working with pre-school children. While geared to those who wish to work with pre-school children in a group setting or those already working in the field, this course would also benefit anyone who has a concern for the needs and interests of the very young (i.e., parents, care providers, etc.).

This is a basic "ground level" course for those with little or no training in early childhood. It involves large and small group discussion sessions, lecture/demonstration and "hands-on" workshop situations. While no opportunity to work directly with young children is provided, the sessions allow for a great deal of involvement and experimentation on the part of the participants.

Areas to be covered in the twelve-week course include:

- Communication Skills
- Growth and Development
- Principles of Positive Play, Discipline
- Program Planning and Organization
- Music, Language Arts, Environmental Education, Creative Art, Movement Education, Aquatics.

Dates: 12 Tuesdays (Sept. 25 - Dec. 11) 6:30 - 9:00 p.m.

Cost: \$60.00 #50

Information: Sue Carberry, 423-9922

Sponsored in co-operation with
City of Edmonton Parks and Recreation.

Why We Need You . . .

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.**



Who Are We?

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 eight-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 for projects and programmes that develop leadership skills and promote the development of women through literacy, health education, vocational training, day care and refugee projects.

Join Us

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.

Memberships available at reception desk - main floor
YWCA or c/o Membership Committee
YWCA - 10305 - 100 Avenue
EDMONTON, Alberta
T5J 3C8

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 co-ordination abilities of their preschoolers and help guide the parents in water activities appropriate for their children.

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

Water Babies I	4 months-8 months
Water Babies 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 the preschooler.

Splashercize

\$23 for first child

\$19 for each additional child/family

or drop-in — \$3 per child/class.

Preschool Water Skills

\$23 for first child

\$19 for each additional child/family (children are not required to be in the same class to receive discount).

PROGRAM TITLE	DAY	TIME	DATES	NO.
Water Babies I	Monday	9:30 - 10:00 a.m.	Sept. 10 - Oct. 29	750
			Nov. 5 - Dec. 17	1750
		11:00 - 11:30 a.m.	Sept. 10 - Oct. 29	751
			Nov. 5 - Dec. 17	1751
		7:00 - 7:30 p.m.	Sept. 10 - Oct. 29	752
			Nov. 5 - Dec. 17	1752
	Tuesday	9:30 - 10:00 a.m.	Sept. 11 - Oct. 23	753
			Oct. 30 - Dec. 11	1753
	Wednesday	12:30 - 1:00 p.m.	Sept. 12 - Oct. 24	754
			Oct. 31 - Dec. 12	1754
	Thursday	2:00 - 2:30 p.m.	Sept. 13 - Oct. 25	755
			Nov. 1 - Dec. 13	1755
	Friday	10:30 - 11:00 a.m.	Sept. 14 - Oct. 26	756
			Nov. 2 - Dec. 14	1756
Water Babies II		11:45 - 12:15 p.m.	Sept. 14 - Oct. 26	757
			Nov. 2 - Dec. 14	1757
	Saturday	12:30 - 1:00 p.m.	Sept. 15 - Oct. 27	758
			Nov. 3 - Dec. 15	1758
	Sunday	9:30 - 10:00 a.m.	Sept. 16 - Oct. 28	759
			Nov. 4 - Dec. 16	1759
		1:45 - 2:15 p.m.	Sept. 16 - Oct. 28	760
			Nov. 4 - Dec. 16	1760
	Monday	1:00 - 1:30 p.m.	Sept. 10 - Oct. 29	761
			Nov. 5 - Dec. 17	1761
		7:00 - 7:30 p.m.	Sept. 10 - Oct. 29	762
			Nov. 5 - Dec. 17	1762
	Tuesday	11:00 - 11:30 a.m.	Sept. 11 - Oct. 23	763
			Oct. 30 - Dec. 11	1763
	Wednesday	2:00 - 2:30 p.m.	Sept. 12 - Oct. 24	764
			Oct. 31 - Dec. 12	1764
	Thursday	1:30 - 2:00 p.m.	Sept. 13 - Oct. 25	766
			Nov. 1 - Dec. 13	1766
	Friday	9:15 - 9:45 a.m.	Sept. 14 - Oct. 26	767
			Nov. 2 - Dec. 14	1767
	Saturday	1:30 - 2:00 p.m.	Sept. 15 - Oct. 27	768
			Nov. 3 - Dec. 15	1768
	Sunday	12:00 - 12:30 p.m.	Sept. 16 - Oct. 28	769
			Nov. 4 - Dec. 16	1769

Preschool Aquatics

PROGRAM TITLE	DAY	TIME	DATES	NO.
Water Babies III	Monday	1:30 - 2:00 p.m.	Sept. 10 - Oct. 29	770
			Nov. 5 - Dec. 17	1770
		7:00 - 7:30 p.m.	Sept. 10 - Oct. 29	771
			Nov. 5 - Dec. 17	1771
	Tuesday	11:30 - 12:00 Noon	Sept. 11 - Oct. 23	772
			Oct. 30 - Dec. 11	1772
	Wednesday	9:45 - 10:15 a.m.	Sept. 12 - Oct. 24	773
			Oct. 31 - Dec. 12	1773
	Thursday	9:15 - 9:45 a.m.	Sept. 13 - Oct. 25	774
			Nov. 1 - Dec. 13	1774
	Friday	9:15 - 9:45 a.m.	Sept. 14 - Oct. 26	775
			Nov. 2 - Dec. 14	1775
	Saturday	2:30 - 3:00 p.m.	Sept. 15 - Oct. 27	776
			Nov. 3 - Dec. 15	1776
	Sunday	12:30 - 1:00 p.m.	Sept. 16 - Oct. 28	777
			Nov. 4 - Dec. 16	1777
Minnows	Monday	10:00 - 10:30 a.m.	Sept. 10 - Oct. 29	778
			Nov. 5 - Dec. 17	1778
	Tuesday	12:15 - 12:45 p.m.	Sept. 11 - Oct. 23	779
			Oct. 30 - Dec. 11	1779
	Wednesday	9:15 - 9:45 a.m.	Sept. 12 - Oct. 24	780
			Oct. 31 - Dec. 12	1780
	Thursday	11:45 - 12:15 p.m.	Sept. 13 - Oct. 25	781
			Nov. 1 - Dec. 13	1781
	Friday	12:30 - 1:00 p.m.	Sept. 14 - Oct. 26	782
			Nov. 2 - Dec. 14	1782
	Saturday	9:15 - 9:45 a.m.	Sept. 15 - Oct. 27	783
			Nov. 3 - Dec. 15	1783
	Sunday	11:15 - 11:45 a.m.	Sept. 16 - Oct. 28	784
			Nov. 4 - Dec. 26	1784
Guppies	Monday	12:30 - 1:00 p.m.	Sept. 10 - Oct. 29	785
			Nov. 5 - Dec. 17	1785
	Tuesday	12:45 - 1:15 p.m.	Sept. 11 - Oct. 23	786
			Oct. 30 - Dec. 11	1786
	Wednesday	1:00 - 1:30 p.m.	Sept. 12 - Oct. 24	787
			Oct. 31 - Dec. 12	1787
	Thursday	9:45 - 10:15 a.m.	Sept. 13 - Oct. 25	788
			Nov. 1 - Dec. 13	1788
	Friday	1:00 - 1:30 p.m.	Sept. 14 - Oct. 26	789
			Nov. 2 - Dec. 14	1789
	Saturday	9:45 - 10:15 a.m.	Sept. 15 - Oct. 27	790
			Nov. 3 - Dec. 15	1790
	Sunday	10:45 - 11:15 a.m.	Sept. 16 - Oct. 28	791
			Nov. 4 - Dec. 16	1791
Advanced Guppies	Thursday	11:00 - 11:30 a.m.	Sept. 13 - Oct. 25	792
			Nov. 1 - Dec. 13	1792
Fishtails	Monday	6:30 - 7:00 p.m.	Sept. 10 - Oct. 29	793
			Nov. 5 - Dec. 17	1793
	Saturday	2:00 - 2:30 p.m.	Sept. 15 - Oct. 27	794
			Nov. 3 - Dec. 15	1794
	Sunday	10:00 - 10:30 a.m.	Sept. 16 - Oct. 28	795
			Nov. 4 - Dec. 16	1795
Advanced Fishtails	Thursday	10:30 - 11:00 a.m.	Sept. 13 - Oct. 25	796
			Nov. 1 - Dec. 13	1796
	Saturday	12:00 - 12:30 p.m.	Sept. 15 - Oct. 27	797
			Nov. 3 - Dec. 15	1797
			Sept. 15 - Oct. 27	798
			Nov. 3 - Dec. 15	1798
Splashercise	Tuesday	1:30 - 2:00 p.m.	Sept. 11 - Oct. 23	799
			Oct. 30 - Dec. 11	1799
	Friday	11:00 - 11:30 a.m.	Sept. 14 - Oct. 26	800
			Nov. 2 - Dec. 14	1800
	Saturday	1:00 - 1:30 p.m.	Sept. 15 - Oct. 27	801
			Nov. 3 - Dec. 15	1801
	Sunday	1:15 - 1:45 p.m.	Sept. 16 - Oct. 28	802
			Nov. 4 - Dec. 16	1802

Pre-School

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.

