



YWCA

- Fitness
- Aquatics
- Camps

Summer '85

July-August



10305 - 100 Avenue
Edmonton, Alberta T5J 3C8

423-9922

Registration

Registration for YWCA Summer classes begins April 15/85
and continues weekdays by:

MAIL OR IN PERSON

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

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

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

NAME (ADULT) (CHILD)

ADDRESS POSTAL CODE

PHONE (Daytime) (Evening)

COURSE TITLE & NUMBER

COURSE DATE & LOCATION FEE ENCLOSED

CHEQUES / MONEY ORDERS PAYABLE TO: YWCA

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

TRANSFER/REFUNDS/SUBSIDIES

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

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

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

SENIORS

Edmonton YWCA Programme fees are half price to adults 60 years and over, except at YoWoChAs Centre. Reduced rates

Cover Photo:

Rick Matishak

Photography:

Darcy Windjack

Deb Ludwig

Wendy MacDonald

on accommodation for senior women also available.

PARKING

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

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

Suzanne Norris

Special Services Director

Phone: 423-9922



Where to find . . .

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Most enquiries about facilities, classes and services can be answered by YWCA Registration staff, however should you require additional information or have comments, please contact the following at 423-9922 (weekdays).

Aquatics	Diane Kitchen
Childcare	Carol Mennie
Cafeteria	Sylvia Chalmers
Dance	Bev Adams
Fitness Classes	Jenni Coombs

Preschool Gym	Bev Adams
Women's Fitness Centre/Employee Fitness	vacant
YoWoChAs Centre	Rod Irwin (423-3811)
Women's Residence	Elizabeth Duke
Volunteers	Barb MacGregor

Cafeteria

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

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

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

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

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

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

The Shop

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

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

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

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



Stay With Us!

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

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

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

Call us for reservations and information 423-9922.



ON OUR OWN Resource Centre ★

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

"ON OUR OWN" PROGRAMS AND SERVICES

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

LIVING THROUGH LOSS

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

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

THE CHALLENGE OF BEING WIDOWED

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

Thursdays 1:15 - 3:30 p.m. or
Tuesday evening - 6:00 - 8:00 p.m.

THURSDAY NIGHTERS POT LUCK SUPPER

Come, bring a casserole or whatever, and spend one evening/month with our members and enjoy a surprise fun feast - When we say "POT LUCK", we mean it! Bring your own plate and cutlery so nobody gets stuck with the dishes! Third Thursday of each month, 7 p.m., in the On Our Own Resource Centre. No fee.

For more information about "On Our Own" call Lynn Rock weekdays at 423-9922.

Funded in part by the United Way.



Child Care ★

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

HOURS: Monday - Friday

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

Saturdays

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

COST: \$1.90/hour; \$1.75/hour 2nd

child; \$1.25/hour each additional child in a family

LOCATION: Please take children to age-appropriate area.

Five minute drop-off parking at rear entrance.

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

STAFF/CHILD RATIO:

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

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

During the summer months a 1/2 hour swim session is offered on Friday afternoons for the 3 - 5 year olds for an additional \$1.00 fee. (First come - first served; two classes of 10 children).

There is direct access to an outdoor playground with sand piles, climbing apparatus, outdoor play equipment plus a



separate activity area for infants. Children may get dirty, so please consider practical clothes.

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

For further information: Child Care 423-9922.

Funded in part by the United Way.



Be a YWCA Volunteer

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

How Can You Help in the Daytime?

We need the skills and energies of volunteers

- in our Child Care Department assisting with the care of children from birth to five years;
- to help our busy staff at the Registration, Front and Residence Desks;
- in our small pro shop;
- with our Stitchers creating worthwhile sewing and needlework projects for the YWCA;
- in the pool assisting adults learning to swim;
- acting as a hostess for the YWCA;
- Serving on Board Committees which deal with membership, volunteers and our residence.

How Can You Help in the Evenings or on Saturdays?

- work with women concerned with social issues on our Social Affairs and Cooperation for Development Committees;
- Use your financial skills on our Finance and Fundraisers Committees;
- voice your opinions to shape policies in our Program and Services areas;
- assist in our many programs designed for adults who are mentally handicapped;
- work with children with motor coordination difficulties in gym and swim activities.

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

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

Volunteer Recruitment and Training
funded in part
by the United Way

Family Relief Services

CARE IN YOUR HOME FOR HANDICAPPED INDIVIDUALS

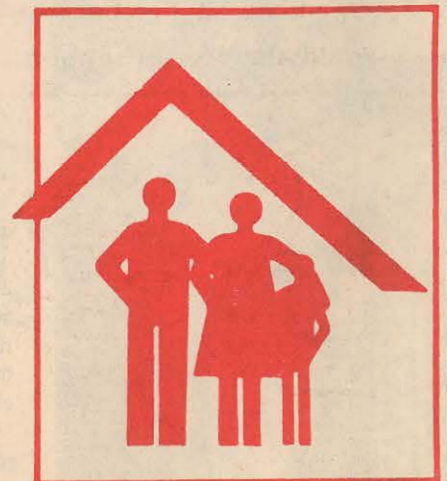
YWCA FAMILY RELIEF SERVICE offers care and companionship for both disabled children and adults. Parents can enjoy an evening out, moms take a break during the day, families can plan weekends or vacation trips knowing their family member requiring special care is being well looked after. This service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

FUNDED BY: Family
& Community
Support Services
City of Edmonton

REQUESTS FOR SERVICE:

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

Phone: FAMILY RELIEF SERVICE
423-9922.



Become A YWCA Member

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

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

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

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

BECOME A MEMBER NOW! TOGETHER WE CAN MAKE A DIFFERENCE

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

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

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

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

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

Yes! I'd like to be a YWCA Member

Return To: Membership

Name _____

Edmonton YWCA

Address _____

10305 - 100 Ave.

Phone _____

Edmonton, Alberta

T5J 3C8

Membership Fee Enclosed _____

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



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

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

- Nominate women to the Board of Directors or be nominated.
- Attend Annual Meetings to elect your Board of Directors who set policy.
- Nominate and elect delegates to attend Conventions every four years or be nominated.
- Mailed programme brochures and newsletter, "In Touch".
- Input into the future of the Edmonton YWCA.

Preschool Aquatics

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

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

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

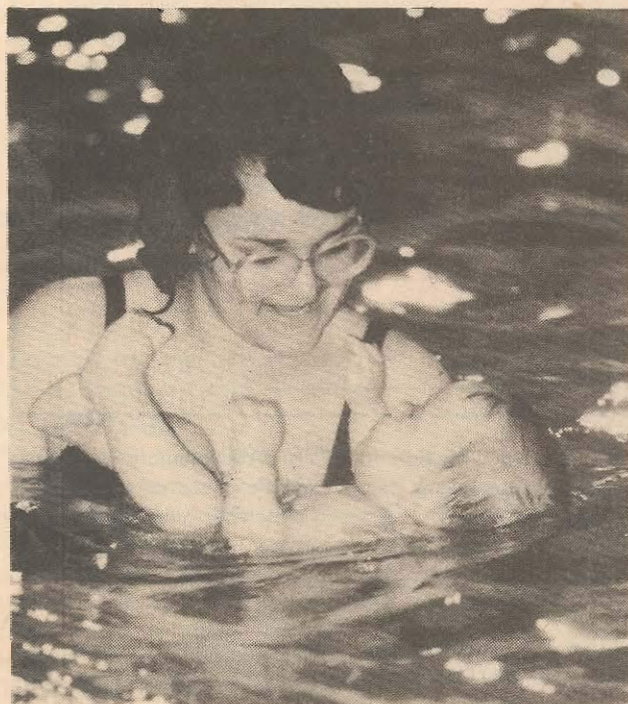
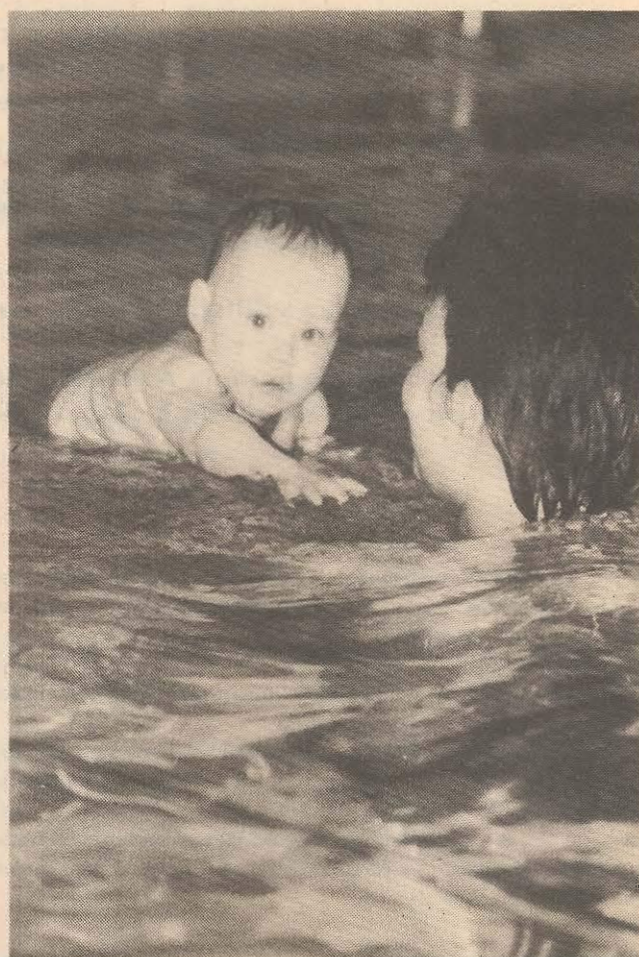
Water Babies 1	4 months-8 months
Water Babies 2	8 - 12 months
Water Babies 3	12 - 18 months
Minnows	18 - 30 months
Guppies	2½ - 4 years
Fishtails	4 - 5 years

