

YWCA Fall & Winter

1982/83 Program Brochure

10305-100 AVE



YWCA

10305 - 100 Avenue
Edmonton, Alberta T5J 3C8

423-9922



Registration

Registration for YWCA programmes described in this brochure commences Sunday, June 27, 1982; 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 June 27, 1982 pre-registration session, registration for all YWCA programmes (Downtown, YoWoChAs Centre and neighbourhood 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..... SEX.....

ADDRESS.....

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

COURSE TITLE & NUMBER.....

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

CHEQUES/MONEY ORDERS PAYABLE TO: YWCA

☐ YES I HAVE ENCLOSED \$1 TO HELP YWCA WORLD APPEAL (See page 3)

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 on social assistance or who are unable to pay entire fee. Edmonton YWCA Programme fees are half price to adults 60 years and over. A 25% discount of YoWoChAs Centre Programmes will be given to those 60 years and over.

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 432-1234 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 program offerings. 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



Index

	Page		Page
Accommodation.....	4	Leadership Development.....	5
Adult Special Interest Programs.....	34	Membership.....	3, 31
Aerobic Dance.....	See Fitness	Neighbourhood Fitness.....	28
Aquatics - Adult.....	16-20	"On Our Own" Resource Centre.....	6
Children.....	14-15	Outdoor Recreation.....	See YoWoChAs Centre
Preschool.....	9-12	Prenatal.....	29
Aquafitness.....	19-20	Preschool Programs.....	7-13
Cafeteria.....	4	"Prospects" Literacy Program.....	6
Children.....	4	Racquetball.....	30
Cross Country Skiing.....	38	Registration.....	2
Dance.....	33	Residence.....	4
Employee Fitness.....	32	Special Services.....	35
Fitness - General Information.....	21	Swim.....	See Aquatics
Mild Classes.....	22-23	"Team-Up-For-Fitness".....	32
Moderate Classes.....	23-26	Volunteer Opportunities.....	5
Intense Classes.....	27-28	Weight Training.....	29
Fitness Centre (Women's).....	31	Yoga.....	22-23
		YoWoChAs Centre.....	36-39

EDMONTON YWCA MEMBERSHIP

Join us and become a member of the world's largest Women's organization!

Women 18 years and older are eligible for membership. Your \$15 annual membership fee entitles you to:

Mailed programme brochures, national and local YWCA newsletters

Elect delegates to YWCA Board of Directors and Convention

Membership in a worldwide organization actively working for women's concerns.

Build a better YWCA with your voting privileges
Express yourself through policy and direction decisions

Rewarding support of the Edmonton YWCA

For further information or membership application:

**Membership, YWCA, 10305-100 Ave.
 Edmonton, T5J 3C8**

YWCA Worldwide...

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

The World YW co-ordinates the work of YWCA's throughout the world to promote international understanding and co-operation 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.

Now, rising costs have created an emergency situation and the World YWCA is appealing for donations in order to carry out the full range of its programmes. YWCA's in eighty-four countries have committed ourselves to raising three million dollars to support the world office in Geneva, Switzerland. The Edmonton YWCA hopes to raise five thousand dollars by October 1982.

With your donation, we can help to keep the World YWCA working for the benefit of women and children everywhere.

Send in your donation when you register for a course this fall or winter.

For Your Convenience...

CHILDCARE

Use our Childcare service while you attend a class, have lunch, for shopping, medical appointments. No advance notice required. Use us when you need a break.

Toddlers and pre-schoolers will receive a rounded programme of crafts, games, stories, music, outdoor playground.

\$1.65/per hour for 1st child in family
(\$1.75 effective Jan. 1/83).

\$1.00/per hour for 2nd child in family.

HOURS: Monday to Friday
7:30 a.m.-5:45 p.m.
Saturday
9:00 a.m.-4:00 p.m.

Infants (10-12 mos. non-walkers) Main Floor

Pre-School (3-5 yrs.) Main Floor

Please supply nametags, diaper bags, disposable diapers,

plastic bottles, an emergency phone number and a bag lunch. We can supply milk for 25 cents.

A five minute loading zone is located at the rear of the building for your convenience.

For further information contact CHILDCARE 423-9922.

CAFETERIA

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

Monday to Friday 6:00 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

For further information call: Cafeteria Manager 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.

For information about volunteer opportunities at the YWCA call Barb MacGregor, weekdays, 423-9922.

Develop Your Leadership Skills

• Fitness Leadership Course

Become a certified 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 or Moira Pryde at 423-9922. Application deadline August 20, 1982.

Mondays, September 20 - November 29 6:30 - 9:30 p.m. #695 \$80.00.

• 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 423-9922.

• Leaders-In-Training

Training throughout the year for teenagers interested in furthering their leadership skills in preparation for summer recreation employment. Ideal for individuals considering a career in education or recreation.

For further information contact: Rick Ireland 423-9922.

ON YOUR OWN?

You need not be . . . The **"ON OUR OWN" Resource Centre** is a friendly support service for widowed men and women. The Centre is located in the YWCA and offers a wide variety of programs and services of interest to widowed persons.

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 mornings drop in at the **"ON OUR OWN"** Centre for informal coffee and conversation or browse through our library of resource materials.

Thursday afternoons at an open program, **"THE CHALLENGE OF BEING WIDOWED"** films, speakers, outings and group discussions address the challenges associated with widowhood. Friday evening a similar group also 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 Sunday evenings.

Trained peer counsellors who are also widowed, are available at the Centre or on home visits to offer personal, family, legal, career and 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

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 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.



. . . 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.



Pre-School

CREATIVE PLAY FOR BABIES

Enjoy your new baby to the fullest. Discover creative

new activities to do with him that not only are fun but help him explore the new environment and develop the skills to safely challenge the world around him.

PROGRAM	DAY	TIME	DATES	LOCATION	NUMBER	COST
Creative Play for Babies 8-12 Months	Monday	10:00-11:00 A.M.	Sept. 27-Nov. 22 (No Class Oct. 11)	Strathcona Library 104 St. & 84 Ave.	759	\$28.00
	Thursday	10:00-11:00 A.M.	Jan. 10-Feb. 28 Oct. 7-Dec. 2 (No Class Nov. 11)	Strathcona Library Strathcona Library	763 761	\$28.00 \$28.00
			Jan. 13-March 3	Strathcona Library	765	\$28.00
			Sept. 27-Nov. 22 (No Class Oct. 11)	Strathcona Library	760	\$28.00
Creative Play for Babies 12-15 Months	Monday	11:00-12:00 Noon	Jan. 10-Feb. 28 Oct. 7-Dec. 2 Jan. 13-March 3	Strathcona Library Strathcona Library Strathcona Library	764 762 766	\$28.00 \$28.00 \$28.00
	Thursday	11:00-12:00 Noon				

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.

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 the parent and tot 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
Runnin' and Rompin' (2 and 3 Year Olds)	Tuesday	2:00-2:40 P.M.	Sept. 14-Oct. 26 Nov. 2-Dec. 14 Jan. 11-Feb. 22	Gym	552 1552 2552	\$20/ class \$35/two classes/wk.
Runnin' and Rompin' (2 and 3 Year Olds)	Friday	10:15-10:55 A.M.	Sept. 17-Oct. 29 Nov. 5-Dec. 17 Jan. 14-Feb. 25	Gym	553 1553 2553	\$20/class \$35/two classes/wk.
Runnin' and Rompin' (4 and 5 Year Olds)	Tuesday	1:15-1:55 P.M.	Sept. 14-Oct. 26 Nov. 2-Dec. 14 Jan. 11-Feb. 22	Gym	554 1554 2554	\$20/class \$35/two classes/wk.
Runnin' and Rompin' (4 and 5 Year Olds)	Friday	9:30-10:10 A.M.	Sept. 17-Oct. 29 Nov. 5-Dec. 17 Jan. 14-Feb. 25	Gym	555 1555 2555	\$20/class \$35/two classes/wk.
Discovering Art Together (2 and 3 Year Olds)	Tuesday	1:15-1:55 P.M.	Sept. 14-Oct. 26 Nov. 2-Dec. 14 Jan. 11-Feb. 22	North Club Room and West Rotary	546 1546 2546	\$20/class \$35/two classes/wk.
Discovering Art Together (2 and 3 Year Olds)	Friday	9:30-10:10 A.M.	Sept. 17-Oct. 29 Nov. 5-Dec. 17 Jan. 14-Feb. 25	North Club Room and West Rotary	547 1547 2547	\$20/class \$35/two classes/wk.
Discovering Art Together (4 and 5 Year Olds)	Tuesday	2:15-2:55 P.M.	Sept. 14-Oct. 26 Nov. 2-Dec. 14 Jan. 11-Feb. 22	North Club Room and West Rotary Room	548 1548 2548	\$20/class \$35/two classes/wk.
Discovering Art Together (4 and 5 Year Olds)	Friday	10:20-11:00 A.M.	Sept. 17-Oct. 29 Nov. 5-Dec. 17 Jan. 14-Feb. 25	North Club Room and West Rotary Room	549 1549 2549	\$20/class \$35/two classes/wk.
Musical Friends (2 and 3 Year Olds)	Friday	10:20-11:00 A.M.	Sept. 17-Oct. 29 Nov. 5-Dec. 17 Jan. 14-Feb. 25	YoWoChAs Room	550 1550 2550	\$20/class \$35/two classes/wk.
Musical Friends (4 and 5 Year Olds)	Friday	9:30-10:10 A.M.	Sept. 17-Oct. 29 Nov. 5-Dec. 17 Jan. 14-Feb. 25		551 1551 2551	\$20/class \$20/class \$20/class
Tot Swim (2 and 3 Year Olds)	Tuesday	2:45-3:15 P.M.	Sept. 14-Oct. 26 Nov. 2-Dec. 14 Jan. 11-Feb. 22	Pool	542 1542 2542	\$18/class/wk. \$35/two classes/wk.
Tot Swim (2 and 3 Year Olds)	Friday	9:30-10:00 A.M.	Sept. 17-Oct. 29 Nov. 5-Dec. 17 Jan. 14-Feb. 25	Pool	543 1543 2543	\$18/class/wk. \$35/two classes/wk.
Tot Swim (4 and 5 Year Olds)	Tuesday	2:15-2:45 P.M.	Sept. 14-Oct. 26 Nov. 2-Dec. 14	Pool	544 1544	\$18/one class \$35/two classes/wk.
Tot Swim	Friday	10:15-10:45 A.M.	Sept. 17-Oct. 29 Nov. 5-Dec. 17 Jan. 14-Feb. 25	Pool	545 1545 2545	\$18/class/wk. \$35/two classes/wk.