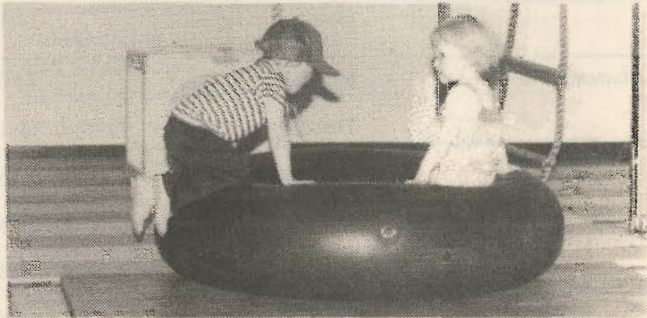
CREATIVE PLAY FOR BABIES

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. Pool 10:20 - 10:50 a.m.	Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	749 - \$24 1749 - \$24	749A - \$16 1749A - \$16
2 Years	Monday	Gym 9:30 - 10:10 a.m. Pool 10:30 - 11:00 a.m.	Sept. 10 - Oct. 29 Nov. 5 - Dec. 17	741 - \$28 1741 - \$28	741A - \$18 1741A - \$18
		Gym 10:10 - 10:50 a.m. Pool 11:00 - 11:30 a.m.	Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	742 - \$28 1742 - \$28	742A - \$18 1742A - \$18
	Saturday	Gym 9:30 - 10:10 a.m. Pool 10:20 - 10:50 a.m.	Sept. 15 - Oct. 27 Nov. 3 - Dec. 15	743 - \$28 1743 - \$28	743A - \$18 1743A - \$18
		Gym 10:50 - 11:30 a.m. Pool 11:40 - 12:10 p.m.	Sept. 10 - Oct. 29 Nov. 5 - Dec. 17	744 - \$28 1744 - \$28	744A - \$18 1744A - \$18
3 Years	Wednesday	Gym 10:50 - 11:30 a.m. Pool 11:40 - 12:10 p.m.	Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	745 - \$28 1745 - \$28	745A - \$18 1745A - \$18
		Gym 10:50 - 11:30 a.m. Pool 11:40 - 12:10 p.m.	Sept. 15 - Oct. 27 Nov. 3 - Dec. 15	746 - \$28 1746 - \$28	746A - \$18 1746A - \$18
	Saturday	Gym 10:10 - 10:50 a.m. Pool 11:00 - 11:30 a.m.	Sept. 10 - Oct. 29 Nov. 5 - Dec. 17	747 - \$28 1747 - \$28	747A - \$18 1747A - \$18
		Gym 10:10 - 10:50 a.m. Pool 11:00 - 11:30 a.m.	Sept. 15 - Oct. 27 Nov. 3 - Dec. 15	748 - \$28 1748 - \$28	748A - \$18 1748A - \$18

Creative Play for Babies

CLASS	DAY	TIME	DATES	NO.	COST
8-12 Months	Wednesday	9:30 - 10:15 a.m.	Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	938 939	\$25 \$25
12-16 Months	Wednesday	10:30 - 11:15 a.m.	1938 Oct. 31 - Dec. 12	\$25 1939	\$25

CHILDREN WITH SPECIAL NEEDS

The YWCA encourages the participation of children with special needs in all Swim and Gym programs. Parents please register your child. For further information or assistance, contact Patti St. Pierre.



Youth Swim

Red Cross Levels (6-15 years)

Register in a class suited to your ability and experience. See page 12 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 & Endurance

\$34 first child

\$27 for each additional
child in family.

Aqualanders

\$28 child



PROGRAM TITLE	DAY	TIME	DATES	NO.
Orange	Friday	4:30 - 5:30 p.m.	Sept. 14 - Oct. 26	805
			Nov. 2 - Dec. 14	1805
	Saturday	12:00 - 1:00 p.m.	Sept. 15 - Oct. 27	806
			Nov. 3 - Dec. 15	1806
	Sunday	2:00 - 3:00 p.m.	Sept. 16 - Oct. 28	807
			Nov. 4 - Dec. 16	1807
Red	Saturday	9:00 - 10:00 a.m.	Sept. 15 - Oct. 27	808
			Nov. 3 - Dec. 15	1808
	Sunday	1:00 - 2:00 p.m.	Sept. 16 - Oct. 28	809
			Nov. 4 - Dec. 16	1809
Maroon	Tuesday	4:30 - 5:30 p.m.	Sept. 11 - Oct. 23	810
			Oct. 30 - Dec. 11	1810
	Saturday	9:00 - 10:00 a.m.	Sept. 15 - Oct. 27	811
			Nov. 3 - Dec. 15	1811
	Sunday	1:00 - 2:00 p.m.	Sept. 16 - Oct. 28	812
			Nov. 4 - Dec. 16	1812
Blue/Green	Saturday	2:00 - 3:00 p.m.	Sept. 15 - Oct. 27	813
			Nov. 3 - Dec. 15	1813
Grey/White	Saturday	2:00 - 3:00 p.m.	Sept. 15 - Oct. 27	814
			Nov. 3 - Dec. 15	1814
Endurance & Stroke Improvement	Sunday	12:00 - 1:00 p.m.	Sept. 16 - Oct. 28	815
			Nov. 4 - Dec. 16	1815
Aqualanders (6-8 years)	Saturday	1:00 - 1:30 p.m. (pool)	Sept. 15 - Oct. 27	803
		1:40 - 2:25 p.m. (gym)	Nov. 3 - Dec. 15	1803
Aqualanders (9 - 11 years)	Saturday	1:30 - 2:00 p.m. (pool)	Sept. 15 - Oct. 27	804
		2:25 - 3:10 p.m. (gym)	Nov. 3 - Dec. 15	1804

Also see family & private lessons on page 12.

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.

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, finkicks 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 weeks

Program Title	Day	Time	Dates	No.	Cost
Absolutely Terrified	Monday	1:30 - 2:30 p.m.	Sept. 10 - Oct. 29	816	\$35
			Nov. 5 - Dec. 17	1816	\$35
	Tuesday	6:30 - 7:30 p.m.	Sept. 11 - Oct. 23	817	\$35
			Oct. 30 - Dec. 11	1817	\$35
	Friday	6:30 - 7:30 p.m.	Sept. 14 - Oct. 26	818	\$35
			Nov. 2 - Dec. 14	1818	\$35
	Saturday	10:00 - 11:00 a.m.	Sept. 15 - Oct. 27	819	\$35
Orange			Nov. 3 - Dec. 15	1819	\$35
	Sunday	2:00 - 3:00 p.m.	Sept. 16 - Oct. 28	820	\$35
			Nov. 4 - Dec. 16	1820	\$35
	Tuesday	6:30 - 7:30 p.m.	Sept. 11 - Oct. 23	821	\$35
			Oct. 30 - Dec. 11	1821	\$35
	Wednesday	1:30 - 2:30 p.m.	Sept. 12 - Oct. 24	822	\$35
			Oct. 31 - Dec. 12	1822	\$35
Red	Friday	7:30 - 8:30 p.m.	Sept. 14 - Oct. 26	823	\$35
			Nov. 2 - Dec. 14	1823	\$35
	Friday	7:30 - 8:30 p.m.	Sept. 14 - Oct. 26	824	\$35
			Nov. 2 - Dec. 14	1824	\$35
	Sunday	1:00 - 2:00 p.m.	Sept. 16 - Oct. 28	825	\$35
	Sunday	1:00 - 2:00 p.m.	Nov. 4 - Dec. 16	1825	\$35
	Monday	2:30 - 3:30 p.m.	Sept. 10 - Oct. 29	826	\$35
Maroon			Nov. 5 - Dec. 17	1826	\$35
	Tuesday	7:30 - 8:30 p.m.	Sept. 11 - Oct. 23	827	\$35
			Oct. 30 - Dec. 11	1827	\$35
	Friday	7:30 - 8:30 p.m.	Sept. 14 - Oct. 26	828	\$35
			Nov. 2 - Dec. 14	1828	\$35
	Saturday	10:00 - 11:00 a.m.	Sept. 15 - Oct. 27	829	\$35
			Nov. 3 - Dec. 15	1829	\$35
Blue/Green	Friday	6:30 - 7:30 p.m.	Sept. 14 - Oct. 26	830	\$35
Grey/White			Nov. 2 - Dec. 14	1830	\$35
	Thursday	6:30 - 7:30 p.m.	Sept. 13 - Oct. 25	831	\$35
			Nov. 1 - Dec. 15	1831	\$35