* Parents must accompany the preschooler.

Splashercize (2 - 5 years)

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

* Parents must accompany the preschooler.



Splashercize

8 Lessons \$26 for first child
 \$22 for each additional child/family
 or drop-in - \$4 per child/class

Preschool Water Skills

8 Lessons \$26 for first child
 \$22 for each additional child/family

* "PARENTS - Take advantage of this great deal! Register your pre-schooler(s) in a water skill class and then sign yourself up for any aquatic or land fitness class of your choice - for 1/2 price. (Valid - 9 - 4 p.m. - Monday-Friday).

Preschool Aquatics

PROGRAM TITLE	DAY	TIME	DATES	NO.	COST
Attend twice a week for 4 weeks					
Water Babies I	Tues. & Thurs.	11:30 - 12 Noon	July 2 - July 25	500	\$26
	Mon. & Wed.	9:30 - 10:00 a.m.	July 31 - Aug. 28	501	\$26
Water Babies II	Tues. & Thurs.	1:00 - 1:30 p.m.	July 2 - July 25	502	\$26
	Tues. & Thurs.	9:30 - 10:00 a.m.	July 30 - Aug. 22	503	\$26
Water Babies III	Mon. & Wed.	1:00 - 1:30 p.m.	July 3 - July 29	504	\$26
	Tues. & Thurs.	11:30 - 12 Noon	July 30 - Aug. 22	505	\$26
Minnows	Mon. & Wed.	9:30 - 10:00 a.m.	July 3 - July 29	506	\$26
	Tues. & Thurs.	1:00 - 1:30 p.m.	July 30 - Aug. 22	507	\$26
Guppies	Tues. & Thurs.	9:30 - 10:00 a.m.	July 2 - July 25	508	\$26
	Mon. & Wed.	1:00 - 1:30 p.m.	July 31 -Aug. 28	509	\$26
Fishtails	Tues. & Thurs.	1:30 - 2:00 p.m.	July 2 - July 25	510	\$26
	Mon. & Wed.	11:30 - 12 Noon	July 31 - Aug. 28	511	\$26
Splashercize	Mon. & Wed.	11:30 - 12 Noon	July 3 - July 29	512	\$26
	Tues. & Thurs.	1:30 - 2:00 p.m.	July 30 - Aug. 22	513	\$26
Water Babies I, II & III	Tues. & Thurs.	6:00 - 6:30 p.m.	July 2 - July 25	518	\$26
			July 30 - Aug. 22	519	
Minnows & Guppies	Tues. & Thurs.	6:30 - 7:00 p.m.	July 2 - July 25	520	\$26
			July 30 - Aug. 22	520A	
Attend Classes Monday - Thursday for 2 weeks					
Water Babies 1 & 2	Mon. through Thurs.	11:00 - 11:30 a.m.	July 2 - July 11	514	\$23
Water Babies 3	Mon. through Thurs.	11:00 - 11:30 a.m.	July 15 - July 25	515	\$26
Minnows	Mon. through Thurs.	11:00 - 11:30 a.m.	July 29 - Aug. 8	516	\$23
Guppies	Mon. through Thurs.	11:00 - 11:30 a.m.	Aug. 12 - Aug. 22	517	\$26

REMEMBER: The Preschool Pool will be open for swimming extra times during the summer - noon hours, early afternoons, evenings. Please pick up a plunge schedule at Front Reception Desk, YWCA.



Preschool Gym & Swim

Preschool Gym & Swim

Offer your child a chance to explore a new environment, meet other children and be physically active. Jumping, running, bouncing, climbing and playing are just a few of the activities children enjoy. 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. Parents may register their child in the "gym-only" portion of the gym and swim program.



CLASS	DAY	DATES	TIME	GYM & SWIM		GYM ONLY	
Walking 2½ years	Friday	July 5 - July 26	Gym 9:30 - 10:10 a.m.	\$14	494	\$10	494A
		Aug. 2 - Aug. 23	Pool 10:20 - 10:50 a.m.	\$14	495	\$10	495A
2½ - 3 Years	Friday	July 5 - July 26	Gym 10:10 - 10:50 a.m.	\$14	496	\$10	496A
		Aug. 2 - Aug. 23	Pool 11:00 - 11:30 a.m.	\$14	497	\$10	497A
4 & 5 Years	Friday	July 5 - July 26	Gym 10:50 - 11:30 a.m.	\$14	498	\$10	498A
		Aug. 2 - Aug. 23	Pool 11:40 - 12:10 p.m.	\$14	499	\$10	499A



Youth Swim

RED CROSS LEVELS (6 - 15 Years)

Register in a class suited to your ability and experience. See page 12 for color levels. Classes are small to ensure individual attention by instructors.

RED CROSS COLORS & ENDURANCE STROKE

8 Lessons **\$37** for first child
\$30 for each additional child
 in family

PRIVATE LESSONS

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

Fee: 1/2 hour/**\$8.00**

SEMI-PRIVATE LESSONS

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

FAMILY LESSONS

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

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

PARENTS: If there is a special class you would like your child to take that is not in the brochure, please contact the Aquatics Director and a class may be set up if enough people at the same level are interested (minimum of 5 people).