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. Ages for the preschoolers are:

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 — 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

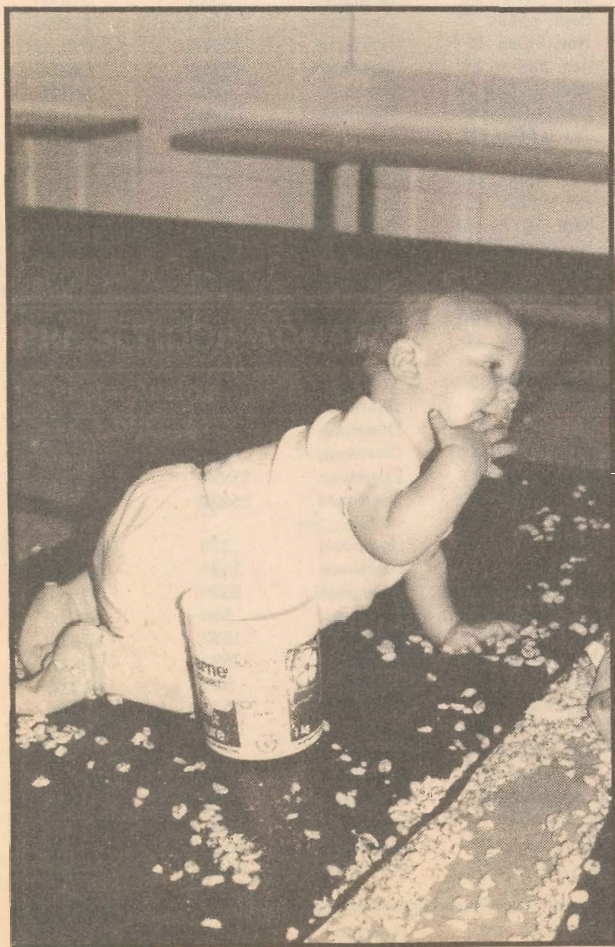
PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Water Babies 1	Monday	9:00-9:30 A.M.	Sept. 13-Nov. 1	Downtown	500	\$18.00
			Nov. 8-Dec. 20	Downtown	1500	\$18.00
			Jan. 10-Feb. 21	Downtown	2500	\$18.00
	Tuesday	12:30-1:00 P.M.	Sept. 14-Oct. 26	Downtown	501	\$18.00
			Nov. 2-Dec. 14	Downtown	1501	\$18.00
			Jan. 11-Feb. 22	Downtown	2501	\$18.00
	Wednesday	11:00-11:30 A.M.	Sept. 15-Oct. 27	Downtown	502A	\$18.00
			Nov. 3-Dec. 15	Downtown	1502A	\$18.00
			Jan. 12-Feb. 23	Downtown	2502A	\$18.00
		2:30-3:00 P.M.	Sept. 15-Oct. 27	Downtown	502B	\$18.00
			Nov. 3-Dec. 15	Downtown	1502B	\$18.00
			Jan. 12-Feb. 23	Downtown	2502B	\$18.00
	Thursday	10:00-10:40 A.M.	Sept. 16-Oct. 28	Downtown	503	\$18.00
			Nov. 4-Dec. 16	Downtown	1503	\$18.00
	Friday	11:30-12:00 Noon	Jan. 13-Feb. 24	Downtown	2503	\$18.00
			Sept. 17-Oct. 29	Downtown	504	\$18.00
			Nov. 5-Dec. 17	Downtown	1504	\$18.00
	Saturday	1:00-1:30 P.M.	Jan. 14-Feb. 25	Downtown	2504	\$18.00
			Sept. 18-Oct. 30	Downtown	505	\$18.00
			Nov. 6-Dec. 18	Downtown	1505	\$18.00
	Sunday	10:00-10:30 A.M.	Jan. 15-Feb. 26	Downtown	2505	\$18.00
			Sept. 19-Oct. 31	Downtown	506A	\$18.00
			Nov. 7-Dec. 19	Downtown	1506A	\$18.00
		1:45-2:15 P.M.	Jan. 16-Feb. 27	Downtown	2506A	\$18.00
			Sept. 19-Oct. 31	Downtown	506B	\$18.00
			Nov. 7-Dec. 19	Downtown	1506B	\$18.00
Jan. 16-Feb. 27	Downtown	2506B	\$18.00			
Water Babies 2	Monday	1:30-2:00 P.M.	Sept. 13-Nov. 1	Downtown	507	\$18.00
			Nov. 8-Dec. 20	Downtown	1507A	\$18.00
			Jan. 10-Feb. 21	Downtown	2507A	\$18.00
		6:00-6:30 P.M.	Sept. 13-Nov. 1	Downtown	507B	\$18.00
			Nov. 8-Dec. 19	Downtown	1507B	\$18.00
	Jan. 10-Feb. 21	Downtown	2507B	\$18.00		
	Tuesday	11:45-12:15 P.M.	Sept. 14-Oct. 26	Downtown	508A	\$18.00
			Nov. 2-Dec. 14	Downtown	1508A	\$18.00
			Jan. 11-Feb. 22	Downtown	2508A	\$18.00
		7:00-7:30 P.M.	Sept. 14-Oct. 26	Downtown	508B	\$18.00
			Nov. 2-Dec. 14	Downtown	1508B	\$18.00
	Jan. 11-Feb. 22	Downtown	2508B	\$18.00		
	Wednesday	2:00-2:30 P.M.	Sept. 15-Oct. 27	Downtown	509	\$18.00
			Nov. 3-Dec. 15	Downtown	1509	\$18.00
			Jan. 12-Feb. 23	Downtown	2509	\$18.00
	Thursday	9:00-9:30 A.M.	Sept. 16-Oct. 28	Downtown	510A	\$18.00
			Nov. 4-Dec. 16	Downtown	1510A	\$18.00
			Jan. 13-Feb. 24	Downtown	2510A	\$18.00
		2:40-3:10 P.M.	Sept. 16-Oct. 28	Downtown	510B	\$18.00
			Nov. 4-Dec. 16	Downtown	1510B	\$18.00
	Jan. 13-Feb. 24	Downtown	2510B	\$18.00		
	Friday	12:45-1:15 P.M.	Sept. 17-Oct. 29	Downtown	511	\$18.00
			Nov. 5-Dec. 17	Downtown	1511	\$18.00
			Jan. 14-Feb. 25	Downtown	2511	\$18.00
	Saturday	1:45-2:15 P.M.	Sept. 18-Oct. 30	Downtown	512	\$18.00
			Nov. 6-Dec. 18	Downtown	1512	\$18.00
			Jan. 15-Feb. 26	Downtown	2512	\$18.00
	Sunday	11:45-12:15 P.M.	Sept. 19-Oct. 31	Downtown	513A	\$18.00
			Nov. 7-Dec. 19	Downtown	1513A	\$18.00
			Jan. 16-Feb. 27	Downtown	2513A	\$18.00
		2:15-2:45 P.M.	Sept. 19-Oct. 31	Downtown	513B	\$18.00
			Nov. 7-Dec. 19	Downtown	1513B	\$18.00
			Jan. 16-Feb. 27	Downtown	2513B	\$18.00
Water Babies 3	Monday	2:10-2:40 P.M.	Sept. 13-Nov. 1	Downtown	514	\$18.00
			Nov. 8-Dec. 20	Downtown	1514	\$18.00
			Jan. 10-Feb. 21	Downtown	2514	\$18.00
	Tuesday	11:15-11:45 A.M.	Sept. 14-Oct. 26	Downtown	515	\$18.00
			Nov. 2-Dec. 14	Downtown	1515	\$18.00
Jan. 11-Feb. 22			Downtown	2515	\$18.00	

PRE-SCHOOL AQUATICS (Cont'd.)

PROGRAM TITLE	DAY	TIME	DATE	LOCATION	NUMBER	COS
	Wednesday	1:00-1:30 P.M.	Sept. 15-Oct. 27	Downtown	516	\$18.00
			Nov. 3-Dec. 15	Downtown	1516	\$18.00
			Jan. 12-Feb. 23	Downtown	2516	\$18.00
	Thursday	11:40-12:10 P.M.	Sept. 16-Oct. 28	Downtown	517	\$18.00
			Nov. 4-Dec. 16	Downtown	1517	\$18.00
			Jan. 13-Feb. 24	Downtown	2517	\$18.00
	Friday	1:30-2:00 P.M.	Sept. 17-Oct. 29	Downtown	518	\$18.00
			Nov. 5-Dec. 17	Downtown	1518	\$18.00
			Jan. 14-Feb. 25	Downtown	2518	\$18.00
	Saturday	2:15-2:45 P.M.	Sept. 18-Oct. 30	Downtown	519	\$18.00
			Nov. 6-Dec. 18	Downtown	1519	\$18.00
			Jan. 15-Feb. 26	Downtown	2519	\$18.00
	Sunday	11:00-11:30 A.M.	Sept. 19-Oct. 31	Downtown	520	\$18.00
			Nov. 7-Dec. 19	Downtown	1520	\$18.00
			Jan. 16-Feb. 27	Downtown	2520	\$18.00
Minnows	Monday	11:00-11:30 A.M.	Sept. 13-Nov. 1	Downtown	521A	\$18.00
			Nov. 8-Dec. 20	Downtown	1521A	\$18.00
			Jan. 10-Feb. 21	Downtown	2521A	\$18.00
		6:30-7:00 P.M.	Sept. 13-Nov. 1	Downtown	521B	\$18.00
			Nov. 8-Dec. 20	Downtown	1521B	\$18.00
			Jan. 10-Feb. 21	Downtown	2521B	\$18.00
	Tuesday	6:00-6:30 P.M.	Sept. 14-Oct. 26	Downtown	522	\$18.00
			Nov. 2-Dec. 14	Downtown	1522	\$18.00
			Jan. 11-Feb. 22	Downtown	2522	\$18.00
	Wednesday	9:00-9:30 A.M.	Sept. 15-Oct. 27	Downtown	523	\$18.00
			Nov. 3-Dec. 15	Downtown	1523	\$18.00
			Jan. 12-Feb. 23	Downtown	2523	\$18.00
	Thursday	9:30-10:00 A.M.	Sept. 16-Oct. 28	Downtown	524A	\$18.00
			Nov. 4-Dec. 16	Downtown	1524A	\$18.00
			Jan. 13-Feb. 24	Downtown	2524A	\$18.00
		1:40-2:10 P.M.	Sept. 16-Oct. 28	Downtown	524B	\$18.00
			Nov. 4-Dec. 16	Downtown	1524B	\$18.00
			Jan. 13-Feb. 24	Downtown	2524B	\$18.00
	Friday	12:15-12:45 P.M.	Sept. 17-Oct. 29	Downtown	525	\$18.00
			Nov. 5-Dec. 17	Downtown	1525	\$18.00
			Jan. 14-Feb. 25	Downtown	2525	\$18.00
	Saturday	12:30-1:00 P.M.	Sept. 18-Oct. 30	Downtown	526	\$18.00
			Nov. 6-Dec. 18	Downtown	1526	\$18.00
			Jan. 15-Feb. 26	Downtown	2526	\$18.00
	Sunday	12:30-1:00 P.M.	Sept. 19-Oct. 31	Downtown	527	\$18.00
			Nov. 7-Dec. 19	Downtown	1527	\$18.00
			Jan. 16-Feb. 27	Downtown	2527	\$18.00
Guppies	Monday	12:10-12:40 P.M.	Sept. 13-Nov. 1	Downtown	528A	\$18.00
			Nov. 8-Dec. 20	Downtown	1528A	\$18.00
			Jan. 10-Feb. 21	Downtown	2528A	\$18.00
		2:40-3:10 P.M.	Sept. 13-Nov. 1	Downtown	528B	\$18.00
			Nov. 8-Dec. 20	Downtown	1528B	\$18.00
			Jan. 10-Feb. 21	Downtown	2528B	\$18.00
	Tuesday	9:00-9:30 A.M.	Sept. 14-Oct. 26	Downtown	529	\$18.00
			Nov. 2-Dec. 14	Downtown	1529	\$18.00
			Jan. 11-Feb. 22	Downtown	2529	\$18.00
	Wednesday	12:10-12:40 P.M.	Sept. 15-Oct. 27	Downtown	530	\$18.00
			Nov. 3-Dec. 15	Downtown	1530	\$18.00
			Jan. 12-Feb. 23	Downtown	2530	\$18.00
	Thursday	10:40-11:10 A.M.	Sept. 16-Oct. 28	Downtown	531	\$18.00
			Nov. 4-Dec. 16	Downtown	1531	\$18.00
			Jan. 13-Feb. 24	Downtown	2531	\$18.00
	Saturday	9:00-9:30 A.M.	Sept. 18-Oct. 30	Downtown	532	\$18.00
			Nov. 6-Dec. 18	Downtown	1532	\$18.00
			Jan. 15-Feb. 26	Downtown	2532	\$18.00
	Sunday	1:00-1:30 P.M.	Sept. 19-Oct. 31	Downtown	533	\$18.00
			Nov. 7-Dec. 19	Downtown	1533	\$18.00
			Jan. 16-Feb. 27	Downtown	2533	\$18.00
Fishtails	Monday	1:00-1:30 P.M.	Sept. 13-Nov. 1	Downtown	534A	\$18.00
			Nov. 8-Dec. 20	Downtown	1534A	\$18.00
			Jan. 10-Feb. 21	Downtown	2534A	\$18.00