Attend Classes twice a week for 4 weeks

Orange	Mon. & Wed.	7:30 - 8:30 p.m.	Sept. 5 - Oct. 1	832	\$38
			Oct. 3 - Oct. 31	833	\$38
			Nov. 5 - Nov. 28	1833	\$38
Red	Mon. & Wed.	7:30 - 8:30 p.m.	Sept. 5 - Oct. 1	834	\$38
			Oct. 3 - Oct. 31	835	\$38
			Nov. 5 - Nov. 28	1835	\$38
Blue/Green	Mon. & Wed.	7:30 - 8:30 p.m.	Sept. 5 - Oct. 1	836	\$38
			Oct. 3 - Oct. 31	837	\$38
			Nov. 5 - Nov. 28	1837	\$38
Bronze Medallion Cross	Monday	6:30 - 8:30 p.m. (Theory) 8:30 - 9:30 (Practical)	Sept. 10 - Oct. 29	866	\$40
Award of Merit	Monday	6:30 - 8:30 p.m. (Theory) 8:30 - 9:30 p.m. (Practical)	Nov. 5 - Dec. 17	1866	\$40
Family Learn to Snorkel	Mon. & Wed.	7:30 - 8:30 p.m.	Dec. 3,5,10,12,17	1867	\$25/Ind. \$30/Family
Stroke Skill Maintenance	Mon. & Wed.	7:30 - 8:30 p.m.	Dec. 3,5,10,12,17	1868	\$25

YWCA Aquatic staff are certified instructors and lifeguards who must renew awards every 12 months to meet provincial standards. The staff are required to attend professional development in-services which keep them informed of current trends in Aquatics, as well as increasing their leadership skills to help give the most effective class possible. All instructors and lifeguards have training in Aquatic Emergency Care and Basic Rescuer CPR. Instructors observe other classes for new ideas and are evaluated throughout sessions to ensure that standards and quality are met. Aquatic Fitness instructors have completed a 21 hour course enabling them to plan an effective and interesting Aquatic Fitness workout.

Aquatics Director, Diane Kitchen, is known throughout Alberta for her work in the area of Aquatic Fitness training. She is co-author of 'Get Wet: Get Fit', a resource guide for instructors and has developed leadership programs in Aquatic Fitness for teachers and pool staff in the Edmonton area.

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 weight. 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 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 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

One class/week - \$26
Two classes/week - \$40
Or drop-in for \$4/class

AQUATIC FITNESS

One class/week - \$33
Two classes/week - \$53
Three classes/week - \$73
Or drop-in for \$5/class

ENDURANCE/STROKE IMPROVEMENT

One class/week - \$33
Two classes/week - \$53
Three classes/week - \$73
Or drop-in for \$5/class

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



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 6 for New Aquatic Fitness Leadership Course

Adult Aquatic Fitness

Program Title	Day	Time	Dates	No.	Cost
Mild Aquafitness	Monday	9:30 - 10:30 a.m.	Sept. 10 - Oct. 29	838	
			Nov. 5 - Dec. 17	1838	
	Friday	9:30 - 10:30 a.m.	Sept. 14 - Oct. 26	839	
			Nov. 2 - Dec. 14	1839	
	Sunday	12:00 - 1:00 p.m.	Sept. 16 - Oct. 28	840	
			Nov. 4 - Dec. 16	1840	
Moderate Aquafitness	Tuesday	1:30 - 2:30 p.m.	Sept. 11 - Oct. 23	841	
			Oct. 30 - Dec. 11	1841	
	Thursday	1:30 - 2:30 p.m.	Sept. 13 - Oct. 25	842	
			Nov. 1 - Dec. 15	1842	
		6:30 - 7:30 p.m.	Sept. 13 - Oct. 25	843	
			Nov. 1 - Dec. 15	1843	
Intense Aquafitness	Monday	6:30 - 7:30 p.m.	Sept. 10 - Oct. 29	844	
			Nov. 5 - Dec. 17	1844	
	Tuesday	9:30 - 10:30 a.m.	Sept. 11 - Oct. 23	845	
			Oct. 30 - Dec. 11	1845	
	Wednesday	5:30 - 6:30 p.m.	Sept. 12 - Oct. 24	846	
			Oct. 31 - Dec. 12	1846	
	Thursday	9:30 - 10:30 a.m.	Sept. 13 - Oct. 25	847	
			Nov. 1 - Dec. 13	1847	
	Saturday	11:00 - 12:00 noon	Sept. 15 - Oct. 27	848	
			Nov. 3 - Dec. 15	1848	
Super Aquafitness	Tuesday	5:30 - 6:30 p.m.	Sept. 11 - Oct. 23	849	
			Oct. 30 - Dec. 11	1849	
	Friday	5:30 - 6:30 p.m.	Sept. 14 - Oct. 26	850	
			Nov. 2 - Dec. 14	1850	
Pre-Natal Aquafitness	Monday	10:30 - 11:30 a.m.	Sept. 10 - Oct. 29	851	
			Nov. 5 - Dec. 17	1851	
	Tuesday	7:30 - 8:30 p.m.	Sept. 11 - Oct. 23	852	
			Oct. 30 - Dec. 11	1852	
	Wednesday	10:30 - 11:30 a.m.	Sept. 12 - Oct. 24	853	
			Oct. 31 - Dec. 12	1853	
	Thursday	7:30 - 8:30 p.m.	Sept. 13 - Oct. 25	854	
			Nov. 1 - Dec. 13	1854	
	Friday	10:30 - 11:30 a.m.	Sept. 14 - Oct. 26	855	
			Nov. 2 - Dec. 14	1855	
Therapeutic Water Stretch	Monday	2:00 - 2:45 p.m.	Sept. 10 - Oct. 29	856	
			Nov. 5 - Dec. 17	1856	
	Tuesday	7:30 - 8:15 p.m.	Sept. 11 - Oct. 23	857	
			Oct. 30 - Dec. 11	1857	
	Thursday	7:30 - 8:15 p.m.	Sept. 13 - Oct. 25	858	
			Nov. 1 - Dec. 13	1858	
Endurance/Stroke Improvement	Tuesday	10:30 - 11:30 a.m.	Sept. 11 - Oct. 23	859	
			Oct. 30 - Dec. 11	1859	
		8:30 - 9:30 p.m.	Sept. 11 - Oct. 23	860	
			Oct. 30 - Dec. 11	1860	
	Wednesday	1:30 - 2:30 p.m.	Sept. 12 - Oct. 24	861	
			Oct. 31 - Dec. 12	1861	
	Thursday	10:30 - 11:30 a.m.	Sept. 13 - Oct. 25	862	
			Nov. 1 - Dec. 13	1862	
		8:30 - 9:30 p.m.	Sept. 13 - Oct. 25	863	
			Nov. 1 - Dec. 13	1863	
	Friday	1:30 - 2:30 p.m.	Sept. 14 - Oct. 26	864	
			Nov. 2 - Dec. 14	1864	
	Saturday	11:00 - 12:00 noon	Sept. 15 - Oct. 27	865	
			Nov. 3 - Dec. 15	1865	

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. One of the goals of the Edmonton Aquadette Masters Swim Synchro Club is to send some members to the 1985 Pentadic Games in Toronto (for Master Sports). At present, swimmers in the Club range in age from 26 to 66 years of age.