PROGRAM TITLE	DAY	TIME	DATES	NO.	HOURS
Attend twice a week for 4 weeks					
Orange	Mon. & Wed.	1:30 - 2:30 p.m.	July 31 - Aug. 28	521	8 Hours
Red	Tues. & Thurs.	3:00 - 4:00 p.m.	July 2 - July 25	522	8 Hours
Maroon	Mon. & Wed.	1:30 - 2:30 p.m.	July 3 - July 29	523	8 Hours
Blue & Green	Tues. & Thurs.	3:00 - 4:00 p.m.	July 30 - Aug. 22	524	8 Hours



Adult Swim

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

ABSOLUTELY TERRIFIED ★

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

RED CROSS LEVELS

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

TO ENTER THIS LEVEL:

YOU MUST

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

PRIVATE LESSONS

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

Fee: 1/2 hour/\$8.00

SEMI-PRIVATE LESSONS

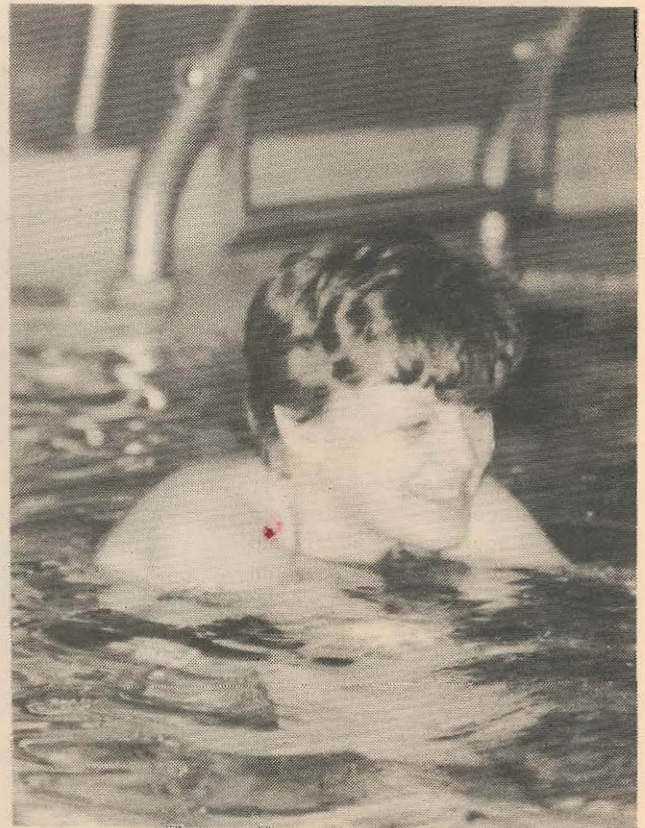
Learn how to swim or improve your technique with a friend(s). Semi-private lessons will accommodate up to 3 people in a group who have similar swimming abilities.

Fee: 3/4 hour/\$15.00.

FAMILY LESSONS

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

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



Adult "Learn To Swim"

LEVEL	DAY	TIME	DATES	NO.	HOURS	COST
Absolutely Terrified (2 weeks)	Mon. through Thurs.	6:30 - 7:30 p.m.	July 2 - July 11	525	7 Hours	\$35
Absolutely Terrified (2 x/week)	Mon. & Wed.	6:30 - 7:30 p.m.	July 31 - Aug. 28	526	8 Hours	\$40
Orange (2 x/week)	Mon. & Wed.	1:30 - 2:30 p.m.	July 3 - July 29	527	8 Hours	\$40
Orange (2 weeks)	Mon. through Thurs.	6:30 - 7:30 p.m.	July 29 - Aug. 8	528	7 Hours	\$35
Red (2 weeks)	Mon. through Thurs.	6:30 - 7:30 p.m.	July 15 - July 25	529	8 Hours	\$40
Maroon (2 x/week)	Mon. & Wed.	1:30 - 2:30 p.m.	July 31 - Aug. 28	530	8 Hours	\$40
Maroon (2 x/week)	Mon. & Wed.	6:30 - 7:30 p.m.	July 3 - July 29	531	8 Hours	\$40
Maroon (2 weeks)	Mon. through Thurs.	6:30 - 7:30 p.m.	Aug. 12 - Aug. 22	532	8 Hours	\$40
Blue/Green (2 x/week)	Tues. & Thurs.	6:30 - 7:30 p.m.	July 2 - July 25	533	8 Hours	\$40
Grey/White (2 x/week)	Tues. & Thurs.	6:30 - 7:30 p.m.	July 30 - Aug. 22	534	8 Hours	\$40

MASTERS SWIM CLUB

CETACEAN'S FITNESS SWIM CLUB

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

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

Monday	5:30 - 6:30 p.m.
Tuesday	6:30 - 7:30 a.m.
Thursday	5:30 - 6:30 p.m.
Friday	6:30 - 7:30 a.m.

Coach: Elizabeth Paton/Lesley McGuire

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

3 hours/week - \$22/month

4 hours/week - \$24/month

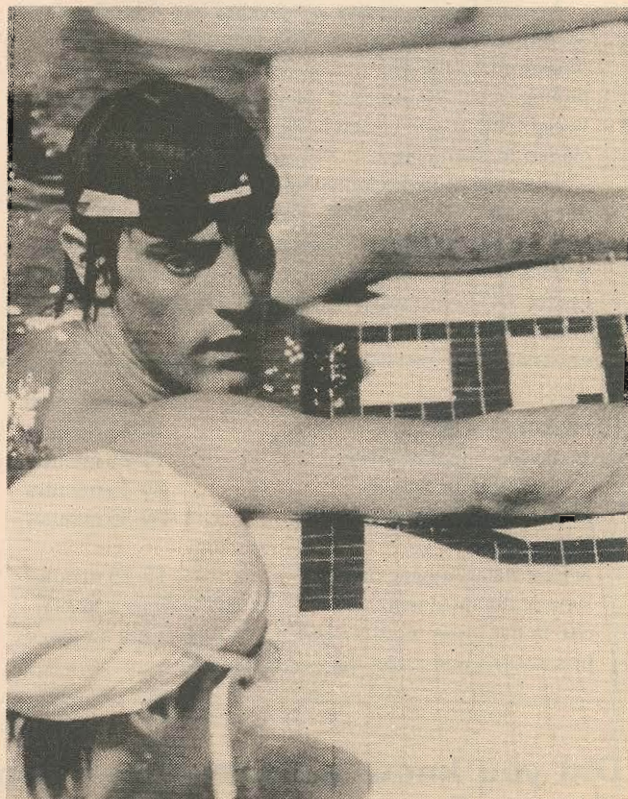
Information: Diane Kitchen 423-9922

* Register at Swimming Pool office.

AQUADETTES SYNCHRONIZED SWIM CLUB

* Synchronized Masters Club will begin again September 1985.

We wish our competitors luck at the World Master's Games to be held in Toronto this summer.



Aquatic Fitness

WHY THE WATER?

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

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

WATER STRETCH

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

AQUATIC FITNESS

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

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

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

	Aerobic & Strength Component
Mild Aquatic Fitness	10-15 minutes
Moderate Aquatic Fitness	15-25 minutes
Intense Aquatic Fitness	25-35 minutes
Super Aquatic Fitness	30-35 minutes
Pre-natal & Post-natal Aquatic Fitness	15-25 minutes
(one of the most relaxing and satisfying feelings is to exercise in the water while pregnant. Instructors are aware of precautions and make the class enjoyable.	

WAKE-UP WATER WORKOUT

A 45 minute (moderate-intense) Aquafit workout guaranteed to help you make it through the day - full of energy. Scheduled 7:00 - 7:45 a.m.

NEW! NEW! NEW! NEW! NEW! MOTHERS AND DAUGHTERS (must be 16 yrs. & over)

Sign up for the same Aquatic Fitness class and receive 50% discount on class fee. (NO further reduction on senior citizen fees) (Limited spaces available).

ENDURANCE / STROKE IMPROVEMENT

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

FEES:

Water Stretch & Wake Up Water Workout

4 Weeks: \$15 1 class/week
\$26 2 classes/week

OR
Drop In \$4/class

Aquafitness Endurance / Stroke Improvement

4 Weeks: \$19 1 class/week
\$29 2 classes/week
\$39 3 classes/week

OR
DROP \$5/class

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

Did you know we also offer Preschool Aquafitness in "Splashercise" classes. See page 8 & 9.