PRE-SCHOOL AQUATICS (Cont'd)

PROGRAM TITLE	DAY	TIME	DATE	LOCATION	NUMBER	COST
Fishtails	Monday	7:00-7:30 P.M.	Sept. 13-Nov. 1	Downtown	534B	\$18.00
			Nov. 8-Dec. 20	Downtown	1534B	\$18.00
			Jan. 10-Feb. 21	Downtown	2534B	\$18.00
Fishtails	Tuesday	9:30-10:00 A.M.	Sept. 14-Oct. 26	Downtown	535	\$18.00
			Nov. 2-Dec. 14	Downtown	1535	\$18.00
			Jan. 11-Feb. 22	Downtown	2535	\$18.00
Fishtails	Thursday	2:10-2:40 P.M.	Sept. 16-Oct. 28	Downtown	536	\$18.00
			Nov. 4-Dec. 16	Downtown	1536	\$18.00
			Jan. 13-Feb. 24	Downtown	2536	\$18.00
Fishtails	Saturday	9:30-10:00 A.M.	Sept. 17-Oct. 30	Downtown	537	\$18.00
			Nov. 6-Dec. 18	Downtown	1537	\$18.00
			Jan. 15-Feb. 26	Downtown	2537	\$18.00
Fishtails	Sunday	10:30-11:00 A.M.	Sept. 18-Oct. 31	Downtown	538	\$18.00
			Nov. 7-Dec. 19	Downtown	1538	\$18.00
			Jan. 16-Feb. 27	Downtown	2538	\$18.00
Advanced Fishtails	Tuesday	6:30-7:00 P.M.	Sept. 14-Oct. 26	Downtown	539	\$18.00
			Nov. 2-Dec. 14	Downtown	1539	\$18.00
			Jan. 11-Feb. 22	Downtown	2539	\$18.00
Advanced Fishtails	Thursday	1:00-1:30 P.M.	Sept. 16-Oct. 28	Downtown	540	\$18.00
			Nov. 4-Dec. 16	Downtown	1540	\$18.00
			Jan. 13-Feb. 24	Downtown	2540	\$18.00
Advanced Fishtails	Saturday	12:30-1:00 P.M.	Sept. 18-Oct. 30	Downtown	541	\$18.00
			Nov. 6-Dec. 18	Downtown	1541	\$18.00
			Jan. 15-Feb. 26	Downtown	2541	\$18.00



PRE-SCHOOL GYM 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.
4. If you require any further information, please contact Susan Coward.

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
					GYM & SWIM	GYM ONLY
2 Years	Monday	Gym 10:10-10:50 A.M.	Sept. 13-Nov. 1	Downtown	556	556A Gym Only
			Nov. 8-Dec. 20	Downtown	1556	1556A \$18.00
		Pool 9:30-10:00 A.M.	Jan. 10-Feb. 21	Downtown	2556	2556A Gym and S \$28.00
	Wednesday	Gym 10:50-11:30 A.M.	Sept. 15-Oct. 27	Downtown	557	557A Gym Only
			Nov. 3-Dec. 15	Downtown	1557	1557A \$18.00
		Pool 11:40-12:10 A.M.	Jan. 12-Feb. 23	Downtown	2557	2557A Gym and S \$28.00
	Saturday	Gym 9:30-10:10 A.M.	Sept. 18-Oct. 30	Downtown	558	558A Gym Only
			Nov. 6-Dec. 18	Downtown	1558	1558A \$18.00
		Pool 10:20-10:50 A.M.	Jan. 15-Feb. 26	Downtown	2558	2558A Gym and S \$28.00
3 Years	Monday	Gym 10:50-11:30 A.M.	Sept. 13-Nov. 1	Downtown	559	559A Gym Only
			Nov. 8-Dec. 20	Downtown	1559	1559A \$18.00
		Pool 11:40-12:10 A.M.	Jan. 10-Feb. 21	Downtown	2559	2559A Gym and S \$28.00
	Wednesday	Gym 10:10-10:50 A.M.	Sept. 13-Nov. 1	Downtown	560	560A Gym Only
			Nov. 3-Dec. 15	Downtown	1560	1560A \$18.00
		Pool 9:30-10:00 A.M.	Jan. 12-Feb. 23	Downtown	2560	2560A Gym and S \$28.00
	Saturday	Gym 10:50-11:30 A.M.	Sept. 18-Oct. 30	Downtown	561	561A Gym Only
			Nov. 6-Dec. 18	Downtown	1561	1561A \$18.00
		Pool 11:40-12:10 A.M.	Jan. 15-Feb. 26	Downtown	2561	2561A Gym and S \$28.00
4 and 5 Years	Monday	Gym 9:30-10:10 A.M.	Sept. 13-Nov. 1	Downtown	562	562A Gym Only
			Nov. 8-Dec. 20	Downtown	1562	1562A \$18.00
		Pool 10:20-10:50 A.M.	Jan. 10-Feb. 21	Downtown	2562	2562A Gym and S \$28.00
	Wednesday	Gym 9:30-10:10 A.M.	Sept. 15-Oct. 27	Downtown	563	563A Gym Only
			Nov. 3-Dec. 15	Downtown	1563	1563A \$18.00
		Pool 10:20-10:50 A.M.	Jan. 12-Feb. 23	Downtown	2563	2563A Gym and S \$28.00
	Saturday	Gym 10:10-10:50 A.M.	Sept. 18-Oct. 30	Downtown	564	564A Gym Only
			Nov. 6-Dec. 18	Downtown	1564	1564A \$18.00
		Pool 11:00-11:30 A.M.	Jan. 15-Feb. 26	Downtown	2564	2564A Gym and S \$28.00

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

REGISTER IN IN THIS RED CROSS LEVEL

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

ORANGE
RED
MAROON
BLUE
GREEN
GREY
WHITE

JUNIOR SNORKEL

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

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.

YOUTH - AQUATICS

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Orange	Saturday	3:00-4:00 p.m.	Sept. 18-Oct. 30	Downtown	565	\$28.00
			Nov. 6-Dec. 18	Downtown	1565	\$28.00
			Jan. 15-Feb. 26	Downtown	2565	\$28.00
	Sunday	2:00-3:00 P.M.	Sept. 19-Oct. 31	Downtown	566	\$28.00
			Nov. 7-Dec. 19	Downtown	1566	\$28.00
			Jan. 16-Feb. 27	Downtown	2566	\$28.00
Red	Saturday	2:00-3:00 P.M.	Sept. 18-Oct. 30	Downtown	567	\$28.00
			Nov. 6-Dec. 18	Downtown	1567	\$28.00
			Jan. 15-Feb. 26	Downtown	2567	\$28.00
	Sunday	2:00-3:00 P.M.	Sept. 19-Oct. 31	Downtown	568	\$28.00
			Nov. 7-Dec. 19	Downtown	1568	\$28.00
			Jan. 16-Feb. 27	Downtown	2568	\$28.00
Maroon	Saturday	10:30-11:30 A.M.	Sept. 18-Oct. 30	Downtown	569A	\$28.00
			Nov. 6-Dec. 18	Downtown	1569A	\$28.00
			Jan. 15-Feb. 26	Downtown	2569A	\$28.00
		3:00-4:00 P.M.	Sept. 18-Oct. 30	Downtown	569B	\$28.00
			Nov. 6-Dec. 18	Downtown	1569B	\$28.00
			Jan. 15-Feb. 26	Downtown	2569B	\$28.00
Blue	Saturday	2:00-3:00 P.M.	Sept. 18-Oct. 30	Downtown	570	\$28.00
			Nov. 6-Dec. 18	Downtown	1570	\$28.00
			Jan. 15-Feb. 26	Downtown	2570	\$28.00
Green	Saturday	10:30-11:30 A.M.	Sept. 18-Oct. 30	Downtown	571	\$28.00
			Nov. 6-Dec. 18	Downtown	1571	\$28.00
			Jan. 15-Feb. 26	Downtown	2571	\$28.00
Grey	Saturday	2:00-3:00 P.M.	Sept. 18-Oct. 30	Downtown	572	\$28.00
			Nov. 6-Dec. 18	Downtown	1572	\$28.00
			Jan. 15-Feb. 26	Downtown	2572	\$28.00
White	Saturday	3:00-4:00 P.M.	Sept. 18-Oct. 30	Downtown	573	\$28.00
			Nov. 6-Dec. 18	Downtown	1573	\$28.00
			Jan. 15-Feb. 26	Downtown	2573	\$28.00
Survival	Saturday	9:30-10:30 A.M.	Sept. 18-Oct. 30	Downtown	574	\$28.00
			Nov. 6-Dec. 18	Downtown	1574	\$28.00
			Jan. 15-Feb. 26	Downtown	2574	\$28.00
Junior Snorkel	Saturday	11:30-12:30 P.M.	Sept. 18 - Oct. 30	Downtown	575	\$28.00
			Nov. 6-Dec. 18	Downtown	1575	\$28.00
			Jan. 15-Feb. 26	Downtown	2575	\$28.00

AQUALANDERS (6-10 Years)

A specialized gym and swim program designed to develop basic motor skills, build confidence and teaching swimming to

children with motor coordination problems.