Beginner	Wednesday	9:00 - 10:30 a.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)

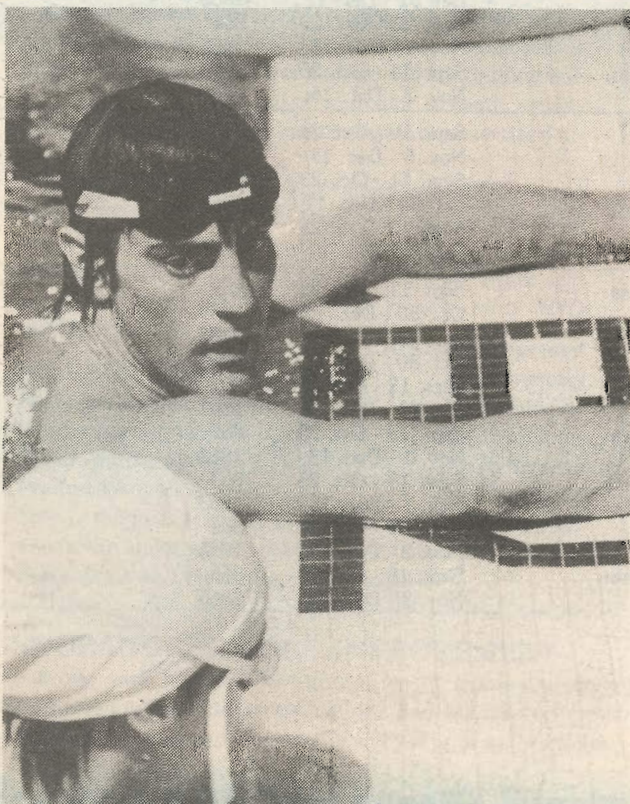
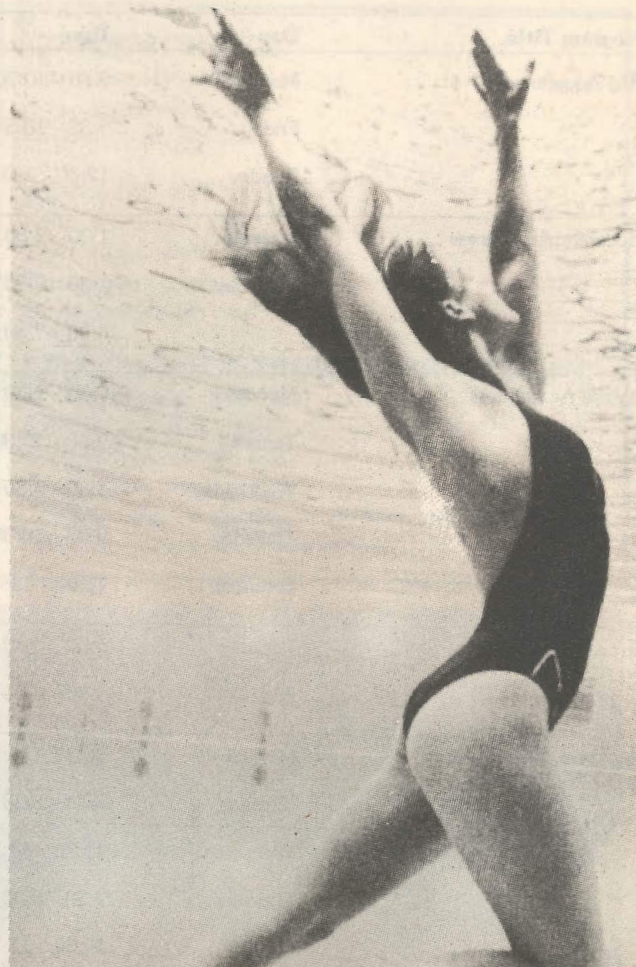
1.5 hours/week - \$19/month

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. Weight Room 5 - 5:30 p.m.
Tuesday	6:30 - 7:30 a.m.
Thursday	5:30 - 6:30 p.m. Weight Room 5 - 5:30 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.

YW Way to a Fit Lifestyle

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
- percentage body fat
- 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.

BODY COMPOSITION ASSESSMENT

This is designed for the person who is concerned about their weight. Weigh scales give an overall sum of total body weight - fat, bone, muscle and fluid. What you are really concerned about is what percentage of your weight is fat and whether it is at an acceptable level. This will be determined by taking skinfold measurements and will be followed by a counselling session.

Cost: \$10. For an appointment call **Ann Malsbury** at 423-9922.

FITNESS ON YOUR DOORSTEP

Do you live in an apartment or condominium? Would you like to have an aerobic dance class run in your building? All you need is a suitable room and fifteen or more participants. The YWCA can provide qualified instructors.

Contact: Ann Malsbury at 423-9922.

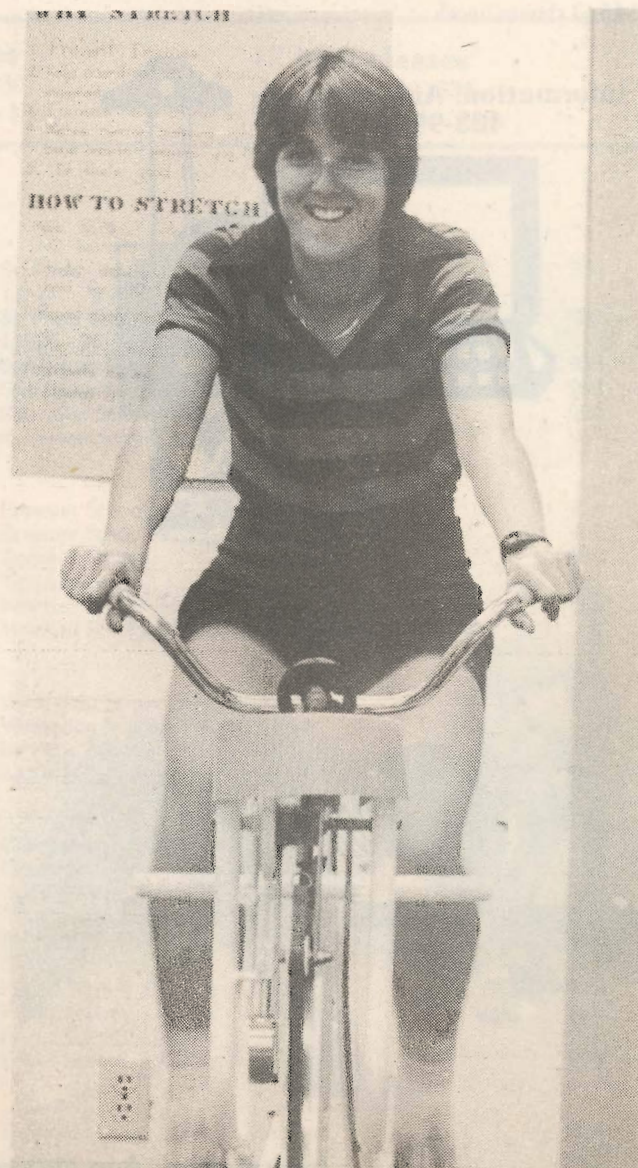
RELAXATION TRAINING

Courses which teach you the skills of "learning to relax" can be arranged for interested groups. Major focus is on the usage of progressive relaxation techniques. Taught by qualified occupational therapists. Contact **Ann Malsbury** at 423-9922.

FITNESS AT A CONFERENCE

Planning a conference? Why not provide an opportunity for participants to take a fitness class? The YWCA will come to your conference and teach aerobic fitness classes.

Contact: Ann Malsbury, 423-9922.



Fitness on the Job

Interested in fitness classes conveniently scheduled during noon hours, before or after work? If there are 15 or more men and women in your workplace who are interested in fitness classes, we'll come to you! These 8 week classes are accompanied by contemporary music.

