

# YWCA Winter & Spring 1983



**YWCA**  
10305 - 100 AVE.  
Edmonton, Alberta T5J 3C8  
423-9922





# Registration

Registration for YWCA programmes described in this brochure commences Sunday, January 23, 1983, 12 noon-2 p.m. in the YWCA Gym, Second Floor, 10305-100 Avenue. Please have programme title and number ready as well as

birth certificate or Alberta Health Care card for children 6 years and younger. Each person may only register for themselves and one other person/family. No telephone registrations can be accepted. All fees subject to change.

After the Sunday, January 23, 1983 pre-registration session, registration for all YWCA programmes (Downtown, YoWoChAs Centre, and neighborhood locations) will be taken by:

## MAIL OR IN PERSON

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

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

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



**NAME**.....

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

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

**COURSE TITLE & NUMBER**.....

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

## CHEQUES/MONEY ORDERS PAYABLE TO: YWCA

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

## TRANSFERS/REFUNDS/SUBSIDIES

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

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

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

## Seniors

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

## PARKING

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

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

Patti Parker  
 Special Services Director  
 Phone: 423-9922





# Where to find it...

	Page		
Accommodation.....	4	Leadership Development.....	5
Adult Special Interest Programs.....	35	Membership .....	3, 30
Aerobic Dance.....	See Fitness		
Aquatics - Adult .....	17-19	"On Our Own" Resource Centre.....	7
Children .....	15-16	Outdoor Recreation.....	See YoWoChAs Centre
Preschool.....	8-14	Prenatal.....	32
Aquafitness.....	20-21	Preschool Programs.....	8-14
Cafeteria.....	4	"Prospects" Literacy Program.....	6
Childcare.....	4	Racquetball.....	31
(see childcare, family relief, preschool, aquatics, YoWoChAs Centre).		Registration.....	2
Children.....	4	Residence.....	4
Cross Country Skiing.....	37	Shop.....	4
Dance .....	33	Special Services.....	34
Employee Fitness.....	29	Swim.....	See Aquatics
Family Relief Service.....	6	Volunteer Opportunities.....	5
Fitness - General Information.....	22	Weight Training.....	32
Mild Classes .....	23	Yoga.....	23
Moderate Classes.....	24-26	YoWoChAs Centre.....	36-39
Intense Classes.....	27		
Neighbourhood Classes.....	28		
Fitness Centre (Women's) .....	30		

## 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.

### INFORMATION:

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

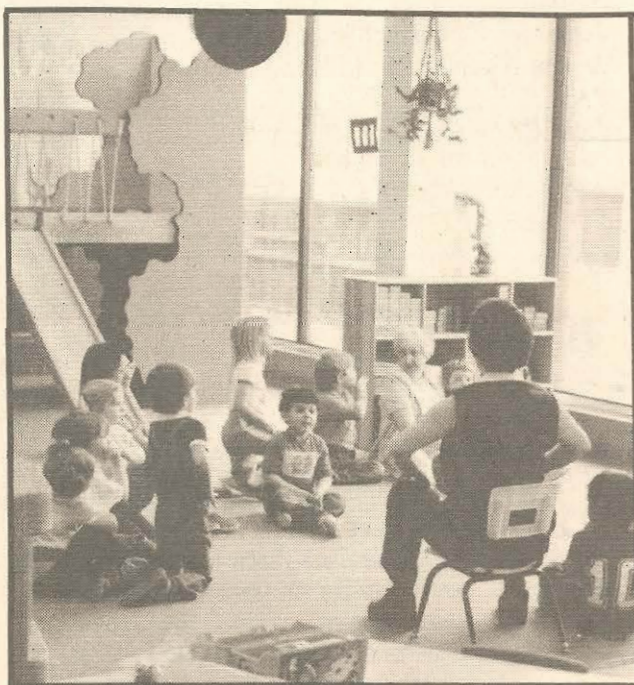
The Sarah Golden Cafeteria is located in the Downtown YWCA 10305-100 Avenue and is open daily to the public.

Monday to Friday 5:30 a.m.-9:00 p.m.

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

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

For further information call: Cafeteria Manager 423-9922.



## CHILD CARE \*

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

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

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

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

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

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

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

For further information: Child Care 423-9922.

# Accommodation

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

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



# 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 ten-week 40-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 and C.P.R.

As well as completing assignments, 8 classes of in-service practicum will be arranged at the successful completion of the 10-week course. For more detailed information and an application form, please phone Susan Coward at 423-9922. Application deadline - February 25, 1983. \$80. #3302.

Dates: Monday, April 11-June 20, 6:30-9:30 p.m.

### • PRESCHOOL LEADERSHIP PROGRAM

Interested in young children? Want to further complement your skills and experience in working with preschoolers?

The YWCA annually offers a preschool leadership program which provides both theoretical and practical information in the areas of:

- Interpersonal Relations

- Child Growth & Development
- Play Principles & Environment
- Program Planning
- Creative Art, Music & Drama for Children
- Environment Education
- Preschool Aquatics
- Movement Education

Resource persons from various educational and recreational organizations make the course varied, exciting and rewarding - program presently co-sponsored by Alberta Recreation and Parks.

For further information contact Sue Carberry or Carol Mennie 423-9922.

### • LEADERS-IN-TRAINING

Recreation oriented jobs usually require a variety of communication and leadership skills. Our L.I.T. program will expose you to a variety of those skills as well as an opportunity to practice them.

In addition to the workshops, some special events will be organized by the group to help keep the FUN component of high priority.

The general goal of the program is to expose you to some valuable skills that can be used in both employment and normal day-to-day living situations while having fun at the same time.

Dates: February 3-May 26, 1983.

Thursdays 7-9 p.m.

Cost: \$60.00.

Information: Rick Ireland. 423-9922.



# 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

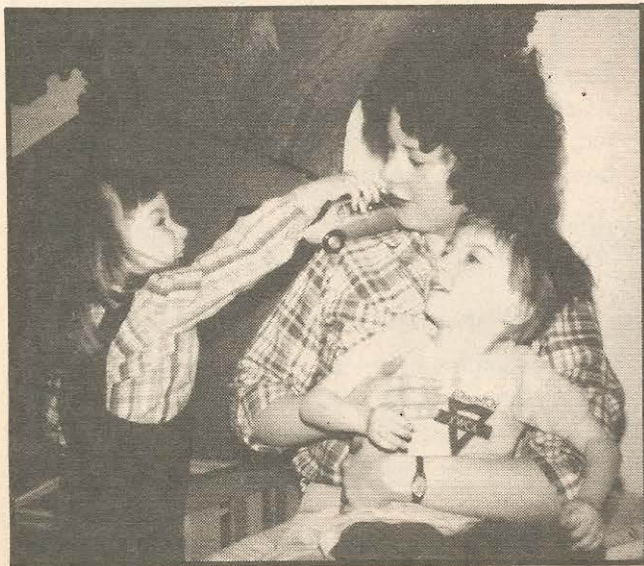
Individuals who will provide twenty-four hour care in the home of the handicapped person to that person and other children in the family.

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.



## PROSPECTS ★

... a literacy program for adults wishing to improve reading, writing and spelling skills

Do you know an adult who would like to learn to read? "Prospects" can provide volunteer tutors to work individually with adults requiring assistance. Would you like to become a

volunteer tutor?

For further information contact Pat Kaye 423-9922.





## ON YOUR OWN? ★

You need not be . . . The "ON YOUR 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.

The program "LIVING THROUGH LOSS" is presented in a group counselling format intended to help individuals move through grief toward emotional, spiritual and physical health.

Thursday afternoons at an open program, "THE CHALLENGE OF BEING WIDOWED" films, speakers, outings and group discussions address the challenges associated with widowhood. Thursday evenings, twice a month, a similar group meets.

Throughout the year members of the "ON OUR OWN" Centre plan group social activities and pot luck suppers are

held once a month on the third Thursday evening of the month.

Trained peer counsellors who are also widowed, are available at the Centre or for home visits to offer personal, family, legal, career or financial counselling referrals.

Join us . . . for further information contact Lynn Rock, weekdays at 423-9922, "ON YOUR OWN" RESOURCE CENTRE.



**"ON OUR OWN"**  
resource centre



Courtesy Edmonton Sun



# 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 ★

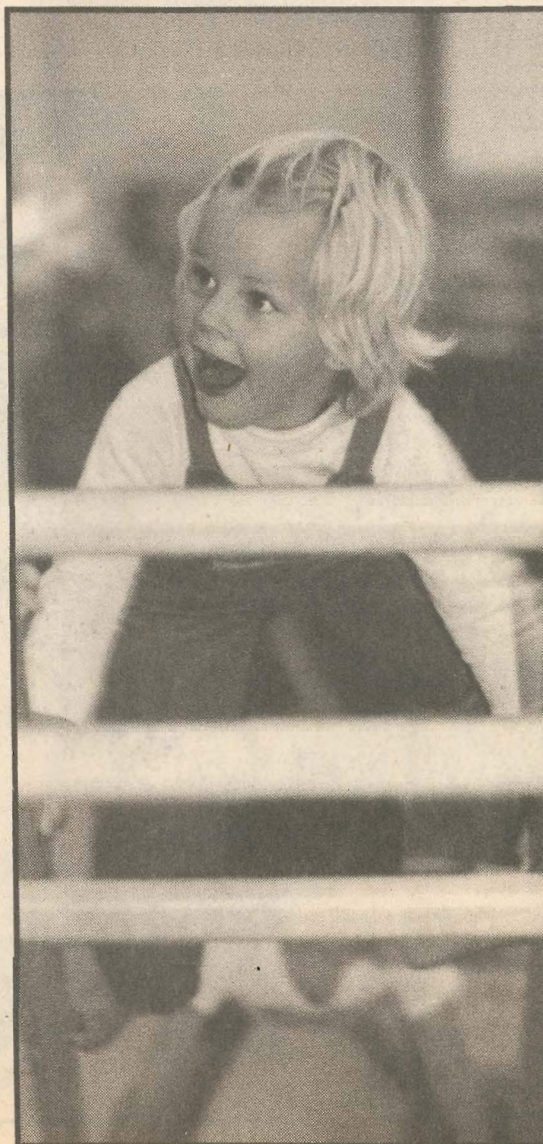
Now's your chance to let the "child-within" you discover the real fun in creating with art materials. Together, you and your pre-school child will find out the endless possibilities of paint, clay and other exciting mediums. Lots of take-home ideas too!

## RUNNIN' AND ROMPIN' TOGETHER ★

A fun class to music that will get you & your child moving. The 40 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.

