

YWCA FALL '83

September - December



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



Registration

Registration for YWCA Fall Classes begins Monday, June 27 by:

MAIL OR IN PERSON

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

Monday - Thursday 8:30 a.m. - 6:30 p.m.

Friday 8:30 a.m. - 4:00 p.m.



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

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.

TRANSFERS/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. A 25% discount on YoWoChAs Centre Programmes will be given to those 60 years and over. Reduced rates on accommodation for senior women also available.

PARKING

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

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

Patti Parker
Special Services Director
Phone: 423-9922



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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 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 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 in 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 \$15 annual membership fee entitles you to:

- Nominate women to the Board of Directors.
- Attend Annual Meetings to elect your Board of Directors who set policy.
- Nominate and elect delegates to attend Convention every four years. Our 1981 Convention, was held in Victoria, B.C.
- Mailed programme brochures and newsletter.
- 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

For Your Convenience...

THE SHOP★

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

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

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

CAFETERIA

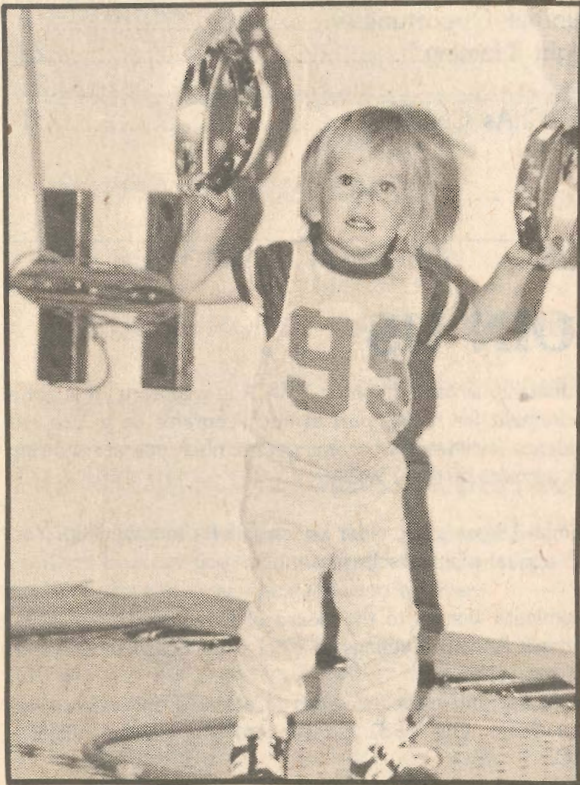
The Sarah Golden Cafeteria is located in the Downtown YWCA 10305-100 Avenue and is open daily to the public.

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

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

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

For further information call: Cafeteria Manager 423-9922.



CHILD CARE★

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

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

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

COST: \$1.85/hour; \$1.00/hour for each additional child in a family. (effective Sept. 1/83).

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
- Preschool (3-5 years) Main Floor

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

For further information: Child Care 423-9922.

Accommodation

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

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

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 adults learn to read and write
- Assist with fundraising projects

As 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.

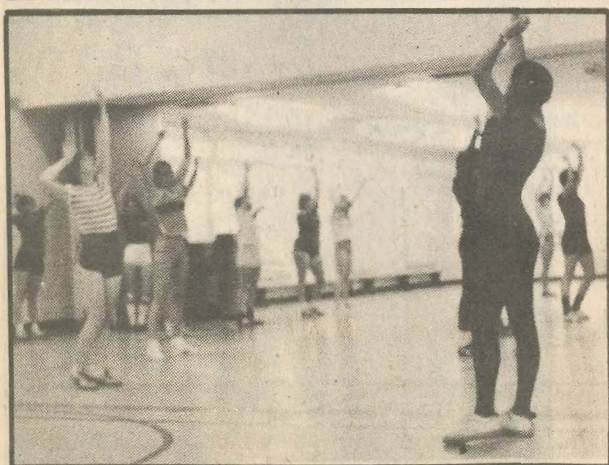
Develop Your Leadership Skills

• FITNESS LEADERSHIP COURSE

Become a certified National YWCA Fitness Instructor . . . A 12-week, 66 hour course provides the theoretical and practical knowledge required to lead a safe and enjoyable adult fitness class. Some of the topics covered include: Anatomy, Physiology, Exercise Physiology, Program Planning, Class Organization, Exercise Precautions, Leadership Skills, First aid and C.P.R.

As well as completing assignments, 8 classes of in-service practicum will be arranged at the successful completion of the 12-week course. For more detailed information and an application form, please phone Susan Coward at 423-9922.

Application Deadline - July 15, 1983 \$120
Dates: Monday, 6:30-9:30 p.m. September 19 - December 12. #813.



Watch for preschool, outdoor recreation, aquatics and teen leadership workshops in the YWCA "Winter/Spring" Brochure.

FAMILY RELIEF SERVICE

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.

YWCA trained care providers include:

1. COMPANION SITTER:

Individuals who will provide care in the home for a few hours at a time.

2. COMMUNITY HOST FAMILIES:

Families who are interested in providing relief services in their own homes.

3. HOMEMAKER

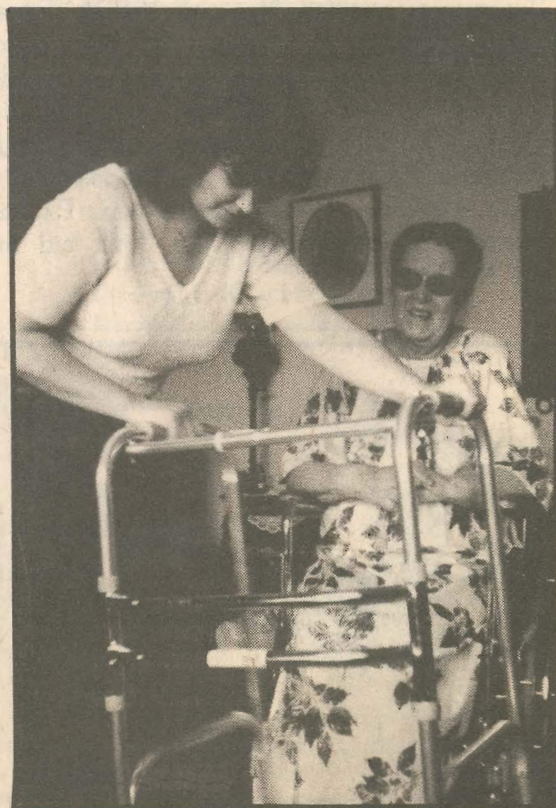
Individuals who will provide twenty-four hour care in the home of the handicapped person to that person and other children in the family.

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 of the individual and family, matching the family with an appropriate care provider, and follow-up.

Phone: FAMILY RELIEF SERVICE 423-9922.



ON YOUR OWN? ★

You need not be . . . The **"ON OUR OWN" RESOURCE CENTRE** is a friendly support service for widowed men and women. The Centre is located in the YWCA and offers a wide variety of programs and services of interest to widowed persons. You will also find a library specially stocked with helpful reading material. (Child Care is available for young widowed moms or dads).

"ON YOUR 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.

WHO IS A VOLUNTEER COUNSELLOR?

She . . . is a person who has been through the experience of loss; is a listening ear - on the telephone or in person; knows where to get legal, financial or career counselling; can assist with problem solving, or decision making; can recommend helpful reading material; can accompany you to On Our Own programs. ★

LIVING THROUGH LOSS

In the past when there was a death, the community virtually put its arms around the family to provide support. In today's highly mobile isolated society, families are often left alone to deal with their grief at a time when they most need help. The "Living Through Loss" group provides support for widowed persons wanting to move through loss toward regained physical and mental well being.

Fee: \$35.00 (Can be subsidized)

Wednesdays 1:15 - 3:30 p.m. #736 Sept. 14 - Oct. 26 OR #1736 Nov. 2 - Dec. 14.
(Evening - will be set up if required).

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. No Fee. Thursdays 1:15 - 3:30 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 night of each month, 7 p.m., in the On Our Own Resource Centre. No fee. IN DECEMBER, be sure not to miss our ANNUAL CHRISTMAS DINNER!



"ON OUR OWN"
resource centre

**FOR INFORMATION ABOUT
"ON YOUR OWN" CALL LYNN ROCK
WEEKDAYS AT 423-9922**



Pre-School

PARENTS AND TOTS TOGETHER

Take advantage of these opportunities to live, learn and laugh along with your pre-school child. Become involved in a pre-school fitness or fine arts program that provides discovery and fun for parents and children alike. Mix and match your choice of active and/or creative sessions. Try something different this year.

\$20 one class/week or \$35 2 classes/week

March Session

\$23 one class/week or \$40 2 classes/week

April Session

MUSICAL FRIENDS ★

Have you always wanted to learn new songs and musical games to sing with your pre-schooler? Here's the way to gain confidence and have a great time with your child. Songs, movement games and simple instruments will be combined in an enjoyable experience for all involved. Let the music that's within you resound!

DISCOVERING ART TOGETHER ★

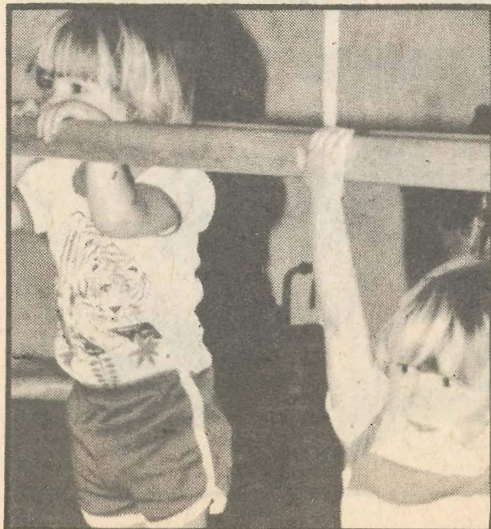
Now's your chance to let the "child-within" you discover the real fun in creating with art materials. Together, you and your pre-school child will find out the endless possibilities of paint, clay and other exciting mediums. Lots of take-home ideas too!

TOT SWIM ★

A chance to combine fun in the water with one of the other preschooler/parent programs described above. Conveniently scheduled to coordinate with other special interest classes, children will participate in aquatic activities similar to those described for Minnows, Guppies & Fishtails classes.

Also see preschool gym & swim and preschool aquatics for additional classes.

| | | | | | |
|-------------------------------------------|------------------------------|------------------|----------------|------|-------|
| Creative Play for Babies (6 to 12 months) | Wednesday 9:30 - 10:15 a.m. | Sept. 14-Oct. 26 | YoWoChAs Rm. | 728 | \$24 |
| Creative Play for Babies (12 - 18 months) | Wednesday 10:30 - 11:15 a.m. | Nov. 2-Dec. 14 | YoWoChAs Rm. | 1728 | \$24. |
| Discovering Art Together (2 & 3 yr.) | Tuesday 9:45 - 10:30 a.m. | Sept. 14-Oct. 26 | YoWoChAs Rm. | 729 | \$24. |
| Discovering Art Together (4 & 5 yr.) | Tuesday 10:45 - 11:30 a.m. | Nov. 2-Dec. 14 | North Club Rm. | 1729 | \$24. |
| Musical Friends (3 - 5 yr.) | Friday 10:30 - 11:15 a.m. | Sept. 13-Oct. 25 | North Club Rm. | 724 | \$20 |
| Tot Swim (2 - 5 yr.) | Friday 9:30 - 10 a.m. | Nov. 1-Dec. 13 | North Club Rm. | 1724 | \$20 |
| | | Sept. 13-Oct. 25 | North Club Rm. | 725 | \$20 |
| | | Nov. 1-Dec. 13 | North Club Rm. | 1725 | \$20 |
| | | Sept. 16-Oct. 28 | North Club Rm. | 726 | \$20 |
| | | Nov. 4-Dec. 16 | North Club Rm. | 1726 | \$20 |
| | | Sept. 16-Oct. 28 | Pool | 727 | \$23 |
| | | Nov. 4-Dec. 16 | Pool | 1727 | \$23 |



Pre-School Gym and 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 of 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.
\$18 Gym Only; \$28 Gym & Swim.

TINY TOTS GYM

A special time for little tots (walking to 2 yrs.) to explore and have fun with Mom or Dad in our play environment. Basic movement activities as well as equipment tasks give an excellent start to your child's physical development. \$18.

RUNNIN' AND ROMPIN' TOGETHER *

A fun class to music that will get you & your child moving. The 45-minute class will include a warm-up, aerobics and cool down. Use of pre-school and popular music along with small apparatus guarantees never a dull moment. \$20

PRE-SCHOOL GYM & SWIM

| | | | | GYM & SWIM | GYM ONLY |
|------------|-----------|-----------------------------------------------|------------------------------------|---------------|----------------|
| 2 yrs. | Monday | Gym 10:10-10:50 a.m. Pool 9:30-10:00 a.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | #710 1710 | #710A 1710A |
| | Wednesday | Gym 10:50-11:30 a.m. Pool 11:40-12:10 a.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | 711 1711 | 711A 1711A |
| | Saturday | Gym 9:30-10:10 a.m. Pool 10:20-10:50 a.m. | Sept. 17-Oct. 29 Nov. 5-Dec. 17 | 712 1712 | 712A 1712A |
| 3 yrs. | Monday | Gym 10:50-11:30 a.m. Pool 11:40-12:10 a.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | 713 1713 | 713A 1713A |
| | Wednesday | Gym 10:10-10:50 a.m. Pool 9:15-9:45 a.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | 714 1714 | 714A 1714A |
| | Saturday | Gym 10:50-11:30 a.m. Pool 11:40-12:10 p.m. | Sept. 17-Oct. 29 Nov. 5-Dec. 17 | 715 1715 | 715A 1715A |
| 4 & 5 yrs. | Monday | Gym 9:30-10:10 a.m. Pool 10:20-10:50 a.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 10 | 716 1716 | 716A 1716A |
| | Wednesday | Gym 9:30-10:10 a.m. Pool 10:20-10:50 a.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | 717 1717 | 717A 1717A |
| | Saturday | Gym 10:10-10:50 a.m. Pool 11:00-11:30 a.m. | Sept. 17-Oct. 29 Nov. 5-Dec. 17 | 718 1718 | 718A 1718A |

TINY TOTS GYM

| | | | | |
|------------------|---------|------------------|------------------------------------|-------------|
| (walking-2 yrs.) | Tuesday | 9:00-9:40 a.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | 719 1719 |
| | Friday | 11:20-12:00 a.m. | Sept. 16-Oct. 28 Nov. 4-Dec. 16 | 720 1720 |

RUNNIN' & ROMPIN'

| | | | | |
|------------|---------|------------------|------------------------------------|-------------|
| 2 & 3 yrs. | Tuesday | 11:15-12:00 p.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | 721 1721 |
| | Friday | 10:00-10:45 a.m. | Sept. 16-Oct. 28 Nov. 4-Dec. 16 | 722 1722 |
| 4 & 5 yrs. | Friday | 9:15-10:00 a.m. | Sept. 16-Oct. 28 | 723 |
| | | | Nov. 4-Dec. 16 | 1723 |

Pre-school Aquatics

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

\$20 - 7 weeks

PRE-SCHOOL AQUATICS AGE GROUPINGS

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

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

What should your child wear?

Swimsuit

Training pants and a T-shirt

Sunsuit

Please do not put pampers, diapers or rubber pants on your child. These become very uncomfortable when in the water.



| | | | | |
|----------------|-----------|------------------|------------------|------|
| Water Babies I | Monday | 10:10:30 a.m. | Sept. 12-Oct. 31 | #600 |
| | | | Nov. 7-Dec. 19 | 1600 |
| | Tuesday | 11:45-12:15 p.m. | Sept. 13-Oct. 25 | 601 |
| | | | Nov. 1-Dec. 13 | 1601 |
| | Tuesday | 2-2:30 p.m. | Sept. 13-Oct. 25 | 602 |
| | | | Nov. 1-Dec. 13 | 1602 |
| | Wednesday | 9:45-10:15 p.m. | Sept. 14-Oct. 26 | 603 |
| | | | Nov. 2-Dec. 14 | 1603 |
| | Thursday | 11:45-12:15 p.m. | Sept. 15-Oct. 27 | 604 |
| | | | Nov. 3-Dec. 15 | 1604 |
| | Friday | 10:45-11:15 a.m. | Sept. 16-Oct. 28 | 605 |
| | | | Nov. 4-Dec. 16 | 1605 |
| | Saturday | 12:15-12:45 p.m. | Sept. 17-Oct. 29 | 606 |
| | | | Nov. 5-Dec. 17 | 1606 |
| | Sunday | 10-10:30 a.m. | Sept. 18-Oct. 30 | 607 |
| | | | Nov. 6-Dec. 18 | 1607 |
| | Sunday | 12:45-1:15 p.m. | Sept. 18-Oct. 30 | 608 |
| | | | Nov. 6-Dec. 18 | 1608 |
| Water Babies 2 | Monday | 11-11:30 a.m. | Sept. 12-Oct. 31 | 609 |
| | | | Nov. 7-Dec. 19 | 1609 |
| | Tuesday | 12:15-12:45 p.m. | Sept. 13-Oct. 25 | 610 |
| | | | Nov. 1-Dec. 13 | 1610 |

PRE-SCHOOL AQUATICS

| | | | | |
|----------------|-----------|------------------|------------------|------|
| | Thursday | 9:30-10 a.m. | Sept. 15-Oct. 27 | 611 |
| | | | Nov. 3-Dec. 15 | 1611 |
| | Thursday | 11:15-11:45 a.m. | Sept. 15-Oct. 27 | 612 |
| | | | Nov. 3-Dec. 15 | 1612 |
| | Friday | 11:45-12:15 p.m. | Sept. 16-Oct. 28 | 613 |
| | | | Nov. 4-Dec. 16 | 1613 |
| | Saturday | 1-1:30 p.m. | Sept. 17-Oct. 29 | 614 |
| | | | Nov. 5-Dec. 17 | 1614 |
| | Sunday | 11-11:30 a.m. | Sept. 18-Oct. 30 | 615 |
| | | | Nov. 6-Dec. 18 | 1615 |
| | Sunday | 2:30-3 p.m. | Sept. 18-Oct. 30 | 616 |
| | | | Nov. 6-Dec. 18 | 1616 |
| <hr/> | | | | |
| Water Babies 3 | Monday | 2-2:30 p.m. | Sept. 12-Oct. 31 | 617 |
| | | | Nov. 7-Dec. 19 | 1617 |
| | Tuesday | 12:45-1:15 p.m. | Sept. 13-Oct. 25 | 618 |
| | | | Nov. 1-Dec. 13 | 1618 |
| | Wednesday | 11-11:30 a.m. | Sept. 14-Oct. 26 | 619 |
| | | | Nov. 2-Dec. 14 | 1619 |
| | Thursday | 1:30-2 p.m. | Sept. 15-Oct. 27 | 620 |
| | | | Nov. 3-Dec. 15 | 1620 |
| | Friday | 9-9:30 a.m. | Sept. 16-Oct. 28 | 621 |
| | | | Nov. 4-Dec. 16 | 1621 |
| | Friday | 1:15-1:45 p.m. | Sept. 16-Oct. 28 | 622 |
| | | | Nov. 4-Dec. 16 | 1622 |
| | Saturday | 1:30-2 p.m. | Sept. 17-Oct. 29 | 623 |
| | | | Nov. 5-Dec. 17 | 1623 |
| | Sunday | 12:15-12:45 p.m. | Sept. 18-Oct. 30 | 624 |
| | | | Nov. 6-Dec. 18 | 1624 |
| <hr/> | | | | |
| Minnows | Monday | 1-1:30 p.m. | Sept. 12-Oct. 31 | 625 |
| | | | Nov. 7-Dec. 19 | 1625 |
| | Monday | 7-7:30 p.m. | Sept. 12-Oct. 31 | 626 |
| | | | Nov. 7-Dec. 19 | 1626 |
| | Tuesday | 11:15-11:45 a.m. | Sept. 13-Oct. 25 | 627 |
| | | | Nov. 1-Dec. 13 | 1627 |
| | Tuesday | 1:30-2 p.m. | Sept. 13-Oct. 25 | 628 |
| | | | Nov. 1-Dec. 13 | 1628 |
| | Thursday | 9-9:30 a.m. | Sept. 15-Oct. 27 | 629 |
| | | | Nov. 3-Dec. 15 | 1629 |
| | Thursday | 2-2:30 p.m. | Sept. 15-Oct. 27 | 630 |
| | | | Nov. 3-Dec. 15 | 1630 |
| | Friday | 10:15-10:45 a.m. | Sept. 16-Oct. 28 | 631 |
| | | | Nov. 4-Dec. 16 | 1631 |
| | Saturday | 2:30-3 p.m. | Sept. 17-Oct. 29 | 632 |
| | | | Nov. 5-Dec. 17 | 1632 |
| | Sunday | 1:30-2 p.m. | Sept. 18-Oct. 30 | 633 |
| | | | Nov. 6-Dec. 18 | 1633 |
| <hr/> | | | | |
| Guppies | Monday | 1:30-2 p.m. | Sept. 12-Oct. 31 | 634 |
| | | | Nov. 7-Dec. 19 | 1634 |
| | Tuesday | 9-9:30 a.m. | Sept. 13-Oct. 25 | 635 |
| | | | Nov. 1-Dec. 13 | 1635 |
| | Wednesday | 1-1:30 p.m. | Sept. 14-Oct. 26 | 636 |
| | | | Nov. 2-Dec. 14 | 1636 |
| | Thursday | 10:10-10:40 a.m. | Sept. 15-Oct. 27 | 637 |
| | | | Nov. 3-Dec. 15 | 1637 |
| | Friday | 11:15-11:45 a.m. | Sept. 16-Oct. 28 | 638 |
| | | | Nov. 4-Dec. 16 | 1638 |
| | Saturday | 9-9:30 a.m. | Sept. 17-Oct. 29 | 639 |
| | | | Nov. 5-Dec. 17 | 1639 |
| | Sunday | 11:45-12:15 p.m. | Sept. 18-Oct. 30 | 640 |
| | | | Nov. 6-Dec. 18 | 1640 |
| | Sunday | 2-2:30 p.m. | Sept. 18-Oct. 30 | 641 |
| | | | Nov. 6-Dec. 18 | 1641 |

PRE-SCHOOL AQUATICS

| | | | | |
|-----------|-----------|------------------|------------------|------|
| Fishtails | Monday | 6:30-7 p.m. | Sept. 12-Oct. 31 | 642 |
| | | | Nov. 7-Dec. 19 | 1642 |
| | Tuesday | 9:30-10 a.m. | Sept. 13-Oct. 25 | 643 |
| | | | Nov. 1-Dec. 13 | 1643 |
| | Wednesday | 2-2:30 p.m. | Sept. 14-Oct. 26 | 644 |
| | | | Nov. 2-Dec. 14 | 1644 |
| | Thursday | 10:40-11:10 a.m. | Sept. 15-Oct. 27 | 645 |
| | | | Nov. 3-Dec. 15 | 1645 |
| | Saturday | 9:30-10 a.m. | Sept. 17-Oct. 29 | 646 |
| | | | Nov. 5-Dec. 17 | 1646 |
| | Saturday | 2-2:30 p.m. | Sept. 17-Oct. 29 | 647 |
| | | | Nov. 5-Dec. 17 | 1647 |
| | Sunday | 10:30-11 a.m. | Sept. 18-Oct. 30 | 648 |
| | | | Nov. 6-Dec. 18 | 1648 |

| | | | | |
|--------------------|----------|-------------|------------------|------|
| Advanced Fishtails | Saturday | 1:30-2 p.m. | Sept. 17-Oct. 29 | 649 |
| | | | Nov. 5-Dec. 17 | 1649 |



Aquatics for Children

Red Cross Swim Programs

The eight levels in the new program are identified by colour. Students find this approach is more conducive to smooth progress from one level to the next. Safety is stressed throughout the program, even during the teaching of strokes and skills. It becomes such a logical, integral part of the training, that it adds to the students' enjoyment of water and related sports and activities. \$31/seven weeks

IF YOU NEED TO LEARN HOW TO

REGISTER IN THIS RED CROSS LEVEL

| | |
|----------------------------------------------------------|--------|
| Float on front or back | ORANGE |
| Jump into deep water OR tread water for 30 seconds | RED |
| Swim front crawl OR tread water for 1 minute | MAROON |
| Swim back crawl OR tread water for 2 minutes | BLUE |
| Swim elementary back stroke OR tread water for 3 minutes | GREEN |
| Swim breast stroke OR tread water for 4 minutes | GREY |
| Swim side stroke OR tread water for 5 minutes | WHITE |

See Page 14 For Detailed Level Descriptions

JUNIOR SNORKEL

Learn basic use of fins, mask and snorkel, and enjoy the underwater world.

AQUALANDERS ★

Six to ten years old? difficulty with coordination? Aqualanders is a specially designed gym & swim class which provides a low staff/child ratio and helps the child become more comfortable with physical activity. For further information contact Patti Parker 423-9922.

ESSO SWIM CANADA

Are you over 8 years old?

Finished the Red Cross Swim Levels?

Want to improve your strokes and build endurance?

**Call: Diane Kitchen
423-9922**

and ask about this
exciting new swim
program.

| | | | | |
|-----------------------------------|----------|------------|------------------|------|
| Orange | Saturday | 12-1 p.m. | Sept. 17-Oct. 29 | #650 |
| | | | Nov. 5-Dec. 17 | 1650 |
| Red | Saturday | 11-12 p.m. | Sept. 17-Oct. 29 | 651 |
| | Sunday | 2-3 p.m. | Nov. 5-Dec. 17 | 1651 |
| | | | Sept. 18-Oct. 30 | 652 |
| Maroon | Saturday | 11-12 p.m. | Nov. 6-Dec. 18 | 1652 |
| | | | Sept. 17-Oct. 29 | 653 |
| | Saturday | 3-4 p.m. | Nov. 5-Dec. 17 | 1653 |
| | | | Sept. 17-Oct. 29 | 654 |
| Blue | Saturday | 12-1 p.m. | Nov. 5-Dec. 17 | 1654 |
| | | | Sept. 17-Oct. 29 | 655 |
| | | | Nov. 5-Dec. 17 | 1655 |
| Green | Saturday | 12-1 p.m. | Sept. 17-Oct. 29 | 656 |
| | | | Nov. 5-Dec. 17 | 1656 |
| Grey | Saturday | 11-12 p.m. | Sept. 17-Oct. 29 | 657 |
| | | | Nov. 5-Dec. 17 | 1657 |
| White | Saturday | 11-12 p.m. | Sept. 17-Oct. 29 | 658 |
| | | | Nov. 5-Dec. 17 | 1658 |
| Stroke Improvement & Endurance | Saturday | 10-11 a.m. | Sept. 17-Oct. 29 | 659 |
| Jr. Snorkle | Saturday | 3-4 p.m. | Nov. 5-Dec. 17 | 1659 |
| | | | Sept. 17-Oct. 29 | 660 |
| | | | Nov. 5-Dec. 17 | 1660 |

Aqualanders

| | | | | |
|-------------|----------|------------------|------------------|-----|
| (6-8 yrs.) | Saturday | 1-1:30 (pool) | Sept. 24-Nov. 26 | 732 |
| | | 1:40-2:25 (gym) | | |
| (9-11 yrs.) | Saturday | 1:30-2:00 (pool) | Sept. 24-Nov. 26 | 733 |
| | | 2:25-3:15 (gym) | | |

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 ★

(PRE-RED CROSS COLOR PROGRAM)

A challenging class designed to help people overcome a genuine fear of the water. One's confidence is increased as he or she becomes more comfortable in the water. Skills such as floating on front and back, breathing in the water, propulsion, and arm and leg coordination will be learned.

RED-CROSS COLOUR-CODED LEVELS

The eight levels in the new program are identified by colour. Students find this approach is more conducive to smooth progress from one level to the next. Safety is stressed throughout the program, even during the teaching of strokes and skills. It becomes such a logical, integral part of the training, that it adds to the students' enjoyment of water and related sports and activities.

ORANGE

At this level, the student is taught the basics of propulsion in shallow water. The program is designed so that he or she continues to absorb more of the fundamentals of safety.

RED

Here the student begins some simple exercises in deep water. This instills confidence, and allows the student to practise some of the lessons learned about water safety. The student is also shown how to use lifejackets and personal floatation devices.

MAROON

Now the student is introduced to the basic techniques of the crawl, as well as rescue breathing, personal assists, and the heat escape lessening position (H.E.L.P.).

BLUE

This level acquaints the student with the back crawl, and provides an opportunity to improve the front crawl. At this point, the student must also demonstrate an awareness of personal safety in a water environment.

GREEN

It's now time for the student to be introduced to the elementary back stroke, while continuing to improve the strokes already learned, and to increase his or her knowledge of safety.

GREY

The student is now ready to be introduced to the breast stroke, and continues to perfect the other strokes and skills. The student is taught the techniques of shallow and surface dives.

WHITE

At this level the student achieves competence in all areas: safety, strokes, and survival. Not only is he or she completely at ease executing all strokes, but safety awareness is second nature.

IF YOU NEED TO LEARN HOW TO

REGISTER IN THIS RED CROSS LEVEL

Float on front or back
Jump into deep water OR tread
water for 30 seconds

ORANGE
RED

Swim front crawl OR tread
water for 1 minute

MAROON

Swim back crawl OR tread
water for 2 minutes

BLUE

Swim elementary back stroke
OR tread water for 3 minutes

GREEN

Swim breast stroke OR tread
water for 4 minutes

GREY

Swim side stroke OR tread
water for 5 minutes

WHITE

DID YOU KNOW?

- We offer private half hour swim lessons . . . \$8
- 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 YWCA Reception Desk - Main Floor.
- Private family lessons are available at times convenient to you - \$50/family/4 lessons.
- Information - Diane Kitchen 423-9922 weekdays.

Adult Swim

7 week classes . . . \$33

Enjoy personal attention in small classes with a low instructor/student ratio.

| | | | | |
|----------------------|-----------|----------------|------------------------------------------------------|-------------|
| Absolutely Terrified | Wednesday | 1-2 p.m. | Sept. 14-Oct. 26 | #661 |
| | Thursday | 7:30-8:30 p.m. | Nov. 2-Dec. 14 Sept. 15-Oct. 27 | 662 1662 |
| | Saturday | 9-10 a.m. | Nov. 3-Dec. 15 Sept. 17-Oct. 29 Nov. 5-Dec. 17 | 663 1663 |
| Orange | Tuesday | 1-2 p.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | 664 1664 |
| | Tuesday | 8:30-9:30 p.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | 665 1665 |
| | Friday | 6:30-7:30 p.m. | Sept. 13-Oct. 28 Nov. 4-Dec. 16 | 666 1666 |
| | Saturday | 9-10 a.m. | Sept. 17-Oct. 29 Nov. 5-Dec. 17 | 667 1667 |
| Red | Monday | 8:30-9:30 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | 668 1668 |
| | Tuesday | 2-3 p.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | 669 1669 |
| | Thursday | 2-3 p.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | 670 1670 |
| | Saturday | 10-11 a.m. | Sept. 17-Oct. 29 Nov. 5-Dec. 17 | 671 1671 |
| Maroon | Monday | 7:30-8:30 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | 672 1672 |
| | Friday | 1-2 p.m. | Sept. 16-Oct. 2 Nov. 4-Dec. 16 | 673 1673 |
| | Friday | 7:30-8:30 p.m. | Sept. 16-Oct. 2 Nov. 4-Dec. 16 | 674 1674 |
| | Saturday | 10-11 a.m. | Sept. 17-Oct. 29 Nov. 5-Dec. 17 | 675 1675 |
| Blue | Monday | 7:30-8:30 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | 676 1676 |
| | Thursday | 8:30-9:30 p.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | 677 1677 |
| | Friday | 2-3 p.m. | Sept. 16-Oct. 28 Nov. 4-Dec. 16 | 678 1678 |
| Green | Tuesday | 7:30-8:30 p.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | 679 1679 |
| | Friday | 6:30-7:30 p.m. | Sept. 16-Oct. 28 Nov. 4-Dec. 16 | 680 1680 |
| | Saturday | 9-10 a.m. | Sept. 17-Oct. 29 Nov. 5-Dec. 17 | 681 1681 |
| Grey | Monday | 7:30-8:30 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | 682 1682 |
| White | Thursday | 6:30-7:30 p.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | 683 1683 |

Adult Aqua Fitness

AQUA FITNESS CLASSES

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

Classes are rated **Aquafitness 1** - mild/moderate workout beginning initially with 15 minutes of aerobics.

Aquafitness 2 - moderate intense workout which starts with 20 minutes of aerobics.

PRE/POST NATAL AQUAFITNESS

Enjoy the cushioning effect of the water while you participate in a mild/moderate workout designed for your special needs.

ENDURANCE SWIMMING

This class makes swimming a fun way to stay in shape. Distance swims, speed drills and stroke drills combine to help improve or maintain your cardiovascular fitness and muscular strength and endurance.

AQUAFITNESS \$35/1X a week \$60/2X week \$90/3X week
(or drop-into classes at your convenience \$5/class)

ENDURANCE SWIM \$33/1X week \$56/2X week \$89/3X week

| | | | | |
|-----------------------------------|-----------|------------------|------------------|------|
| Aquafitness 1 | Tuesday | 9:30-10:30 a.m. | Sept. 13-Oct. 25 | #695 |
| | | | Nov. 1-Dec. 13 | 1695 |
| | Wednesday | 2-3 p.m. | Sept. 14-Oct. 26 | 696 |
| | | | Nov. 2-Dec. 14 | 1696 |
| | Friday | 9:30-10:30 a.m. | Sept. 16-Oct. 28 | 697 |
| | | | Nov. 4-Dec. 16 | 1697 |
| | Saturday | 2-3 p.m. | Sept. 17-Oct. 29 | 698 |
| | | | Nov. 5-Dec. 17 | 1698 |
| Aquafitness 2 | Monday | 10:30-11:30 a.m. | Sept. 12-Oct. 31 | 699 |
| | | | Nov. 7-Dec. 19 | 1699 |
| | Monday | 2-3 p.m. | Sept. 12-Oct. 31 | 700 |
| | | | Nov. 7-Dec. 19 | 1700 |
| | Monday | 6:30-7:30 p.m. | Sept. 12-Oct. 31 | 701 |
| | | | Nov. 7-Dec. 19 | 1701 |
| | Tuesday | 6:30-7:30 p.m. | Sept. 13-Oct. 25 | 702 |
| | | | Nov. 1-Dec. 13 | 1702 |
| | Wednesday | 5:30-6:30 p.m. | Sept. 14-Oct. 26 | 703 |
| | | | Nov. 2-Dec. 14 | 1703 |
| | Thursday | 9:30-10:30 a.m. | Sept. 15-Oct. 27 | 704 |
| | | | Nov. 3-Dec. 15 | 1704 |
| | Thursday | 6:30-7:30 p.m. | Sept. 15-Oct. 27 | 705* |
| | | | Nov. 3-Dec. 15 | 1705 |
| | Friday | 5:30-6:30 p.m. | Sept. 16-Oct. 28 | 706 |
| | | | Nov. 4-Dec. 16 | 1706 |
| | Tuesday | 7:30-8:30 p.m. | Sept. 13-Oct. 25 | 707 |
| | | | Nov. 1-Dec. 3 | 1707 |
| | Wednesday | 10-11 a.m. | Sept. 14-Oct. 26 | 708 |
| | | | Nov. 2-Dec. 14 | 1708 |
| Pre/Post Natal Aquatic Fitness | Thursday | 7:30-8:30 p.m. | Sept. 15-Oct. 27 | 709 |
| | | | Nov. 3-Dec. 15 | 1709 |
| | Monday | 1:30-2:30 p.m. | Sept. 12-Oct. 31 | 684 |
| | | | Nov. 7-Dec. 19 | 1684 |
| Endurance | Tuesday | 10:30-11:30 a.m. | Sept. 13-Oct. 25 | 685 |
| | | | Nov. 1-Dec. 13 | 1685 |
| | Wednesday | 8-9 p.m. | Sept. 14-Oct. 26 | 686 |
| | | | Nov. 2-Dec. 14 | 1686 |
| | Thursday | 1:30-2:30 p.m. | Sept. 15-Oct. 27 | 687 |
| | | | Nov. 3-Dec. 15 | 1687 |
| | Friday | 5:30-6:30 p.m. | Sept. 16-Oct. 28 | 688 |
| | | | Nov. 4-Dec. 16 | 1688 |
| | Sunday | 2-3 p.m. | Sept. 18-Oct. 30 | 689 |
| | | | Nov. 6-Dec. 18 | 1689 |

Adult Aquatics

Add to your enjoyment of the water by enhancing your skills, learning more about safety or developing an interesting new aquatic sport.

BRONZE MEDALLION, SENIOR RESUSCITATION, BRONZE CROSS

These are lifesaving achievement classes recognized throughout the Commonwealth. Both theoretical and practical skills will be learned. Advanced swimming skills, rescue techniques, and the intelligent application of artificial respiration are the substance of the course. Participants should be fourteen years of age and have an average swimming ability. The course fee does not include costs such as the course manual and exam fee.

STROKE IMPROVEMENT

Can you swim but need some help on proper stroke technique! A stroke improvement class may help you. Strokes such as front crawl, back crawl, breast stroke, side stroke and butterfly will be covered. Your endurance level will also improve through regular swimming.

JUNIOR SNORKEL

Come and explore the underwater world - snorkelling adds another dimension to the sport of swimming and is very useful if you are holidaying near underwater sites. . . . The class will consist of some theory, deciding upon the proper equipment, basic entries, swimming skills and rescue skills with snorkel gear. Please do not purchase equipment before the class.

| | |
|------------------------------------------|------|
| Bronze Medallion | \$35 |
| Junior Snorkel | \$33 |
| Stroke Improvement | |
| \$33/1X week \$56/2X week \$89/3X week | |
| or drop into classes at your convenience | |
| \$5/class. | |

| | | | | |
|-----------------------------------|-----------|------------------|------------------|------|
| Stroke Improvement | Wednesday | 8-9 p.m. | Sept. 14-Oct. 26 | #690 |
| | | | Nov. 2-Dec. 14 | 1690 |
| | Thursday | 10:30-11:30 a.m. | Sept. 15-Oct. 27 | 691 |
| | | | Nov. 3-Dec. 15 | 1691 |
| | Saturday | 2-3 p.m. | Sept. 17-Oct. 29 | 692 |
| | | | Nov. 5-Dec. 17 | 1692 |
| Jr. Snorkle | Saturday | 3-4 p.m. | Sept. 17-Oct. 29 | 693 |
| | | | Nov. 5-Dec. 17 | 1693 |
| Bronze Medallion/\$35* | Tuesday | 6-9 p.m. | Sept. 13-Oct. 25 | 694 |
| Cross & Senior Resuscitation | | | Nov. 1-Dec. 13 | 1694 |
| * does not include cost of manual | | | | |

* does not include cost of manual



*Special thanks to
The Edmonton Journal
for their cosponsorship
of Adult Swim, Dance,
Aquafitness, and
Kidzart classes*

**The Edmonton
Journal**
...helping — in every way!

Masters Swim Clubs

Cetaceans Adult Fitness Swim Club

Swim Club members participate in length swim workouts which will develop stroke form and technique, cardiovascular and muscular endurance, muscle strength and swimming speed. A qualified swimming coach heads the workouts which are based on most levels of swimming. The Adult Fitness Swim Club is recognized by the

Canadian Amateur Swim Association and Members are able to participate in Master's Swim Meets throughout the country.

If you are looking for a way to swim for total fitness this club is for you. Please contact Diane Kitchen for more information at 423-9922.

| | |
|----------------|----------------|
| Monday | 5:30-6:30 p.m. |
| Tuesday | 5:00-5:30 p.m. |
| Thursday | 5:30-6:30 p.m. |
| | 5:00-5:30 p.m. |
| 5:30-6:30 p.m. | Pool |

| | |
|-------------|------------------------------------|
| Pool | Fees: \$260/year |
| Weight Room | |
| Training | (payment plans can be arranged) |
| Pool | |
| Weight Room | |
| Training | OR \$70/3 months #1730 |

Aquadette Masters 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 makes 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 Masters Synchro Program at the YW.

One of the goals of the Edmonton Aquadette Masters Swim Synchro Club is to send some of its swimmers to the 1985 Pentadic Games in Toronto (for Master Sports). At present, swimmers in the Club range in age from 26 to 76 years of age.

| | | | |
|--------------|-----------|----------------|-----------------------------------|
| Beginner | Wednesday | 9-10 a.m. | Fees: \$200/year (September-June) |
| | | 6:30-7:30 p.m. | |
| Intermediate | Sunday | 9-10 a.m. | |
| Advanced | Wednesday | 9-10 a.m. | OR \$30/month |
| | Wednesday | 6:30-8:00 p.m. | |
| | Sunday | 8:00-9:30 a.m. | 1731 |



FITNESS - THE YW WAY

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.

We're proud of our qualified staff and the years of experience they can offer you in quality fitness classes. YWCA FITNESS COORDINATOR, Susan Coward, who earned her BSc. in Human Kinetics at the University of Guelph is a trainer for the National YWCA Fitness Leadership Program and is well known throughout the province for her workshops. Ann Malsbury, Community Fitness Director, earned both her BA in Physical Education and MSc. in Exercise Physiology at the University of Alberta. She is a registered fitness

appraiser with extensive fitness testing experience.

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 inservice 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

Want to get into shape but not sure where to start? Have you ever wondered how fit you are? The professional staff at our Fitness Centre will administer a fitness test to assess:

- Cardiovascular endurance
- Flexibility
- Muscular endurance and strength
- Percent body fat.

A follow up counselling session will help you decide on a fitness program to meet your needs. Cost: \$30. For an appointment, call the Fitness Centre at **423-9922**.

Dieters Delight

No, it's not a miracle diet that promises easy & instantaneous weight loss. This course teaches you how to reduce your body fat through sensible eating combined with moderate aerobic exercise.

You will be given a fat percentage assessment to determine a realistic weight loss goal. A nutritionist will provide information on healthy eating, while an exercise counsellor will explain the benefits of regular physical activity and its effects on weight control.

The course includes 2 YWCA fitness classes per week of your choice that fit into your schedule and are suitable to your level of fitness.

| | | | | |
|---------|----------------|-----------------|------|------|
| Tuesday | 6:30-7:30 p.m. | Sept. 6-Oct. 25 | #806 | \$40 |
| | | Nov. 1-Dec. 20 | 1806 | \$40 |

Adult Fitness

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

LOCATION:

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

DRESS:

Ladies: T-shirt and shorts, sweatpants, leotard and

tights, stretch clothing, running shoes.

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

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

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of Par-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. Common sense is your best guide in answering these few questions. Please read them carefully and check the ☐ YES opposite the question if it applies to you.

YES

☐ 1. Has your doctor ever said you have heart trouble?

☐ 2. Do you frequently have pains in your heart and chest?

☐ 3. Do you often feel faint or have spells of severe dizziness?

☐ 4. Has a doctor ever said your blood pressure was too high?

☐ 5. Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?

☐ 6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?

☐ 7. Are you over age 65 and not accustomed to vigorous exercise?

IF YOU ANSWERED YES TO ONE OR MORE QUESTIONS

If you have not recently done so, consult your personal physician by telephone or in person BEFORE increasing your physical activity and/or taking a fitness test. Tell him what questions you answered YES on PAR-Q, or show him your copy.

CLASSES

After medical evaluation, seek advice from your physician as to your suitability for:

- unrestricted physical activity, probably on a gradually increasing basis

- restricted or supervised activity to meet your specific needs, at least on an initial basis. Check in your community for special programs or services.

IF YOU ANSWERED NO TO ALL QUESTIONS

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:

- A GRADUATED EXERCISE PROGRAM - A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.
- AN EXERCISE TEST - Simple test of fitness (such as the Canadian Home Fitness Test) or more complex types may be undertaken if you so desire.

BEGINNER FITNESS CLASSES

BEGINNER 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 sides). | _____ | _____ |

RESULTS

If you have answered NO to one or more of the above, please register in a Beginner Class. If you answered YES to all four . . . proceed to Intermediate Level Check.

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.

\$20 1 class/week \$38 2 class/week.

AEROBIC FITSTARTS

| | | | | |
|----------|-----------------|------------------------------------|----------|--------------|
| Tuesday | 9:30-10:15 a.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | Downtown | #740 1740 |
| | 5:45-6:30 p.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | Downtown | 741 1741 |
| Thursday | 9:30-10:15 a.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Downtown | 742 1742 |
| | 5:45-6:30 p.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Downtown | 743 1743 |

EXERCISES FOR EXPECTANT MOMS

| | | | | |
|---------|------------------|------------------------------------|----------|-------------|
| Tuesday | 10:00-10:45 a.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | Downtown | 744 1744 |
| Friday | 10:00-10:45 a.m. | Sept. 16-Oct. 28 Nov. 4-Dec. 16 | Downtown | 745 1745 |

FITNESS FOR SENIORS

| | | | | |
|----------|----------------|------------------------------------|----------|-------------|
| Monday | 1:00-2:00 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | Downtown | 746 1746 |
| Thursday | 1:00-2:00 p.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Downtown | 747 1747 |

YOGA

| | | | | |
|----------|-----------------|------------------------------------|----------|-------------|
| Monday | 6:30-8:00 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | Downtown | 748 1748 |
| Thursday | 9:30-11:00 a.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Downtown | 749 1749 |

YOGA FOR 50 & OVER

| | | | | |
|--------|----------------|------------------------------------|----------|-------------|
| Friday | 1:00-2:30 p.m. | Sept. 16-Oct. 28 Nov. 4-Dec. 16 | Downtown | 750 1750 |
|--------|----------------|------------------------------------|----------|-------------|

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.

\$20 1 class/week \$38 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.

\$23 1 class/week \$43 2 classes/week

(½ price to those 60 years and older)

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. \$25

YOGA FOR 50 YEARS AND OLDER

A popular class because individuals can progress slowly and gently at their own pace. \$25.

INTERMEDIATE FITNESS CLASSES

INTERMEDIATE LEVEL CHECK

| | YES | NO |
|----------------------------------------------------------|-------|-------|
| 1. You find a Beginner class easy | _____ | _____ |
| 2. You are within 15 lbs. of your desired body weight. | _____ | _____ |
| 3. You can run easily for 8-10 minutes (i.e., ½-1 mile). | _____ | _____ |
| 4. You can do 5 pushups (with knees on floor). | _____ | _____ |

RESULTS

If you answered NO to two or more of the above, please register in an INTERMEDIATE CLASS. If you answered YES to three or more . . . proceed to ADVANCED LEVEL CHECK.

NOON OR AFTER WORK FITNESS

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

\$18/1 class/week \$32/2 classes/week \$46/3 classes/week \$56/4 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 aerobic portion (huffing-puffing activities) is longer.

\$19/1 class/week \$34/2 classes/week \$48/3 classes/week \$62/4 classes/week

JAZZ FITNESS

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

\$23 1 class/week \$43 2 classes/week

MODERATE FITNESS

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

\$20/1 class/week \$38 2 classes/week \$53 3 classes/week \$65 4 classes/week

MODERATE FITNESS AND AQUACISE

Cool off after the above Moderate Fitness class with a refreshing aquacise class in the pool \$31.

BODY SHAPING NEW!!

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 body shaping tones the body. \$20 1 class/week \$38 2 classes/week \$53 3 classes/week \$65 4 classes/week

AEROBIC DANCE I

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

\$23 1 class/week \$43 2 classes/week \$63 3 classes/week \$81 4 classes/week

DAWN AEROBIC DANCE I

A 45-minute fitness class first thing in the morning.

\$20 1 class/week \$38 2 classes/week.

NOON/AFTERWORK FITNESS

| | | | | |
|-----------|------------------|------------------|----------|------|
| Monday | 12:15-12:45 p.m. | Sept. 12-Oct. 31 | Downtown | #751 |
| | 5:00 - 5:30 p.m. | Nov. 7-Dec. 19 | | 1751 |
| Tuesday | 12:15-12:45 p.m. | Sept. 12-Oct. 31 | Downtown | 752 |
| | 5:00-5:30 p.m. | Nov. 7-Dec. 19 | | 1752 |
| Wednesday | 12:15-12:45 p.m. | Sept. 13-Oct. 25 | Downtown | 753 |
| | 5:00-5:30 p.m. | Nov. 1-Dec. 13 | | 1753 |
| Thursday | 12:15-12:45 p.m. | Sept. 13-Oct. 25 | Downtown | 754 |
| | 5:00-5:30 p.m. | Nov. 1-Dec. 13 | | 1754 |
| Friday | 12:15-12:45 p.m. | Sept. 14-Oct. 26 | Downtown | 755 |
| | 5:00-5:30 p.m. | Nov. 2-Dec. 14 | | 1755 |
| | 12:15-12:45 p.m. | Sept. 14-Oct. 26 | Downtown | 756 |
| | 5:00-5:30 p.m. | Nov. 2-Dec. 14 | | 1756 |
| | 12:15-12:45 p.m. | Sept. 15-Oct. 27 | Downtown | 757 |
| | 5:00-5:30 p.m. | Nov. 3-Dec. 15 | | 1757 |
| | 12:15-12:45 p.m. | Sept. 15-Oct. 27 | Downtown | 758 |
| | 5:00-5:30 p.m. | Nov. 3-Dec. 15 | | 1758 |
| | 12:15-12:45 p.m. | Sept. 16-Oct. 28 | Downtown | 759 |
| | | Nov. 4-Dec. 16 | | |

Adult Fitness

RUSH HOUR FITNESS

| | | | | |
|-----------|----------------|------------------------------------|----------|-------------|
| Monday | 4:45-5:25 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | Downtown | 760 1760 |
| Tuesday | 4:45-5:25 p.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | Downtown | 761 1761 |
| Wednesday | 4:45-5:25 p.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | Downtown | 762 1762 |
| Thursday | 4:45-5:25 p.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Downtown | 763 1763 |

JAZZ FITNESS

| | | | | |
|-----------|----------------|------------------------------------|----------|-------------|
| Monday | 7:30-8:30 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | Downtown | 764 1764 |
| Wednesday | 7:30-8:30 p.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | Downtown | 765 1765 |

MODERATE FITNESS

| | | | | |
|-----------|------------------|------------------------------------|----------|-------------|
| Monday | 10:30-11:15 a.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | Downtown | 766 1766 |
| | 7:30-8:15 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | Downtown | 767 1767 |
| Tuesday | 7:30-8:15 p.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | Downtown | 768 1768 |
| Wednesday | 10:30-11:15 a.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | Downtown | 769 1769 |
| | 1:15-2:00 p.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | Downtown | 770 1770 |
| | 7:30-8:15 p.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | Downtown | 771 1771 |
| Thursday | 7:30-8:15 p.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Downtown | 772 1772 |
| Friday | 10:30-11:15 a.m. | Sept. 16-Oct. 28 Nov. 4-Dec. 16 | Downtown | 773 |

MODERATE FITNESS & AQUACISE

| | | | | | |
|-----------|----------------|------|------------------|----------|------|
| Wednesday | 1:15-2:00 p.m. | Gym | Sept. 14-Oct. 26 | Downtown | 774 |
| | 2:00-2:45 p.m. | Pool | Nov. 2-Dec. 14 | | 1774 |

BODY SHAPING

| | | | | |
|-----------|------------------|------------------------------------|----------|-------------|
| Monday | 5:45-6:30 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | Downtown | 775 1775 |
| Tuesday | 10:30-11:15 a.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | Downtown | 776 1776 |
| | 12:10-12:50 | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | Downtown | 777 1777 |
| Wednesday | 5:45-6:30 p.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | Downtown | 778 1778 |
| Thursday | 10:30-11:15 a.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Downtown | 779 1779 |
| | 12:10-12:40 p.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Downtown | 780 |



Adult Fitness

AEROBIC DANCE I

| | | | | |
|-----------|-----------------|------------------|----------|------|
| Monday | 9:30-10:30 a.m. | Sept. 12-Oct. 31 | Downtown | 781 |
| | | Nov. 7-Dec. 19 | | 1781 |
| | 1:15-2:15 p.m. | Sept. 12-Oct. 31 | Downtown | 782 |
| Tuesday | | Nov. 7-Dec. 19 | | 1782 |
| | 5:30-6:30 p.m. | Sept. 12-Oct. 31 | Downtown | 783 |
| | | Nov. 7-Dec. 19 | | 1783 |
| Wednesday | 6:30-7:30 p.m. | Sept. 13-Oct. 25 | Downtown | 784 |
| | | Nov. 1-Dec. 13 | | 1784 |
| | 9:30-10:30 a.m. | Sept. 14-Oct. 26 | Downtown | 785 |
| Thursday | | Nov. 2-Dec. 14 | | 1785 |
| | 1:15-2:15 p.m. | Sept. 14-Oct. 26 | Downtown | 786 |
| | | Nov. 2-Dec. 14 | | 1786 |
| Friday | 5:30-6:30 p.m. | Sept. 14-Oct. 26 | Downtown | 787 |
| | | Nov. 2-Dec. 14 | | 1787 |
| | 6:30-7:30 p.m. | Sept. 15-Oct. 27 | Downtown | 788 |
| Saturday | | Nov. 3-Dec. 15 | | 1788 |
| | 9:30-10:30 a.m. | Sept. 16-Oct. 28 | Downtown | 789 |
| | | Nov. 4-Dec. 16 | | 1789 |
| | 6:30-7:30 p.m. | Sept. 16-Oct. 28 | Downtown | 790 |
| | | Nov. 4-Dec. 16 | | 1790 |
| | 1:00-2:00 p.m. | Sept. 17-Oct. 29 | Downtown | 791 |
| | | Nov. 5-Dec. 17 | | 1791 |

DAWN AEROBIC DANCE I

| | | | | |
|----------|----------------|------------------|----------|------|
| Tuesday | 7:00-7:45 a.m. | Sept. 13-Oct. 25 | Downtown | 792 |
| | | Nov. 1-Dec. 13 | | 1792 |
| Thursday | 7:00-7:45 a.m. | Sept. 15-Oct. 27 | Downtown | 793 |
| | | Nov. 3-Dec. 15 | | 1793 |



Adult Fitness

ADVANCED FITNESS CLASSES

ADVANCED LEVEL CHECK

| | YES | NO |
|--------------------------------------------------------------------------------------------------------------------------------|-------|-------|
| 1. You find an Intermediate class easy. | _____ | _____ |
| 2. You can run easily for 18-20 minutes (i.e., 2 miles). | _____ | _____ |
| 3. You can do 15 pushups with knees on floor. | _____ | _____ |
| 4. You can hold a chair sitting position for 60 seconds without a chair (back against wall, legs bent at knees at 90 degrees). | _____ | _____ |

RESULTS

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

AEROBIC DANCE II

Aerobic Dance remains popular because it provides a well balanced exercise class that is never dull. The aerobic portion begins at 25 minutes and progresses to 32 minutes. The flexibility and strength exercises are more intense.

\$23 1 class/week \$63 3 classes/week
\$43 2 classes/week \$81 4 classes/week

DAWN AEROBIC DANCE II

For the keepers! The 45 minute fitness class begins at 20 minutes and progresses to 28 minutes of aerobics. The flexibility and strength exercises will be less intense than Aerobic Dance II. It's a good way to start your day.

\$20 1 class/week \$38 2 classes/week

SUPERFITS

An hour and fifteen minute aerobic dance class, including between 30 to 35 minutes of aerobics throughout the session. The longer class allows ample time for intense stretching and strengthening exercises.

\$25 1 class/week

AEROBIC DANCE II

| | | | | |
|-----------|------------------|------------------------------------|----------|-------------|
| Monday | 6:30-7:30 p.m. | Sept. 12-Oct. 31 Nov. 7-Dec. 19 | Downtown | 794 1794 |
| Tuesday | 10:00-11:00 a.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | Downtown | 795 1795 |
| | 5:30-6:30 p.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | Downtown | 796 1796 |
| Wednesday | 6:30-7:30 p.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | Downtown | 797 1797 |
| Thursday | 10:00-11:00 a.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Downtown | 798 1798 |
| | 5:30-6:30 p.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Downtown | 799 1799 |
| Saturday | 9:30-10:30 a.m. | Sept. 17-Oct. 29 Nov. 5-Dec. 17 | Downtown | 800 1800 |
| | 10:30-11:30 a.m. | Sept. 17-Oct. 29 Nov. 5-Dec. 17 | Downtown | 801 1801 |
| | 12:00-1:00 p.m. | Sept. 17-Oct. 29 Nov. 5-Dec. 17 | Downtown | 802 1802 |

DAWN AEROBIC DANCE II

| | | | | |
|-----------|----------------|------------------------------------|----------|-------------|
| Wednesday | 7:00-7:45 a.m. | Sept. 14-Oct. 26 Nov. 2-Dec. 14 | Downtown | 803 1803 |
| Friday | 7:00-7:45 a.m. | Sept. 16-Oct. 28 Nov. 4-Dec. 16 | Downtown | 804 1804 |

SUPERFITS

| | | | | |
|--------|----------------|------------------------------------|----------|-------------|
| Friday | 5:15-6:30 p.m. | Sept. 16-Oct. 28 Nov. 4-Dec. 16 | Downtown | 805 1805 |
|--------|----------------|------------------------------------|----------|-------------|

FITNESS AT YOUR CONVENIENCE ...

FITNESS ON THE JOB

Employee Fitness has been shown to be of benefit to both employees and employers. Fitness Programs help participants to cope with the stress and tension of the day. Other benefits include increased morale, decreased absenteeism and increased productivity. The YWCA will come to your place of work with the following on-site services for men and women.

WORKSITE FITNESS CLASSES

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

| | |
|---------------------|---------------------|
| 30 Minute Class | 45 Minute Class |
| \$15/1 class/week | \$20/1 class/week |
| \$30/2 classes/week | \$35/2 classes/week |
| \$45/3 classes/week | \$50/3 classes/week |

FITNESS TESTING AND COUNSELLING

Individual fitness assessments will be followed by counselling sessions. \$30 per person. Special rates available for group testing.

EXERCISE BREAKS

Planning a conference? Help your participants get the most out of lecture sessions by providing EXERCISE BREAKS. The YWCA can provide enthusiastic instructors.

**Information: Ann Malsbury
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 423-9922.

FITNESS IN YOUR NEIGHBOURHOOD

Interested in an Aerobic Dance or Body Shaping Class located close to home?

Watch for details in your community newsletter or call us at 423-9922 in August for details about Fall Programs in . .

- Castledowns
- Millwoods
- Riverbend
- Clairview
- Kennington
- Highlands
- Thorncliffe
- Steinhauer
- Ottewell
- Hardisty
- Britannia
- South West



Women's Fitness Centre

fitness Centre

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

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

All Memberships include:

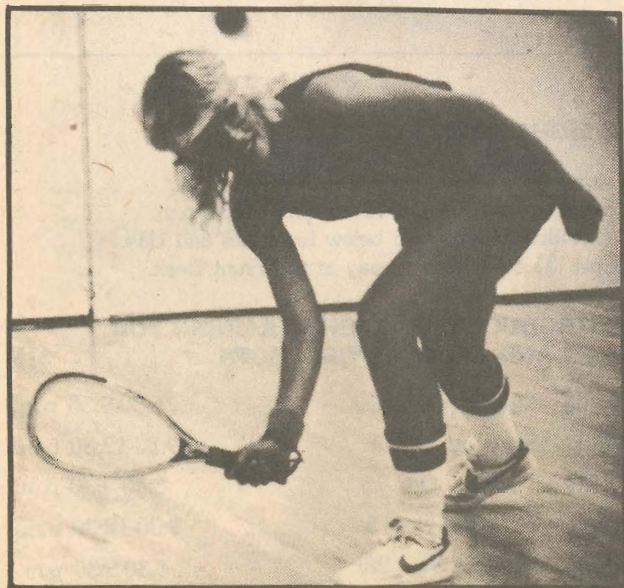
- Steam Room • Sauna • Lounge
- Whirlpool • Ultraviolet Room
- Exercise Room • Storage Lockerettes
- Makeup area providing hairdryers, curling irons, toilet articles and towels.

SERVICES

- Personal fitness testing including cardio-respiratory, strength, flexibility and fat determination
- Access to two fitness or one aquafitness class weekly

FACILITIES

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



MEMBERSHIP PLANS

FULL MEMBERSHIP

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

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

(includes racquetball privileges)

DAYTIME MEMBERSHIP

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

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

NON-RACQUETBALL MEMBERSHIP

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

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

SENIORS MEMBERSHIP

\$15.00 for 10 visits

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

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

FOR YOUR CONVENIENCE

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

INFORMATION: 423-9922

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

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

Racquetball

• HOURS:

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

• COST:

\$9/court/hour (effective Sept. 1/83).

• RACQUETBALL BOOKING PROCEDURE:

Phone 423-9922

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

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

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

• GAME CARDS:

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

Cost \$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.

• BLOCK BOOKINGS:

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

• PRIVATE RACQUETBALL LESSONS:

Private lessons offer individual instruction for beginners interested in learning about racquetball. Novice and intermediate levels of instruction are also available on a private basis - \$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.

| | | |
|-------|------------------------|-----------------|
| #823 | Wednesday, September 7 | 7:00-10:00 p.m. |
| #824 | Saturday, September 24 | 10:00-1:00 p.m. |
| #825 | Wednesday, October 12 | 7:00-10:00 p.m. |
| #1823 | Saturday, October 29 | 10:00-1:00 p.m. |
| #1824 | Wednesday, November 16 | 7:00-10:00 p.m. |
| #1825 | Saturday, December 3 | 10:00-1:00 p.m. |

Weight Training for Men and Women

INTRODUCTORY WEIGHT TRAINING

The various unique benefits of weight training include:

1. Increased muscular strength and endurance.

2. Increased muscle tone and a reduction in body fat.

These introductory courses will explain weight training principles and how to set up your own progressive training program. Enjoy challenging workouts and an educational experience in these introductory courses.

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

\$15

| | | |
|------|------------------|-----------------|
| #808 | Monday, Sept. 19 | 6:30-9:30 p.m. |
| #809 | Saturday, Oct. 1 | 9:30-12:30 p.m. |
| #810 | Tuesday, Oct. 18 | 6:30-9:30 p.m. |
| #811 | Saturday, Nov. 5 | 9:30-12:30 p.m. |
| #812 | Monday, Nov. 28 | 6:30-9:30 p.m. |

Adult Dance

SOCIAL DANCE

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

SURVIVAL ON THE DANCE FLOOR

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

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

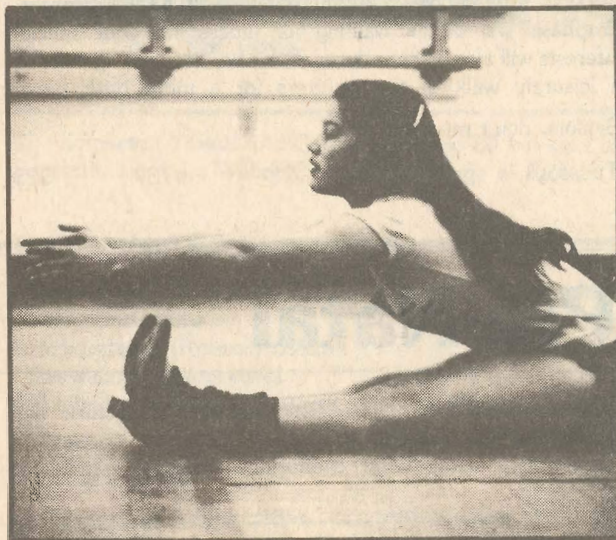
SOCIAL DANCE I

A more extensive introductory Social Dance course that teaches:

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

JAZZ DANCE

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



SURVIVAL ON THE DANCE FLOOR

| | | | | |
|----------|-----------------|-------------------------|------|-------------|
| Tuesday | 8:30-10:00 p.m. | Sept. 13-Oct. 4 | 814 | \$22/person |
| | | Oct. 12-Nov. 1 | 815 | |
| | | Nov. 8-Nov. 29 | 1815 | \$42/couple |
| | | (6 hrs. of instruction) | | |
| Tuesday | 7:30-8:30 p.m. | Sept. 13-Oct. 25 | 816 | \$26/person |
| | | Nov. 1-Dec. 13 | 1816 | \$49/couple |
| | | (7 hrs. of instruction) | | |
| Thursday | 7:30-8:30 p.m. | Sept. 15-Oct. 27 | 817 | \$26/person |
| | | Nov. 3-Dec. 15 | 1817 | \$49/couple |
| | | (7 hrs. of instruction) | | |

SOCIAL DANCE I

| | | | | |
|-----------|-----------------|---------------------------|------|-------------|
| Wednesday | 8:30-10:00 p.m. | Sept. 14-Oct. 26 | 818 | \$39/person |
| | | Nov. 2-Dec. 14 | 1818 | \$74/couple |
| | | (10½ hrs. of instruction) | | |
| Thursday | 8:30-10:00 p.m. | Sept. 15-Oct. 27 | 819 | \$39/person |
| | | Nov. 3-Dec. 15 | 1819 | \$74/couple |
| | | (10½ hrs. of instruction) | | |

JAZZ

| | | | | |
|----------|----------------|------------------|------|------|
| Tuesday | 6:30-7:30 p.m. | Sept. 13-Oct. 25 | 820 | \$28 |
| | | Nov. 1-Dec. 13 | 1820 | \$28 |
| Thursday | 6:30-7:30 p.m. | Sept. 15-Oct. 27 | 821 | \$28 |
| | | Nov. 3-Dec. 15 | 1821 | \$28 |

Adult Special Interest

Learn a new skill, develop a special interest, share an experience, meet new friends...

YW WALKERS

Enjoy walking? Interested in the colorful autumn outdoors, historic sites, or cultural facilities? Join us for six guided walks through Edmonton's beautiful parks, and historical areas. Emphasis will be on walking for fitness but your special interests will also be considered. Join the "strollers" group for a leisurely walk or the strutters for a more brisk pace.

Seniors, don't miss this one!

Tuesdays Sept. 13-Oct. 18 #737 \$25

WOMEN'S SELF DEFENSE

A practical course teaching basic defensive techniques which could be effectively used in a physical or sexual attack.

Wednesday 6:30-8:30 p.m. Sept. 14-Oct. 26 #807 \$45

Nov. 2-Dec. 14 #1807 \$45

BASIC BRIDGE

Standard American Contract Bridge. Instruction in midding followed by actual playing. All levels welcome. Open to men and women.

Monday 1:30-3:30 p.m.

Sept. 19-Nov. 28 #738 \$50

(no class Oct. 10)

Tuesday 7:30-9:30 p.m.

Sept. 20-Nov. 22 #739 \$50

Pre-Natal

Registered physiotherapists will instruct. A lecture and practical class designed to prepare pre-natal couples for having their baby. Wear comfortable clothing suitable for

exercising. Recommended to start at 6½ months. Doctor's permission requested. Husbands welcome!

| | | | | | | |
|-----------|----------|----------------|----------------------------------------------------------|-----------------------------------------|-------------|------|
| Pre-Natal | Monday | 7:00-9:00 p.m. | Sept. 12-Oct. 31 (no class Oct. 10) Nov. 7-Dec. 19 | Strathcona Library 84 Ave. & 104 St. | 830 1830 | \$40 |
| Pre-Natal | Tuesday | 7:00-9:00 p.m. | Sept. 13-Oct. 25 Nov. 1-Dec. 13 | Strathcona Library 84 Ave. & 104 St. | 831 1831 | \$40 |
| Pre-Natal | Thursday | 7:00-9:00 p.m. | Sept. 15-Oct. 27 Nov. 3-Dec. 15 | Strathcona Library 84 Ave. & 104 St. | 832 1832 | \$40 |

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.

Evening programs will be offered for adults who are mentally handicapped to help prepare them for participation in typical

adult leisure activities in family, individual and community settings. Courses will include Cooking and Nutrition, Crafts, Leisure Awareness, Aerobic Dance, Sports and a number of new programs.

If you would like further information regarding programs or require assistance in participating in other YWCA programs or services please contact Patti Parker, 423-9922, Special Services Director.



THE YWCA YEAR ROUND CENTRE FOR

- OUTDOOR RECREATION
- ENVIRONMENTAL EDUCATION
- LEADERSHIP DEVELOPMENT

OUR PHILOSOPHY

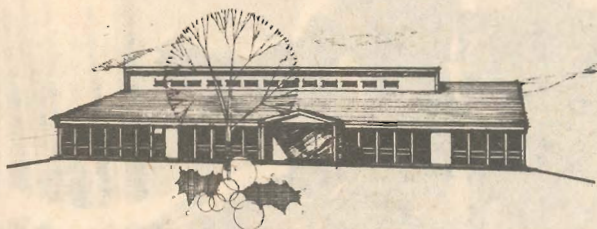
"The Outdoor Recreation Department of the YWCA 'will endeavour, through quality leadership, to create respect for the self, others and the environment through group experience and challenges'."

YWCA programs emphasize man's relationship with nature and seek to increase sensitivity, understanding and skill levels in order to minimize man's impact on his natural environment. Each participant in the YWCA sponsored program, or as a guest in a school or community group sponsored program will experience a special camp lifestyle. By living in energy conservative solar tempered buildings, participating in our recycling programs, and experience a wide array of facilities and programs, each participant will develop a closer understanding of man's interrelationships with the environment.

YoWoChAs CENTRE YOUR WAY

- Select a camp or workshop from seasonal listings. Meals and accommodation (dormitory style) are included. Watch for cross country ski weekends in our next brochure.
 - Let us design a programme for your group . . . We'll custom design a special programme for your groups needs. Schools, community groups, businesses and families all use our services.
 - Design your own programme . . . Your group may wish to conduct a meeting, workshop or camp using YoWoChAs Centre facilities on a rental basis.
- Information: Rick Matishak 423-3811.

YoWoChAs Centre



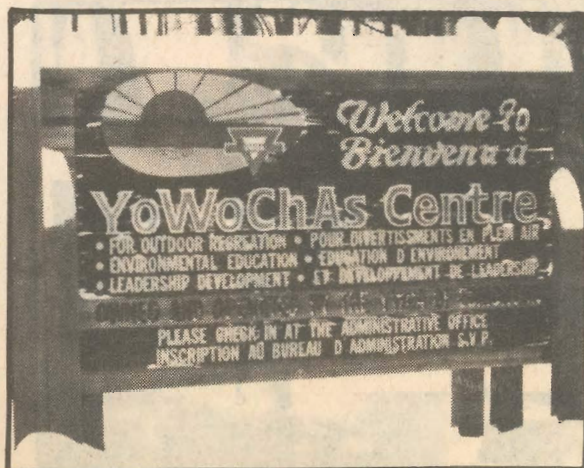
The Edmonton YoWoChAs Centre is located 80 km west of Edmonton on Lake Wabamun near the village of Fallis.

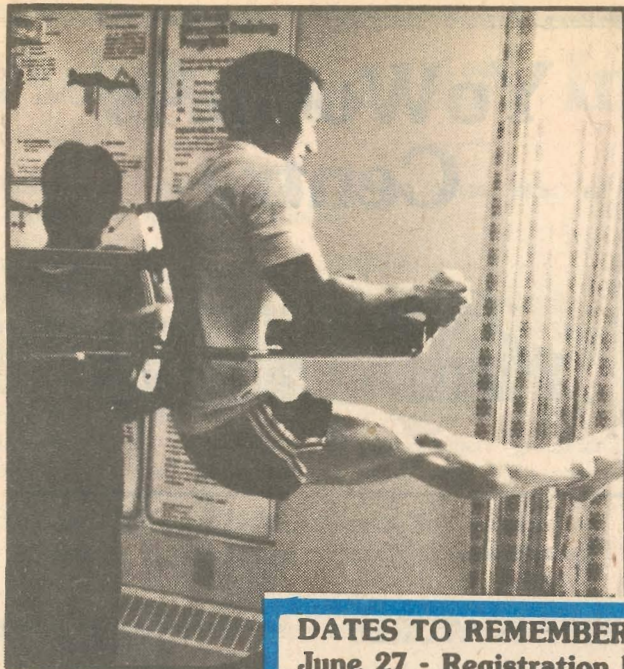
SITE FEATURES

- Waterfront developed for canoeing and swimming
- Campfire areas
- Hebertisme (fitness) course
- Pre-school playground
- Trails for hiking and cross country skiing.

FACILITIES

- Winterized accessible accommodation for 68 people in modern dormitory rooms.
- Tent cabins and tent sites
- Medical and administrative centre
- Environmental study, craft, recreation and retreat cabins
- Meeting rooms
- Complete food service





DATES TO REMEMBER ...

June 27 - Registration begins for Fall '83
classes (September/October &
November/December sessions)

July 1, August 1, September 5 & October 10

Statutory holidays —

- Classes cancelled
- Fitness Centre Closed
- Swimming Pool Closed
- Childcare Closed
- Cafeteria 8 a.m. - 5 p.m.
- Racquetball Courts - Open 7 a.m. - 11 p.m.
- Weight Training - Closed

Christmas Schedule

-please consult YWCA