• 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

• 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

\$30/2 classes/week

\$45/3 classes/week

• 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

\$50/1 class/week

• 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

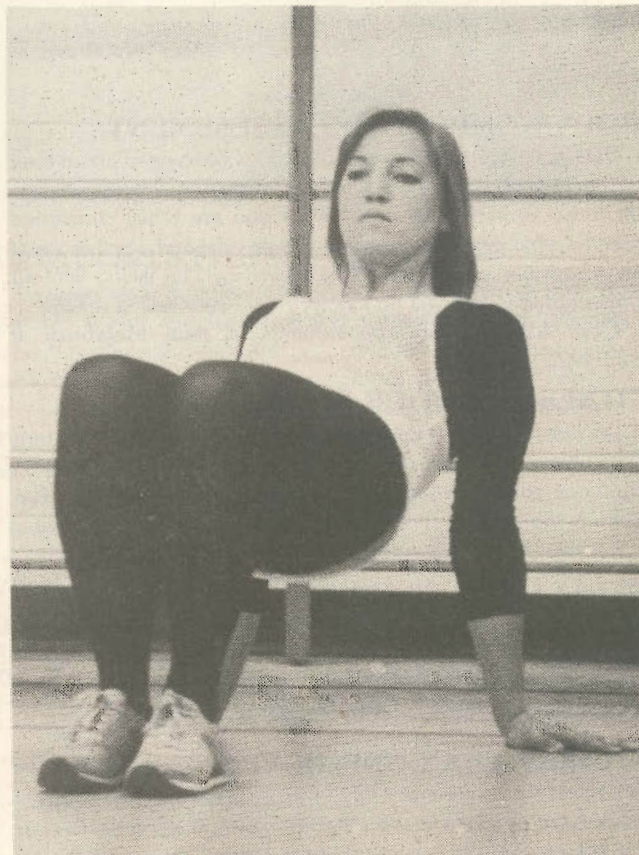
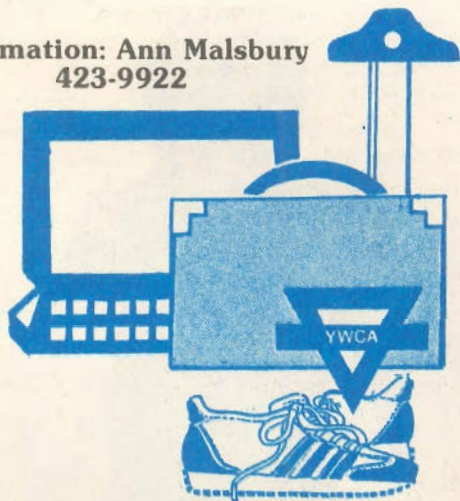
\$60/3 classes/week

• FITNESS TESTING AND COUNSELLING

Individual fitness assessments will be followed by counselling sessions.

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

Information: Ann Malsbury
423-9922



Information: Ann Malsbury 423-9922 (weekdays)

Fitness in Your Neighbourhood

Take advantage of an Aerobic Workout or Bodyshaping Class located close to home! The following locations, times and dates are TENTATIVE BOOKINGS which will be confirmed September 9, 1984. Call the YWCA to check on the class you want.

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

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!

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 are an excellent combination because Aerobic activities exercise the cardiovascular system and bodyshaping tones the body.

Babysitting

St. Pauls United Church only
\$16/child/session.

10 hour classes

One class/week - \$30
Two classes/week - \$56

12 hour classes

One class/week - \$36
Two classes/week - \$68

AEROBIC WORKOUT

Southwest

Monday	9:30 - 10:30 a.m.	Sept. 10 - Dec. 3 (Childcare Available)	12	St. Pauls United Church 11526 - 76 Ave.	950
Wednesday	9:30 - 10:30 a.m.	Sept. 12 - Nov. 28 (Childcare Available)	12	St. Pauls Church 11526 - 76 Ave.	951
Monday	8:15 - 9:15 p.m.	Sept. 17 - Dec. 10	12	Steinhauer School, 10717 - 32A Ave.	952
Wednesday	8:15 - 9:15 p.m.	Sept. 19 - Dec. 5	12	Steinhauer School, 10717 - 32A Ave.	953
Tuesday	7:00 - 8:00 p.m.	Oct. 2 - Dec. 4	10	Keheewin School, 1910 - 105 St.	956
Thursday	7:00 - 8:00 p.m.	Oct. 4 - Dec. 6	10	Keheewin School, 1910 - 105 St.	957

Southeast

Monday	8:00 - 9:00 p.m.	Oct. 1 - Dec. 10	10	Braemer School, 9359 - 67A St.	958
Wednesday	8:00 - 9:00 p.m.	Oct. 3 - Dec. 5	10	Braemer School, 9359 - 67A St.	959
Tuesday	7:00 - 8:00 p.m.	Oct. 2 - Dec. 4	10	Tipaskan School, 1200 Lakewood Rd. N.	960
Thursday	7:00 - 8:00 p.m.	Oct. 4 - Dec. 6	10	Tipaskan School, 1200 Lakewood Rd. N.	961
Tuesday	7:00 - 8:00 p.m.	Oct. 2 - Dec. 4	10	Minchau School, Millwoods Rd. & 36 Ave.	962
Thursday	7:00 - 8:00 p.m.	Oct. 4 - Dec. 6	10	Minchau School, Millwoods Rd. & 36 Ave.	963

West

Monday	7:15 - 8:15 p.m.	Oct. 1 - Dec. 10	10	Wellington School, 13160 - 127 St.	964
Wednesday	7:15 - 8:15 p.m.	Oct. 3 - Dec. 5	10	Wellington School, 13160 - 127 St.	965
Tuesday	7:15 - 8:15 p.m.	Oct. 2 - Dec. 4	10	La Perle School, 18715 - 97A Ave.	966
Thursday	7:15 - 8:15 p.m.	Oct. 4 - Dec. 6	10	La Perle School, 18715 - 97A Ave.	967

Northwest

Monday	8:00 - 9:00	Oct. 1 - Dec. 10	10	Caernarvon School, 14820 - 118 St.	970
Thursday	8:00 - 9:00 p.m.	Oct. 4 - Dec. 6	10	Caernarvon School, 14820 - 118 St.	971

Northeast

Monday	8:00 - 9:00 p.m.	Oct. 1 - Dec. 10	10	Belmont School, 3310 - 132A Ave.	972
Thursday	7:00 - 8:00 p.m.	Oct. 4 - Dec. 6	10	Belmont School, 3310 - 132A Ave.	973
Monday	7:00 - 8:00 p.m.	Oct. 1 - Dec. 10	10	Frazer School, 151 Ave. & 21 St.	975
Tuesday	8:00 - 9:00 p.m.	Oct. 2 - Dec. 4	10	Frazer School, 151 Ave. & 21 St.	976
Wednesday	7:00 - 8:00 p.m.	Oct. 3 - Dec. 5	10	Frazer School, 151 Ave. & 21 St.	977
Thursday	8:00 - 9:00 p.m.	Oct. 4 - Dec. 6	10	Frazer School, 151 Ave. & 21 St.	978

BODYSHAPING

Thursday	8:00 - 8:45 p.m.	Oct. 4 - Dec. 6	10	Belmont School, 3310 - 132A Ave.	974
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Fitness Downtown

The best for you . . .

We understand the importance of offering the best in fitness facilities and instruction . . . n contracts, fads or gimmicks, just fun, information and safe instruction designed to help yo 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 75 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 touch your toes when sitting (leg straight).	___	___
3. You can walk up one flight of stairs (14-15 steps) without being out of breath.	___	___
4. You can do 3 bent knee situps with someone holding your feet (hands at side).	___	___
5. 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.

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

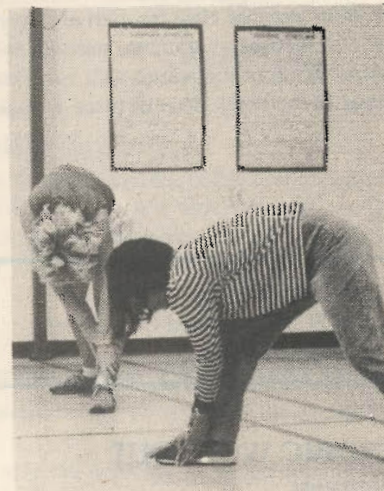
If you answered NO to two or more of the above, please register in a MODERATE CLASS. If you answered YES to all five . . . proceed to INTENSE LEVEL CHECK.

INTENSE LEVEL CHECK

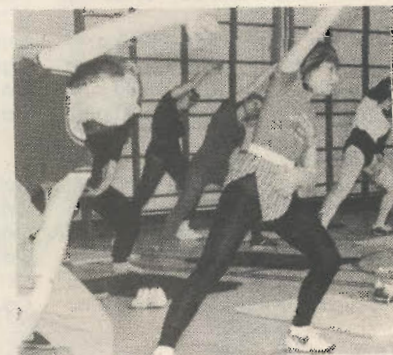
	YES	NO
1. You find an Intermediate Class easy.	___	___
2. You can run easily for 20-30 minutes (i.e., 3 miles).	___	___
3. You can do 15 pushups with knees on floor.	___	___
4. You can hold a chair sitting position for 60 seconds without a chair (back against wall, legs bent at knees at 90 degrees).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

RESULTS

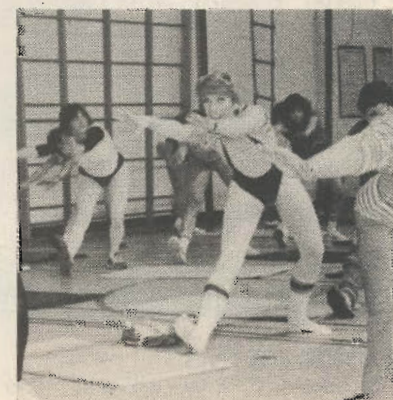
You should be able to answer YES to all five before attempting this level. If not, remain at MODERATE LEVEL for another season; then try again.