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Aqualanders (6-10 Years)	Saturday	1:00-1:30 P.M. Pool	Sept. 25-Nov. 27 (10 Weeks)	Downtown	456	\$35.00
		1:40-2:25 P.M. Gym	Jan. 15-Feb. 26 (7 Weeks)	Downtown	476	\$25.00
		or				
		1:30-2:00 P.M.	Sept. 25-Nov. 27	Downtown	456A	\$35.00
		2:25-3:10 P.M. Gym	Jan. 15-Feb. 26 (7 weeks)	Downtown	476A	\$25.00

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

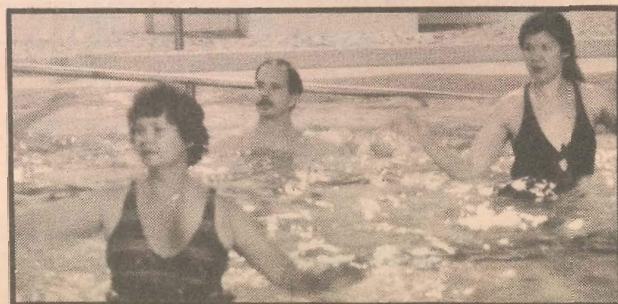
Float on front or back
Jump into deep water OR tread water for 30 seconds
Swim front crawl OR tread water for 1 minute
Swim back crawl OR tread water for 2 minutes
Swim elementary back stroke OR tread water for 3 minutes
Swim breast stroke OR tread water for 4 minutes
Swim side stroke OR tread water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

ORANGE
RED
MAROON
BLUE
GREEN
GREY
WHITE

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 - AQUATICS

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Absolutely Terrified	Monday	7:30-8:30 P.M.	Sept. 13-Nov. 1	Downtown	578	\$30.00
			Nov. 8-Dec. 20	Downtown	1578	\$30.00
			Jan. 10-Feb. 21	Downtown	2578	\$30.00
	Thursday	10:30-11:30 A.M.	Sept. 16-Oct. 28	Downtown	579A	\$30.00
			Nov. 4-Dec. 16	Downtown	1579A	\$30.00
			Jan. 13-Feb. 24	Downtown	2579A	\$30.00
		7:30-8:30 P.M.	Sept. 16-Oct. 28		579B	\$30.00
			Nov. 4-Dec. 16		1579B	\$30.00
			Jan. 13-Feb. 24		2579B	\$30.00
	Saturday	9:30-10:30 A.M.	Sept. 18-Oct. 30	Downtown	580	\$30.00
			Nov. 6-Dec. 18	Downtown	1580	\$30.00
			Jan. 15-Feb. 26	Downtown	2580	\$30.00
Orange	Tuesday	1:00-2:00 P.M.	Sept. 14-Oct. 26	Downtown	581A	\$30.00
			Nov. 2-Dec. 14	Downtown	1581A	\$30.00
			Jan. 11-Feb. 22	Downtown	2581A	\$30.00
		7:30-8:30 P.M.	Sept. 14-Oct. 26	Downtown	581B	\$30.00
			Nov. 2-Dec. 14	Downtown	1581B	\$30.00
			Jan. 11-Feb. 22	Downtown	2581B	\$30.00
	Wednesday	6:30-7:30 P.M.	Sept. 15-Oct. 27	Downtown	582	\$30.00
			Nov. 3-Dec. 15	Downtown	1582	\$30.00
	Thursday	7:30-8:30 P.M.	Jan. 12-Feb. 23	Downtown	2582	\$30.00
			Sept. 16-Oct. 28	Downtown	583	\$30.00
	Monday	7:30-8:30 P.M.	Nov. 4-Dec. 16	Downtown	1583	\$30.00
			Jan. 13-Feb. 24	Downtown	2583	\$30.00
			Sept. 13-Nov. 1	Downtown	584	\$30.00
			Nov. 8-Dec. 20	Downtown	1584	\$30.00
Red	Tuesday	2:00-3:00 P.M.	Jan. 10-Feb. 21	Downtown	2584	\$30.00
			Sept. 14-Oct. 26	Downtown	585	\$30.00
			Nov. 2-Dec. 14	Downtown	1585	\$30.00
	Thursday	7:30-8:30 P.M.	Jan. 11-Feb. 22	Downtown	2585	\$30.00
			Sept. 16-Oct. 28	Downtown	586	\$30.00
			Nov. 4-Dec. 16	Downtown	1586	\$30.00
Maroon	Monday	6:30-7:30 P.M.	Jan. 13-Feb. 24	Downtown	1587	\$30.00
			Sept. 13-Nov. 1	Downtown	587	\$30.00
			Nov. 8-Dec. 20	Downtown	1587	\$30.00
			Jan. 10-Feb. 21	Downtown	2587	\$30.00
			Sept. 16-Oct. 28	Downtown	588	\$30.00
			Nov. 4-Dec. 16	Downtown	1588	\$30.00
	Friday	5:30-6:30 P.M.	Jan. 13-Feb. 24	Downtown	2588	\$30.00
			Sept. 17-Oct. 29	Downtown	589	\$30.00
			Nov. 5-Dec. 17	Downtown	1589	\$30.00
			Jan. 14-Feb. 25	Downtown	2589	\$30.00
	Saturday	9:30-10:30 A.M.	Sept. 18-Oct. 30	Downtown	590	\$30.00
			Nov. 6-Dec. 18	Downtown	1590	\$30.00
Blue	Monday	6:30-7:30 P.M.	Jan. 15-Feb. 26	Downtown	2590	\$30.00
			Sept. 13-Nov. 1	Downtown	591	\$30.00
			Nov. 8-Dec. 20	Downtown	1591	\$30.00
	Wednesday	7:45-8:45 P.M.	Jan. 10-Feb. 21	Downtown	2591	\$30.00
			Sept. 15-Oct. 27	Downtown	592	\$30.00
			Nov. 3-Dec. 15	Downtown	1592	\$30.00
Green	Monday	7:30-8:30 P.M.	Jan. 12-Feb. 23	Downtown	2592	\$30.00
			Sept. 13-Nov. 1	Downtown	593	\$30.00
			Nov. 8-Dec. 20	Downtown	1593	\$30.00
	Thursday	7:30-8:30 P.M.	Jan. 10-Feb. 21	Downtown	2593	\$30.00
			Sept. 16-Oct. 28	Downtown	594	\$30.00
			Nov. 4-Dec. 16	Downtown	1594	\$30.00
Gray	Tuesday	7:30-8:30 P.M.	Jan. 13-Feb. 24	Downtown	2594	\$30.00
			Sept. 14-Oct. 26	Downtown	595	\$30.00
			Nov. 2-Dec. 14	Downtown	1595	\$30.00
	Wednesday	7:45-8:45 P.M.	Jan. 11-Feb. 22	Downtown	2595	\$30.00
			Sept. 15-Oct. 27	Downtown	596	\$30.00
			Nov. 3-Dec. 15	Downtown	1596	\$30.00
White	Monday	6:30-7:30 P.M.	Jan. 12-Feb. 23	Downtown	2596	\$30.00
			Sept. 13-Nov. 1	Downtown	597	\$30.00
			Nov. 8-Dec. 20	Downtown	1597	\$30.00
	Thursday	6:30-7:30 P.M.	Jan. 10-Feb. 21	Downtown	2597	\$30.00
			Sept. 16-Oct. 28	Downtown	598	\$30.00
			Nov. 4-Dec. 16	Downtown	1598	\$30.00
			Jan. 13-Feb. 24	Downtown	2598	\$30.00

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.

SURVIVAL

This class gives participants a chance to build up their swimming strength and endurance before tackling future swim classes. Safety skills such as use of lifejackets, boating safety and rescues will be learned. This award should be taken after the Maroon level (Red Cross Level).

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 would most certainly 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 the constant 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 up to music.

ADDITIONAL ADULT AQUATIC PROGRAMS

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Survival	Wednesday	6:30-7:30 P.M.	Sept. 15-Oct. 27	Downtown	599	\$30.00
			Nov. 3-Dec. 15	Downtown	1599	\$30.00
			Jan. 12-Feb. 23	Downtown	2599	\$30.00
Synchronized (Beginner)	Tuesday	7:30-8:30 P.M.	Sept. 14-Oct. 26	Downtown	600	\$32.00
			Nov. 2-Dec. 14	Downtown	1600	\$32.00
			Jan. 11-Feb. 22	Downtown	2600	\$32.00
	Wednesday	9:00-10:00 A.M.	Sept. 15-Oct. 27	Downtown	601	\$32.00
			Nov. 3-Dec. 15	Downtown	1601	\$32.00
			Jan. 12-Feb. 23	Downtown	2601	\$32.00
Synchronized (Advanced)	Wednesday	9:00-10:00 A.M.	Sept. 15-Oct. 26	Downtown	602	\$32.00
			Nov. 3-Dec. 15	Downtown	1602	\$32.00
			Jan. 12-Feb. 23	Downtown	2602	\$32.00
Junior Snorkel	Monday	5:30-6:30 P.M.	Sept. 13-Nov. 1	Downtown	603	\$32.00
			Nov. 8-Dec. 20	Downtown	1603	\$32.00
			Jan. 10-Feb. 21	Downtown	2603	\$32.00
	Saturday	10:30-11:30 A.M.	Sept. 18-Oct. 30	Downtown	604	\$32.00
			Nov. 6-Dec. 18	Downtown	1604	\$32.00
			Jan. 15-Feb. 26	Downtown	2604	\$32.00
Stroke Improvement	Wednesday	9:00-10:00 P.M.	Sept. 15-Oct. 26	Downtown	605	\$30.00
			Nov. 3-Dec. 15	Downtown	1605	\$30.00
			Jan. 12-Feb. 23	Downtown	2605	\$30.00
	Friday	10:30-11:30 A.M.	Sept. 17-Oct. 29	Downtown	606	\$30.00
			Nov. 5-Dec. 17	Downtown	1606	\$30.00
			Jan. 14-Feb. 25	Downtown	2606	\$30.00
Bronze Medallion/ Senior Resuscitation/ Bronze Cross	Tuesday	6:30-9:30 P.M.	Sept. 14-Oct. 26	Downtown	623	\$36.00
			Nov. 2-Dec. 14	Downtown	1623	\$36.00
			Jan. 11-Feb. 22	Downtown	2623	\$36.00

Aqua Fitness for Adults

AQUA FITNESS CLASSES

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

COMBINATION CLASSES

These classes are a two-for-the-price-of-one opportunity. . . . Participants will receive a half hour of aqua fitness plus a half hour of either endurance swimming or stroke improvement. People should have basic swimming skills to register in this class.

AQUA FITNESS & COMBINATION CLASSES

For 1 Session:

- 1 Class/week.....\$32.00
- 2 Classes/week.....\$60.00
- 3 Classes/week.....\$92.00

ENDURANCE CLASSES

For 1 Session:

- 1 Class/week.....\$30.00
- 2 Classes/week.....\$56.00
- 3 Classes/week.....\$86.00

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Endurance Swim	Monday	1:00-2:00 P.M.	Sept. 13-Nov. 1	Downtown	607	\$30.00
			Nov. 8-Dec. 20	Downtown	1607	\$30.00
			Jan. 10-Feb. 21	Downtown	2607	\$30.00
	Tuesday	10:30-11:30 A.M.	Sept. 14-Oct. 26	Downtown	608	\$30.00
			Nov. 2-Dec. 14	Downtown	1608	\$30.00
			Jan. 11-Feb. 22	Downtown	2608	\$30.00
	Wednesday	1:00-2:00 P.M.	Sept. 15-Oct. 27	Downtown	609A	\$30.00
			Nov. 3-Dec. 15	Downtown	1609A	\$30.00
		5:30-6:30 P.M.	Jan. 12-Feb. 23	Downtown	2609A	\$30.00
			Sept. 15-Oct. 27	Downtown	609B	\$30.00
			Nov. 3-Dec. 15	Downtown	1609B	\$30.00
			Jan. 12-Feb. 23	Downtown	2609B	\$30.00
	Thursday	2:00-3:00 P.M.	Sept. 16-Oct. 28	Downtown	610	\$30.00
			Nov. 4-Dec. 16	Downtown	1610	\$30.00
			Jan. 13-Feb. 24	Downtown	2610	\$30.00
	Friday	5:30-6:30 P.M.	Sept. 17-Oct. 29	Downtown	611	\$30.00
			Nov. 5-Dec. 17	Downtown	1611	\$30.00
			Jan. 14-Feb. 25	Downtown	2611	\$30.00
Aqua Fitness/Endurance 2	Wednesday	2:00-3:00 P.M.	Sept. 15-Oct. 27	Downtown	612	\$32.00
			Nov. 3-Dec. 15	Downtown	1612	\$32.00
			Jan. 12-Feb. 23	Downtown	2612	\$32.00
	Friday	1:00-2:00 P.M.	Sept. 17-Oct. 29	Downtown	613	\$32.00
			Nov. 5 - Dec. 17	Downtown	1613	\$32.00
Aqua Fitness/Deep Water Exercise 1	Monday	8:45-9:45 A.M.	Jan. 14 - Feb. 25	Downtown	2613	\$32.00
			Sept. 13-Nov. 1	Downtown	614	\$32.00
			Nov. 8 - Dec. 20	Downtown	1614	\$32.00
Aqua Fitness/Deep Water Exercises 2	Saturday	11:30-12:30 P.M.	Jan. 10-Feb. 21	Downtown	2614	\$32.00
			Sept. 18-Oct. 30	Downtown	615	\$32.00
			Nov. 6-Dec. 18	Downtown	1615	\$32.00
Aqua Fitness/Stroke Improvement 1	Monday	2:00-3:00 P.M.	Jan. 15-Feb. 26	Downtown	2615	\$32.00
			Sept. 13-Nov. 1	Downtown	616	\$32.00
			Nov. 8-Dec. 20	Downtown	1616	\$32.00
Aqua Fitness 1	Tuesday	9:30-10:30 A.M.	Jan. 10-Feb. 21	Downtown	2616	\$32.00
			Sept. 14 - Oct. 26	Downtown	617	\$32.00
			Nov. 2-Dec. 14	Downtown	1617	\$32.00
	Friday	9:30-10:30 A.M.	Jan. 11-Feb. 22	Downtown	2617	\$32.00
			Sept. 17-Oct. 29	Downtown	618	\$32.00
Aqua Fitness 2	Monday	10:30-11:30 A.M.	Nov. 5-Dec. 17	Downtown	1618	\$32.00
			Jan. 14-Feb. 25	Downtown	2618	\$32.00
			Sept. 13-Nov. 1	Downtown	619A	\$32.00
			Nov. 8-Dec. 20	Downtown	1619A	\$32.00

AQUA FITNESS FOR ADULTS (cont'd.)

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Aquafitness II	Monday	10:30-11:30 A.M.	Jan. 10-Feb. 21	Downtown	2619A	\$32.00
		5:30-6:30 P.M.	Sept. 13-Nov. 1		619B	\$32.00
			Nov. 8-Dec. 20		1619B	\$32.00
			Jan. 10-Feb. 21		2619B	\$32.00
	Tuesday	6:30-7:30 P.M.	Sept. 14-Oct. 26	Downtown	620	\$32.00
			Nov. 2-Dec. 14	Downtown	1620	\$32.00
			Jan. 11-Feb. 22	Downtown	2620	\$32.00
	Wednesday	5:30-6:30 P.M.	Sept. 15-Oct. 27	Downtown	621	\$32.00
			Nov. 3-Dec. 15	Downtown	1621	\$32.00
			Jan. 12-Feb. 23	Downtown	2621	\$32.00
	Thursday	9:30-10:30 A.M.	Sept. 16-Oct. 28	Downtown	622A	\$32.00
			Nov. 4-Dec. 16	Downtown	1622A	\$32.00
		6:30-7:30 p.m.	Jan. 13-Feb. 24	Downtown	2622A	\$32.00
			Sept. 16-Oct. 28	Downtown	622B	\$32.00
Pre-Natal Aqua Fitness	Tuesday	8:30-9:30 P.M.	Nov. 4-Dec. 16	Downtown	1622B	\$32.00
			Jan. 13-Feb. 24	Downtown	2622B	\$32.00
			Sept. 14-Oct. 26	Downtown	624	\$32.00
	Wednesday	10:00-11:00 A.M.	Nov. 2-Dec. 14	Downtown	1624	\$32.00
			Jan. 11-Feb. 22	Downtown	2624	\$32.00
			Sept. 15-Oct. 27	Downtown	625	\$32.00
			Nov. 3-Dec. 15	Downtown	1625	\$32.00
			Jan. 12-Feb. 23	Downtown	2625	\$32.00

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.

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. Men and women interested can join at anytime. Please contact the YWCA Aquatics Director for more information.

Times: **Monday** **8:30-9:30 P.M. (Pool)**
 Tuesday **5:30-6:30 P.M. (Pool)**
 5:00-5:30 P.M. (Weight Training)
 Thursday **5:30-6:30 P.M. (Pool)**
 5:00-5:30 P.M. (Weight Training)

Fee: \$200/year (payment plans can be arranged)
 or
\$60.00 for 3 months

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.

PROGRAMS

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 puffed.	_____	_____
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.

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.

FITNESS FOR SENIORS

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

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.

YOGA FOR 50 YEARS AND OVER

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

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.

MILD LEVEL CLASSES

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Aerobic Fitstarts	Tuesday	10:30-11:15 A.M.	Sept. 14-Oct. 26 Nov. 2-Dec. 14 Jan. 11-Feb. 22	Downtown	630A 1630A 2630A	\$18.00 1 class/week \$35.00 2 classes/week
			Sept. 14-Oct. 26 Nov. 2-Dec. 14 Jan. 11-Feb. 22		630B 1630B 2630B	
	Thursday	10:30-11:15 A.M.	Sept. 16-Oct. 28 Nov. 4-Dec. 16 (Includes Remembrance Day) Jan. 13-Feb. 24	Downtown	631A 1631A 2631A	\$18.00 1 class/week \$35.00 2 classes/week
			Sept. 16-Oct. 28 Nov. 4-Dec. 16 Jan. 13-Feb. 24		631B 1631B 2631B	
Exercises for Expectant Moms	Monday	10:30-11:15 A.M.	Sept. 13-Nov. 1 Nov. 8-Dec. 20 Jan. 10-Feb. 21	Downtown	632 1632 2632	\$18.00 1 class/week \$35.00 2 classes/week
			Sept. 13-Nov. 1 Nov. 8-Dec. 20 Jan. 10-Feb. 21		632 1632 2632	
	Wednesday	10:30-11:15 A.M.	Sept. 15-Oct. 27 Nov. 3-Dec. 15 Jan. 12-Feb. 23	Downtown	633 1633 2633	\$18.00 1 class/week \$35.00 2 classes/week
			Sept. 15-Oct. 27 Nov. 3-Dec. 15 Jan. 12-Feb. 23		633 1633 2633	

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Exercises for Expectant Moms	Thursday	7:30-8:15 P.M.	Sept. 16-Oct. 28	Downtown	634	\$18.00
			Nov. 4-Dec. 16		1634	1 class/week
			(Includes Remembrance Day)			1 class/week
			Jan. 13-Feb. 24		2634	\$35.00 2 classes/week
Fitness for Seniors	Thursday	1:00-2:00 P.M.	Sept. 16-Oct. 28	Downtown	635	\$20.00
			Nov. 4-Dec. 16		1635	
			(Includes Remembrance Day)			
			Jan. 13-Feb. 24		2635	
Yoga	Monday	5:45-7:15 P.M.	Sept. 13-Nov. 1	Downtown	636	\$25.00
			Nov. 8-Dec. 20		1636	
			Jan. 10-Feb. 21		2636	
	Thursday	9:30-11:00 A.M.	Sept. 16-Oct. 28	Downtown	637	\$25.00
			Nov. 4-Dec. 16		1637	
			(Includes Remembrance Day)		2637	
			Jan. 13-Feb. 24			
Yoga for 50 and Over	Friday	1:00-2:30 P.M.	Sept. 17-Oct. 29	Downtown	638	\$25.00
			Nov. 5-Dec. 17		1638	
			Jan. 14-Feb. 25		2638	

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.

NOON OR WORK FITNESS

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

JAZZ-A-CISE

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

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.

MODERATE FITNESS

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

MODERATE FITNESS AND AQUACISE

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

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.

AEROBIC DANCE 1

Aerobic Dance remains popular because it provides a well balanced exercise class that is never dull. The hour class

improved 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.

MODERATE FITNESS CLASSES

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Noon or After Work Fitness (Mod)	Monday	12:15-12:45 P.M.	Sept. 13-Nov. 1	Gym	639A	\$15.00
			Nov. 8-Dec. 20		1639A	1 class/week
			Jan. 10-Feb. 21	YoWoChAs Room	2639A	\$29.00
		5:00-5:30 P.M.	Sept. 13-Nov. 1		639B	2 classes/week
			Nov. 8-Dec. 20		1639B	\$43.00
			Jan. 10-Feb. 21		2639B	3 classes/week
	Tuesday	12:15-12:45 P.M.	Sept. 14-Oct. 26	Gym	640A	\$15.00
			Nov. 2-Dec. 14		1640A	1 class/week
			Jan. 11-Feb. 22	YoWoChAs Room	2640A	\$29.00
		5:00-5:30 P.M.	Sept. 14-Oct. 26		640B	2 classes/week
			Nov. 2-Dec. 14		1640B	\$43.00
			Jan. 11-Feb. 22		2640B	3 classes/week
	Wednesday	12:15-12:45 P.M.	Sept. 15-Oct. 27	Gym	641A	\$15.00
			Nov. 3-Dec. 15		1641A	1 class/week
			Jan. 12-Feb. 23	YoWoChAs Room	2641A	\$29.00
		5:00-5:30 P.M.	Sept. 15-Oct. 27		641B	2 classes/week
			Nov. 3-Dec. 15		1641B	\$43.00
			Jan. 12-Feb. 23		2641B	3 classes/week
	Thursday	12:15-12:45 P.M.	Sept. 16-Oct. 28	Gym	642A	\$15.00
			Nov. 4-Dec. 16		1642A	1 class/week
			(*Includes Remembrance Day)	YoWoChAs Room		\$29.00
		5:00-5:30 P.M.	Jan. 13-Feb. 24		2642A	2 classes/week
						\$43.00
						3 classes/week
		5:00-5:30 P.M.	Sept. 16-Oct. 28	Gym	642B	\$15.00
			Nov. 4-Dec. 16		1642B	1 class/week
			Jan. 13-Feb. 24	YoWoChAs Room	2642B	\$29.00
	Friday	12:15-12:45 P.M.	Sept. 17-Oct. 29	Gym	643	2 classes/week
			Nov. 5-Dec. 17		1643	\$43.00
			Jan. 14-Feb. 25		2643	3 classes/week
Rush Hour Fitness (Moderate)	Monday	4:45-5:25 P.M.	Sept. 13-Nov. 1	Gym	644	\$16.00
			Nov. 8-Dec. 20		1644	1 class/week
			Jan. 10-Feb. 21		2644	\$31.00
						2 classes/week
						\$46.00
						3 classes/week
	Tuesday	4:45-5:25 P.M.	Sept. 14-Oct. 26	Gym	645	\$16.00
			Nov. 2-Dec. 14		1645	1 class/week
			Jan. 11-Feb. 22		2645	\$31.00
						2 classes/week
						\$46.00
						3 classes/week
	Wednesday	4:45-5:25 P.M.	Sept. 15-Oct. 27	Gym	646	\$16.00
			Nov. 3-Dec. 15		1646	1 class/week
			Jan. 12-Feb. 23		2646	\$31.00
						2 classes/week
						\$46.00
						3 classes/week
	Thursday	4:45-5:25 P.M.	Sept. 16-Oct. 28	Gym	647	\$16.00
			Nov. 4-Dec. 16		1647	1 class/week
			(*Includes Remembrance Day)			\$31.00
			Jan. 13-Feb. 24		2647	2 classes/week
						\$46.00
						3 classes/week

MODERATE FITNESS CLASSES (cont'd.)

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Jazz-a-cize (Moderate)	Monday	7:30-8:30 P.M.	Sept. 13-Nov. 1	Northwestern Room	648	\$21.00
			Nov. 8-Dec. 20		1648	1 class/week
			Jan. 10-Feb. 21		2648	\$40.00
	Tuesday	12:10 P.M.-12:50 P.M.	Sept. 14-Oct. 26	YoWoChAs Room	649	2 classes/week
			Nov. 2-Dec. 14		1649	\$16.00
			Jan. 11-Feb. 22		2649	1 class/week
Moderate Fitness	Wednesday	7:30-8:30 P.M.	Sept. 15-Oct. 27	Northwestern Room	650	\$31.00
			Nov. 3-Dec. 15		1650	1 class/week
			Jan. 12-Feb. 23		2650	\$40.00
	Thursday	12:10-12:50 P.M.	Sept. 16-Oct. 28	YoWoChAs Room	651	2 classes/week
			Nov. 4-Dec. 16		1651	\$16.00
			(*Includes Remembrance Day)			1 class/week
Moderate Fitness	Saturday	1:00-2:00 P.M.	Sept. 18-Oct. 30	Northwestern Room	652	\$31.00
			Nov. 6-Dec. 18		1652	2 classes/week
			Jan. 15-Feb. 26		2652	\$21.00
	Monday	7:30-8:15 P.M.	Sept. 13-Nov. 1	Physical Activities Rm.	653	1 class/week
			Nov. 8-Dec. 20		1653	\$35.00
			Jan. 10-Feb. 21		2653	2 classes/week
Moderate Fitness	Tuesday	9:30-10:15 A.M.	Sept. 14-Oct. 26	Northwestern Room	654	\$18.00
			Nov. 2-Dec. 14		1654	1 class/week
			Jan. 11-Feb. 22		2654	\$35.00
	Wednesday	1:15-2:00 P.M.	Sept. 15-Oct. 27	Northwestern Room	655A	2 classes/week
			Nov. 3-Dec. 15		1655A	\$18.00
			Jan. 12-Feb. 23	Physical Activities Rm.	2655A	1 class/week
Moderate Fitness	Thursday	9:30-10:15 A.M.	Sept. 15-Oct. 27	Northwestern Room	655B	\$35.00
			Nov. 3-Dec. 15		1655B	2 classes/week
			Jan. 12-Feb. 23	Physical Activities Rm.	2655B	\$18.00
	Friday	10:30-11:15 A.M.	Sept. 16-Oct. 28	Northwestern Room	656	1 class/week
			Nov. 4-Dec. 16		1656	
			(*Includes Remembrance Day)			
Moderate Fitness and Aquacise	Saturday	1:00-2:00 P.M.	Sept. 18-Oct. 30	Northwestern Room	657	\$35.00
			Nov. 6-Dec. 18		1657	2 classes/week
			Jan. 15-Feb. 26		2657	\$25.00
	Monday	10:30-11:15 A.M.	Sept. 13-Nov. 1	Northwestern Room	658	1 class/week
			Nov. 8-Dec. 20		1658	\$35.00
			Jan. 10-Feb. 21		2658	2 classes/week
Aerobic Dancersize (Moderate)	Tuesday	7:40-8:25 P.M.	Sept. 14-Oct. 26	Physical Activities Rm.	659	\$18.00
			Nov. 2-Dec. 14		1659	1 class/week
			Jan. 11-Feb. 22		2659	\$35.00
	Wednesday	10:30-11:15 A.M.	Sept. 15-Oct. 27	Northwestern Room	660	2 classes/week
			Nov. 3-Dec. 15		1660	\$18.00
			Jan. 12-Feb. 23		2660	1 class/week
Aerobic Dancersize (Moderate)	Thursday	7:40-8:25 P.M.	Sept. 16-Oct. 28	Physical Activities Rm.	661	\$35.00
			Nov. 4-Dec. 16		1661	2 classes/week
			(*Includes Remembrance Day)			\$18.00
	Friday	10:30-11:15 A.M.	Sept. 17-Oct. 29	Northwestern Room	662	\$35.00
			Nov. 5-Dec. 17		1662	1 class/week
			Jan. 14-Feb. 25		2662	\$35.00

MODERATE FITNESS CLASSES (cont'd)

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Aerobic Dance I (Moderate)	Monday	9:30-10:30 A.M.	Sept. 13-Nov. 1 Nov. 8-Dec. 20 Jan. 10-Feb. 21	Northwestern Rm.	663A	\$21.00
					1663A	1 class/week
					2663A	\$40.00
		1:30-2:30 P.M.	Sept. 13-Nov. 1 Nov. 8-Dec. 20 Jan. 10-Feb. 21	Physical Activities	663B	2 classes/week
					1663B	\$60.00
					2663B	3 classes/week
		5:30-6:30 P.M.	Sept. 13-Nov. 1 Nov. 8-Dec. 20 Jan. 10-Feb. 21	Gym	663C	
					1663C	
					2663C	
	Tuesday	6:30-7:30 P.M.	Sept. 14-Oct. 26 Nov. 2-Dec. 14 Jan. 11-Feb. 22	Gym	664	\$21.00
					1664	1 class/week
					2664	\$40.00
	Wednesday	9:30-10:30 A.M.	Sept. 15-Oct. 27 Nov. 3-Dec. 15 Jan. 12-Feb. 23	Northwestern Rm.	665A	\$21.00
					1665A	1 class/week
					2665A	\$40.00
		1:30-2:30 P.M.	Sept. 15-Oct. 27 Nov. 3-Dec. 15 Jan. 12-Feb. 23	Physical Activities Rm.	665B	2 classes/week
					1665B	\$60.00
					2665B	3 classes/week
		5:30-6:30 P.M.	Sept. 15-Oct. 27 Nov. 3-Dec. 15 Jan. 12-Feb. 23	Gym	665C	
					1665C	
					2665C	
	Thursday	1:30-2:30 P.M.	Sept. 16-Oct. 28 Nov. 4-Dec. 16 (*Includes Remembrance Day) Jan. 13-Feb. 24	Physical Activities Rm.	666A	\$21.00
					1666A	1 class/week
					2666A	\$60.00
		6:30-7:30 P.M.	Sept. 16-Oct. 28 Nov. 4-Dec. 16 Jan. 13-Feb. 24	Gym	666B	3 classes/week
					1666B	\$60.00
					2666B	3 classes/week
	Friday	9:30-10:30 A.M.	Sept. 17-Oct. 29 Nov. 5-Dec. 17 Jan. 14-Feb. 25	Northwestern Rm.	667A	\$21.00
					1667A	1 class/week
					2667A	\$40.00
		6:30-7:30 P.M.	Sept. 17-Oct. 29 Nov. 5-Dec. 17 Jan. 14-Feb. 25	Gym	667B	2 classes/week
					1667B	\$60.00
					2667B	3 class/week
	Saturday	9:30-10:30 A.M.	Sept. 18-Oct. 30 Nov. 6-Dec. 18 Jan. 15-Feb. 26	Northwestern Rm.	668A	\$21.00
					1668A	1 class/week
					2668A	\$40.00
		10:30-11:30 A.M.	Sept. 18-Oct. 30 Nov. 6-Dec. 18 Jan. 15-Feb. 26	Northwestern Rm.	668B	2 classes/week
					1668B	\$60.00
					2668B	3 classes/week

AQUAFITNESS I or II

SEE "ADULT AQUAFITNESS" LISTING FOR AN ALTERNATE MODERATE WORKOUT — REFRESHING AND A RELIEF FOR KNEES & SHINS!

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 position for 60 seconds without a chair (back against wall, legs bent at knees at 90 degrees) _____

RESULTS

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

AEROBIC DANCE II

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

ADVANCED AEROBIC DANCE II

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

DAWN AEROBIC DANCE II

For the keeners! The 45 minutes 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.

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.

INTENSE FITNESS CLASSES

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Dawn Aerobic Dance II (Intense)	Tuesday	7:00-7:45 A.M.	Sept. 14-Oct. 26	Downtown	669	\$18.00
			Nov. 2-Dec. 14		1669	1 class/week
			Jan. 11-Feb. 22		2669	\$35.00 2 classes/wk
	Wednesday	7:00-7:45 A.M.	Sept. 15-Oct. 27	Downtown	670	\$18.00
			Nov. 3-Dec. 15		1670	1 class/week
			Jan. 12-Feb. 23		2670	\$35.00 2 classes/wk
	Friday	7:00-7:45 A.M.	Sept. 17-Oct. 29	Downtown	671	\$18.00
			Nov. 5-Dec. 17		1671	1 class/week
			Jan. 14-Feb. 25		2671	\$35.00 2 classes/wk
Aerobic Dance II (Intense)	Monday	6:30-7:30 P.M.	Sept. 13-Nov. 1	Downtown	672	\$21.00
			Nov. 8-Dec. 20		1672	1 class/week
			Jan. 10-Feb. 21		2672	\$40.00 2 classes/wk \$60.00 3 classes/wk
	Tuesday	10:00-11:00 A.M.	Sept. 14-Oct. 26	Downtown	673A	\$21.00
			Nov. 2-Dec. 14		1673A	1 class/week
			Jan. 11-Feb. 22		2673A	\$40.00
		5:30-6:30 P.M.	Sept. 14-Oct. 26		673B	2 classes/wk
			Nov. 2-Dec. 14		1673B	\$60.00
			Jan. 11-Feb. 22		2673B	3 classes/wk
	Wednesday	6:30-7:30 P.M.	Sept. 15-Oct. 27	Downtown	674	\$21.00
			Nov. 3-Dec. 15		1674	1 class/week
			Jan. 12-Feb. 23		2674	2 classes/wk \$60.00 3 classes/wk

INTENSE FITNESS CLASSES (CONT'D)

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Aerobic Dance II (Intense)	Thursday	10:00-11:00 A.M.	Sept. 16-Oct. 28	Downtown	675	\$21.00
			Nov. 4-Dec. 16		1675	1 class/week
			(*Includes Remembrance Day)			\$40.00
			Jan. 13-Feb. 24		2675	2 classes/wk
	Saturday	12:00-1:00 P.M.	Sept. 18-Oct. 30	Downtown	676	\$60.00
			Nov. 6-Dec. 18		1676	3 classes/wk
			Jan. 15-Feb. 26		2676	\$21.00
						1 class/week
Advanced Aerobic Dance II (Intense)	Friday	5:15-6:30 P.M. (75 minutes)	Sept. 17-Oct. 29	Downtown	677	\$40.00
			Nov. 5-Dec. 17		1677	2 classes/wk
			Jan. 14-Feb. 25		2677	\$60.00
						3 classes/wk
Aerobic Dance III (Intense)	Thursday	5:30-6:30 P.M.	Sept. 16-Oct. 28	Downtown	678	\$23.00
			Nov. 4-Dec. 16		1678	1 class/week
			(*Includes Remembrance Day)			\$40.00
			Jan. 13-Feb. 24		2678	2 classes/wk
						\$60.00
						3 classes/wk

AQUAFITNESS II

SEE "ADULT AQUAFITNESS" LISTING FOR AN INTENSE WORKOUT — AND A RELIEF TO SORE KNEES AND SHINS!

Neighbourhood Fitness Programs

Interested in an AEROBIC DANCE or other fitness class, close to home, in your neighbourhood?

Watch for details in your community newsletter or call us at

423-9922 in August for details about FALL PROGRAMS...

- MILLWOODS
- CASTLEDOWNS
- ERMSKIN
- HIGHLANDS
- CLAREVIEW
- WEST JASPER PLACE

NEIGHBOURHOOD AEROBIC DANCE I

Join us for fun and a moderate workout. Child care for preschoolers available.

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Aerobic Dance 1 (Child Care)	Monday	9:30-10:30 A.M.	Sept. 13-Dec. 6 (excluding Oct. 11)	St. Paul's United 116 St. & 76 Ave.	770	\$33.00
Aerobic Dance I (Child Care)	Monday	9:30-10:30 A.M.	Jan. 10-March 28	St. Paul's United 116 St. & 76 Ave.	772	\$12/child
						\$33.00
						\$12/child

NEIGHBOURHOOD AEROBIC DANCE WITH COFFEE KLATCH

Combine your fitness break with a morning social. A healthy way to meet new people.

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Aerobic Dance I & Coffee Klatch (Child Care)	Wednesday	9:30-11:00 A.M.	Sept. 15-Dec. 8	St. Paul's United 116 St. & 76 Ave.	771	\$42.00
Aerobic Dance I Coffee Klatch (Child Care)	Wednesday	9:30-11:00 A.M.	Jan. 12-March 30	St. Paul's United 116 St. & 76 Ave.	773	\$19/child
						\$40.00
						\$18/child

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 P.M.	Sept. 13-Nov. 1 (No Class Oct. 11)	Strathcona Library 104 St. & 84 Ave.	750	\$35.00
Pre-Natal	Monday	7:00-9:00 P.M.	Nov. 8-Dec. 20	Strathcona Library	753	\$35.00
Pre-Natal	Tuesday	7:00-9:00 P.M.	Sept. 14-Oct. 26	Strathcona Library	751	\$35.00
Pre-Natal	Tuesday	7:00-9:00 P.M.	Nov. 2-Dec. 14	Strathcona Library	754	\$35.00
Pre-Natal	Wednesday	7:00-9:00 P.M.	Sept. 15-Oct. 27 Nov. 3-Dec. 15	Downtown Downtown	696 1696	\$35.10 \$35.00
Pre-Natal	Thursday	7:00-9:00 P.M.	Jan. 12-Feb. 23 Sept. 16-Oct. 28	Downtown Strathcona Library	2696 752	\$35.00 \$35.00
Pre-Natal	Thursday	7:00-9:00 P.M.	Nov. 4-Dec. 16	Strathcona Library	755	\$35.00
Pre-Natal	Monday	7:00-9:00 P.M.	Jan. 10-Feb. 21	Strathcona Library	756	\$35.00
Pre-Natal	Tuesday	7:00-9:00 P.M.	Jan. 11-Feb. 22	Strathcona Library	757	\$35.00
Pre-Natal	Thursday	7:00-9:00 P.M.	Jan. 13-Feb. 24	Strathcona Library	758	\$35.00

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.

WEIGHT ROOM HOURS

Monday - Friday 7:00 A.M.-9:00 P.M.
Saturday and Sunday 10:00 A.M.-4:00 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	LOCATION	NUMBER	COST
Introductory Weight Training Clinics for Men & Women	Saturday	9:30-12:30 P.M.	September 25	Downtown	431	\$12.00
	Saturday	9:30-12:30 P.M.	October 16	Downtown	432	\$12.00
	Saturday	9:30-12:30 P.M.	November 6	Downtown	433	\$12.00
	Saturday	9:30-12:30 P.M.	December 4	Downtown	434	\$12.00
	Saturday	9:30-12:30 P.M.	January 22	Downtown	435	\$12.00
	Saturday	9:30-12:30 P.M.	February 19	Downtown	436	\$12.00
Introductory Weight Training Classes for Men and Women	Monday	6:30-7:30 P.M.	Sept. 13-Oct. 4 Nov. 8-Nov. 29 Feb. 7-Feb. 28	Downtown Downtown Downtown	431A 433A 436A	\$16.00 \$16.00 \$16.00
	Tuesday	6:30-7:30 P.M.	Oct. 5-Oct. 26	Downtown	432A	\$16.00
			Jan. 18-Feb. 8	Downtown	435A	\$16.00
			Sept. 23-Oct. 14	Downtown	431B	\$16.00
	Thursday	6:00-7:00 P.M.	Oct. 28-Nov. 25	Downtown	432B	\$16.00
			Jan. 27-Feb. 17	Downtown	435B	\$16.00

Racquetball

• HOURS:

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

• RACQUETBALL BOOKING PROCEDURE:

Fitness Centre Members:

may phone in one day in advance, beginning at 7 a.m.

Public:

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

Weekend and on day bookings may be made on the preceding Friday. Court \$7 (\$8 after Sept. 1, 82).

• GAME CARDS

Anyone may purchase a card which allows the person 10 one hour bookings per holder and saves \$5.00.

Cost: \$30.00 for 10 one hour bookings

(\$35.00 effective September 1/82)

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 months in advance total fee must be paid when booking. For information call Moira Pryde 423-9922.

• PRIVATE RACQUETBALL LESSONS

\$20.00 per hour

Private lessons offer individuals instruction for beginners interested in learning about racquetball.

Please phone the Fitness Centre Director for an appointment. Interested in instructing Racquetball at the Y.W.C.A.? Please contact the Fitness Centre Director, 423-9922 ext. 6215.

• BEGINNER CLINICS

Interested in learning how to play? Enroll in this clinic if you have a very limited understanding of the rules, strokes and strategy of the game. All equipment is supplied.

3 Hour Clinic \$24.00

Fitness Centre Members \$12.00

Saturday, September 11	10:00- 1:00 P.M.	438
Wednesday, September 22	7:00-10:00 P.M.	438A
Saturday, October 9	10:00- 1:00 P.M.	439
Wednesday, October 27	7:00-10:00 P.M.	439A
Saturday, November 13	10:00- 1:00 P.M.	440
Wednesday, December 1	7:00-10:00 P.M.	440A
Saturday, January 8	10:00- 1:00 P.M.	441
Wednesday, January 26	7:00-10:00 P.M.	441A
Saturday, February 12	10:00- 1:00 P.M.	442
Wednesday, March 2	7:00-10:00 P.M.	442A

• NOVICE CLINICS

This clinic is designed to meet the needs of those people who have attended a Beginner Clinic, or who know the basics of racquetball, but do not consider themselves ready for an Intermediate Clinic. Items covered will be ceiling shots, various types of serves, stroke improvements and basic court strategy. Participants must supply their own equipment.

3 Hour Clinic \$28.00

Fitness Centre Members \$14.00

Saturday, September 18	10:00- 1:00 P.M.	443
Wednesday, November 17	7:00-10:00 P.M.	443A
Saturday, January 22	10:00- 1:00 P.M.	444
Wednesday, February 23	7:00-10:00 P.M.	444A

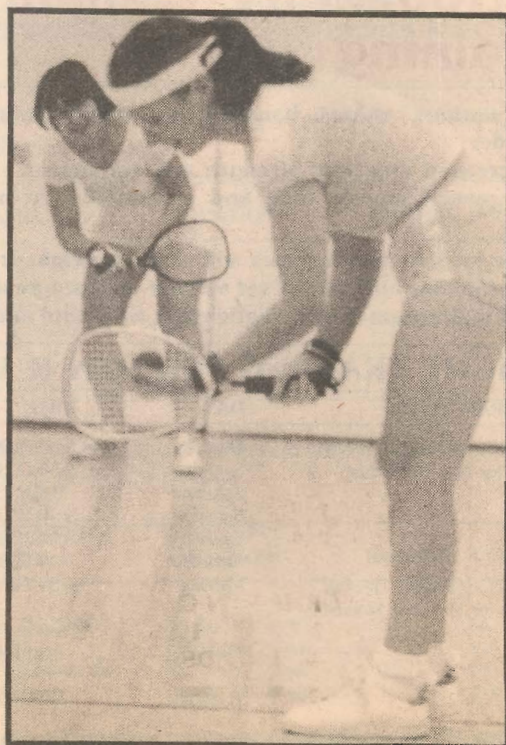
• INTERMEDIATE CLINICS

Enroll in this clinic if you play the game regularly, understand all the rules and can execute the basic strokes with confidence, or if you need instruction in court strategy, stroke improvement and conditioning to upgrade your calibre of play. Participants must supply their own equipment.

3 Hour Clinic \$30.00

Fitness Centre Members \$15.00

Saturday, October 23	10:00- 1:00 P.M.	445
Wednesday, December 8	7:00-10:00 P.M.	446
Saturday, January 15	10:00- 1:00 P.M.	447



Women's Fitness Centre

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

It is designed for women 16 years and older, at all levels of fitness - from beginner to the very active.

Included in the memberships are the following:

- Free racquetball court booking
- Fitness Classes (limited)
- Swimming

- Weight Room
- Exercise Room
- Pregnancy Leaves
- Whirlpool
- Ultra Violet Room
- Lockers
- Towel Service
- 50% discount on racquetball clinics
- Holiday and Medical Extensions
- Sauna
- Steam Room

Membership Plans

• FULL MEMBERSHIP:

Effective Jan. 1/83

3 Months	\$125.00.....	\$150.00
6 Months	\$225.00.....	\$250.00
1 Year	\$380.00.....	\$380.00
Hours: 7 a.m. - 10 p.m. MONDAY - FRIDAY		
10 a.m. - 6 p.m. SATURDAY & SUNDAY		

• DAYTIME MEMBERSHIP:

Effective Jan. 1/83

3 Months	\$100.00.....	\$100.00
6 Months	\$175.00.....	\$175.00
1 Year	\$280.00.....	\$280.00
Hours: 7 a.m. - 4 p.m. MONDAY - FRIDAY		

• SPECIAL MEMBERSHIP: (No Racquetball privileges)

Effective Jan. 1/83

3 Months	\$ 90.00.....	\$125.00
6 Months	\$150.00.....	\$200.00
1 Year	\$250.00.....	\$300.00
Hours: 7 a.m. - 10 p.m. MONDAY - FRIDAY		
10 a.m. - 6 p.m. SATURDAY & SUNDAY		

• SENIORS MEMBERSHIP:

\$15.00 for 10 visits

Hours: 7 a.m. - 4 p.m. MONDAY - FRIDAY		
10 a.m. - 6 p.m. SATURDAY & SUNDAY		

FOR FURTHER INFORMATION CALL THE FITNESS CENTRE AT 423-9922 7 A.M. - 10 P.M. WEEKDAYS OR 10 A.M. - 6 P.M. WEEKENDS.



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 Y.W.C.A. will come to your place of work with the following on-site services for men and women:

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
\$15.00/1 class/week	\$20.00/1 class/week
\$30.00/2 classes/week	\$35.00/2 classes/week
\$45.00/3 classes/week	\$50.00/3 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 MEMBERSHIP PLAN TO WOMEN'S FITNESS CENTRE

The aim of this program is to encourage women to make a personal commitment to a healthier and fitter way of life.

CONTACT: MOIRA PRYDE:
423-9922

Massage

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



Enjoy sports and fitness activities?
Interested in meeting other families or
individuals with similar interests?
Why not . . .

TEAM-UP-FOR-FITNESS



- A partners program for people who enjoy running, walking, skiing, cycling and racquet sports.
- \$20/year membership provides you with . . .
 - An interview to assess your interests
 - 4 newsletters/year
 - Matchups with individuals who enjoy fitness activities similar to yours.

**Call the Y.W.C.A. Fitness Centre
for details 423-9922.**

Adult Dance

SOCIAL DANCE

The YWCA offers three different Social Dance courses: Survival on the Dance Floor, Social Dance I and Social Dance II. 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 some fun, dancing and socializing.

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
2. Schottische
3. Butterfly
4. Cha Cha
5. Fox-Trot
6. Swing-Jive
7. Polka
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

We offer three different Jazz courses: Jazz, Jazz-Ballet and Jazz-A-Cise. The instructors of these classes have had extensive training in Jazz and Ballet and are presently dancing with companies in the city. **Jazz** is a fun and easy way to improve your flexibility, strength and co-ordination through dance steps and routines. And, if you can't fit two dance classes into your schedule try **Jazz-Ballet** and enjoy a combination of the two dance styles.

BELLY DANCE

Learn the exotic dance 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	LOCATION	NUMBER	COST	
Survival on the Dance Floor	Tuesday	8:30-10:00 P.M.	Sept. 7-Sept. 28	Physical Activities Rm.	685	\$22/person	
			Oct. 5-Oct. 26		1685	\$42/couple	
			Nov. 2-Nov. 23		1685A		
	Thursday	7:30-8:30 P.M.	Nov. 30-Dec. 21	Northwestern Room	1685B		
			Sept. 16-Oct. 28		686	\$26/person	
			Nov. 4-Dec. 16		1686	\$56/couple	
Social Dance I	Wednesday	8:20-9:50 P.M.	Jan. 13-Feb. 24	Physical Activities Rm.	2686		
			Sept. 15-Oct. 27		687	\$38/person	
			Nov. 3-Dec. 15		1687	\$74/couple	
	Thursday	8:30-10:00 P.M.	Jan. 12-Feb. 23	Physical Activities Rm.	2687		
			Sept. 16-Oct. 28		688	\$38/person	
			Nov. 4-Dec. 16		1688	\$74/couple	
Social Dance II	Monday	8:30-10:00 P.M.	Jan. 13-Feb. 24	Northwestern Rm.	2688		
			Sept. 13-Nov. 1		689	\$38/person	
			(No class) Oct. 11				
	Tuesday	6:30-7:30 P.M.	Nov. 8-Dec. 20	YoWoChAs Room	1689	\$74/couple	
			Jan. 10-Feb. 21		2689		
			Sept. 14-Oct. 26		690	\$27.00	
Jazz	Wednesday	5:45-6:45 P.M.	Nov. 2-Dec. 14	YoWoChAs Room	1690		
			Jan. 11-Feb. 22		2690		
			Sept. 15-Oct. 27		691	\$27.00	
	Thursday	6:30-7:30 P.M.	Nov. 3-Dec. 15	YoWoChAs Room	1691		
			Jan. 12-Feb. 23		2691		
			Sept. 16-Oct. 28		692	\$27.00	
Jazz-Ballet	Tuesday	7:30-8:30 P.M.	Nov. 4-Dec. 16	Northwestern Rm.	1692		
			Jan. 13-Feb. 24		2692		
			Sept. 14-Oct. 26		693	\$27.00	
	Jazz-A-Cise.	SEE "MODERATE FITNESS" LISTING	Nov. 2-Dec. 14		1693		
					Jan. 11-Feb. 22	2693	
Belly Dance	Tuesday	7:30-8:30 P.M.	Sept. 14-Oct. 26	YoWoChAs Room	684	\$27.00	
			Nov. 2-Dec. 14		1684		
			Jan. 11-Feb. 22		2684		

Adult Special Interest

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

FINANCIAL FITNESS FOR WOMEN

Is your money working for you? Examine new ways of managing your money more effectively. Each week a panel of specialists will share their expertise with you. Topics will include personal budgeting, credit use and abuse, RRSP's and other tax shelters, investments such as stocks, gold, silver and gems, savings, and wills and estates. The format will allow plenty of time for discussion and questions. Resource people will include a stockbroker, a tax accountant, a lawyer and other professionals. Don't miss.

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 the colorful autumn outdoors, historic sites, or cultural facilities? Join us for six guided walks through Edmonton's beautiful parks, and historical areas. Emphasis will be on waking 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. Seiors, don't miss this one!

WHAT'S THERE TO DO IN THE CITY?

Bored with Edmonton? Join other Edmontonians (new and old) and discover the many leisure opportunities available in the city. Discussions will include the arts, sports and the outdoors. The day will end at "Vista 33" to enjoy the view and to learn more about the location of recreation facilities within the city. Bring a friend and learn more about "Edmonton at Leisure".

WOMEN'S SELF-DEFENSE

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

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.

ADULT SPECIAL INTEREST CLASSES

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Financial Fitness for Women	Wednesday	7:30-9:30 P.M.	Sept. 15-Oct. 20	Downtown-Triple O	480	\$40.00
			Nov. 3-Dec. 8	Centre	489	\$40.00
Your Aging Parents and You	Tuesday	7:30-9:30 P.M.	Sept. 14-Oct. 19	Downtown-Triple O	481	\$40.00
			Nov. 2-Dec. 7	Centre	490	\$40.00
Living Through Loss	Wednesday	1:15-3:30 P.M.	Sept. 15-Oct. 20	Downtown-Triple O	482	\$35.00
			Nov. 3-Dec. 8	Centre	491	\$35.00
YW Walkers	Tuesday	1:00-3:30 P.M.	Sept. 14-Oct. 19	Meet at Downtown YW	483	\$20.00
			Nov. 2-Dec. 7	Triple O Centre	492	\$20.00
What's There To Do In The City?	Saturday	9:30-4:30 P.M.	October 23	Downtown-Triple O Centre	484	\$20.00
Women's Self Defense	Monday	7:15-9:15 P.M.	Sept. 13-Nov. 1	Downtown	694	\$40.00
			Nov. 8-Dec. 20	Downtown	1694	\$40.00
			Jan. 10-Feb. 21	Downtown	2694	\$40.00
Beginner Bridge	Tuesday	1:30-3:30 P.M.	Sept. 21-Nov. 23	Downtown	485	\$48.00
Beginner Bridge	Wednesday	7:30-9:30 P.M.	Sept. 22-Nov. 24	Downtown	486	\$48.00
Beginner Bridge	Tuesday	1:30-3:30 P.M.	Jan. 11-March 15	Downtown	493	\$48.00
Beginner Bridge	Wednesday	7:30-9:30 P.M.	Jan. 12-March 16	Downtown	494	\$48.00
Intermediate Bridge	Tuesday	7:30-9:30 P.M.	Sept. 21-Nov. 23	Downtown	487	\$48.00
Intermediate Bridge	Wednesday	1:30-3:30 P.M.	Sept. 22-Nov. 24	Downtown	488	\$48.00
Intermediate Bridge	Tuesday	7:30-9:30 P.M.	Jan. 11-March 15	Downtown	495	\$48.00
Intermediate Bridge	Wednesday	1:30-3:30 P.M.	Jan. 12-March 16	Downtown	496	\$48.00

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.

CAN DO COOKING

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, films, demonstrations and TASTING!

CHRISTMAS CRAFTS

Learn to make decorations, ornaments and gifts for friends and family.

CREATIVE CRAFTS

Learn to make a number of useful and attractive items for your home, apartment or for gifts. Fabric scraps, felt, wool, ceramic tile, clay and other materials will be used to make weavings, decorative containers, jewelry and much, much more!

OUTDOOR ENTHUSIASTS

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

AEROBIC DANCE

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

CROSS-COUNTRY SKIING

An introductory course to learn the basic techniques of cross-country skiing in a relaxed fun atmosphere. Skis, poles and boots included in the fee.

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 to places like Vista 33, a police station, Edmonton Public Library, Muttart Conservatory and community recreation facilities.

MORE THINGS TO DO IN MY SPARE TIME

A second series of visits and activities to familiarize participants with community leisure and recreation facilities in the areas of arts, sports, outdoors and general interest.

SPORTS AND GAMES NIGHT

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

RECREATION FOR ADULTS WITH SPECIAL NEEDS

PROGRAM TITLE	DAY	TIME	DATES	LOCATION	NUMBER	COST
Can Do Cooking	Monday	7:00-9:00 P.M.	TBA-Fall	To Be Announced	450	\$22.00
Can Do Cooking	Monday	7:00-9:00 P.M.	TBA-Winter	To Be Announced	470	\$22.00
Christmas Crafts	Monday	7:30-9:00 P.M.	Oct. 18-Dec. 6	Downtown	452	\$20.00
Creative Crafts	Monday	7:30-9:00 P.M.	Feb. 7-March 23	Downtown	472	\$20.00
Outdoor Enthusiasts	Thursday	7:00-9:00 P.M.	Sept. 16-Oct. 21	Borden Park	453	\$15.00
Sports and Games Night	Tuesday	7:30-9:00 P.M.	Oct. 5-Nov. 23	To Be Announced	454	\$18.00
Sports and Games Night	Tuesday	7:30-9:00 P.M.	Feb. 1-March 22	To Be Announced	473	\$18.00
Aerobic Dance	Thursday	7:30-9:00 P.M.	Oct. 7-Dec. 2	To Be Announced	474	\$18.00
Aerobic Dance	Thursday	7:30-9:00 P.M.	Feb. 3-Mar. 23	To Be Announced		\$18.00
Cross Country Skiing	Saturday	1:30-3:00 P.M.	Jan. 15-Feb. 19	Kinsmen Park	475	\$35.00
What's There To Do In	Wednesday	7:00-9:00 P.M.	Oct. 6-Nov. 24	Downtown	451	\$18.00
My Spare Time?						
More To Do In	Wednesday	7:00-9:00 P.M.	Feb. 2-Mar. 23	Downtown	471	\$18.00
My Spare Time						



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.

ENJOY A YWCA PROGRAM...

Select a camp or workshop from the following listings. Meals and accommodation (dormitory style) are included in the listed fee.

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. These 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 21-23	YoWoChAs Centre	720	\$60.00
	Weekend	Friday Evening to Sunday 4 P.M.	January 28-30	YoWoChAs Centre	721	\$60.00
	Weekend	Friday Evening to Sunday 4 P.M.	Feb. 4-6	YoWoChAs Centre	722	\$60.00
	Weekend	Friday Evening to Sunday 4 P.M.	February 11-13	YoWoChAs Centre	723	\$60.00
	Weekend	Friday Evening to Sunday 4 P.M.	February 25-27	YoWoChAs Centre	724	\$60.00
	Weekend	Friday Evening to Sunday 4 P.M.	March 4-6	YoWoChAs Centre	725	\$60.00
	Weekend	Friday Evening to Sunday 4 P.M.	March 11-13	YoWoChAs Centre	726	\$60.00
	Weekend	Friday Evening to Sunday 4 P.M.	March 18-20	YoWoChAs Centre	727	\$60.00
LEVEL II	Weekend	Friday Evening to Sunday 4 P.M.	January 21-23	YoWoChAs Centre	728	\$60.00
	Weekend	Friday Evening to Sunday 4 P.M.	February 11-13	YoWoChAs Centre	729	\$60.00
	Weekend	Friday Evening to Sunday 4 P.M.	March 4-6	YoWoChAs Centre	730	\$60.00
LEVEL III	Weekend	Friday Evening to Sunday 4 P.M.	February 4-6	YoWoChAs Centre	731	\$60.00

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 a seminar on Winter Safety, Equipment, Waxing, Conditioning and the Structure and Objectives of CANSI.

January 28-30	Friday Evening to Sunday 4 P.M.	735	\$100 plus \$30 exam fee
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

Cost: Ski and Brunch: Adults \$7.00
Children \$4.00

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 "Brunch and Ski" Sundays.

SKI AND BRUNCH

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

Brunch Served: 12:30 P.M.

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

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

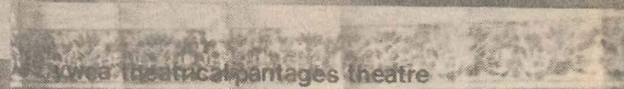
**REGISTRATION: Use YWCA Registration Form
located in this brochure.**



Edmonton YWCA Celebrating 75 Years In 1982



swimclub at poolside
tea break



fitness program



early ywca location

photographs: Provincial Museum
& Archives
logo design: Lorraine Chartier