## TOT SWIM ★

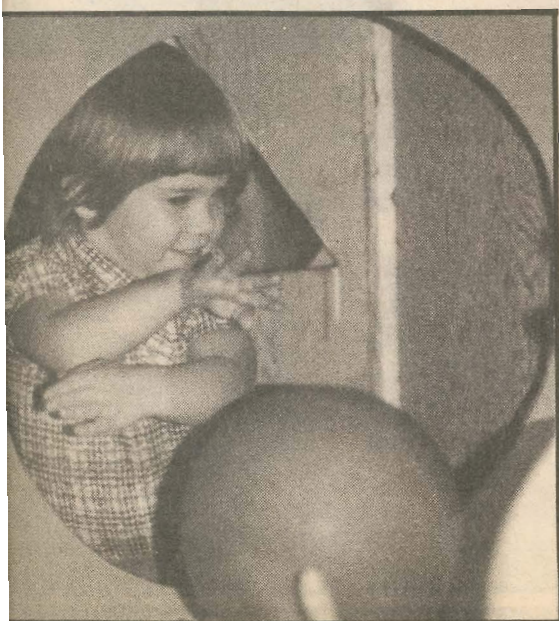
A chance to combine fun in the water with one of the other preschooler/parent programs described above. Conveniently scheduled to coordinate with other special interest classes, children will participate in aquatics activities similar to those described for Minnows, Guppies & Fishtails classes.





## PARENTS AND TOTS TOGETHER

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Musical Friends & 3 Years)	Friday	10:30-11:15 A.M.	March 4-Apr. 22 April 29-June 17	YoWoChAs Room	100 3100	\$20 \$23
Musical Friends & 3 Years)	Friday	1:00-1:45 P.M.	March 4 - Apr. 22 April 29-June 17	YoWoChAs Room	101 3101	\$20 \$23
Musical Friends & 5 Years) (without parents)	Friday	9:30-10:15 A.M.	March 4-Apr. 22 April 29-June 17	YoWoChAs Room	102 3102	\$20 \$23
Discovering Art Together & 5 Years)	Tuesday	1:15-2:00 P.M.	March 1-Apr. 12 April 26-June 14	North Club Room	103 3103	\$20 \$23
Discovering Art Together & 3 Years)	Friday	9:30-10:15 A.M.	March 4-Apr. 22 April 29-June 17	North Club Room	104 3104	\$20 \$23
Discovering Art Together & 3 Years)	Tuesday	2:15-3:00 P.M.	March 1-Apr. 12 April 26-June 14	North Club Room	105 3105	\$20 \$23
Discovering Art Together & 5 Years)	Friday	10:30-11:15 A.M.	March 4-Apr. 22 April 29-June 17	North Club Room	106 3106	\$20 \$23
Not Swim & 5 Years)	Tuesday	2:30-3:00 P.M.	March 1-Apr. 12	Pool	107	\$20
	Tuesday	2:30-3:00 P.M.	Apr. 26-June 14	Pool	3107	\$23
Not Swim & 5 Years)	Friday	9:30-10:00 A.M.	March 4-Apr. 22	Pool	108	\$20
	Friday	9:30-10:00 A.M.	Apr. 29-June 17	Pool	3108	\$23
Running' & Rompin' & 3 Years)	Tuesday	1:15-1:55 P.M.	Mar. 1-Apr. 12	Gym	109	\$20
			Apr. 29-June 14	Gym	3109	\$23
	Friday	10:30-11:15 A.M.	Mar. 4-Apr. 22	Gym	110	\$20
			Apr. 29-June 17	Gym	3110	\$23
Running' & Rompin' & 5 Years)	Tuesday	2:00-2:45 P.M.	Mar. 1-Apr. 12	Gym	111	\$20
	Tuesday	2:00-2:45 P.M.	Apr. 26-June 14	Gym	3111	\$23
	Friday	9:30-10:15 A.M.	Mar. 4-Apr. 22	Gym	112	\$20
			Apr. 29-June 17	Gym	3112	\$23





# PRE-SCHOOL GYM AND SWIM

The YW's pre-school gym programs 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. There are separate classes for 2, 3, 4 and 5 years. 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. Most classes for children over 3 years do not involve parents and consist of games, 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 programs.*

## 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.

Feb/March session	\$18.00 - Gym only \$28.00 - Gym & Swim
April session	\$20.00 - Gym only \$32.00 - Gym & Swim

PROGRAM TITLE	DAY	TIME	DATES	GYM & SWIM	GYM ONLY
2 Years	Monday	Gym 10:10-10:50 A.M. Pool 9:30-10:00 A.M.	Feb. 28-Apr. 11 Apr. 25-June 20	115A 3115A	115 3115
	Wednesday	Gym 10:50-11:30 A.M. Pool 11:40-12:10 P.M.	Mar. 2-Apr. 13 Apr. 27-June 15	116A 3116A	116 3116
	Saturday	Gym 9:30-10:10 A.M. Pool 10:20-10:50 A.M.	Mar. 5-Apr. 23 Apr. 30-June 18	117A 3117A	117 3117
3 Years	Monday	Gym 10:50-11:30 A.M. Pool 11:40-12:10 A.M.	Feb. 28-Apr. 11 Apr. 25-June 20	118A 3118A	118 3118
	Wednesday	Gym 10:10-10:50 A.M. Pool 9:15-9:45 A.M.	Mar. 2-Apr. 13 Apr. 27-June 15	119A 3119A	119 3119
	Saturday	Gym 10:50-11:30 A.M. Pool 11:40-12:10 P.M.	Mar. 5-Apr. 23 Apr. 30-June 18	120A 3120A	120 3120
4 & 5 Years	Monday	Gym 9:30-10:10 A.M. Pool 10:20-10:50 A.M.	Feb. 28-Apr. 11 Apr. 25-June 20	121A 3121A	121 3121
	Wednesday	Gym 9:30-10:10 A.M. Pool 10:20-10:50 A.M.	Mar. 2-Apr. 13 Apr. 27-June 15	122A 3122A	122 3122
	Saturday	Gym 10:10-10:50 A.M. Pool 11:00-11:30 A.M.	Mar. 5-Apr. 23 Apr. 30-June 18	123A 3123A	123 3123



# Pre-school Aquatics

Pre-school water activities held by the YWCA, for children four months to five years of age, 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. We feel that the children will advance and progress faster in the water if they are allowed to explore and learn individually.

We will *not teach* the children to *swim* but rather *guide* parents to help their children learn and develop new skills in the water, which would encourage safety in and around the water.

Throughout the water activities both instructors and parents should combine their efforts and their knowledge to help the children progress from their present stage to a higher level of water ability and confidence.

The classes take place in a separate swimming pool which is designed for the preschooler. Warm water, shallow depth, bright colors, mobiles and music help create a very comfortable environment. Everyone will have a fun time learning new skills, games and exercises through a playful method. Parents will be with their children at all times during the class.

Throughout your child's water experience he/she should develop a liking for the water, basic safety skills, self confidence, social skills (meeting other children and adults), and sensory motor coordination. Basic swim skills will be introduced to all ages in the preschool classes. These skills include buoyancy, floating, gliding, propulsion, turning/changing direction and transfer of weight.

## 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.

## Pre-School Aquatics Age Groupings

Water Babies 1 — 4-8 Months

Water Babies 2 — 8-12 Months

Water Babies 3 — 12-18 Months

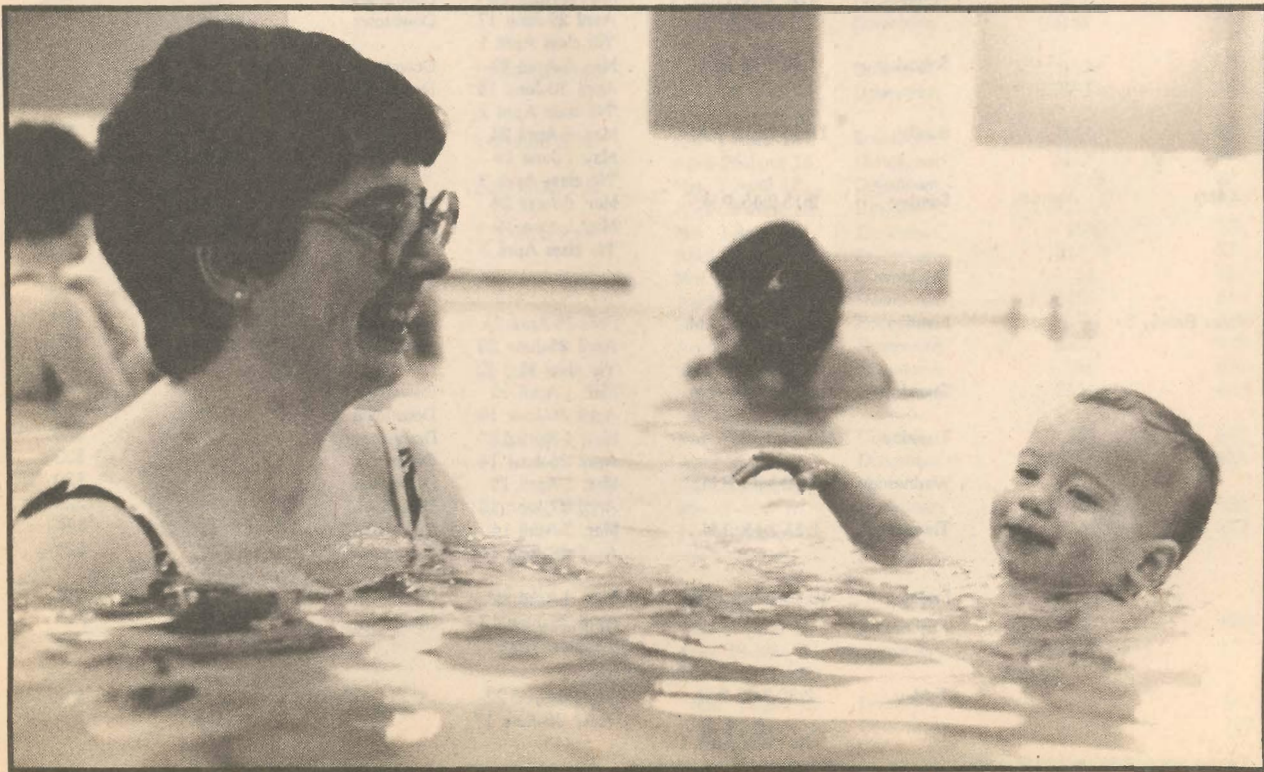
Minnows — 18-30 Months

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, propel themselves through the water. Advanced Fishtails is a fun class - there is a ratio of 5 children to 1 instructor and children will develop more swimming techniques to prepare them for future classes.





# PRE-SCHOOL AQUATICS

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Water Babies 1	Monday	1:45-2:15 P.M.	Feb. 28-April 11	Downtown	124	\$20
			April 25-June 20	Downtown	3124	\$23
	Tuesday	1:15-1:45 P.M.	*No class May 23			
			Mar. 1-April 12	Downtown	125	\$20
	Wednesday	9:45-10:15 A.M.	April 26-June 14	Downtown	3125	\$23
			Mar. 2-April 13	Downtown	126	\$20
	Thursday	10:10-10:40 A.M.	April 27-June 15	Downtown	3126	\$23
			Mar. 3-April 14	Downtown	127	\$20
	Thursday	11:45-12:15 P.M.	April 28-June 16	Downtown	3127	\$23
			Mar. 3-April 14	Downtown	127A	\$20
	Friday	11:45-12:15 P.M.	April 28-June 16	Downtown	3127A	\$23
			Mar. 4-April 22	Downtown	128	\$20
	Saturday	1:00-1:30 P.M.	April 29-June 17	Downtown	3128	\$23
			*No class April 1			
	Sunday	10:00-10:30 A.M.	Mar. 5-April 23	Downtown	129	\$20
			April 30-June 18	Downtown	3129	\$23
Water Babies 2	Monday	2:30-3:00 P.M.	*No class April 2			
			Mar. 6-April 24	Downtown	130	\$20
	Tuesday	11:45-12:15 P.M.	May 1-June 19	Downtown	3130	\$23
			*No class April 3			
	Wednesday	11:00-11:30 A.M.	Mar. 6-April 24	Downtown	130A	\$20
			May 1-June 19	Downtown	3130A	\$23
	Thursday	9:00-9:30 A.M.	*No class April 3			
			Mar. 6-April 24	Downtown	131	\$20
	Thursday	1:45-2:15 P.M.	April 25-June 20	Downtown	3131	\$23
			*No class May 23			
	Friday	1:15-1:45 P.M.	Mar. 1-April 12	Downtown	132	\$20
			April 26-June 14	Downtown	3132	\$23
	Saturday	1:45-2:15 P.M.	Mar. 2-April 13	Downtown	133	\$20
			April 27-June 15	Downtown	3133	\$23
	Sunday	11:45-12:15 P.M.	Mar. 3-April 14	Downtown	134	\$20
			April 28-June 16	Downtown	3134	\$23
Water Babies 3	Monday	9:45-10:15 A.M.	Mar. 3-April 14	Downtown	134A	\$20
			April 28-June 16	Downtown	3134A	\$23
	Tuesday	11:15-11:45 A.M.	Mar. 4-April 22	Downtown	135	\$20
			April 29-June 17	Downtown	3135	\$23
	Wednesday	1:00-1:30 P.M.	*No class April 1			
			Mar. 5-April 23	Downtown	136	\$20
	Thursday	2:15-2:45 P.M.	April 30-June 18	Downtown	3136	\$23
			*No class April 2			
	Friday	10:15-10:45 A.M.	Mar. 6-April 24	Downtown	137	\$20
			May 1-June 19	Downtown	3137	\$23
	Saturday	1:00-1:30 P.M.	*No class April 3			
			Mar. 6-April 24	Downtown	137A	\$20
	Sunday	12:45-1:15 P.M.	May 1-June 19	Downtown	3137A	\$23
			*No class April 3			
	Friday	2:30-3:00 P.M.	Mar. 6-April 24	Downtown	138	\$20
			May 1-June 19	Downtown	3138	\$23
Water Babies 3	Monday	9:45-10:15 A.M.	*No class May 23			
			Feb. 28-April 11	Downtown	138	\$20
	Tuesday	11:15-11:45 A.M.	April 25-June 20	Downtown	3138	\$23
			*No class May 23			
	Tuesday	12:45-1:15 P.M.	Mar. 1-April 12	Downtown	139	\$20
			April 26-June 14	Downtown	3139	\$23
	Wednesday	1:00-1:30 P.M.	Mar. 1-April 12	Downtown	139A	\$20
			April 26-June 14	Downtown	3139A	\$23
	Thursday	2:15-2:45 P.M.	Mar. 2-April 13	Downtown	140	\$20
			April 27-June 15	Downtown	3140	\$23
	Friday	10:15-10:45 A.M.	Mar. 3-April 14	Downtown	141	\$20
			April 28-June 16	Downtown	3141	\$23
	Friday	2:30-3:00 P.M.	Mar. 4-April 22	Downtown	142	\$20
			April 29-June 17	Downtown	3142	\$23
	Friday	2:30-3:00 P.M.	*No class April 1			
			Mar. 4-April 22	Downtown	142A	\$20
	Friday	2:30-3:00 P.M.	April 22-June 17	Downtown	3142A	\$23
			*No class April 1			



**PRE-SCHOOL AQUATICS (Cont'd.)**

PROGRAM TITLE	DAY	TIME	DATE	LOCATION	NUMBER	COST
Minnows	Saturday	2:15-2:45 P.M.	Mar. 5-April 23	Downtown	143	\$20
			April 30-June 18	Downtown	3143	\$23
	Sunday	11:00-11:30 A.M.	*No class April 2	Downtown	144	\$20
			Mar. 6-April 24	Downtown	3144	\$23
			May 1-June 19	Downtown		
			*No class April 3			
	Monday	11:00-11:30 A.M.	Feb. 28-April 11	Downtown	145	\$20
			April 25-June 20	Downtown	3145	\$23
	Monday	7:00-7:30 P.M.	*No class May 23			
			Feb. 28-April 11	Downtown	145A	\$20
	Tuesday	1:45-2:15 P.M.	April 25-June 20	Downtown	3145A	\$23
			*No class May 23			
	Tuesday	6:30-7:00 P.M.	Mar. 1-April 12	Downtown	146	\$20
			April 26-June 14	Downtown	3146	\$23
	Wednesday	2:00-2:30 P.M.	Mar. 1-April 12	Downtown	146A	\$20
			April 26-June 14	Downtown	3146A	\$23
	Thursday	9:30-10:00 A.M.	Mar. 2-April 13	Downtown	147	\$20
			April 27-June 15	Downtown	3147	\$23
	Friday	10:45-11:15 A.M.	Mar. 3-April 14	Downtown	148	\$20
			April 28-June 16	Downtown	3148	\$23
	Saturday	12:30-1:00 P.M.	Mar. 4-April 22	Downtown	149	\$20
			April 29-June 17	Downtown	3149	\$23
Guppies	Saturday	3:30-4:00 P.M.	*No class April 1			
			Mar. 5-April 23	Downtown	150	\$20
	Sunday	12:15-12:45 P.M.	April 30-June 18	Downtown	3150	\$23
			*No class April 2			
	Monday	1:15-1:45 P.M.	Mar. 5-April 23	Downtown	150A	\$20
			April 30-June 18	Downtown	3150A	\$23
	Monday	7:30-8:00 P.M.	*No class April 2			
			Mar. 6-April 24	Downtown	151	\$20
	Tuesday	9:00-9:30 A.M.	May 1-June 19	Downtown	3151	\$23
			*No class April 3			
	Tuesday	12:15-12:45 P.M.	Feb. 28-April 11	Downtown	152	\$20
			April 25-June 20	Downtown	3152	\$23
	Tuesday	7:30-8:00 P.M.	*No class May 23			
			Feb. 28-April 11	Downtown	152A	\$20
	Wednesday	2:30-3:00 P.M.	April 25-June 20	Downtown	3152A	\$23
			*No class May 23			
	Thursday	10:40-11:10 A.M.	Mar. 1-April 12	Downtown	153	\$20
			April 26-June 14	Downtown	3153	\$23
	Friday	11:15-11:45 A.M.	Mar. 1-April 12	Downtown	153A	\$20
			April 26-June 14	Downtown	3153A	\$23
	Saturday	9:00-9:30 A.M.	Mar. 1-April 12	Downtown	153B	\$20
			April 26-June 14	Downtown	3153B	\$23
Fishtails	Monday	6:30-7:00 P.M.	Mar. 2-April 13	Downtown	154	\$20
			April 27-June 15	Downtown	3154	\$23
	Tuesday	9:30-10:00 A.M.	Mar. 3-April 14	Downtown	155	\$20
			April 28-June 16	Downtown	3155	\$23
	Wednesday	2:30-3:00 P.M.	Mar. 4-April 22	Downtown	156	\$20
			April 29-June 17	Downtown	3156	\$23
	Thursday	10:40-11:10 A.M.	*No class April 1			
			Mar. 5-April 23	Downtown	157	\$20
	Friday	11:15-11:45 A.M.	April 30-June 18	Downtown	3157	\$23
			*No class April 2			
	Saturday	12:30-1:00 P.M.	Mar. 6-April 24	Downtown	158	\$20
			May 1-June 19	Downtown	3158	\$23
	Sunday	1:00-1:30 P.M.	*No class April 3			



## PRE-SCHOOL AQUATICS (Cont'd)

PROGRAM TITLE	DAY	TIME	DATE	LOCATION	NUMBER	COST
	Thursday	11:15-11:45 A.M.	Mar. 3-April 14	Downtown	161	\$20
			April 28-June 16	Downtown	3161	\$23
	Friday	9:00-9:30 A.M.	Mar. 4-April 22	Downtown	162	\$20
			April 29-June 17	Downtown	3162	\$23
			*No class April 1			
	Saturday	9:30-10:00 A.M.	Mar. 5-April 23	Downtown	163	\$20
			April 30-June 18	Downtown	3163	\$23
			*No class April 2			
	Saturday	3:00-3:30 P.M.	Mar. 5-April 23	Downtown	163A	\$20
			April 30-June 18	Downtown	3163A	\$23
			*No class April 2			
	Sunday	10:30-11:00 A.M.	Mar. 6-April 24	Downtown	164	\$20
			May 1-June 19	Downtown	3164	\$23
			*No class April 3			
Advanced Fishtails	Tuesday	7:00-7:30 P.M.	Mar. 1-April 12	Downtown	165	\$20
			April 26-June 14	Downtown	3165	\$23
	Saturday	12:00-12:30 P.M.	Mar. 5-April 23	Downtown	166	\$20
			April 30-June 18	Downtown	3166	\$23
			*No class April 2			
	Saturday	12:30-1:00 P.M.	Mar. 5-April 23	Downtown	166A	\$20
			April 30-June 18	Downtown	3166A	\$23
			*No class April 2			





# 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.

### ORANGE LEVEL

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 LEVEL

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 flotation devices.

### MAROON LEVEL

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 LEVEL

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 LEVEL

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 LEVEL

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 LEVEL

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

Float on front or back  
Jump into deep water OR tread  
water for 30 seconds  
Swim front crawl OR tread  
water for 1 minute  
Swim back crawl OR tread  
water for 2 minutes  
Swim elementary back stroke  
OR tread water for 3 minutes  
Swim breast stroke OR tread  
water for 4 minutes  
Swim side stroke OR tread  
water for 5 minutes

#### REGISTER IN IN THIS RED CROSS LEVEL

ORANGE  
RED  
MAROON  
BLUE  
GREEN  
GREY  
WHITE

### 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.



# CHILDREN - AQUATICS

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Orange	Saturday	10:00-11:00 A.M.	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	167 3167	\$31 \$35
	Saturday	2:00-3:00 P.M.	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	167A 3167A	\$31 \$35
Red	Saturday	3:00-4:00 P.M.	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	168 3168	\$31 \$35
Maroon	Saturday	11:00-12:00 Noon	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	169 3169	\$31 \$35
	Sunday	1:00-2:00 P.M.	Mar. 6-Apr. 24 May 1-June 19 *No class April 3	Downtown Downtown	170 3170	\$31 \$35
Blue	Saturday	10:00-11:00 A.M.	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	171 3171	\$31 \$35
	Sunday	1:00-2:00 P.M.	Mar. 6-Apr. 24 May 1-June 19 *No class April 3	Downtown Downtown	172 3172	\$31 \$35
Green	Saturday	11:00-12:00 Noon	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	173 3173	\$31 \$35
Grey	Saturday	10:00-11:00 A.M.	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	174 3174	\$31 \$35
White	Saturday	3:00-4:00 P.M.	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	175 3175	\$31 \$35
Stroke Improvement Endurance	Saturday	2:00-3:00 P.M.	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	176 3176	\$31 \$35
Esso Swim Canada	Saturday	1:00-2:00 P.M.	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	177 3177	\$31 \$35
Jr. Snorkle	Saturday	12:00-1:00 P.M.	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	178 3178	\$31 \$35
Springboard Diving	Saturday	3:00-4:00 P.M.	Mar. 5-Apr. 23 Apr. 30-June 18 *No class April 2	Downtown Downtown	179 3179	\$31 \$35



# Adult Aquatics

## Adult Swim Programs

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 flotation 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/6 week session.
- Information - Diane Kitchen 423-9922 weekdays.



# ADULT - AQUATICS

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Absolutely Terrified	Wednesday	7:30-8:30 P.M.	Mar. 2-Apr. 13	Downtown	180	\$33
			April 27-June 15	Downtown	3180	\$37
	Friday	10:30-11:30 A.M.	Mar. 4-Apr. 22	Downtown	181	\$33
			April 29-June 17 *No class April 1	Downtown	3181	\$37
	Saturday	9:00-10:00 A.M.	Mar. 5-Apr. 23	Downtown	182	\$33
			Apr. 30-June 18 *No class April 2	Downtown	3182	\$37
Orange	Tuesday	1:00-2:00 P.M.	Mar. 2-Apr. 12	Downtown	183	\$33
			April 26-June 14	Downtown	3183	\$37
	Wednesday	6:30-7:30 P.M.	Mar. 2-Apr. 13	Downtown	184	\$33
			April 27-June 15	Downtown	3184	\$37
	Thursday	7:30-8:30 P.M.	Mar. 3-Apr. 14	Downtown	185	\$33
			April 28-June 16	Downtown	3185	\$37
Red	Friday	6:30-7:30 P.M.	Mar. 4-Apr. 22	Downtown	186	\$33
			April 29-June 17 *No class April 1	Downtown	3186	\$37
	Wednesday	6:30-7:30 P.M.	Mar. 2-Apr. 13	Downtown	187	\$33
			April 27-June 15	Downtown	3187	\$37
	Thursday	2:00-3:00 P.M.	Mar. 3-Apr. 14	Downtown	188	\$33
			April 28-June 16	Downtown	3188	\$37
Maroon	Friday	6:30-7:30 P.M.	Mar. 4-Apr. 22	Downtown	189	\$33
			April 29-June 17 *No class April 1	Downtown	3189	\$37
	Saturday	9:00-10:00 A.M.	Mar. 5-Apr. 23	Downtown	190	\$33
			April 30-June 18 *No class April 2	Downtown	3190	\$37
	Monday	7:30-8:30 P.M.	Feb. 28-April 11	Downtown	191	\$33
			April 25-June 20 *No class May 23	Downtown	3191	\$37
Blue	Wednesday	7:30-8:30 P.M.	Mar. 2-Apr. 13	Downtown	192	\$33
			April 27-June 15	Downtown	3192	\$37
	Friday	2:00-3:00 P.M.	Mar. 4-Apr. 22	Downtown	193	\$33
			April 29-June 17 *No class April 1	Downtown	3193	\$37
	Friday	7:30-8:30 P.M.	Mar. 4-Apr. 22	Downtown	193A	\$33
			April 29-June 17 *No class April 1	Downtown	3193A	\$37
Green	Saturday	2:00-3:00 P.M.	Mar. 5-Apr. 23	Downtown	194	\$33
			April 30-June 18 *No class April 2	Downtown	3194	\$37
	Monday	7:30-8:30 P.M.	Feb. 28-Apr. 11	Downtown	195	\$33
			April 25-June 20 *No class May 23	Downtown	3195	\$37
	Tuesday	2:00-3:00 P.M.	Mar. 1-Apr. 12	Downtown	196	\$33
			April 26-June 14	Downtown	3196	\$37
Grey	Tuesday	7:30-8:30 P.M.	Mar. 1-Apr. 12	Downtown	197	\$33
			April 26-June 14	Downtown	3197	\$37
White	Monday	7:30-8:30 P.M.	Feb. 28 - April 11	Downtown	198	\$33
			April 25-June 20 *No class May 23	Downtown	3198	\$37
White	Wednesday	7:30-8:30 P.M.	Mar. 2-Apr. 13	Downtown	199	\$33
			April 27-June 15	Downtown	3199	\$37



# Additional Adult Aquatic Programs

**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.

## SYNCHRONIZED SWIMMING (BEGINNER AND ADVANCED)

Fun and fitness for all ages from beginner level to advanced synchronized skills. Levels of the National Star System plus the Alberta Wild Rose level are taught. Synchronized swimming is one of the most complete sports for the female athlete ng to music.

## ADDITIONAL ADULT AQUATIC PROGRAMS

PROGRAM TITLE	DAY	TIME	DATES	NUMBER	COST
Jr. Snorkle	Saturday	12:00-1:00 P.M.	March 5-April 23	209	\$33
			April 30-June 18 *No class April 2	3209	\$37
Synchronized Swimming Beginner & Advanced	Wednesday	9:00-10:00 A.M.	March 2-April 13	210	\$33
			April 27-June 15	3210	\$37
Stroke Improvement	Thursday	10:30-11:30 A.M.	March 3-April 14	206	\$33
			April 28-June 16	3206	\$37
	Friday	1:00-2:00 P.M.	March 4-April 22	207	\$33
			April 29-June 17 *No class April 1	3207	\$37
	Saturday	11:00-12:00 Noon	March 5-April 23	208	\$33
			April 20-June 18 *No class April 2	3208	\$37
Bronze Medallion, Bronze Cross & Senior Resuscitation	Tuesday	6:30-9:30 P.M. Includes theory & pool sessions	March 1-April 12	200	\$40
			April 26-June 14	3200	\$40



# Aqua Fitness for Adults

## 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 ex-

periencing an aqua fitness class. Classes are rated: 1. Mild - Moderate which begins with 15 minutes of aerobics; 2. Moderate - Intense which begins with 20 minutes of aerobics.

## 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.

PROGRAM TITLE	DAY	TIME	DATES	NUMBER	COST
Aquafitness 1 (mild/moderate)	Tuesday	9:30-10:30 A.M.	March 1-April 12	211	\$35
			April 26-June 14	3211	\$40
	Wednesday	2:00-3:00 P.M.	March 2-April 13	212	\$35
			April 27-June 15	3212	\$40
	Friday	9:30-10:30 A.M.	March 4-April 22	213	\$35
			April 29-June 17	3213	\$40
	Friday	5:30-6:30 P.M.	*No classes April 1		
			March 4-April 22	213A	\$35
Aquafitness 2 (moderate/intense)	Monday	10:30-11:30 A.M.	April 29-June 17	3213A	\$40
	Monday	6:30-7:30 P.M.	Feb. 28-April 11	214	\$35
			April 25-June 20	3214	\$40
	Tuesday	6:30-7:30 P.M.	*No class May 23		
			Feb. 28-April 11	214A	\$35
	Wednesday	5:30-6:30 P.M.	April 25-June 20	3214A	\$40
			*No class May 23		
	Thursday	6:30-7:30 P.M.	March 1-April 12	215	\$35
			April 26-June 14	3215	\$40
	Friday	6:30-7:30 P.M.	March 2-April 13	216	\$35
			April 27-June 15	3216	\$40
	Saturday	12:00-1:00 P.M.	March 3-April 14	217	\$35
			April 28-June 16	3217	\$40
Prenatal Aquafitness	Tuesday	7:30-8:30 P.M.	March 5-April 23	218	\$35
			April 30-June 18	3218	\$40
	Wednesday	10:00-11:00 A.M.	*No class April 2		
	Thursday	7:30-8:30 P.M.	March 1-April 12	219	\$35
			April 26-June 14	3219	\$40
	Friday	7:30-8:30 P.M.	March 2-April 13	220	\$35
			April 27-June 15	3220	\$40
Endurance Swimming	Monday	1:00-2:00 P.M.	March 3-April 14	221	\$35
			April 28-June 16	3221	\$40
	Tuesday	10:30-11:30 A.M.	April 29-June 17	201	\$33
			Feb. 28-April 11	3201	\$37
	Wednesday	1:00-2:00 P.M.	April 25-June 20		
			*No class May 23		
	Thursday	6:30-7:30 P.M.	March 1-April 12	202	\$33
			April 26-June 14	3202	\$37
	Friday	7:30-8:30 P.M.	March 2-April 13	203	\$33
			April 27-June 15	3203	\$37
	Saturday	9:00-10:00 A.M.	March 2-April 13	203A	\$33
			April 27-June 15	3203A	\$37
	Friday	7:30-8:30 P.M.	March 4-April 22	204	\$33
			April 29-June 17	3204	\$37
	Saturday	9:00-10:00 A.M.	*No class April 1		
			March 5-April 23	205	\$33
			April 30-June 18	3205	\$37
			*No class April 2		



# Adult Fitness Swim Club (Cetaceans)

The club accommodates people wishing to swim their way to total fitness. The group participates in three one hour workouts per week plus two half hour weight training and flexibility sessions per week. Swimming workouts are prepared and monitored by a qualified swim coach who has a knack of making everything enjoyable and interesting. The members of the club are also able to participate in "masters" swim meets throughout the country. People will see an improvement in their swimming technique, cardiovascular fitness, and endurance. Anyone interested can join at anytime. Please contact Diane Kitchen for more information, 423-9922.

## Times:

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

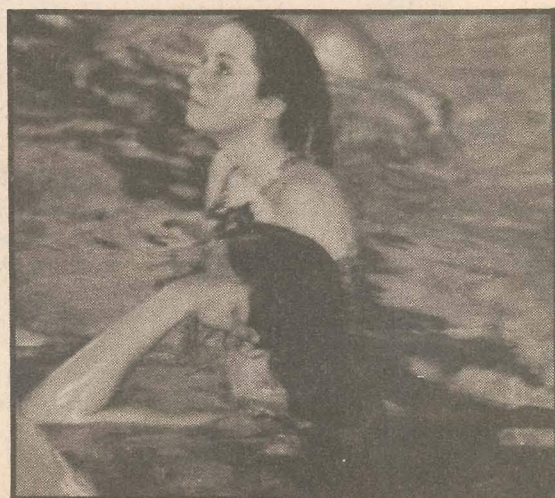
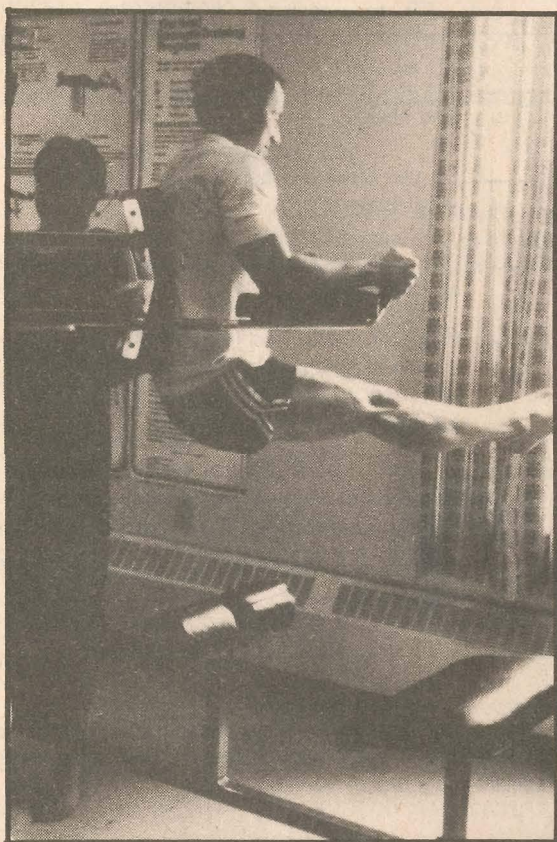
Tuesday 5:30-6:30 p.m.

5:00-5:30 p.m. (Weight Training)

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

5:00-5:30 p.m. (Weight Training)

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



The YWCA would like to thank the Edmonton Journal for their cooperation in the co-sponsorship of:

- Adult Swim
- Aqua Fitness
- Social Dance

## Edmonton Journal



# 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.



# MILD FITNESS CLASSES

## 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 sides).	_____	_____

### 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 four . . . proceed to MODERATE Level Check.

## AEROBIC FITSTARTS

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

\$20 1 class/week	>	Feb/March session
\$38 2 classes/week		
\$22 1 class/week	>	April session
\$42 2 classes/week		

## MILD LEVEL CLASSES

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER
Aerobic Fitstarts	Tuesday	10:30-11:15 A.M.	March 1-April 12	Downtown	225
			April 26-June 14		3225
	Thursday	5:30-6:15 P.M.	March 1-April 12	Downtown	226
			April 26-June 14		3226
		10:30-11:15 A.M.	March 3-April 14	Downtown	227
			April 28-June 16		3227
Exercise for Expectant Moms	Tuesday	5:30-6:15 P.M.	March 3-April 14	Downtown	228
			April 28-June 16		3228
	Friday	10:30-11:15 A.M.	March 1-April 12	Downtown	229
			April 26-June 14		3229
Fitness for Seniors	Monday	10:30-11:15 A.M.	March 4-April 22	Downtown	230
			April 29-June 17		3230
	Thursday	1:00-2:00 P.M.	April 29-June 17		3230
			April 29-June 17		3230
Yoga	Monday	1:00-2:00 P.M.	Feb. 28-April 11	Downtown	231
			April 25-June 20		3231
	Thursday	1:00-2:00 P.M.	March 3-April 14	Downtown	232
			April 28-June 16		3232
Yoga for 50 & Over	Monday	5:45-7:15 P.M.	Feb. 28-April 11	Downtown	233
			April 25-June 20		3233
	Thursday	9:30-11:00 A.M.	March 3-April 14	Downtown	234
			April 28-June 16		3234
	Friday	1:00-2:30 P.M.	March 4-April 22	Downtown	235
			April 29-June 17		3235

## 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	>	Feb/March session
\$38 2 classes/week		
\$22 1 class/week	>	April session
\$42 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.

\$21 1 class/week	>	Feb/March session
\$40 2 classes/week		
\$24 1 class/week	>	April session
\$46 2 classes/week		

(1/2 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 Feb/March session. \$28 April session.

## YOGA FOR 50 YEARS AND OVER

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

\$25 7 Feb/March session. \$28 April session



# Moderate Fitness Classes

## MODERATE LEVEL CHECK

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

### RESULTS:

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

\$20 1 class/week  
\$38 2 classes/week  
\$54 3 classes/week

April session

## 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  
\$22 1 class/week  
\$42 2 classes/week

Feb/March session

April session

## NOON OR AFTER WORK FITNESS

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

\$17 1 class/week  
\$32 2 classes/week  
\$46 3 classes/week  
\$19 1 class/week  
\$36 2 classes/week  
\$52 3 classes/week

Feb/March session

April session

## 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  
\$44 2 classes/week  
\$26 1 class/week  
\$50 2 classes/week  
\$18 1 class/week  
\$34 2 classes/week  
\$20 1 class/week  
\$38 2 classes/week

Feb/March evening session

April evening session

Feb/March noon hour session

April noon hour session

## RUSH HOUR FITNESS

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

\$18 1 class/week  
\$34 2 classes/week  
\$48 3 classes/week

Feb/March

## MODERATE FITNESS AND AQUACISE

Cool off after the fitness class with a refreshing aquacise class in the pool.

Feb/March session. \$31 April session

## AEROBIC DANCERCISE

A condensed version of Aerobic Dance I that's just as much fun and exhilarating. The aerobic portion (huffing-puffing activities) is not quite as strenuous and the flexibility and strength exercises are not as intense. This class has more complicated movement sequences than Moderate Fitness.

\$20 1 class/week  
\$38 2 classes/week  
\$22 1 class/week  
\$42 2 classes/week

Feb/March session

April session

## 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  
\$44 2 classes/week  
\$63 3 classes/week

Feb/March session

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

April session



## MODERATE FITNESS CLASSES

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER
Noon/After-Work Fitness	Monday	12:15-12:45 P.M.	Feb. 28-April 11 April 25-June 20	Downtown	236 3236
		5:00-5:30 P.M.	Feb. 28-April 11 April 25-June 20	Downtown	237 3237
	Tuesday	12:15-12:45 P.M.	March 1-April 12 April 26-June 14	Downtown	238 3238
		5:00-5:30 P.M.	March 1-April 12 April 26-June 14	Downtown	239 3239
	Wednesday	12:15-12:45 P.M.	March 2-April 13 April 27-June 15	Downtown	240 3240
		5:00-5:30 P.M.	March 2-April 13 April 27-June 15	Downtown	241 3241
	Thursday	12:15-12:45 P.M.	March 3-April 14 April 28-June 16	Downtown	242 3242
		5:00-5:30 P.M.	March 3-April 14 April 28-June 16	Downtown	243 3243
	Friday	12:15-12:45 P.M.	March 4-April 22 April 29-June 17	Downtown	244 3244
Rush Hour Fitness	Monday	4:45-5:25 P.M.	Feb. 28-April 11 April 25-June 20	Downtown	245 3245
	Tuesday	4:45-5:25 P.M.	March 1-April 12 April 26-June 14	Downtown	246 3246
	Wednesday	4:45-5:25 P.M.	March 2-April 13 April 27-June 15	Downtown	247 3247
	Thursday	4:45-5:25 P.M.	March 3-April 14 April 28-June 16	Downtown	248 3248
Jazz Fitness	Monday	7:30-8:30 P.M.	Feb. 28-April 11 April 25-June 20	Downtown	249 3249
	Tuesday	12:10-12:50 P.M.	March 1-April 12 April 26-June 14	Downtown	250 3250
	Wednesday	7:30-8:30 P.M.	March 2-April 13 April 27-June 15	Downtown	251 3251
	Thursday	12:10-12:50 P.M.	March 3-April 14 April 28-June 16	Downtown	252 3252
Moderate Fitness	Monday	7:30-8:15 P.M.	Feb. 28-April 11 April 25-June 20	Downtown	253 3253
	Tuesday	9:30-10:15 A.M.	March 1-April 12 April 26-June 14	Downtown	254 3254
	Wednesday	1:15-2:00 P.M.	March 2-April 13 April 27-June 15	Downtown	255 3255



## MODERATE FITNESS CLASSES (cont'd.)

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER
	Wednesday	7:30-8:15 P.M.	March 2-April 13 April 27-June 15	Downtown	256 3256
	Thursday	9:30-10:15 P.M.	March 3-April 14 April 28-June 16	Downtown	257 3257
Moderate Fitness and Aquacise	Wednesday	1:15-2:00 P.M. Gym 2:00-2:45 P.M. Pool	March 2-April 13 April 27-June 15	Downtown	258 3258
Aerobic Dancercise	Monday	10:30-11:15 A.M.	Feb. 28-April 11 April 25-June 20	Downtown	259 3259
	Tuesday	7:40-8:25 P.M.	March 1-April 12 April 26-June 14	Downtown	260 3260
	Wednesday	10:30-11:15 A.M.	March 2-April 13 April 27-June 15	Downtown	261 3261
	Thursday	7:40-8:25 P.M.	March 3-April 14 April 28-June 16	Downtown	262 3262
	Friday	10:30-11:15 A.M.	March 4-April 22 April 29-June 17	Downtown	263 3263
Aerobic Dance I	Monday	9:30-10:30 A.M.	Feb. 28-April 11 April 25-June 20	Downtown	264 3264
		1:30-2:30 P.M.	Feb. 28-April 11 April 25-June 20	Downtown	265 3265
		5:30-6:30 P.M.	Feb. 28-April 11 April 25-June 20	Downtown	266 3266
	Tuesday	6:30-7:30 P.M.	March 1-April 12 April 26-June 14	Downtown	267 3267
	Wednesday	9:30-10:30 A.M.	March 2-April 13 April 27-June 15	Downtown	268 3268
		1:30-2:30 P.M.	March 2-April 13 April 27-June 15	Downtown	269 3269
		5:30-6:30 P.M.	March 2-April 13 April 27-June 15	Downtown	270 3270
	Thursday	1:30-2:30 P.M.	March 3-April 14 April 28-June 16	Downtown	271 3271
		6:30-7:30 P.M.	March 3-April 14 April 28-June 16	Downtown	272 3272
	Friday	9:30-10:30 A.M.	March 4-April 22 April 29-June 17	Downtown	273 3273
		6:30-7:30 P.M.	March 4-April 22 April 29-June 17	Downtown	274 3274
	Saturday	9:30-10:30 A.M.	March 5-April 23 April 30-June 18	Downtown	275 3275
		10:30-11:30 A.M.	March 5-April 23 April 30-June 18	Downtown	276 3276

Also See "Neighbourhood Fitness" & "Aquasizes" for additional moderate fitness opportunities.



# Intense Fitness Classes

## INTENSE LEVEL CHECK

YES NO

1. You find a Moderate class easy \_\_\_\_\_
2. You can run easily for 18-20 \_\_\_\_\_  
minutes (i.e. 2 miles)
3. You can do 15 pushups with \_\_\_\_\_  
knees on floor
4. You can hold a chair sitting posi- \_\_\_\_\_  
tion 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 Moderate Level for another season; then try again.

## DAWN AEROBIC DANCE II

For the keeners! The 45 minute fitness class will begin at 20 minutes and progress 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  
\$53 3 classes/week
- \$22 1 class/week  
\$42 2 classes/week  
\$60 3 classes/week
- Feb/March session  
April session

## AEROBIC DANCE II

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

- \$23 1 class/week  
\$44 2 classes/week  
\$63 3 classes/week
- \$26 1 class/week  
\$50 2 classes/week  
\$72 3 classes/week
- Feb/March session  
April session

## ADVANCED AEROBIC DANCE II

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

\$25. Feb/March session \$29 April session.

## AEROBIC DANCE III

This class will remain at approximately 28 minutes of aerobics. The aerobic portion will include anaerobic and interval training. The floor exercises will require a high level of strength.

- \$23 1 class/week  
\$44 2 classes/week  
\$63 3 classes/week
- \$26 1 class/week  
\$50 2 classes/week  
\$72 3 classes/week
- Feb/March session  
April session

## INTENSE FITNESS CLASSES

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Dawn Aerobic Dance II	Tuesday	7:00-7:45 A.M.	March 1-April 12		277	
			April 26-June 14		3277	
	Wednesday	7:00-7:45 A.M.	March 2-April 13		278	
			April 27-June 15		3278	
	Friday	7:00-7:45 A.M.	March 4-April 22		279	
			April 29-June 17		3279	
Aerobic Dance II	Monday	6:30-7:30 P.M.	Feb. 28-April 11		280	
			April 25-June 20		3280	
	Tuesday	10:00-11:00 A.M.	March 1-April 12		281	
			April 26-June 14		3281	
		5:30-6:30 P.M.	March 1-April 12		282	
			April 26-June 14		3282	
	Wednesday	6:30-7:30 P.M.	March 2-April 13		283	
			April 27-June 15		3283	
	Thursday	10:00-11:00 A.M.	March 3-April 14		284	
			April 28-June 16		3284	
Advanced Aerobic Dance II	Friday	5:15-6:30 P.M.	March 5-April 23		286	
			April 30-June 18		3286	
Aerobic Dance III	Thursday	5:30-6:30 P.M.	March 4-April 22		287	
			April 29-June 17		3287	
			March 3-April 14		288	
			April 28-June 16		3288	

Also see "Fitness Leadership" & "Aquaize" for additional intense classes.



# Neighbourhood Fitness Programs

Interested in a fitness class conveniently located close to home?

**Aerobic Dance I** - Join us for fun and a moderate workout.

**Aerobic Dance II** - If your exercise regularly and find Aerobic Dance I easy.

Cost:

7 week sessions - \$21 one class/week  
\$40 two classes/week

9 week sessions - \$27 one class/week  
\$50 two classes/week

Childcare where applicable \$7 child/session.

Registration: Mail Or In Person or at the first class.

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER
<b>SOUTHWEST</b>					
Aerobic Dance I (Child Care)	Monday	9:30-10:30 A.M.	April 11-May 30 (no class May 23) 7 weeks	St. Paul's United Church 11526-76 Ave.	66
Aerobic Dance I (Child Care)	Wednesday	9:30-10:30 A.M.	April 13-May 25 7 weeks	St. Paul's United Church 11526-76 Ave.	67
Aerobic Dance I	Monday	8:15-9:15 P.M.	April 11-June 13 (no class May 23) 9 weeks	Steinhauer Comm. School 10717-32A Ave.	68
Aerobic Dance I	Wednesday	8:15-9:15 P.M.	April 13-June 8 9 weeks	Steinhauer Comm School 10717-32A Ave.	69
<b>MILLWOODS</b>					
Aerobic Dance I	Monday	8:15-9:15 P.M.	April 11-May 30 7 weeks	Pollard Meadows School 1715-48 St.	70A
Aerobic Dance I	Tuesday	6:30-7:30 P.M.	April 12-May 24 7 weeks	Dart Knotts Jr. High 1434-80 St.	70
Aerobic Dance I	Thursday	6:30-7:30 P.M.	April 14-May 26 7 weeks	Satoo Elementary 8515-17 Ave.	71
<b>CLAREVIEW</b>					
Aerobic Dance I	Monday	8:15-9:15 P.M.	April 11-May 30 (no class May 23) 7 weeks	Belmont Elem. School (Gym A) 3310-132A Ave.	72
Aerobic Dance I	Thursday	7:00-8:00 P.M. 8:00-9:00 P.M.	April 14-May 26 April 14-May 26 7 weeks	Belmont Elem. School (Gym A) 3310-132A Ave.	73 74
<b>HIGHLANDS</b>					
Aerobic Dance I	Monday	7:00-8:00 P.M.	April 11-May 30 (no class May 23) 7 weeks	Mount Royal 11303-55 St.	75
Aerobic Dance I	Wednesday	8:15-9:15 P.M.	April 13-May 25 7 weeks	Mount Royal 11303-55 St.	76
<b>CASTLEDOWNS</b>					
Aerobic Dance I	Monday	7:15-8:15 P.M.	April 11-May 30 (no class May 23) 7 weeks	Caernarvon Elem. School 14820-118 St.	77
Aerobic Dance I	Tuesday	7:00-8:00 P.M.	April 12-May 24 7 weeks	St. Lucy's 11750-162 Ave.	78
Aerobic Dance I	Wednesday	8:30-9:30 P.M.	April 13-May 25 7 weeks	Caernarvon Elem. 14820-118 St.	79
<b>WESTEND</b>					
Aerobic Dance I	Monday	7:15-8:15 P.M.	April 11-May 30 (no class May 23) 7 weeks	Patricia Heights Elem. 16216-78 Ave.	80
Aerobic Dance II	Tuesday	7:15-8:15 P.M.	April 12-May 24 7 weeks	Elmwood Elem. 16325-83 Ave.	81
Aerobic Dance I	Wednesday	8:15-9:15 P.M.	April 13-May 25 7 weeks	Thorndiffe 8215-175 Street	82
Aerobic Dance II	Thursday	8:15-9:15 P.M.	April 14-May 26 7 weeks	Thorndiffe 8215-175 St.	83



# Employee Fitness

Employee Fitness has been shown to be of benefit to both the employees and employer. Benefits include: Increased morale, decreased absenteeism and increased productivity. The YWCA will come to your place of work with the following on-site services for men and women. Information: Ann Malsberry 423-9922.

## 8 WEEK FITNESS CLASSES

Active exercise classes emphasizing aerobic type activities geared to all levels of co-ed fitness. The 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

Comprehensive individual evaluations and suggestions for a personal exercise program. \$15.00/person for a group of 4 people or more.

## EXERCISE BREAKS

Why not substitute an "Exercise Break" for a Coffee Break? We will demonstrate the exercise break at your worksite and train members of your staff in the concept, so that they can, in turn, lead their own breaks.

Demonstration \$15.00 in your office.

## FITNESS AND NUTRITION TALKS

We provide a speaker to discuss aspects of fitness and/or nutrition.

\$35.00 for a 1 hour talk.

## CORPORATE FITNESS MEMBERSHIP DISCOUNTS

Know of ten women interested in joining the YWCA Women's Fitness Centre? Receive a 10% discount in your membership fees. Information: Amanda Holloway 423-9922.

## RELAXATION PROGRAM

A six-week program designed to relieve stress in your everyday life. See "Adult Special Interest"



## Massage for Women

Why not come down to the Women's Fitness Centre and have a relaxing massage. We have a fully qualified masseuse to relax your muscles after a hard workout. Afterwards' you may relax in our steam room and whirlpool. (Towels provided).

Times: Tuesdays 7:00 - 9:00 p.m.

One hour and ½ hour bookings available.

Bookings: Bookings may be made in the Fitness Centre prior to massage. Payment must accompany registration.

Cost: Fitness Centre Members.....	½ Hour - \$15.00
	1 Hour - \$20.00
Public (Women).....	½ Hour - \$20.00
	1 Hour - \$25.00





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



### 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.

### FACILITIES

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

### FOR YOUR CONVENIENCE

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

### INFORMATION: 423-9922

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

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



# Racquetball

## • HOURS:

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

## • COST:

\$8.00/court/hour.

## • RACQUETBALL BOOKING PROCEDURE:

Phone 423-9922

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

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

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

## • GAME CARDS:

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

Cost - \$35.00 for 10 one hour bookings.

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

## • BLOCK BOOKINGS:

Book your courts well in advance. Total fee must be paid

when booking. For information, please call Amanda Holloway at 423-9922 (weekdays).

## • PRIVATE RACQUETBALL LESSONS:

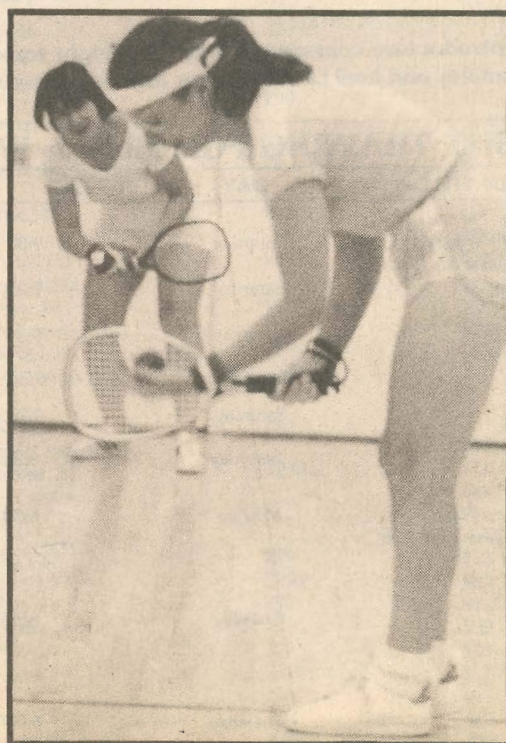
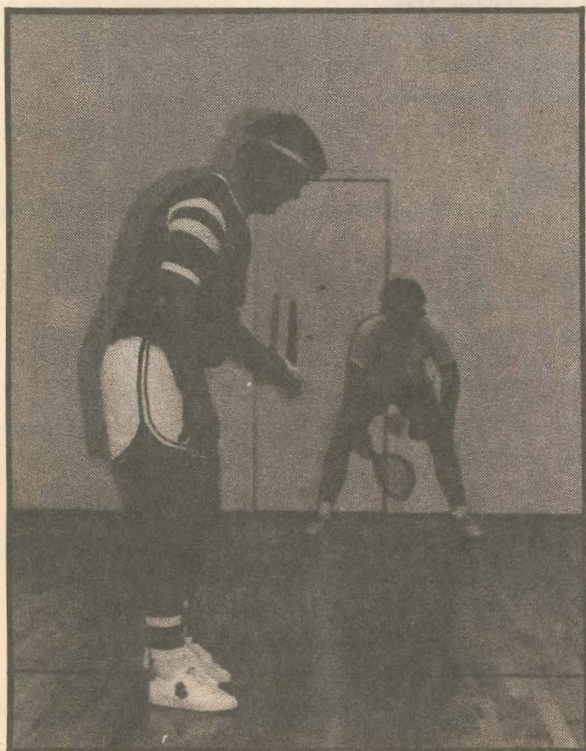
Private lessons offer individual instruction for beginners interested in learning about racquetball. Novice and intermediate levels of instruction are also available on a private basis - \$15/hour. Please phone the Fitness Centre Director for an appointment.

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

## • BEGINNER CLINICS:

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

Saturday, March 19	10:00-1:00 p.m.	#25
Wednesday, April 6	7:00-10:00 p.m.	#26
Saturday, April 23	10:00-1:00 p.m.	#27
Wednesday, May 11	7:00-10:00 p.m.	#28
Saturday, May 28	10:00-1:00 p.m.	#29
Wednesday, June 8	7:00-10:00 p.m.	#30
Saturday, June 25	10:00-1:00 p.m.	#31





# Pre-Natal

Registered physiotherapist will instruct. A lecture and practical class designed to prepare pre-natal couples for having their baby. Recommended to start at

6½ months. Doctor's permission requested. Husbands welcome!

## PRE-NATAL CLASSES

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Pre-Natal	Monday	7:00-9:00 PM	February 28-April 11 April 25-June 13	Strathcona Library 84 Ave. & 104 St.	60 63	\$35
Pre-Natal	Tuesday	7:00-9:00 PM	March 1-April 12 April 26-June 7	Strathcona Library 84 Ave. & 104 St.	61 64	\$35
Pre-Natal	Thursday	7:00-9:00 PM	March 3-April 14 April 28-June 9	Strathcona Library 84 Ave. & 104 St.	62 65	\$35

# 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.

## WEIGHT TRAINING FOR MEN & WOMEN

PROGRAM TITLE	DAY	TIME	DATES	NUMBER	COST
Introductory Weight Training Clinics for Men & Women	Saturday	9:30 AM-12:30 PM	March 12	32	\$15
	Saturday	9:30 AM-12:30 PM	March 26	33	\$15
	Saturday	9:30 AM-12:30 PM	April 30	34	\$15
	Saturday	9:30 AM-12:30 PM	May 14	35	\$15
	Saturday	9:30 AM-12:30 PM	June 4	36	\$15
	Saturday	9:30 AM-12:30 PM	June 25	37	\$15
Introductory Weight Training Classes for Men & Women	Monday	6:30-7:30 PM	Mar. 7-28 May 2-30	38 39	\$18 \$18
	Tuesday	6:30-7:30 PM	Mar. 1-22	40	\$18
			Apr. 5-26	41	\$18
			May 3-24	42	\$18
	Thursday	6:00-7:00 PM	Apr. 7-28 June 2-23	43 44	\$18



# 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      |

## SOCIAL DANCE II

A more advanced course concentrating on style and variations of steps learned in Social Dance I. Participants should feel comfortable with most of the steps taught in Social Dance I. Also to be taught:

1. Tango
2. Samba
3. Viennese 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.

## BELLY DANCE

Learn the exotic dances of the Middle East. Belly Dancing is a good way to firm and tone your muscles with controlled grace.

## ADULT DANCE CLASSES

ALL ADULT DANCE CLASSES ARE CO-ED.

PROGRAM TITLE	DAY	TIME	DATES	NUMBER	COST
Survival on the Dance Floor	Tuesday	8:30-10:00 PM	March 1-Mar. 22	288A	\$22/person
			March 29-Apr. 19	289	\$42/couple
			Apr. 26-May 17	3288A	
			May 24-June 14	3289	
	Thursday	7:30-8:30 PM	(6 hrs of instruct.)		
			Mar. 3-Apr. 14	290	\$26/person
			(7 hrs of instruct.)		\$49/couple
			Apr. 28-June 16	3290	\$30/person
Social Dance I	Wednesday	8:30-10:00 PM	(8 hrs. of instruct.)		\$56/couple
			Mar. 2-Apr. 13	291	\$39/person
			(10½ hrs. of instruct.)		\$74/couple
			Apr. 27-June 15	3291	\$43/person
	Thursday	8:30-10:00 PM	(12 hrs of instruct.)		\$84/couple
			Mar. 3-Apr. 14	292	\$39/person
			(10½ hrs of instruct.)		\$74/couple
			Apr. 28-June 16	3292	\$45/person
Social Dance II	Monday	8:30-10:30	(12 hrs of instruct.)		\$84/couple
			Feb. 28-Apr. 11	293	\$39/person
			(10½ hrs. of instruct.)		\$74/couple
			Apr. 25-June 20	3293	\$45/person
Jazz Dance	Tuesday	6:30-7:30 PM	(12 hrs. of instruct.)		\$84/couple
			Mar. 1-Apr. 12	294	\$28
			Apr. 26-June 24	3294	\$32
			Mar. 2-Apr. 13	295	\$28
	Wednesday	5:45-6:45 PM	Apr. 27-June 15	3295	\$32
			Mar. 3-Apr. 14	296	\$28
			Apr. 28-June 16	3296	\$32
Belly Dance	Tuesday	7:30-8:30 PM	Mar. 1-Apr. 12	297	\$28
			Apr. 26-June 14	3297	\$32



# Recreation for Adults with Special Needs

The Edmonton YWCA encourages the participation of mentally and physically disabled individuals in all YWCA programs. If you would like further information about programs listed below or require assistance in participating in other YWCA programs or services please contact: Patti Parker, 423-9922

Special Services Director

The following programs are offered to **MENTALLY HANDICAPPED ADULTS (16 years & older)** to help prepare them for participation in typical adult leisure activities in family, individual and community settings.

## WHAT'S THERE TO DO IN MY SPARE TIME? ★

A community recreation awareness program providing information on what there is to do, how to get there, how to find out cost, times, etc., so that you will be better prepared to make choices about spending your free time. Plan and take part in some special events and outings.

## NATURE CRAFTS ★

Learn to make a number of attractive items for your home, apartment or for gifts. Natural materials will be used to make necklaces, weavings, collages and much, much more!

## SPORTS AND GAMES NIGHT ★

Here's your chance to get fit and have fun while playing a variety of traditional sports, such as soccer, baseball, football and swimming, as well as many **NEW GAMES**.

## OUTDOOR ENTHUSIASTS ★

An opportunity to share in a number of outdoor recreation experiences and learn the basics of outdoor cookery, hiking, nature studies, camping and much more.

## COOKING AND NUTRITION ★

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

## AEROBIC DANCE ★

A fun, mild fitness program with simple dance-like routines designed to improve cardiovascular fitness, coordination, flexibility, muscular endurance and strength.



## RECREATION FOR ADULTS WITH SPECIAL NEEDS

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Outdoor Enthusiasts	Thursday	7:00-9:00 P.M.	Apr. 28-June 16	TBA	94	\$18
Nature Crafts	Monday	7:30-9:00 P.M.	Apr. 25-June 20 *No class May 23	Downtown YWCA	95	\$20
Sports and Games Night	Tuesday	7:30-9:00 P.M.	Apr. 19-June 7	TBA	96	\$18
What's There To Do	Wednesday	7:00-9:00 P.M.	Apr. 20-June 8	Downtown YWCA	97	\$18
In My Spare Time?	Tuesday	7:00-9:00 P.M.	Apr. 12-May 31	TBA	98	\$22
Cooking and Nutrition	Wednesday	7:30-9:00 P.M.	Apr. 20-June 8	TBA	99	\$18
Aerobic Dance						



# Adult Special Interest

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

## YOUR AGING PARENTS AND YOU

Many issues face an aging population — housing, health finances and loss just to name a few. In this series we will discuss the myths, the realities and the joys associated with aging. Join us in identifying the needs of older persons and share how we as family and friends can help in meeting these needs. Some time will be spent examining community resources that exist for the aging.

## LIVING THROUGH LOSS

In the past when there was a death in the family, 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 individuals or families wanting to move through loss toward regained physical and mental well being.

## YW WALKERS ★

Enjoy walking? Interested in spring time 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!

## BEGINNER BRIDGE CLASSES

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

## INTERMEDIATE BRIDGE CLASSES

For more advanced students who have a working knowledge of the rules of Bridge. Open to men and women.

## WOMEN'S SELF-DEFENSE

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

## RELAXATION AND EVERYDAY LIVING

A six week program designed to relieve stress in your everyday life.

Headaches, backaches, migraines and other stress problems can be helped with a regular program of relaxation.

A professional approach which will help you to learn through relaxation how lead a less stressed and more fulfilled life.

Course Leader: Margaret Adams

Consultant: Dr. Richard Griffin

## ADULT SPECIAL INTEREST CLASSES

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Your Aging Parents and You	Tuesday	7:30-9:30 P.M.	Mar. 1-Apr. 5or Apr. 26-May 31	Downtown YWCA - Triple O Centre	50 52	\$40 \$30
Living Through Loss	Wednesday	1:15-3:30 P.M.	Mar. 2-Apr. 13 or Apr. 27-June 8	Downtown YWCA - Triple O Centre	51 53	\$35 \$35
YW Walkers	Tuesday	1:00-3:30 P.M.	May 10-June 14	Meet at Downtown YWCA Triple O Centre	54	\$25
Beginner Bridge	Tuesday	1:30-3:30 P.M.	Apr. 12-June 14	Downtown YWCA	55	\$48
Beginner Bridge	Wednesday	7:30-9:30 P.M.	Apr. 13 - June 15	Downtown YWCA	56	\$48
Intermediate Bridge	Tuesday	7:30-9:30 P.M.	Apr. 12-June 14	Downtown YWCA	57	\$48
Intermediate Bridge	Wednesday	1:30-3:30 P.M.	Apr. 13-June 15	Downtown YWCA	58	\$48
Women's Self Defense	Monday	7:15-9:15 P.M.	Feb. 28-Apr. 11 Apr. 25-June 20	Downtown YWCA	300 3300	\$40 \$46
	Wednesday	7:00-9:00 P.M.	Mar. 2-Apr. 13 Apr. 27-June 15	Downtown YWCA	301 3301	\$40 \$46
Relaxation for Everyday Everyday Living	Tuesday	5:30-7:00 P.M.	Mar. 1-Apr. 5 Apr. 26-May 31	Downtown YWCA	298 3298	\$35 \$35
	Thursday	5:30-7:00 P.M.	Mar. 3 - Apr. 7 Apr. 28-June 2	Downtown YWCA	299 3299	\$35 \$35





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

# YoWoChAs Centre



## 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.

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

## YOWOCHAS CENTRE YOUR WAY . . .

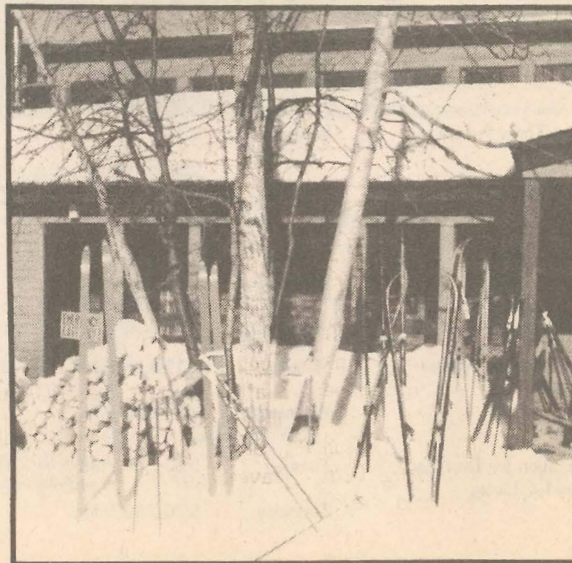
- Select a camp or workshop from the following listings. Meals and accommodation (dormitory style) are included in the listed fee where applicable.
- Let us design a programme for your group . . .  
We'll custom design a special programme for your groups needs.
- Design your own programme . . .  
Your group may wish to conduct a meeting, workshop or camp using YoWoChAs Centre facilities on a rental basis.

## 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





# Cross-Country Skiing at YoWoChAs Centre

## CROSS COUNTRY SKI RETREAT WEEKENDS

Interested in learning to cross country ski? Want to improve the skills you already have? Enjoy a leisurely weekend in the country . . . Certified instructors and a low staff/participant ratio help make your learning enjoyable. All cross country ski classes are conducted according to levels established by the Canadian Association of Nordic Instructors, and include information on equipment selection and maintenance, clothing, hypothermia and waxing.

### LEVEL I

A basic recreational course to assist you in acquiring the

techniques necessary to ski with a minimum of effort. The techniques include: Star Turn, Diagonal Stride, Double Poling, Sidestep, Step Turn, Snow Plow, safe ways to fall and easy ways to get up again!

### LEVEL II

An intermediate course to fine tune the skills that you learned in Level I (or equivalent) and increase your knowledge of advanced techniques such as Turns, Double Poling and Diagonal Stride, Herringbone, Diagonal Sidestep, Traverse and Stem Christie.

### LEVEL III

An advanced skills course which will assist you in preparing for the CANSI Instructor's Course. Techniques include Advanced Lateral, Downhill and Uphill Skills. Topics include Organizing a Ski Class, Instructional Techniques, Fitness and Practice Teaching.

- Instruction, meals and accommodation included.
- Rental equipment available at additional cost.

## CROSS COUNTRY SKIING RETREAT WEEKENDS

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
LEVEL I	Weekend	Friday Evening to Sunday 4 P.M.	January 28-30	YoWoChAs Centre	721	\$60.
	Weekend	Friday Evening to Sunday 4 P.M.	February 4-6	YoWoChAs Centre	722	\$60.
	Weekend	Friday Evening to Sunday 4 P.M.	February 11-13	YoWoChAs Centre	723	\$60.
	Weekend	Friday Evening to Sunday 4 P.M.	February 25-27	YoWoChAs Centre	724	\$60.
	Weekend	Friday Evening to Sunday 4 P.M.	March 4-6	YoWoChAs Centre	725	\$60.
	Weekend	Friday Evening to Sunday 4 P.M.	March 11-13	YoWoChAs Centre	726	\$60.
	Weekend	Friday Evening to Sunday 4 P.M.	March 18-20	YoWoChAs Centre	727	\$60.
LEVEL II	Weekend	Friday Evening to Sunday 4 P.M.	January 21-23	YoWoChAs Centre	728	\$60.
	Weekend	Friday Evening to Sunday 4 P.M.	February 11-13	YoWoChAs Centre	729	\$60.
	Weekend	Friday Evening to Sunday 4 P.M.	March 4-6	YoWoChAs Centre	730	\$60.
LEVEL III	Weekend	Friday Evening to Sunday 4 P.M.	February 4-6	YoWoChAs Centre	731	\$60.

## CANSI LEVEL I INSTRUCTORS COURSE

Prerequisites are: minimum of 16 years of age and be able to perform the following manoeuvres at an instructor level: Diagonal Stride, Diagonal Stride Uphill, Double Poling, One Step Double Poling, Straight Running, Step Turn while Running, Snowplow, Snowplow Turns, Traverse, Sidestep, Herringbone, Star Turn and Kick Turn.

This course will consist of a Skiing and Teaching exam and seminar on Winter Safety, Equipment, Waxing, Conditioning and the Structure and Objectives of CANSI.

February 25-27	Friday Evening to Sunday 4 P.M.	736	\$100 plus \$30 exam fee
March 11-13	Friday Evening to Sunday 4 P.M.	737	\$100 plus \$30 exam fee



## FAMILY LEARN TO SKI

A day designed for parents and children of all ages, emphasizing the fun aspects of skiing with children. Includes lunch, lessons, games, an afternoon tour and information on children's equipment and clothing.

**Rental Ski Equipment is available at an additional cost.**

Sat., Feb. 12	10 A.M.-4 P.M.	732	\$36/family
Sunday, March 6	10 A.M.-4 P.M.	733	\$36/family
Sat., March 19	10 A.M.-4 P.M.	734	\$36/family

## SKI AND LUNCH

Enjoy skiing at YoWoChAs Centre by combining a hearty lunch in our lodge with an afternoon of cross-country skiing. Wax and warm-up aras provided.

Lunch Served: 12:30 P.M.

Trails Open: 10 A.M. to 4:00 P.M.

Cost: Ski and Lunch: Adults \$7.

Children \$4

Registration required at YWCA.

DATES: January 23, 30

February 6, 13, 27

March 13, 20

Ask about skating and ice fishing opportunities also available on "Lunch and Ski" Sundays.

**FURTHER INFORMATION: YoWoChAs Centre:  
423-3811**

**REGISTRATION: Use YWCA Registration Form  
located in this brochure.**

## EMERGENCY MEDICAL TECHNICIAN — WILDERNESS

A specialized advanced first aid course designed to teach basic life-support procedures in a wilderness setting.

Dates: April 6-10 and 20-24 inclusive.

Cost: TBA

Information: Rick Ireland 423-9922.

## INTERESTED IN...

- Winter Car Emergency Survival?
- Energy Efficiency for Homeowners?
- Diet, Food and Nutrition?
- Mocassin Making?

Classes or workshops dealing with these topics will be organized during the winter months. Call Rick Matishak for further information - 423-3811.





## SPRING BREAK CAMP

School's out! Enjoy five days of outdoor fun, crafts, music, drama and environmental education activities. Six to fourteen year olds are invited to join us for a spring break . . . March 28-April 1 \$110.

## SUMMER OUTDOORS...

Plan now for an exciting summer of outdoor activities at YoWoChAs Centre.

Watch for information about the following activities in our summer brochure available April 15, 1983...

- Camps for children, teens and families.
- Canoe weekends for teens and adults.
- Vacation opportunities for mentally handicapped adults.





## FAMILY LEARN TO SKI

A day designed for parents and children of all ages, emphasizing the fun aspects of skiing with children. Includes lunch, lessons, games, an afternoon tour and information on children's equipment and clothing.

**Rental Ski Equipment is available at an additional cost.**

Sat., Feb. 12	10 A.M.-4 P.M.	732	\$36/family
Sunday, March 6	10 A.M.-4 P.M.	733	\$36/family
Sat., March 19	10 A.M.-4 P.M.	734	\$36/family

## SKI AND LUNCH

Enjoy skiing at YoWoChAs Centre by combining a hearty lunch in our lodge with an afternoon of cross-country skiing.

Wax and warm-up aras provided.

Lunch Served: 12:30 P.M.

Trails Open: 10 A.M. to 4:00 P.M.

Cost: Ski and Lunch: Adults \$7.

Children \$4

Registration required at YWCA.

DATES: January 23, 30

February 6, 13, 27

March 13, 20

Ask about skating and ice fishing opportunities also available on "Lunch and Ski" Sundays.

**FURTHER INFORMATION: YoWoChAs Centre:  
423-3811**

**REGISTRATION: Use YWCA Registration Form  
located in this brochure.**

## EMERGENCY MEDICAL TECHNICIAN — WILDERNESS

A specialized advanced first aid course designed to teach basic life-support procedures in a wilderness setting.

Dates: April 6-10 and 20-24 inclusive.

Cost: TBA

Information: Rick Ireland 423-9922.

## INTERESTED IN...

- Winter Car Emergency Survival?
- Energy Efficiency for Homeowners?
- Diet, Food and Nutrition?
- Moccasin Making?

Classes or workshops dealing with these topics will be organized during the winter months. Call Rick Matishak for further information - 423-3811.





## SPRING BREAK CAMP

School's out! Enjoy five days of outdoor fun, crafts, music, drama and environmental education activities. Six to fourteen year olds are invited to join us for a spring break . . . March 28-April 1 \$110.

## SUMMER OUTDOORS...

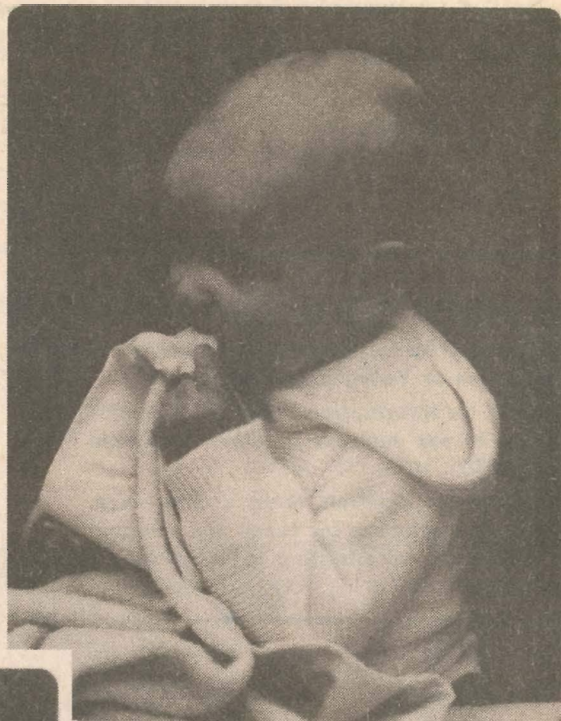
Plan now for an exciting summer of outdoor activities at YoWoChAs Centre.

Watch for information about the following activities in our summer brochure available April 15, 1983...

- Camps for children, teens and families.
- Canoe weekends for teens and adults.
- Vacation opportunities for mentally handicapped adults.







**DATES TO REMEMBER . . .**

**February 28 - April 22 Class Session**

**April 25 - June 17 Class Session**

**April 1, 2 & 3 - Classes cancelled, pool  
and childcare closed**

**April 15 - Summer Class Information  
Available**

**April 24 - Summer Class Registration  
begins**

**May 23 - Classes cancelled, pool &  
childcare closed.**