Mild Classes Page 21



Moderate Classes Page 22/23



Intense Classes Page 24

Mild Fitness Classes

* See FITNESS LEVEL CHECK, Page 20

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

NEW! NEW! NEW! NEW! NEW! NEW!

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

FITNESS FOR SENIORS

A gentle exercise class that works on flexibility, toning, balance, mobility and stamina. The piano accompaniment keeps things moving. (7 weeks)

\$25 1 class/week

\$46 2 classes/week

(1/2 price to those 60 years & older)

EXERCISES FOR EXPECTANT MOMS

Just because you're pregnant doesn't mean you have to stop exercising. This mild fitness class is for women starting their third to sixth month and it concentrates on flexibility, muscle toning and posture. This is not a training class for the birth process.

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

\$43 2 classes/week

WOMEN'S FITNESS GETAWAY WEEKEND

NEW! NEW! NEW! NEW! NEW! NEW!

Interested in a relaxing weekend away from home, focussing on fitness and lifestyle? See page 31 for details.

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**.

YOGA FOR 50 YEARS & OLDER

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

(7 weeks) **\$30**.

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

PROGRAM TITLE	DAY	TIME	DATES	NO.
39 & Holding	Monday	12:15 - 1:00 p.m.	Sept. 10 - Oct. 29	869
	Wednesday	12:15 - 1:00 p.m.	Nov. 5 - Dec. 17 Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	1869 870 1870
Aerobic Fitstarts	Tuesday	9:30 - 10:15 a.m.	Sept. 11 - Oct. 23	871
			Oct. 30 - Dec. 11	1871
	Tuesday	5:45 - 6:30 p.m.	Sept. 11 - Oct. 23	872
			Oct. 30 - Dec. 11	1871
	Thursday	9:30 - 10:15 a.m.	Sept. 13 - Oct. 25	873
			Nov. 1 - Dec. 13	1873
	Thursday	5:45 - 6:30 p.m.	Sept. 13 - Oct. 25	874
			Nov. 1 - Dec. 13	1874
Exercises for Expectant Moms	Tuesday	10:00 - 10:45 a.m.	Sept. 11 - Oct. 23	875
			Oct. 30 - Dec. 11	1875
	Tuesday	6:45 - 7:30 p.m.	Sept. 11 - Oct. 23	876
			Oct. 30 - Dec. 11	1876
	Thursday	6:45 - 7:30 p.m.	Sept. 13 - Oct. 25	877
			Nov. 1 - Dec. 13	1877
	Friday	10:00 - 10:45 a.m.	Sept. 14 - Oct. 26	878
			Nov. 2 - Dec. 14	1878
Fitness For Seniors	Monday	1:00 - 2:00 p.m.	Sept. 10 - Oct. 29	879
			Nov. 5 - Dec. 17	1879
	Thursday	1:00 - 2:00 p.m.	Sept. 13 - Oct. 25	880
			Nov. 1 - Dec. 13	1880
Yoga	Monday	7:00 - 8:30 p.m.	Sept. 10 - Oct. 29	881
			Nov. 5 - Dec. 17	1881
	Thursday	9:30 - 11:00 a.m.	Sept. 13 - Oct. 25	882
			Nov. 1 - Dec. 13	1882
Yoga For 50 & Over	Friday	1:00 - 2:30 p.m.	Sept. 14 - Oct. 26	883
			Nov. 2 - Dec. 14	1883

Moderate Fitness Classes

* See FITNESS LEVEL CHECK, Page 20

Moderate Fitness Classes start with a 10 minute Warm Up. During the session the Aerobic component will progress from 18 minutes to 25 minutes (except Bodyshaping). The Aerobic movements consist of: running, hopping, jumping, skipping, etc. The strength exercises will include more upper body work.

DROP-IN NOON HOUR FITNESS

NEW! NEW! NEW! NEW! NEW! NEW!

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 weeks)

7 class pass — **\$20**

14 class pass — **\$36**

21 class pass — **\$53**

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

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

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

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

\$49/ 2 classes/week

\$68/ 3 classes/week

WOMEN'S FITNESS GETAWAY WEEKEND

NEW! NEW! NEW! NEW! NEW! NEW!

Interested in a relaxing weekend away from home, focusing on fitness and lifestyle? See Page 31 for details.

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

\$49/ 2 classes/week

\$68/ 3 classes/week

DAWN FITNESS

A 45 minute fitness class first thing in the morning. (7 weeks)

\$23/ 1 class/week

\$43/ 2 classes/week

PROGRAM TITLE	DAY	TIME	DATES	NO.
Drop-In Noon Fitness	Monday	12:15 - 12:45 p.m.	Sept. 10 - Oct. 29 Nov. 5 - Dec. 17	884 1884
	Tuesday	12:15 - 12:45 p.m.	Sept. 11 - Oct. 23 Oct. 30 - Dec. 11	886 1886
	Wednesday	12:15 - 12:45 p.m.	Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	888 1888
	Thursday	12:15 - 12:45 p.m.	Sept. 13 - Oct. 25 Nov. 1 - Dec. 13	890 1890
	Friday	12:15 - 12:45 p.m.	Sept. 14 - Oct. 26 Nov. 2 - Dec. 14	892 1882
After Work Fitness	Monday	5:00 - 5:30 p.m.	Sept. 10 - Oct. 29 Nov. 5 - Dec. 17	885 1885
	Tuesday	5:00 - 5:30 p.m.	Sept. 11 - Oct. 23 Oct. 30 - Dec. 11	887 1887
	Wednesday	5:00 - 5:30 p.m.	Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	889 1889
	Thursday	5:00 - 5:30 p.m.	Sept. 13 - Oct. 25 Nov. 2 - Dec. 14	890 1890

PURCHASE PASS
CARDS AT
REGISTRATION

Moderate Fitness Classes

PROGRAM TITLE	DAY	TIME	DATES	NO.
Rush Hour Fitness	Monday	4:45 - 5:25 p.m.	Sept. 10 - Oct. 29 Nov. 5 - Dec. 17	893 1893
	Tuesday	4:45 - 5:25 p.m.	Sept. 11 - Oct. 23 Oct. 30 - Dec. 11	894 1894
	Wednesday	4:45 - 5:25 p.m.	Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	895 1895
	Thursday	4:45 - 5:25 p.m.	Sept. 13 - Oct. 25 Nov. 1 - Dec. 13	896 1896
	Friday	4:45 - 5:25 p.m.	Sept. 14 - Oct. 26 Nov. 2 - Dec. 14	897 1897
Moderate Workout	Monday	10:30 - 11:15 a.m. 7:30 - 8:15 p.m.	Sept. 10 - Oct. 29 Nov. 5 - Dec. 17 Sept. 10 - Oct. 29 Nov. 5 - Dec. 17	898 1898 899 1899
	Wednesday	10:30 - 11:15 p.m. 7:30 - 8:15 p.m.	Sept. 12 - Oct. 24 Oct. 31 - Dec. 12 Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	900 1900 901 1901
	Friday	10:30 - 11:15 a.m.	Sept. 14 - Oct. 26 Nov. 2 - Dec. 14	902 1902
Bodyshaping	Tuesday	10:30 - 11:30 a.m. 7:30 - 8:30 p.m.	Sept. 11 - Oct. 23 Oct. 30 - Dec. 11 Sept. 11 - Oct. 23 Oct. 30 - Dec. 11	903 1903 904 1904
	Thursday	10:30 - 11:30 a.m. 7:30 - 8:30 p.m.	Sept. 13 - Oct. 25 Nov. 1 - Dec. 13 Sept. 13 - Oct. 25 Nov. 1 - Dec. 13	905 1905 906 1906
	Friday	10:30 - 11:30 a.m.	Sept. 14 - Oct. 26 Nov. 2 - Dec. 14	907 1907
Dawn Fitness	Wednesday	7:00 - 7:45 a.m.	Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	908 1908
	Friday	7:00 - 7:45 a.m.	Sept. 14 - Oct. 26 Nov. 2 - Dec. 14	909 1909
Aerobic Workout I	Monday	9:30 - 10:30 a.m. 5:30 - 6:30 p.m.	Sept. 10 - Oct. 29 Nov. 5 - Dec. 17 Sept. 10 - Oct. 29 Nov. 5 - Dec. 17	910 1910 911 1911
	Tuesday	6:30 - 7:30 p.m.	Sept. 11 - Oct. 23 Oct. 30 - Dec. 11	912 1912
	Wednesday	9:30 - 10:30 a.m. 5:30 - 6:30 p.m.	Sept. 12 - Oct. 24 Oct. 31 - Dec. 12 Sept. 12 - Oct. 24 Oct. 31 - Dec. 12	913 1913 914 1914
	Thursday	6:30 - 7:30 p.m.	Sept. 13 - Oct. 25 Nov. 1 - Dec. 13	915 1915
	Friday	9:30 - 10:30 a.m.	Sept. 14 - Oct. 26 Nov. 2 - Dec. 14	916 1916
	Saturday	10:30 - 11:30 a.m. 1:15 - 2:15 p.m.	Sept. 15 - Oct. 27 Nov. 3 - Dec. 15 Sept. 15 - Oct. 27 Nov. 3 - Dec. 15	917 1917 918 1918

Intense Fitness Classes

* See FITNESS LEVEL CHECK, Page 20

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.