Adult Aquatic Fitness

Program Title	Day	Time	Dates	No.	Hours	Cost	
Endurance & Stroke Improvement \$14	Monday	7:30 - 8:30 p.m.	July 8 - July 29	535	4 Hours	\$19	
		7:30 - 8:30 p.m.	Aug. 12 - Aug. 26	536	3* Hours		
	Tuesday	10:30 - 11:30 a.m.	July 2 - July 23	537	4 Hours	\$19	
		10:30 - 11:30 a.m.	July 30 - Aug. 20	538	4 Hours	\$19	
	Wednesday	7:30 - 8:30 p.m.	July 3 - July 24	539	4 Hours	\$19	
		7:30 - 8:30 p.m.	July 31 - Aug. 21	540	4 Hours	\$19	
	Thursday	10:30 - 11:30 a.m.	July 4 - July 25	541	4 Hours	\$19	
		10:30 - 11:30 a.m.	Aug. 1 - Aug. 22	542			
Friday	1:30 - 2:30 p.m.	July 5 - July 26	543	4 Hours	\$19		
	1:30 - 2:30 p.m.	Aug. 2 - Aug. 23	545	4 Hours	\$19		
NEW							
Wake-Up Water Workout (Moderate-Intense)	Monday	7:00 - 7:45 a.m.	July 8 - July 29	546	4 Hours	\$19	
		7:00 - 7:45 a.m.	Aug. 12 - Aug. 26	547	*3 Hours	\$14	
	Wednesday	7:00 - 7:45 a.m.	July 3 - July 24	548	4 Hours	\$19	
	Thursday	7:00 - 7:45 a.m.	July 31 - Aug. 21	549	4 Hours	\$19	
		7:00 - 7:45 a.m.	July 4 - July 25	550	4 Hours	\$19	
Waterstretch	Tuesday	7:00 - 7:45 a.m.	Aug. 1 - Aug. 22	551	4 Hours	\$19	
		12:00 - 12:45 p.m.	July 2 - July 23	552	4 Hours	\$19	
	Wednesday	12:00 - 12:45 p.m.	July 30 - Aug. 20	553	4 Hours	\$19	
		6:45 - 7:30 p.m.	July 3 - July 24	554	4 Hours	\$19	
	Thursday	6:45 - 7:30 p.m.	July 31 - Aug. 21	555	4 Hours	\$19	
Aquafit (Mild)	Monday	12:00 - 12:45 p.m.	July 4 - July 25	556	4 Hours	\$19	
		12:00 - 12:45 p.m.	Aug. 1 - Aug. 22	557	4 Hours	\$19	
	Wednesday	9:30 - 10:30 a.m.	July 8 - July 29	558	4 Hours	\$19	
		9:30 - 10:30 a.m.	Aug. 12 - Aug. 26	559	3* Hours	\$14	
	Wednesday	9:30 - 10:30 a.m.	July 3 - July 24	560	4 Hours	\$19	
Aquafit (Moderate)	Monday	9:30 - 10:30 a.m.	July 31 - Aug. 21	561			
		5:15 - 6:15 p.m.	July 3 - July 24	562	4 Hours	\$19	
	Tuesday	5:15 - 6:15 p.m.	July 31 - Aug. 21	563	4 Hours	\$19	
		8:30 - 9:30 p.m.	July 8 - July 29	564	4 Hours	\$19	
	Thursday	8:30 - 9:30 p.m.	Aug. 12 - Aug. 26	565	3* Hours	\$14	
		1:30 - 2:30 p.m.	July 2 - July 23	566	4 Hours	\$19	
	Friday	1:30 - 2:30 p.m.	July 30 - Aug. 20	567	4 Hours	\$19	
		1:30 - 2:30 p.m.	July 4 - July 25	568	4 Hours	\$19	
	Aquafit (Intense)	Tuesday	1:30 - 2:30 p.m.	Aug. 1 - Aug. 22	569	4 Hours	\$19
			9:30 - 10:30 a.m.	July 5 - July 26	570	4 Hours	\$19
Thursday		9:30 - 10:30 a.m.	Aug. 2 - Aug. 23	571	4 Hours	\$19	
		5:30 - 6:30 p.m.	July 5 - July 26	572	4 Hours	\$19	
Friday		5:30 - 6:30 p.m.	Aug. 2 - Aug. 23	573	4 Hours	\$19	
Aquafit (Super)	Tuesday	9:30 - 10:30 a.m.	July 2 - July 23	574	4 Hours	\$19	
		9:30 - 10:30 a.m.	July 30 - Aug. 20	575	4 Hours	\$19	
	Thursday	9:30 - 10:30 a.m.	July 4 - July 25	576	4 Hours	\$19	
		9:30 - 10:30 a.m.	Aug. 1 - Aug. 22	577	4 Hours	\$19	
	Thursday	8:30 - 9:30 p.m.	July 4 - July 25	578	4 Hours	\$19	
Aquafit (Pre & Post Natal)	Tuesday	8:30 - 9:30 p.m.	Aug. 1 - Aug. 22	579	4 Hours	\$19	
		5:30 - 6:30 p.m.	July 2 - July 23	580	4 Hours	\$19	
	Wednesday	5:30 - 6:30 p.m.	July 30 - Aug. 20	581	4 Hours	\$19	
		8:30 - 9:30 p.m.	July 3 - July 24	582	4 Hours	\$19	
	Friday	8:30 - 9:30 p.m.	July 31 - Aug. 21	583	4 Hours	\$19	
Aquafit (Pre & Post Natal)	Monday	10:30 - 11:30 a.m.	July 8 - July 29	584	4 Hours	\$19	
		10:30 - 11:30 a.m.	Aug. 12 - Aug. 26	585	3* Hours	\$14	
	Tuesday	7:30 - 8:30 p.m.	July 2 - July 23	586	4 Hours	\$19	
		7:30 - 8:30 p.m.	July 30 - Aug. 20	587	4 Hours	\$19	
	Thursday	7:30 - 8:30 p.m.	July 4 - July 25	588	4 Hours	\$19	
		7:30 - 8:30 p.m.	Aug. 1 - Aug. 22	589	4 Hours	\$19	
	Friday	10:30 - 11:30 a.m.	July 5 - July 26	590	4 Hours	\$19	
	10:30 - 11:30 a.m.	Aug. 2 - Aug. 23	591	4 Hours	\$19		

Why Not Try? NEW ADULT Land & Water Classes

Fit Escape (Moderate)	Wednesday	10:00 - 10:45 a.m. - land	July 3 - July 24	592	\$20
		11:00 - 11:30 a.m. - pool	July 31 - Aug. 21	593	\$20
Bodyshaping & Length Swim	Tuesday	10:00 - 10:45 a.m. - land	July 2 - July 23	594	\$20
		11:00 - 11:30 a.m. - pool	July 30 - Aug. 20	595	\$20
	Thursday	10:00 - 10:45 a.m. - land	July 4 - July 25	596	\$20
Sports Injuries	Wednesday	11:00 - 11:30 a.m. - pool	Aug. 1 - Aug. 22	597	\$20
		5:30 - 6:00 p.m. - Weight room	July 3 - July 24	598	\$20
Fitness		6:15 - 6:45 p.m. - pool	July 31 - Aug. 21	599	\$20

Fitness Consultations

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

All YWCA Fitness Instructors have completed a minimum 10 week national YWCA Fitness Leadership Course which combines theory and practical experience in physiology, anatomy, first aid, CPR, program planning and leadership skills. They observe other classes, and are evaluated throughout a student teaching period. All instructors attend regular workshops and in-service training to stay familiar with current trends.

Looking for quality? Try the YWCA. We've been in the business of providing fitness classes for more than 78 years and we'll be here to meet your fitness needs for many years to come.

FITNESS CONSULTATIONS

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

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

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

Cost: \$30. For an appointment call **Fitness Centre** at 423-9922.

A 25% reduction will be given on fitness consultations to anyone registered in a fitness program at the YWCA. Just bring your receipt to the fitness assessment to receive the discount.

BODY COMPOSITION ASSESSMENT

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

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

Cost: \$15. For an appointment call **Fitness Centre** at 423-9922.

CPR - Heart Saver Course

674	Tuesday	July 16	5:45 - 10:00 p.m.	4 Hours	\$20
675	Thursday	August 15	5:45 - 10:00 p.m.	4 Hours	\$20

Participants interested in having a class (10 or more people) created contact Bev Adams - 423-9922.

Fitness Downtown - Levels

The best for you . . .

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

Looking for quality? Try the YWCA. We've been in the business of providing fitness classes for more than 78 years and we'll be here to meet your fitness needs for many years to come.

MILD LEVEL CHECK

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

RESULTS:

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

MODERATE LEVEL CHECK

	YES	NO
1. You find the Beginner Class easy.	___	___
2. You are within 10 lbs. of your desired body weight.	___	___
3. You can run easily for 12-15 minutes (ie, 1 - 2 miles).	___	___
4. You can do pushups (with knees on floor).	___	___
5. You can comfortably handle 25 minutes of continuous Aerobic activity.	___	___

RESULTS

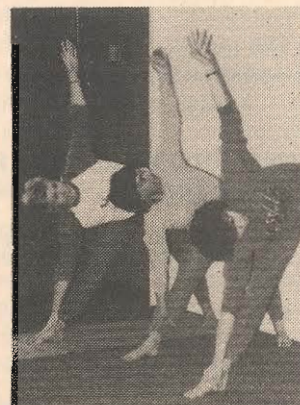
If you answered NO to two or more of the above, please register in a MODERATE CLASS. If you answered YES to all five . . . proceed to INTENSE LEVEL CHECK.

INTENSE LEVEL CHECK

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

RESULTS

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



Mild Classes See Page 18



Moderate Classes See Page 19 / 20



Intense Classes See Page 21

Fitness Downtown - Mild Classes

* See FITNESS LEVEL CHECK, Page 17

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

39 AND HOLDING

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

(4 weeks) **\$13** 1 class/week **\$24** 2 classes/week
(3 weeks) **\$10**/Monday only
Aug. 12 - Aug. 26

STARTING FROM SCRATCH NEW! NEW! NEW!

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

(4 weeks) **\$13** 1 class/week **\$24** 2 classes/week

AEROBIC FITSTARTS

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

(4 weeks) **\$13** 1 class/week **\$24** 2 classes/week

YOGA

Hatha Yoga is a mild form of exercise that progressively develops flexibility and strength. It is a practical way of working with the body and mind through dynamic postures (asanas), relaxation, breath control and concentration.

(4 weeks) **\$16**.

(3 weeks) **\$12** (Mondays only)
(Aug. 12 - Aug. 26)

SPORTS INJURIES FITNESS NEW! NEW! NEW!

Have you sore knees, shin splints, tennis elbow or the like? They try this new one hour class - one half of it doing especially designed weight training followed by one half hour of hydrotherapy (water workout). Keep in shape during convalescence with carefully monitored fitness sessions so you can take up where you left off!

(4 weeks) **\$20**.



CLASS	DAY	TIME	DATES	COST	NO.
Aerobic Fitstarts	Tuesday	5:45-6:30 p.m.	July 2 - July 23	\$13	600
			July 30 - Aug. 20	\$13	601
	Thursday	5:45 - 6:30 p.m.	July 4 - July 25	\$13	602
39 & Holding	Monday	12:05 - 12:50 p.m.	Aug. 1 - Aug. 22	\$13	603
			July 8 - July 29	\$13	604
			Aug. 12 - Aug. 26 (3 weeks only)	\$10	605
Starting From Scratch	Wednesday	12:05 - 12:50 p.m.	July 3 - July 24	\$13	606
			July 31 - Aug. 21	\$13	607
	Tuesday	9:30 - 10:15 a.m.	July 2 - July 23	\$13	608
Sport Injuries Fitness	Thursday	9:30 - 10:15 a.m.	July 30 - Aug. 20	\$13	609
			July 4 - July 25	\$13	610
			Aug. 1 - Aug. 22	\$13	611
Yoga	Wednesday	5:30 - 6:00 p.m. (Wt. Room)	July 3 - July 24	\$20	598
		6:15 - 6:45 p.m. (Pool)			
	Monday	6:45 - 8:15 p.m.	July 31 - Aug. 21	\$20	599
	Thursday	9:30 - 11:00 a.m.	July 8 - July 29	\$16	612
			Aug. 12 - Aug. 26 (3 weeks only)	\$12	613
			July 4 - July 25	\$16	614
			Aug. 1 - Aug. 22	\$16	645

Fitness Downtown - Moderate Classes

* See FITNESS LEVEL CHECK, Page 17

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

DROP-IN NOON HOUR FITNESS

Attend classes any weekday noon hours convenient to you.

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

8 class pass — **\$23**
16 class pass — **\$42**
24 class pass — **\$62**

AFTER WORK FITNESS

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

(4 weeks) **\$12** 1 class/week **\$22** 2 classes/week
\$32 3 classes/week **\$41** 4 classes/week
(3 weeks) **\$9**/Mondays only

Aug. 12 - Aug. 26

DROP-IN RUSH HOUR FITNESS

This 40 minute class helps you work off the day's frustrations. It is more strenuous than the half-hour fitness classes because the aerobics portion (huffing-puffing activities) is longer. Attend classes any weekday convenient to you. **Purchase a pass at the Registration Desk.** To gain admittance to your class, present your pass to the attendance checker at the Gym door. Lost cards will not be replaced and passes are void at the completion of summer programs.

(8 class pass — **\$26**
16 class pass — **\$47**
24 class pass — **\$71**

FIT ESCAPE

New! New! New!

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

(4 weeks) **\$17**

* See Moderate Aquafitness, Page 14 & 15

BODY SHAPING I

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

(4 weeks) **\$13** 1 class/week **\$24** 2 classes/week

STRENGTH AND STRETCH (Co-Ed)

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

(4 weeks) **\$13** 1 class/week **\$24** 2 classes/week

WAKEUP WORKOUT

Energize your day with this 45-minute workout first thing in the morning. It'll help you start your day on the right foot! Make your alternate day workouts in the water. See Moderate Aquafitness, Page 14.

(4 weeks) **\$13** 1 class/week **\$24** 2 classes/week

AEROBIC WORKOUT I

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

(4 weeks) **\$14** 1 class/week **\$26** 2 classes/week
\$39 3 classes/week

SPORT INJURIES FITNESS

New! New! New!

Have you sore knees, shin splints, tennis elbow or the like? Then try this new one hour class - one half of it doing especially designed weight training followed by one half hour of hydrotherapy (water workout). Keep in shape during convalescence with carefully monitored fitness sessions so you can take up where you left off!

(4 weeks) **\$20**

Fitness Downtown - Moderate Classes

**DROP IN FITNESS CLASSES.
PURCHASE PASSES AT THE
REGISTRATION DESK.**

CLASS	DAY	TIME	DATES
Noon Fitness (drop in classes)	Monday	12:15 - 12:45 p.m.	July 8-July 29 Aug. 12-Aug. 26 (3 weeks)
	Tuesday	12:15 - 12:45 p.m.	July 2-July 23 July 30-Aug. 20
	Wednesday	12:15 - 12:45 p.m.	July 3-July 24 July 31-Aug. 21
	Thursday	12:15 - 12:45 p.m.	July 4-July 25 Aug. 1-Aug. 22
	Friday	12:15 - 12:45 p.m.	July 5-July 26 Aug. 2-Aug. 23
Rush Hour Fitness (drop in classes)	Monday	4:45 - 5:25 p.m.	July 8-July 29 Aug. 12-Aug. 26 (3 weeks)
	Tuesday	4:45 - 5:25 p.m.	July 2-July 23 July 30-Aug. 20
	Wednesday	4:45 - 5:25 p.m.	July 3-July 24 July 31-Aug. 21
	Thursday	4:45 - 5:25 p.m.	July 4-July 25 Aug. 1-Aug. 22
	Friday	4:45 - 5:25 p.m.	July 5-July 26 Aug. 2-Aug. 23

Program Title	Day	Time	Dates	No.	Cost
After Work Fitness	Monday	5:00-5:30 p.m.	July 8-July 29 Aug. 5-Aug. 26	\$12 \$9	616 617
	Tuesday	5:00-5:30 p.m.	July 2-July 23 July 30-Aug. 20	\$12 \$12	618 619
	Wednesday	5:00-5:30 p.m.	July 3-July 24 July 31-Aug. 21	\$12 \$12	620 621
	Thursday	5:00-5:30 p.m.	July 4-July 25 Aug. 1-Aug. 22	\$12 \$12	622 623
			July 3-July 24 July 31-Aug. 21	\$20 \$20	592 593
Fit Escape	Wednesday	10:00-10:45 a.m. (Gym) 11:00-11:30 a.m. (Pool)	July 31-Aug. 21	\$20	593
Body Shaping I	Tuesday	10:00-10:45 a.m.	July 2-July 23 July 30-Aug. 20	\$13 \$13	594A 595A
	Thursday	10:00-10:45 a.m.	July 4-July 25 Aug. 1-Aug. 22	\$13 \$13	596A 597A
			July 2-July 23 July 30-Aug. 20	\$13 \$13	628 629
Strength 'n' Stretch	Tuesday	6:30-7:15 p.m.	July 2-July 23 July 30-Aug. 20	\$13 \$13	628 629
	Thursday	6:30-7:15 p.m.	July 4-July 25 Aug. 1-Aug. 22	\$13 \$13	630 631
Wakeup Workout	Tuesday	7:00-7:45 a.m.	July 2-July 23 July 30-Aug. 20	\$13 \$13	632 633
	Friday	7:00-7:45 a.m.	July 5-July 26 Aug. 2-Aug. 23	\$13 \$13	634 635
			July 8-July 29 Aug. 12-Aug. 26	\$14 \$11	636 636A
Aerobic Workout I		5:30-6:30 p.m.	(3 weeks only) July 8-July 29 Aug. 12-Aug. 26	\$14 \$11	637 637A
	Tuesday	6:30-7:30 p.m.	(3 weeks only) July 2-July 23 July 30-Aug. 20	\$14 \$14	638 639
		9:30-10:30 a.m.	July 2-July 23 July 30-Aug. 20	\$14 \$14	638A 639A
	Wednesday	9:30-10:30 a.m.	July 3-July 24 July 31-Aug. 21	\$14 \$14	640 641
		5:30-6:30 p.m.	July 31-Aug. 21 July 31-Aug. 21	\$14 \$14	640A 641A
	Thursday	6:30-7:30 p.m.	July 4-July 25 Aug. 1-Aug. 22	\$14 \$14	642 643
		9:30-10:30 a.m.	July 4-July 25 Aug. 1-Aug. 22	\$14 \$14	642A 643A
	Friday	9:30-10:30 a.m.	July 5-July 26 Aug. 2-Aug. 23	\$14 \$14	644 645
			July 8-July 29 Aug. 12-Aug. 26	\$14 \$14	644 645
			July 3-July 24 July 31-Aug. 21	\$20 \$20	598 599
	Wednesday	5:30-6:00 p.m. (Wt. Room)	July 3-July 24	\$20	598
		6:15-6:45 p.m. (Pool)	July 31-Aug. 21	\$20	599

Fitness Downtown - Intense Classes

Intense Fitness Classes start with a 10 minute Warm Up. The Aerobic component ranges in length from 25 minutes to 30 minutes (except Bodyshaping). More upper body movements will be combined with running, hopping, jumping and sprinting movements. The floor exercises will require a fairly good level of strength. * See FITNESS LEVEL CHECK, Page 17.

BODY SHAPING II

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

(4 weeks) **45 minute class:**

\$13 1 class/week

\$24 2 classes/week

1 hour class:

\$14 1 class/week

\$26 2 classes/week

AEROBIC WORKOUT II

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

(4 weeks) **\$14** 1 class/week

\$26 2 classes/week

\$39 3 classes/week

Program Title	Day	Time	Dates	Cost	No.
Body Shaping II	Monday	5:45-6:45 p.m.	July 8-July 29	\$14	646
			Aug. 12-Aug. 26	\$11	647
			(3 weeks)		
	Tuesday	12:05-12:50 p.m.	July 2-July 23	\$14	648
			July 30-Aug. 20	\$14	649
	Wednesday	5:45-6:45 p.m.	July 3-July 24	\$14	650
			July 31-Aug. 21	\$14	651
	Thursday	12:05-12:50 p.m.	July 4-July 25	\$14	652
			Aug. 1-Aug. 22	\$14	653
			July 8-July 29	\$14	654
Aerobic Workout II	Monday	6:30-7:30 p.m.	Aug. 12-Aug. 26	\$11	655
			(3 weeks)		
	Tuesday	5:30-6:30 p.m.	July 2-July 23	\$14	658
			July 30-Aug. 20	\$14	659
	Wednesday	6:30-7:30 p.m.	July 3-July 24	\$14	660
			July 31-Aug. 21	\$14	661
	Thursday	5:30-6:30 p.m.	July 4-July 25	\$14	622
		5:30-6:30 p.m.	Aug. 1-Aug. 22	\$14	663



Women's Fitness Centre



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

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

All memberships include:

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

SERVICES & CLASSES

- Personal fitness testing including cardio-respiratory, strength, flexibility, and fat determination. \$30.00 for non-Fitness Centre members, \$5.00 for Members.
- Members may register for either 3 Aerobic Dance classes or 3 Aquafitness classes per week. If space is available in other classes, then members may participate in as many as they wish.
- Discounts on racquetball lessons and esthetic services

FACILITIES

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

FOR YOUR CONVENIENCE

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

MEMBERSHIP PLANS

(Corporate discounts of 20% available to groups of 10 or more women)

MONTHLY MEMBERSHIP

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

FULL MEMBERSHIP

- 3 months \$150
- 6 months \$250
- 1 year \$380
- Hours: 7 a.m. - 10 p.m. MONDAY - FRIDAY
10 a.m. - 6 p.m. SATURDAY & SUNDAY (includes racquetball privileges)

DAYTIME MEMBERSHIP

- 3 months \$100
- 6 months \$175
- 1 year \$280
- Hours: 7 a.m. - 4 p.m. MONDAY - FRIDAY (includes racquetball privileges)

NON-RACQUETBALL MEMBERSHIP

- 3 months \$125
- 6 months \$200
- 1 year \$300
- Hours: 7 a.m. - 10 p.m. MONDAY - FRIDAY
10 a.m. - 6 p.m. SATURDAY & SUNDAY

SENIORS MEMBERSHIP

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

Fitness on The Job

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

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

CO-ED NOON OR AFTER WORK FITNESS

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

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

CO-ED AEROBIC FITSTARTS

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

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

CO-ED RUSH HOUR FITNESS

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

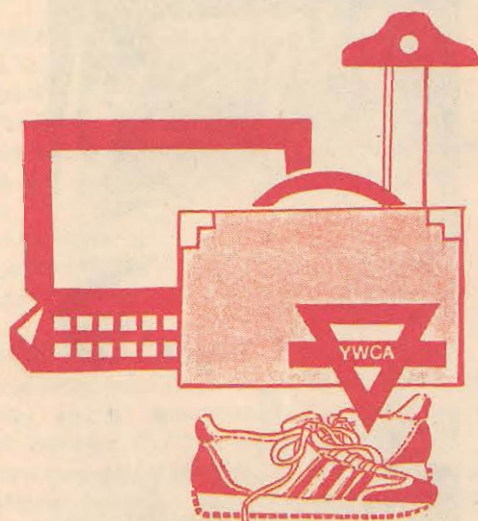
\$20/1 class/week \$35/2 classes/week \$50/3 classes/week

CO-ED AEROBIC WORKOUT

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

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

INFORMATION: Sandi Draper - 423-9922



Employee Fitness Services

STRESS MANAGEMENT PROGRAM NEW! NEW! NEW!

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

COST: \$40/person

CONTACT: Sandi Draper - 423-9922

GETTING SLIM NEW! NEW! NEW!

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

COST: \$40/person

CONTACT: Sandi Draper - 423-9922

OPERATION KICK IT NEW! NEW! NEW!

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

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

For further information contact: Sandi Draper - 423-9922.

FITNESS TESTING AND COUNSELLING

Individual fitness assessments will be followed by counselling sessions.

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

CORPORATE WOMEN'S FITNESS CENTRE RATES

See page 22 for discount corporate rates for female employees wishing to join the YWCA Women's Fitness Centre.

Information: Fitness Centre - 423-9922.

Fitness Downtown - Drop-In Facilities

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



ALL FACILITY FITNESS PASS:

Enjoy racquetball, public swimming, weight training and running privileges with the added convenience of a personal storage lockerette and use of locker-room facilities. All Facility Pass Holders may also register in 2 Fitness or Aquafitness classes per week each session. Present your pass at Registration Desk, 2nd floor.

- Yearly Pass - \$300. (non-transferable and valid for 1 year from date of purchase)
- Women . . . also see Women's Fitness Centre - page 22/23.

RUNNING:

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

RACQUETBALL:

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

See page 26 for hours and booking procedures.

WEIGHT TRAINING:

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

See page 26 for hours.

SWIMMING:

- Yearly Pass - \$225. (includes swim privileges in all Adult, Family, Public and Women Swim times (as applicable), weight training privileges, locker-room use and storage locker.
- Punch Card - \$15.75 (10 visits and lockerroom use).
- Single Admission - \$1.75/visit

Seasonal public swim schedules are available at the Main Reception Desk (main floor) and Aquatics Office (lower level 1).

Also see Women's Fitness Centre - page 22/23; Cetacean's Masters Fitness Swim Club - page 13.

Weight Training

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.

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



Racquetball

RACQUETBALL BOOKING PROCEDURE:

Phone 423-9922

Book by phone one day in advance, beginning at 7:00 a.m.

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

GAME CARDS

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

Cost: \$35 for 10 one hour bookings.

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

ALL FITNESS FACILITY PASS

See Page 25.

BLOCK BOOKINGS

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

BEGINNER RACQUETBALL & WEIGHT TRAINING LESSONS

Monday or Tuesday Evenings

- Racquetball \$8.00/hour
- Weight Training
\$5.00/hour (Public)
\$3.00/hour (Fitness Centre)

Reservations: Fitness Centre
423-9922 #6129

PRIVATE RACQUETBALL LESSONS:

Private lessons offer individual instruction for beginners interested in learning about racquetball. Novice and intermediate levels of instruction are also available on a private basis - \$18/hour. Please phone the Fitness Centre Director for an appointment.

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

RACQUET STRINGING

Need to repair your racquetball racquet?

\$2/string or \$15/racquet
Contact Women's Fitness Centre 423-9922, #6129 for details.

Summer Special!

June 1 - August 31
Summer Racquetball Pass

\$40

Unlimited Play

(Please book one day in advance)

ON SALE AT THE FRONT DESK



Adult Dance

SOCIAL DANCE

Need to learn to dance for an upcoming wedding or graduation? Or just want to feel more comfortable on the dance floor? Come and join us for fun, dancing and a social evening in one of the following classes:

THAT LATIN FEELING

A four week basic course in three Latin dances:

1. Rhumba
2. Cha Cha
3. Samba

ROCK n' ROLL

A four week basic course in Swing-Jive

SURVIVAL ON THE DANCE FLOOR

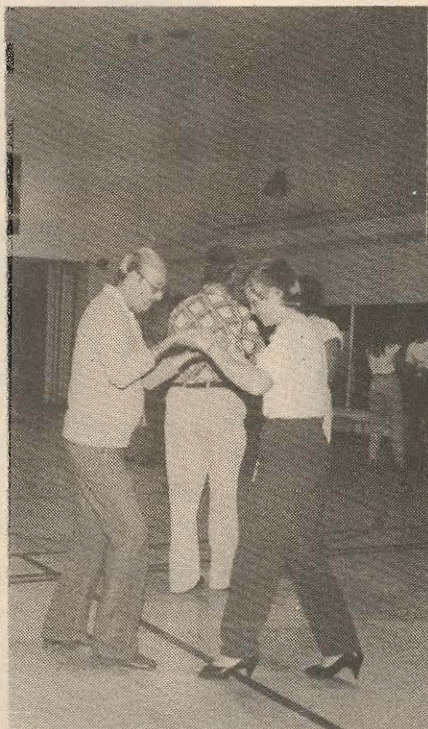
A crash course in Social Dance teaching the basics of:

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

JAZZ

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

Program Title	Day	Time	Dates	No.	Costs
Survival on the Dance Floor	Tuesday	8:30-10:00 p.m.	July 2-July 23	664	\$45/couple
			July 30-Aug. 20	665	(6 hrs.)
	Thursday	8:30-10:00 p.m.	July 4-July 25	666	\$45/couple
The Latin Feeling	Thursday	7:30-8:30 p.m.	Aug. 1-Aug. 22	667	(6 hrs.)
			July 4-July 25	668	\$30/couple
			Aug. 1-Aug. 20	669	(4 hrs.)
Rock n' Roll	Tuesday	7:30-8:30 p.m.	July 2-July 23	670	\$30/couple
			July 30-Aug. 20	671	(4 hrs.)
			July 3-July 24	672	\$16/person
Jazz	Wednesday	7:30-8:30 p.m.	July 31-Aug. 21	673	(4 hrs.)
					\$16/person





YoWoChAs Centre



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

Located 80 km west of Edmonton on Lake Wabamun

SAIL WITH US!

The beauty of the YoWoChAs Centre lakefront setting is ideal for an introductory sailing experience. A fleet of sailboats is waiting for you on Lake Wabamun - a body of water well-known in Northern Alberta as one of the premier sailing lakes.

Once again this season, YoWoChAs Centre will be offering practical and theoretical sailing instruction in the form of children's classes and adult's programs.

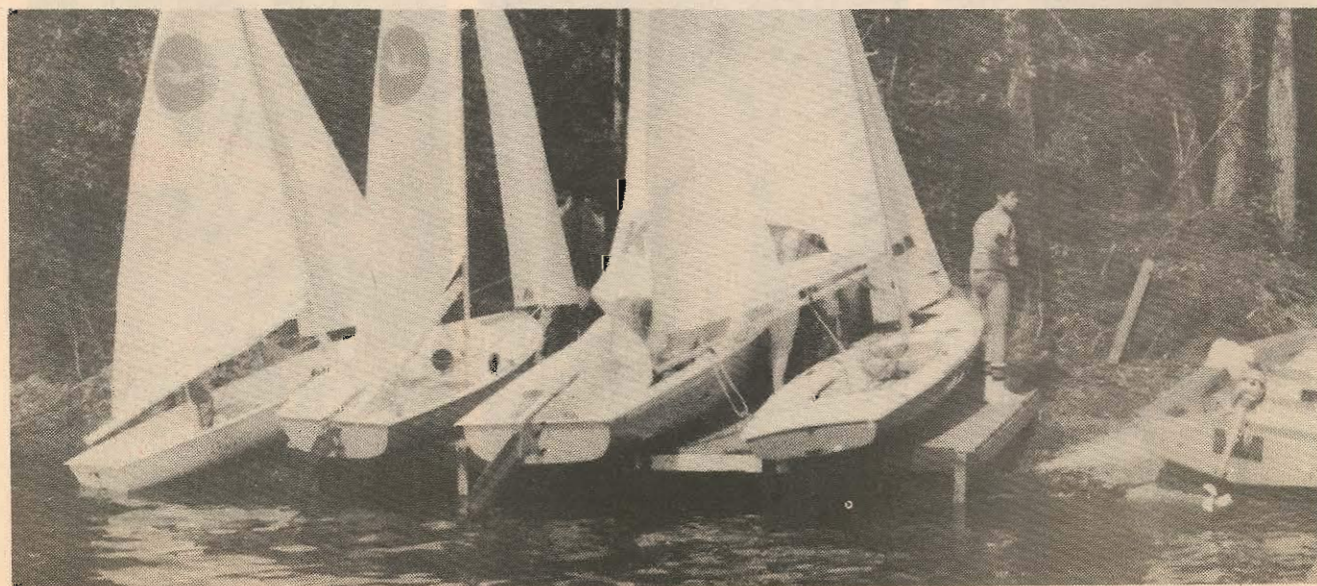
All courses are based on the Canadian Yachting Association White Sail levels.

Children's programs will be coordinated in conjunction with YoWoChAs Centre Summer Camps. These are multi-day live-in resident sailing camp experiences. Sailing instruction during the day is enhanced by evening camp activities.

Adult programs consist of theoretical evening sessions in Edmonton, followed by a weekend of practical sailing instruction at YoWoChAs Centre.

All YoWoChAs Centre sailing programs are instructed by experienced, certified sailing instructors who focus on providing a high quality learning opportunity combined with a pleasurable social experience.

For further information and dates, call YoWoChAs Centre at 423-3811.



Learn To Canoe

Enjoy great home cooked meals, relax in the fireplace lounge, or walk in the quiet woods on our beautiful 48 acre site. YOWOCHAS Centre staff and great company set the atmosphere for a memorable weekend away from the city. Certified Instructors ensure a high quality learning experience.

Adult weekends start Friday evenings – 8:30 p.m. and end Sunday afternoon 4:00 p.m. Participants should be 16 years or older. Transportation can be arranged through Greyhound Buses. YoWoChAs Centre is located 80 km. West of Edmonton on Lake Wabamun, near the Village of Fallis. Class participants are accommodated in a modern lodge/residence facility in shared rooms. Participants are responsible for their own sleeping bag and towels. Family style meals are served and a sauna is available for evening use.

INTRODUCTION TO LAKE CANOEING

Interested in exploring Alberta's lakes by canoe? If you're a nature photographer, like watching birds and animals or just wish to enjoy the beauty of the shoreline, consider a weekend on the wooded shores of Lake Wabamun, learning the basics of lake canoeing during the day and relaxing in front of the fireplace in the evening, sharing experiences with new friends. Weekend courses include instruction in basic strokes, safety, equipment selection and trip planning. All equipment is provided. Weekends are from Friday evening to Sunday afternoon. COST: \$65/person (includes accommodation, meals and instruction)

DATES: May 31 - June 2, 1985 #478

June 7 - June 9, 1985 #479

June 21 - June 23, 1985 #480

INTRODUCTION TO RIVER CANOEING

Interested in developing skills in river paddling and canoe tripping so you can enjoy the outdoors on Alberta's rivers? This weekend course is designed to sharpen your practical lake skills and introduce you to **moving water**.

The course includes a review of lake strokes, an introduction to river strokes and manoeuvres, capsizing and rescue's, reading moving water, safety, overnight river tripping and other related information.

All equipment is provided, as well as transportation between YoWoChAs Centre and the local river. Participants should have completed a lake canoeing course or have equivalent experience.

COST: \$75 (includes accommodation, meals and instruction)

DATES: August 23 - 25, 1985 #481

CANOE INSTRUCTOR CERTIFICATION

Considering a job as a Camp Counsellor, Canoe Instructor or Outdoor Recreation Teacher? Prepare yourself with an Alberta Recreation Canoe Association (ARCA) Instructors Certification Course.

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

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

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

DATES: May 31 - June 2, 1985 #483

FAMILY CANOE DAY

A day designed for parents and children of all ages, emphasizing the fun of canoe paddling with children. Includes lunch, lessons, games, exploring along the lake, skits and information on safe canoeing practices. One day only, we start at 9:30 and finish at 4:00 p.m. - \$36/family.

July 7, Sunday #484

June 16, Sunday #485



Summer Camp For Everyone

Enjoy summer with us at beautiful YoWoChAs Centre on Lake Wabamum, 80 km. West of Edmonton at Fallis, Alberta. Since 1919 the YWCA has operated camp programs based on traditional values at Lake Wabamum. At YoWoChAs we endeavour through quality leadership to create respect for self, others and the environment. Our programs are designed with this philosophy in mind . . . to be safe, educational, challenging and enjoyable and to meet the needs of each camper. Campers will be accommodated in our modern lodge and residence with additional opportunities to experience life in a tent cabin, tent, rustic cabin or tee-pee, depending upon their age. **All accommodations are coed.** Nutritious meals are served 'family style' in our attractive dining hall. Every camper attending summer camp in 1985 will receive a YoWoChAs Centre T-shirt to bring back with enjoyable memories of camp after returning home.

EXPLORERS (6-8 YEARS)

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

DISCOVERERS (9-11 YEARS)

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

			EXPLORERS	DISCOVERERS
			6-8 Years	9-11 Years
July 8 - 12, 1985	5 Days	\$130	460	465
July 15 - 19, 1985	5 Days	\$130	461	466
July 22 - 26, 1985	5 Days	\$130	462	467
July 30 - August 6, 1985	8 Days	\$205	463	468
August 10 - 16, 1985	7 Days	\$180	464	469

CHALLENGERS (12-14 YEARS)

Meet some exciting people this year and make the summer of '85 a memorable one! Join us for a summer full of fun on our river canoe expeditions and cycle tours for teens. We'll challenge ourselves at the Herbtisme (ropes) course and Initiatives Tasks Course, as well as enjoying saunas, swimming and relaxing in the sunshine. You will be accommodated at YoWoChAs Centre for part of your stay and will also travel to

other destinations for overnight trips. The river canoe trips will be accompanied by fully qualified canoe instructors. All equipment is supplied. Cyclists must supply their own 10 speed bike in good condition with a rear carrier. A YoWoChAs Centre vehicle will carry most of the cyclists equipment giving you an opportunity to 'enjoy the ride'. We will supply cycle bags to carry day use items.

July 8 - 12, 1985	5 Days	\$130	470	River Canoe trip (Genesee to Devon on North Saskatchewan River)
July 15 - 19, 1985	5 Days	\$130	471	Cycle trip (Fallis to Pembina River Provincial Park on Highway 16)
July 22 - 26, 1985	5 Days	\$130	472	River canoe trip (Genesee to Devon on North Saskatchewan River)
July 30 - August 6, 1985	8 Days	\$205	473	River canoe trip (Rocky Mountain House to Drayton Valley on North Saskatchewan River)
August 10 - 16, 1985	5 Days	\$180	474	Cycle trip (Kapasawan Provincial Park to Pembina River Provincial Park on Highway 16)

Summer Camp For Everyone

SINGLE PARENT FAMILY CAMP

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

July 15 - 19, 1985	#475	5 Days	Adult - \$130
			6-15 - \$130
			3-5 - \$70
			Under 3 - FREE

OUTDOOR ENTHUSIASTS

Fun, fellowship and an outdoor holiday for adults who are mentally handicapped. Activities will include canoeing, hiking and other outdoor recreation activities of interest to adults. Day trips to other recreation areas will ensure an interesting and exciting vacation.

July 30 - August 6, 1985	#476	8 Days	\$205
August 10 - 16, 1985	#477	7 Days	\$180

OUR SUMMER CAMP '85 STAFF

SUMMER CAMP DIRECTOR, Lorna Hughes, has extensive experience in administration and operation of summer camp programs for youth and adults. Her past experiences include Executive Director of the Jasper Boys' and Girls' Club, Director within the Boys' and Girls' Clubs of Edmonton, Day Camp Director, and Coordinator of wilderness expeditions including canoeing, cycling, back-packing, skiing and scuba diving. Lorna has a degree in Physical Education, majoring in Outdoor Education and Coaching skills.

OUTTRIP COORDINATOR, Ian Hosler, brings to camp a multitude of experiences in outdoor and environmental education. Ian has a degree in Physical Education, majoring in Outdoor Education and has considerable experience leading groups in canoeing, back-packing, and survival skills expeditions. In addition, Ian is the Coordinator of the YoWoChAs Centre teen 'Leader-In-Training' Program for his second year at YoWoChAs.

WATERFRONT DIRECTOR, Kim Savard, is a University of Alberta graduate in Recreation Administration and will be at camp for her second season as Waterfront Director and Craft Specialist. Kim has been involved at YoWoChAs Centre for the past year designing programs in Outdoor and Environmental Education.

All programs offered at the YoWoChAs Centre Summer Camps are directed by qualified adult staff and counsellors, assisted by student 'Leaders-In-Training'. All senior staff have extensive training in Emergency Medical Aid, in addition to our full time camp Nurse and Integration Specialist. At YoWoChAs, we welcome children with special needs. Please contact Rod Irwin, YoWoChAs Centre Director at 423-3811 for further information and consultation.

'CAMPERSHIPS'

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

YoWoChAs Centre is an Alberta Camping Association accredited facility. For further information about summer camps please contact YoWoChAs Centre at 423-3811 or YWCA at 423-9922.



ANNUAL FITNESS PASSES

... Yearly Fitness Passes for men and women

See Page 25 for details

WATCH FOR DETAILS ON FALL PROGRAMS

September - December, 1985

Available August 1, 1985 at the
YWCA & Edmonton Public Libraries

SUMMER SPECIALS!

- Fitness Centre Page 23
- Racquetball Page 26

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

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YWCA

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