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)

45-minute class:

\$23/ 1 class/week

\$43/ 2 classes/week

1 hour class:

\$25/ 1 class/week

\$49/ 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

\$49/ 2 classes/week

\$68/ 3 classes/week

ADVANCED WORKOUT

An intense 90 minute fitness class. (7 weeks)

\$29/ 1 class/week

\$55/ 2 classes/week

WOMEN'S FITNESS GETAWAY WEEKEND

NEW! NEW! NEW! NEW! NEW! NEW!

Interested in a relaxing weekend away from home, focusing on fitness and lifestyle? See Page 31 for details.

PROGRAM TITLE	DAY	TIME	DATES	NO.
Body Shaping II	Monday	5:45 - 6:45 p.m.	Sept. 10 - Oct. 29	919
			Nov. 5 - Dec. 17	1919
	Tuesday	12:05 - 12:50 p.m.	Sept. 11 - Oct. 23	920
			Oct. 30 - Dec. 11	1920
	Wednesday	5:45 - 6:45 p.m.	Sept. 12 - Oct. 24	921
			Oct. 31 - Dec. 12	1921
	Thursday	12:05 - 12:50 p.m.	Sept. 13 - Oct. 25	922
			Nov. 1 - Dec. 13	1922
Aerobic Workout II	Monday	6:30 - 7:30 p.m.	Sept. 10 - Oct. 29	923
			Nov. 5 - Dec. 17	1923
	Tuesday	9:30 - 10:30 a.m.	Sept. 11 - Oct. 23	924
			Oct. 30 - Dec. 11	1924
		5:30 - 6:30 p.m.	Sept. 11 - Oct. 23	925
			Oct. 30 - Dec. 11	1925
	Wednesday	6:30 - 7:30 p.m.	Sept. 12 - Oct. 24	926
			Oct. 31 - Dec. 12	1926
	Thursday	9:30 - 10:30 a.m.	Sept. 13 - Oct. 25	927
			Nov. 1 - Dec. 13	1927
		5:30 - 6:30 p.m.	Sept. 13 - Oct. 25	928
			Nov. 1 - Dec. 13	1928
	Saturday	9:30 - 10:30 a.m.	Sept. 15 - Oct. 27	929
			Nov. 3 - Dec. 15	1929
Advanced Workout	Friday	5:30 - 6:45 p.m.	Sept. 14 - Oct. 26	930
			Nov. 2 - Dec. 14	1930
	Saturday	12:00 - 1:15 p.m.	Sept. 15 - Oct. 27	931
			Nov. 3 - Dec. 15	1931
	Sunday	10:30 - 11:45 a.m.	Sept. 16 - Oct. 28	932
			Nov. 4 - Dec. 16	1932

Have you considered being a Fitness Leader?

Consult Page 6 for Fitness & Aquafitness Leadership opportunities.

YWCA 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.
- Access to two fitness or 2 Aquafitness classes weekly
- Discounts on racquetball lessons and esthetic services

FACILITIES

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

ESPECIALLY FOR YOU . . .

Why not treat yourself to: A massage, facial, reflexology, lash tints, a manicure, or pedicure? You deserve it! Members of the Fitness Centre receive special discount prices, but we more than welcome all of the public! See page 26 for details.

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

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)

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

INFORMATION: 423-9922

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

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

Weight Training for Men and Women

WEIGHT ROOM FACILITIES

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

WEIGHT ROOM HOURS

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

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

(excluding times noted below for clinics and classes).

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

INTRODUCTORY WEIGHT TRAINING FOR MEN AND WOMEN WORKSHOPS

DAY	DATE	TIMES	NO.	COST
Saturday	September 15	9:30 a.m. - 12:30 p.m.	735	\$15
Saturday	September 29	9:30 a.m. - 12:30 p.m.	736	\$15
Saturday	October 13	9:30 a.m. - 12:30 p.m.	737	\$15
Saturday	October 27	9:30 a.m. - 12:30 p.m.	738	\$15
Saturday	November 17	9:30 a.m. - 12:30 p.m.	739	\$15
Saturday	December 1	9:30 a.m. - 12:30 p.m.	740	\$15

Racquetball

HOURS:

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

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.

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.

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.

Wednesday	September 12	7:00 - 10:00 p.m.	720
Saturday	September 29	10:00 a.m. - 1:00 p.m.	721
Wednesday	October 17	7:00 - 10:00 p.m.	722
Saturday	November 3	10:00 a.m. - 1:00 p.m.	723
Wednesday	November 21	7:00 - 10:00 p.m.	724
Saturday	December 8	10:00 a.m. - 1:00 p.m.	725

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.

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).

MASSAGE AND ESTHETIC SERVICES FOR MEN AND WOMEN

Enjoy a relaxing therapeutic massage.

\$23 - 1/2 hour

\$28 - 1 hour

ALSO:

• Reflexology - \$21

• Facials - \$28

• Pedicures - \$29

• Manicures - \$11

• Eyelash tints - \$13

Call 423-9922, extension 6129 for an appointment or visit the Women's Fitness Centre.

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 PATTI ST. PIERRE, 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 PATTI ST. PIERRE 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.

CHRISTMAS CRAFTS

Create Christmas decorations and gifts for yourself or family and friends. Choose from such projects as dough art, pine cone wreath, candles, centrepiece, stained glass art, stocking, cards or anything else you may wish to make.

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.

PROGRAM TITLE	DAY	TIME	DATES	NO.	COST
Jazz Dance	Saturday	2:15 - 3:15 p.m.	Sept. 15 - Oct. 20 Oct. 27 - Dec. 1	700 707	\$16
Racquetball	Saturday	1:00 - 2:00 p.m.	Sept. 15 - Oct. 13 Nov. 3 - Dec. 1	701 708	\$20
Weight Training	Monday	7:30 - 8:30 p.m.	Sept. 17 - Oct. 22 (no class Oct. 8) Nov. 5 - Dec. 3	702 709	\$16
Sports Experience	Tuesday	7:30 - 9:00 p.m.	Oct. 16 - Nov. 6	704	\$15
Basic Gourmet Cooking	Monday	7:00 - 9:00 p.m.	Oct. 15 - Dec. 3	703	\$24
Leisure Awareness	Wednesday	7:00 - 9:00 p.m.	Oct. 17 - Dec. 5	705	\$18
Christmas Crafts	Thursday	7:30 - 9:00 p.m.	Oct. 18 - Dec. 6	706	\$21

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

Disco-Jive

A four week basic course in Jive and variations for today's music.

Waltz the Night Away

A four week basic course in:

1. Old-time Waltz
2. Viennese Waltz
3. Slow Waltz
4. 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. Polka & other old-time dances
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 a combination of the four week courses, including THAT LATIN FEELING.

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.	Sept. 10 - Oct. 1 (4 wks.) 4 hrs.	676	\$30/couple
			Oct. 15 - Nov. 5 (4 wks.) 4 hrs.	677	
			Nov. 12 - Dec. 3 (4 wks.) 4 hrs.	678	
Disco-Jive	Tuesday	7:30 - 8:30 p.m.	Sept. 11 - Oct. 2 (4 wks.) 4 hrs.	679	\$30/couple
			Oct. 9 - Oct. 30 (4 wks.) 4 hrs.	680	
			Nov. 6 - Nov. 27 (4 wks.) 4 hrs.	681	
Waltz the Night Away	Thursday	7:30 - 8:30 p.m.	Sept. 13 - Oct. 4 (4 wks.) 4 hrs.	682	\$30/couple
			Oct. 11 - Nov. 1 (4 wks.) 4 hrs.	683	
			Nov. 8 - Nov. 29 (4 wks.) 4 hrs.	684	
Survival on the Dance Floor	Tuesday	8:30 - 10:00 p.m.	Sept. 11 - Oct. 2 (4 wks.) 6 hrs.	685	\$45/couple
			Oct. 9 - Oct. 30 (4 wks.) 6 hrs.	686	
			Nov. 6 - Nov. 27 (4 wks.) 6 hrs.	687	
Social Dance I	Wednesday	7:30 - 9:00 p.m.	Sept. 12 - Oct. 24 (7 wks.) 10 1/2 hrs.	688	\$75/couple
	Thursday	8:30 - 10:00 p.m.	Oct. 31 - Dec. 12 (7 wks.) 10 1/2 hrs.	689	
			Sept. 13 - Oct. 25 (7 wks.) 10 1/2 hrs.	690	
Social Dance II	Monday	8:30 - 10:00 p.m.	Nov. 1 - Dec. 13 (7 wks.) 10 1/2 hrs.	691	\$75/couple
			Sept. 10 - Oct. 29 (7 wks.) 10 1/2 hrs.	692	
			Nov. 5 - Dec. 17 (7 wks.) 10 1/2 hrs.	693	
Jazz	Wednesday	6:45 - 7:45 p.m.	Sept. 12 - Oct. 24 (7 wks.)	694	\$28
		7:45 - 8:45 p.m.	Oct. 31 - Dec. 12 (7 wks.)	695	
			Sept. 12 - Oct. 24 (7 wks.)	696	\$28
			Oct. 31 - Dec. 12 (7 wks.)	697	

Special Interest

EFFECTIVE SPEAKING

NEW! NEW! NEW! NEW! NEW! NEW!

Increase your confidence and skills as a communicator at home, at work and in the community through the popular CHRISTOPHER LEADERSHIP COURSE. Learn to organize your thoughts, prepare talks, remember names, present impromptu speeches, introduce speakers and other practical skills

necessary for effective communication.

The course will be led by a minimum four persons using team teaching methods which stress participation. For further information about the course or others held throughout the city call 462-2406. Registration will be taken by mail or in person at the YWCA.

DAY	TIME	DATES	NO.	COST
Wednesdays	7:30 - 10:30 p.m.	Sept. 12 - Nov. 13	990	\$60/person - \$80/couple

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.

Instructors: Kathy and Jacques St. Onge.

AGE	DAY	TIME	DATES	NO.	COST
5 - 8 years	Saturdays	2:30 - 3:30 p.m.	Sept. 15 - Oct. 27 Nov. 3 - Dec. 15	936 1936	\$25/child
9 - 12 years	Saturdays	3:30 - 4:30 p.m.	Sept. 15 - Oct. 27 Nov. 3 - Dec. 15	937 1937	

BASIC BRIDGE

Standard American Contract Bridge. Instruction in bidding followed by actual playing. All levels welcome. OPEN TO MEN AND WOMEN.

DAY	TIME	DATES	NO.	COST
Monday	1:30 - 3:30 p.m.	Sept. 17 - Nov. 26 (no class Oct. 8)	718	\$50
Tuesday	7:30 - 9:30 p.m.	Sept. 18 - Nov. 20	719	\$50

Prenatal

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, 7 weeks, classes starting September and November

DAY	TIME	DATES	NO.
Monday	7:00 - 9:00 p.m.		981
Tuesday	7:00 - 9:00 p.m.		982

*Dates and location T.B.A. Call the YWCA in August for details.

*Also see Prenatal Fitness, page 21 and Prenatal Aquatic Fitness page 14.



THE YWCA YEAR ROUND CENTRE FOR

- OUTDOOR RECREATION
- ENVIRONMENTAL EDUCATION
- LEADERSHIP DEVELOPMENT

YoWoChAs Centre



Located 80 km west of Edmonton on Lake Wabamun

YoWoChAs Centre is available for group rental for retreats, workshops, seminars and special closed courses. If you have a group with a particular need, our program staff is available for consultation and program development, to assist you. Call the Centre at 423-3811.

YoWoChAs Centre First Aid courses are especially designed for persons working and recreating outdoors. All course fees include accommodation, meals and instruction.

WILDERNESS "FIRST RESPONDER" COURSE

This course emphasizes practical experience in wilderness oriented first aid for outdoor enthusiasts who wish to feel more comfortable in dealing with emergency situations.

A review of basic first aid, primary and secondary body surveys, improvising splints and dealing with fractures, common medical emergencies, common environmental injuries, dealing with head and spinal injuries, priorities in wilderness accident response, trip safety preparation and first aid kits. Students will all be involved as victims and rescuers in outdoor simulations.

Cost: \$65

Prerequisites: St. John or Red Cross Standard First Aid or equivalent.

Dates: Oct. 26 - 28, 1984

Nov. 9 - 11, 1984

Feb. 22 - 24, 1985

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'.

Cost: \$325

Dates: October 31 - November 4 and November 14 - 18, 1984
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 recertified as Wilderness Medical Technicians by the Association of Wilderness Medical Technicians.

Cost: \$120

Dates: November 23 - 25, 1984 or

February 22 - 24, 1985

CARDIO PULMONARY RESUSCITATION

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

Cost: \$110

Information: 423-3811

**Registration for all first aid courses by mail to:
YoWoChAs Centre, Fallis, Alberta, T0E 0V0.**

YoWoChAs Centre

WOMEN'S FITNESS ESCAPE WEEKEND

Interested in a relaxed weekend, away from home, focussing on fitness and lifestyle? Share two of the YWCA's greatest assets, quality fitness programs and beautiful YoWoChAs Centre on Lake Wabamun. Join other women of all ages and fitness levels for two days and evenings of information and activities guaranteed to help you.

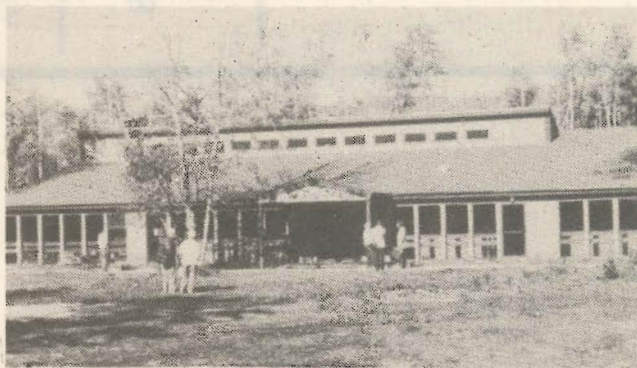
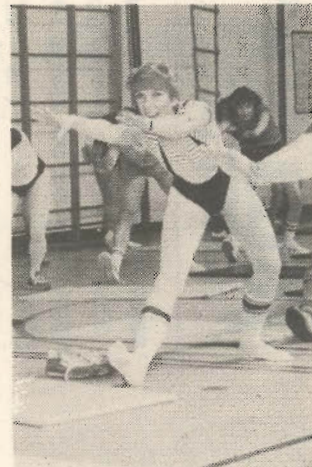
Begin the weekend with a fitness appraisal to help you set personal goals and choose activities. Moderate and intense level Aerobics and Body Shaping classes will be offered, as well as lecture/discussions on nutrition, coping with stress, motivation for staying fit, and new strategies for developing and maintaining a healthier lifestyle. Opportunities to walk or run the wooded trail system on picturesque "Coal Point" compliment the structured classes.

We haven't forgotten time just for you. Canoe, sail, chat with a friend, curl up in front of the fireplace with a good book or enjoy a sauna.

Our team of lifestyle resource persons will be led by Kathy Marvin.

DATE: September 14 - 16 (Friday evening to Sunday 4 p.m.)
(Similar weekends scheduled January 25-27 & May 3-5. Watch for details.)

COST: \$90. (includes meals, accommodation, instruction and full use of facilities) #933



DID YOU KNOW?

- Our pools are available on a rental basis ... Why not use them for a birthday party, group outing, or special event? Our staff and equipment are available to help make your activity fun.

- We offer public swimming to all age groups — schedules available at the YWCA Reception Desk — Main Floor.

- Information — Diane Kitchen 423-9922 Weekdays.



YOU CAN HELP!

The YWCA will be holding a fundraising Flea Market and Craft Sale, November 3 & 4, 1984. Donations of household items, furniture, clothing, books, collectibles and sports equipment would be welcome. Please deliver to front desk -YWCA 103 St. & 100 Ave.

WATCH FOR DETAILS ON WINTER & SPRING PROGRAMS

January - June, 1985

Available November 15, 1984 at the
YWCA & Edmonton Public Libraries.

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



YWCA

10305 - 100 Avenue,
Edmonton, Alberta T5J 3C8

SEND TO: