Outdoor Leader Training Workshop

AUGUST 13-23/86





Join us in the Rocky Mountain Foothills for an eleven day outdoor recreation leadership development program, designed to enhance your skills as an instructor or leader. Learn and practice basic skills necessary for leading groups on safe, enjoyable outdoor trips.

WHO SHOULD ATTEND?

- Outdoor Education Teachers
- Outdoor Recreation Leaders
- Youth Group Staff/Volunteer Outdoor Specialists
- Participants must be 18 years of age or older.

WHAT WILL YOU LEARN?

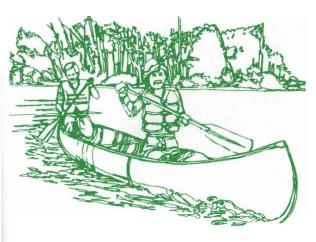
Throughout the workshop emphasis will be placed on leadership development. Wilderness living skills will be practiced in group camps located in a variety of settings. The program will also allow you to develop outdoor teaching techniques related to backpacking, navigation, orienteering, trip planning, camping, outdoor games, and other outdoor education activities.

The course is designed as three modules:

The 24 Hour Outdoor Experience (2 days) orientation and intense initiation to the environment, the group, and oneself through a variety of outdoor experiences.

Lake Canoeing Leadership: (5 days) theory and practical instruction developing participants as lake canoe trip leaders and Red Cross/A.R.C.A. Basic Lake Canoe Instructors.

River Canoeing (4 days) explore the upper North Saskatchewan River while practicing safe river tripping skills.



WHEN?

August 13-23, 1986

WHERE?

The workshop will take place at many sites over the 11 day period, beginning at Crimson Lake Provincial Park and ending at the Rocky Mountain Historic Site. Both locations are located near the town of Rocky Mountain House.

COST ...

\$175.00 (includes meals, instruction, certification fees, and some equipment useage).

SPECIAL CHALLENGE . . .

The unique aspect of this course is that it offers participants opportunity to further develop their skills at a later date, by organizing activities in their home community, with the assistance of Outdoor Alberta.

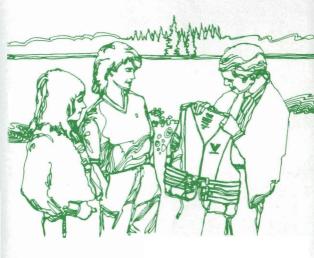
HOW TO PREPARE YOURSELF...

The workshop is structured to be physically demanding. In order to gain maximum benefit from your experience it is necessary to be in good physical condition.

Participants should have good lake paddling skills, some river experience, and willingness to work towards certification as a canoe instructor.

REGISTRATION CONFIRMATION

Upon receipt of your registration application and fee by Outdoors Alberta (deadline July 25/86) you will receive: equipment lists, itinerary, course outline, pre-workshop reading assignment and a skill inventory.



REGISTRATION DEADLINE: July 25/86

INFORMATION:

Steve Montgomery Outdoors Alberta (403) 423-9922

RESOURCE PERSONS

STEVE MONTGOMERY

Currently Director of Outdoors Alberta, Steve brings to his work, many years of experience as an instructor of outdoor recreation. After graduating from the University of Alberta in Recreation Administration (1983), Steve worked as a freelance outdoor pursuits instructor before joining Outdoors Alberta in 1985.

LES PARSONS

Les combines his interests in both people, and outdoor recreation experiences by encouraging meaningful relationships between people and the environment. In addition to formal training through the Outdoor Explorations program at the University of Alberta, Les has considerable experience through extended camping trips and has trained under the leading outdoor educators in the province.

JUDY CARLSEN

Judy is eager to provide people with the opportunity to grow and share ideas about working with others in the outdoors. With a background in teaching youth, Judy graduated from both the Physical Education and Education Departments at the University of Alberta.



OUTDOOR LEADER TRAINING WORSHOP

REGISTRATION

Name
Phone (B) (R)
Address
City/Town
Postal Code
Special Medical Information
Emergency Contact:
Name
Relationship
Phone
Amount Enclosed
Visa/Mastercard
Expiry Date
I recognize and am aware that during courses with Outdoors Alberta certain risks or dangers may occur including, but not limited to, accident or illness in remote places, hazards of camping, outdoor sports participation, and the forces of nature. I agree to assume the above risks and assume full responsibility for any personal injuries and damage to my belongings, however caused. Payment in full is taken as agreement to the above.
Signature

RETURN TO:

Outdoors Alberta, YWCA, 10305 -100 Avenue, Edmonton, Alberta T5J 3C8 Outdoors Alberta is a mobile outdoor recreation leadership development program which offers introductory courses through instructor level training in lake canoeing, cross country skiing, survival skills and orienteering. Individuals and groups interested in camping leadership, navigation and environmental education may also wish to contact Outdoors Alberta. There is no charge for service and most equipment can be supplied.

For more information call Outdoors Alberta, Edmonton YWCA (403) 423-9922 weekdays.

Managed by:

ALBERTA ASSOCIATION OF YWCA'S



OUTDOORS ALBERTA

Edmonton YWCA 10305 - 100 AVE Edmonton, Alberta T5J 3C8



... the mobile outdoor recreation leadership training program



PROMOTES . . . the development of Outdoor Recreation in Alberta,

MOTIVATES . . . Albertans to use their natural environment for Outdoor Recreation purposes.

DEVELOPS... Basic and advanced Outdoor Recreation programs for groups.

ASSISTS . . . Provincial associations, municipal recreation boards, youth groups, schools and community organizations.

"OUTDOORS ALBERTA" can assist . . .

TEACHERS . . . - by providing sessions at Teacher Institutes,

Conferences and Professional Development Days.

 by assisting teachers in developing environmental and outdoor education activities to complement the curriculum with hands-on sessions.





COMMUNITY GROUP LEADERS . . .

MUNICIPAL RECREATION BOARDS...

- by consulting and assisting in program development.
- by participating in special events and providing demonstrations or presentations.
- by providing instruction in Outdoor Recreation activities to the community and staff or leaders.









The **OUTDOORS ALBERTA MOBILE UNIT** is staffed to provide instruction in the areas of:

- CANOEING
- CAMPING SKILLS
- CROSS COUNTRY SKIING
- SKI ORIENTEERING
- ORIENTEERING
- SNOWSHOEING
- WILDERNESS LIVING SKILLS
- ENVIRONMENTAL EDUCATION ACTIVITIES
- "NEW GAMES" / NON-COMPETITIVE GAMES

Managed by:

ALBERTA ASSOCIATION OF YWCA'S







For additional information: OUTDOORS ALBERTA

Edmonton YWCA 10305 - 100 AVE Edmonton, Alberta T5J 3C8 (403) 423-9922



Edmonton YWCA Membership



Why We Need You ...

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

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

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

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

BECOME A MEMBER NOW! TOGETHER WE CAN MAKE A DIFFERENCE.

WHAT DO WE DO?

The Edmonton YWCA is a non-profit, voluntary organization dedicated to providing quality programs and services to the Edmonton community in the following areas:



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

Meeting the challenge of widowhood . . .

One in twenty five Edmonton adults faces the daily challenge of adjusting to life as a widowed person. The YWCA "On Our Own" Resource Centre provides counselling, group support, social activities and a resource library to help bereaved men and women of all ages.

Providing accommodation for women . . .

In a large urban city like Edmonton, housing and support for women is an urgent need! Whether furthering their education, adjusting to living alone after a seperation or divorce, or encountering life outside an institution or group home for the first time, a wide range of women call the YWCA home. Regardless of their situation developing the resources to live independently is their goal.

Supporting the family . . .

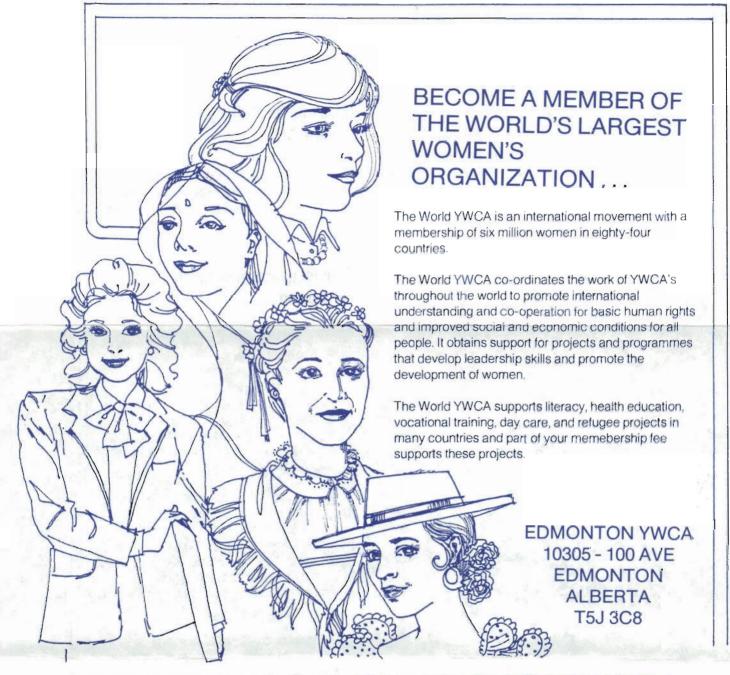
Changing economic and social conditions daily challenge the family unit. YWCA Childcare Services annually provide short term care for more than 27,000 preschool children and the YWCA Family Relief Services helps more than 550 families care for dependent handicapped family members.

Encouraging health and fitness...

Through continuing education and recreation programs for all ages the YWCA encourages physical, mental and emotional health benefitting both individuals and the community.

Developing community leaders . . .

Through leadership training and volunteer opportunities the YWCA encourages individuals to develop leadership skills which not only benefit the YWCA, but the community as well.



YES! I WOULD LIKE TO JOIN THE EDMONTON YWCA

Name:	The State of the S
Address:	
Phone: Home	
Business	
Membership Fee: \$20.	
The state of the s	

I would also like to support the YWCA through my tax deductible gift of ______.

YOUR MEMBERSHIP IN THE EDMONTON YWCA

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

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



YWCA drop - in childcare services

The YWCA Drop-in Child Care Service provides quality child care, for ages 0-5 years on an hourly basis. This service is open to the general public.

WHO MAY USE THE DROP-IN CHILD CARE SERVICE?

Parents participating in 'YW' programs.
Fitness Centre members.
Parents who simply need a break.
Part-time workers.
Parents who are students.
Parents attending counselling, medical appointments, job hunting etc.
Parents looking for a new home, or having major repairs done to the old one.
Parents who are sick at home or in the hospital.
Visitors to the city.
Families during temporary emergencies.



LOCATION

The YWCA Drop-In Child Care Service is conveniently located downtown at 10305-100 Ave. There is a 5 minute loading zone at the back door. (Please note there is no parking at the YWCA.

HOURS OF OPERATION

7:30 a.m. to 5:45 p.m. Monday to Friday year-round. Saturday 9:00 a.m. to 4:00 p.m. Closed on Statutory holidays. No reservations required.

FEES:

\$1.90/hpur/child \$1.75/hour/second child \$1.25/hour/each additional child

LUNCHES:

- Nutritious snack provided mid-morning and mid-afternoon
- Bables must be provided with their own food.
- Please send lunch with children. We can supply milk for 25c.
- Refrigerated storage space is available for bag lunches.

PROGRAM

Infants receive caring attention in a safe and stimulating atmosphere.
Toddlers are involved in a progam of simple crafts, music and play activities.
Three to five year olds receive a program of crafts, stories, creative play, music, and physical activities. Organized gym and swim activities are offered seasonally for a small additional fee.

INFANTS - 12 MONTHS (NON-WALKING)

Located at rear of building on main floor.
 Carpeted outdoor baby play deck.

INFANTS - 12 MONTHS - 18 MONTHS (WALKING)

- Second floor.
- Both infant areas are equipped with regulation size cribs, highchairs, suitable toys. Staff ratio of 1 worker to 3 babies.

TODDLERS (19-35 **MONTHS**)

- Second floor.
- Equipped with suitable toys, separate room with large muscle play equipment, separate room for nap time.
- Scheduled outdoor play time.
- Staff ratio of 1 worker to 5 children.

3, 4, 5 YEARS

- Main floor at rear of building.
- Suitable equipment including a large dimbing loft.
- Staff ratio of 1 worker to 8 children.

There is direct access to an outdoor playground with sand piles, climbing apparatus, outdoor play equipment plus a separate activity area for infants. Children may get dirty, so please consider practical clothes.

POLICIES:

Please provide a name tag for your child plus labels for all belongings (diaper bag, plastic bottles, etc.).

We request that you provide disposable diapers.

Emergency contact person and phone number must be given for each child. Do not send toys, gum or candy with the child.

An extra set of clothing would be appreciated for bables and 2 and 3 year olds. The YWCA reserves the right to turn away clients when the facility is filled to capacity. This has not been a problem to date. The YWCA is willing to negotiate for those families requiring financial assistance. Please contact the Child Care Director.



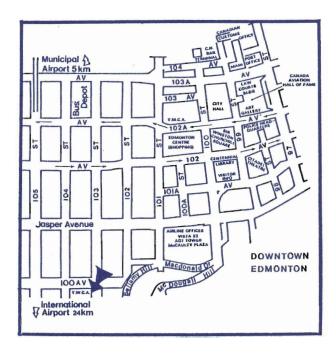
The YWCA is a voluntary non-profit agency. Drop-in Childcare Services are funded through user fees, The United Way, The Government of Alberta Operating Allowance and YWCA fundraising projects.

LOCATION

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

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

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



ESPECIALLY FOR YOU . . .

- Clean and comfortable single rooms and dormitory accommodation.
- Central location offering easy access to Edmonton tourist and business attractions.
- Easy access to scenic river valley trails
- Public transportation nearby.
- Information about Edmonton including educational and employment opportunities, recreation and the arts.
- The 'Sarah Golden Cafeteria', offering full meal service and a selection of home-baked treats is located within the YWCA building.
- Reasonably priced retaurants within five minutes walking distance.
- Wake-up calls.
- Convenient facilities, such as elevator service, telephone in each room, coinoperated washers and dryers, ironing boards and irons.
- Free access to swimming pool.
- Friendly, competent staff.
- 24 hour security.
- The YWCA building is accessible to individuals using wheelchairs.



FOR YOUR CONVENIENCE

The following services are available at an additional fee:

- Child Care for pre-schoolers (0-5 years)
 Monday through Saturday daytime
- 'The Shop' for toiletries, fitness fashions and accessories
- Racquetball Courts and Weight Training Facilities are available daily.
- Swimming Pool use at no charge.

REGISTRATION

DAILY OR SHORT TERM GUESTS:

Daily guests can book a reservation by telephone or by mail. Deposit required to hold rooms after 5 pm.

LONG-TERM RESIDENTS:

Prospective permanent residents are interviewed by the Residence Manager, residency discussed and a tour of the building given.

Appointments and room reservations may be made in writing to:

YW/CA Women's Residence

10305 - 100 Avenue EDMONTON, Alberta, Canada T5J 3C8

or call

(403) 423-9922

Staff members will be happy to answer questions and supply further information about the Residence.

YWCA OF EDMONTON WOMEN'S RESIDENCE RATES — 1983

DAILY GUESTS:

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_	Kates

Single Room	\$2	20
Single Room (with sink)	\$2	23
Single Room (private bath)	\$2	25
Double Room	\$2	20
Double Room (private bath)	\$3	30
Dormitory (per person)	\$	7
Sleeping Bag Area (per person)	\$	3

- Reduced Rates for Women 60 years and older.
- Key Deposit: \$2
- Checkout Time: 12 Noon Checkin Time: 1:00 p.m.
- Reservations not held after 5 p.m. without a deposit.
- Guest rates subject to change.

LONG-TERM RESIDENTS:

- Residents staying 8 weeks to 2 years.
- Rent is payable weekly, bi-monthly.
- Single room (linen included)
 \$48.75/week.
- Key deposit \$10.
- Interview required.

GROUP ACCOMMODATION:

- For groups (male, female or co-ed) supervised by a responsible adult.
- Foam mattresses are provided. Groups bring own sleeping bags.
- Maximum 29 persons.
- \$3 per night per person.

Women's Residence Edmonton YWCA 10305 - 100 Avenue Edmonton, Alberta T5J 3C8



"ON OUR OWN" resource centre

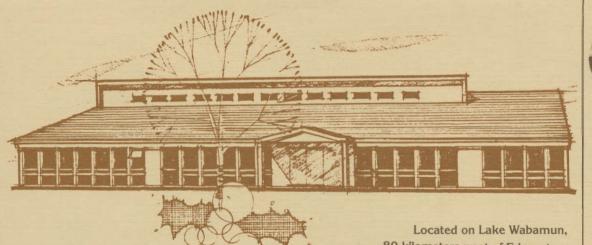
Designed to assist widowed people in their quest for growth, direction and information.

YWCA 10305 - 100 Avenue Edmonton, Alberta T5J 3C8 Telephone 423-9922 The YWCA "On Our Own"
Resource Centre has the following
services for widowed persons:

- understanding and friendship by another widowed person who is repatterning his/her life.
- group activities lectures, discussions, social and recreational outings.
- personal, family, legal, financial and career counselling referrals to the appropriate agencies.
- scheduled drop-in times to help deal with loneliness.
- access to free publications dealing with loss and life planning.
- access to "On Our Own" library.



The YWCA "On Our Own" Resource Centre is supported by the United Way. A grant provided by New Horizons, Health and Welfare Canada has also helped make this centre possible. United Wey



Located on Lake Wabamun, 80 kilometers west of Edmonton, at Fallis, Alberta.

YoWoChAs Centre



For All Kinds of Groups

- your family
- your school
- your church
- your business
- your community

For All Kinds of Needs

- to teach environmental education
- to host workshops, seminars and retreats
- · to teach outdoor recreation skills
- to better enable disabled persons to participate in outdoor pursuits
- to improve leadership skills
- · to relax and enjoy nature



Accommodation

- Year-round shared accommodation for 68 people in new Lodge and Residence facilities.
- March to November accommodation for 24 people in 3 tent cabins.
- · Outdoor camping in 5 secluded tent sites.
- Family style meals in Lodge dining room or enjoy a seasonal cookout.

Facilities and Activities

Lodge and Residence

- Chat with new friends in the fireplace lounge.
- Hold a seminar or workshop in one of the meeting rooms.
- · Utilize the Resource Library.
- Visit the greenhouse/solarium.

Craft/Environmental Studies Centre

 Enjoy a wide variety of crafts or learn more about our natural world.

Recreation Hall

 Sing a song, play a game, or enjoy a book by the wood stove.

Hebertisme Course

Challenge yourself on a log and rope fitness course.

Trail System

 Hike, jog or cross-country ski, 6 km of trails through 48 acres of wooded terrain. Bring your camera or your compass and enjoy the interpretive nature trails.

Water Front Area

· Swim, canoe, fish, skate or try an outdoor sauna.

Adventure and Early Childhood Playgrounds

· Creative play areas for kids of all ages.



Please send me more information about YoWoChAs Centre

	Rentals	for Sch	10018	Communi	ity G	roups
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- ☐ Adult Recreation Workshops
- ☐ Leadership Training Opportunities
- ☐ Camps for all ages
- ☐ Cross-Country Ski Programmes
- Other

Mail to: **YoWoChAs Centre** OR Fallis, Alberta TOE 0V0 423-3811

Edmonton YWCA

Outdoor Recreation Department 10305 - 100 Avenue Edmonton T5J 3C8 423-9922



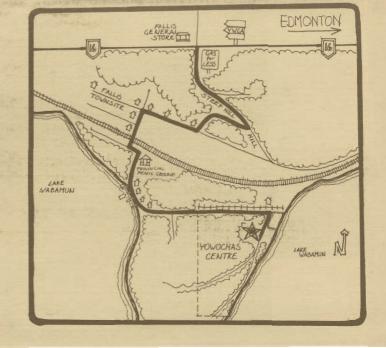
OWNED & OPERATED BY THE EDMONTON YOUNG WOMENS CHRISTIAN ASSOCIATION

Enjoy YoWoChAs Centre

- · by registering in a YWCA Workshop or Camp
- or enquire about the many ways your group may use the facilities on a rental basis.







CROSS COUNTRY SKI



YoWoChAs Centre Cross Country ski with us at YoWoChAs Centre on picturesque Coal Point, Lake Wabamun. Enjoy 10 km of groomed trails suitable for beginner to advanced skiers. After your ski, relax in our tireplace lounge, sauna or library while you let us do the cooking. All ski weekends which begin Friday evening and finish Sunday afternoon, include full instruction, meals and shared accommodation. Ski equipment rentals are available at minimum cost for all adult ski programs.

ADULT CROSS COUNTRY SKI WEEKENDS

Learning to ski is an enjoyable experience in the friendly, relaxed atmosphere of YoWoChAs Centre. Nationally Certified Instructors ensure a pleasureable learning experience whether you are a beginner or established expert. All classes are conducted according to the levels established by the Canadian Association of Nordic Ski Instructors (CANSI) and include practical ski instruction plus information on equipment selection and care, clothing, safety and waxing techniques. Participants should be over 16 years.

ADULT LEVEL I (NOVICE)

An interesting course for those with little or no experience, or formal instruction. Course content includes a variety of basic flat, uphill and downhill techniques as well as information on equipment selection, care, clothing, waxing, safety and day touring.

Prerequisite: A moderate level of fitness.

Jan. 11 and 12, #100 Jan. 18 and 19, #101 Jan. 25 and 26, #102 Feb. 1 and 2, #103 Feb. 8 and 9, #104

Cost: \$65/weekend

Feb. 15 and 16, #105 Feb. 22 and 23, #106 March 1 and 2, #107 March 8 and 9, #108

ADULT LEVEL II (INTERMEDIATE)

Improve the skills learned in Level I and increase your knowledge of more advanced techniques such as turns, one step double poling, Herring Bone, Traverse and Stem Christie.

Prerequisite: Level I or equivalent.

Feb. 15 and 16, #109 Cost: \$65/weekend

WOMEN'S SKI FIT WEEKEND

An introductory cross country ski course for women which will focus on ski technique, fitness and nutrition for the winter months.

Concentration will be on skiing and waxing techniques, equipment and clothing selection, local ski areas and associations, plus information for day touring. Ski sessions will include basic flat, uphill and downhill techniques. A moderate level of fitness is required, although the emphasis of the weekend is on relaxation.

Jan. 25 and 26, #114 February 8 and 9, #115 Cost: \$65/weekend

ROCKY MOUNTAIN SKI TRIP

Join us on a fun filled adventure weekend of cross country touring in the mountains. This trip, for the intermediate adult skier, is guided by qualified and experienced ski leaders. Participants should have a moderate level of fitness and be prepared with their own ski equipment, day pack and personal items. We will meet Friday evening at YoWoChAs Centre, leaving directly after breakfast for the beauty of Jasper Park. Ski tour selection will be dependent on snow conditions in the Park. Cost includes leaders, food, hostel accommodation, cooking equipment and transportation by YoWoChAs Centre van to and from Jasper park.

March 15 and 16, #119

Cost: \$120

FAMILY LEARN TO CROSS COUNTRY SKI DAY

A day designed for parents and children 4-16 yr. with emphasis on the fun aspects of family cross country skiing. The day will include ski instruction and games, an afternoon ski tour, information on equipment and clothing selection and ski waxing. Lunch and ski equipment are included.

Sun. Jan. 19, #110 or Sun. Feb. 2, #111

Cost: \$36/family/day



FAMILY WINTER FUN AND SKI WEEKEND

Enjoy the winter with your family outdoors, skiing, skating, toboganning, and ice fishing. Cross country skiing is at the introductory level. Our cozy lodge is ready for you between activities for relaxing. Your weekend includes all ski equipment, snowshoes and ice fishing equipment.

Jan. 25 and 26, #112 or Feb. 8 and 9, #113 Cost: \$100 family of 1 adult and 1 child/weekend \$150 family of 3 or more/weekend

CROSS COUNTRY SKI AND LUNCH

Imagine a day of skiing on professionally groomed ski trails away from the busy city. As a group or on your own you can enjoy leisurely skiing, a hot lunch, beverages throughout the day and a warm lodge to relax in. Please call the lodge to make reservations prior to leaving the city as ski and lunches are subject to cancellation due to poor weather (423-3811). Maps available at YWCA Registration Desk.

Jan. 18, 19, 25, 26

Feb. 1, 2, 8, 9, 15, 16, 22, 23

March 1, 2

Hours: 10 a.m. - 4 p.m. (Lunch: 12:30)

Cost: \$7/person

MOONLIGHT SKI

Picture a snow covered forest and lake dazzling in the moonlight. Join us on Saturday night for a moonlight ski, a late snack, hot mulled wine, by the fireplace, fun and laughter. Bring your swimsuit and try our cozy sauna! Don't miss out on a unique way to enjoy your Saturday night. We're looking forward to meeting you after 7 p.m. (Guided Ski Tour starts at 8 p.m.). Maps available at YWCA Registration Desk.

Jan. 25, Feb. 22, March 29



CROSS COUNTRY SKI INSTRUCTOR TRAINING

CANSI I SKI INSTRUCTOR PREPARATION

An advanced skills course which will prepare potential instructors for the CANSI Instructor Course and Exam. Techniques include advanced lateral, uphill and downhill skills. Instruction and practice teaching in detection and correction of ski techniques and an introduction to the CANSI instructional method and structure will also be covered.

Prerequisites: CANSI Adult Level II or equivalent skiing ability and good physical condition.

Feb. 1 and 2, #117

Cost: \$65

CANSI I SKI INSTRUCTOR

An Instructor Certification Course designed to develop the skills and instructional techniques of candidates for the CANSI Level I Instructor Certificate.

Course content includes review of CANSI instructional method, practice teaching, ski waxing and equipment and clothing selection. Candidate will be tested on 3 skiing manoevres: diagonal stride; one step double poling; and snowplow turns. Students will also demonstrate their teaching ability by teaching one of the following skills: diagonal stride with or without poles; double poling; one step double poling; diagonal stride uphill; step turn while running; snowplow or snowplow turns.

Prerequisites: Completion of CANSI Adult Level III, or CANSI prep., or able to perform the following manoevres 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; side step; herring bone; star turn; kick turn.

March 1 and 2, #118

Cost: \$65 & \$35 (CANSI fee for exam, manual and registration)

CROSS COUNTRY SKI TOUR LEADER I

An intensive two weekend course which is a nationally recognized Ski Tour Leader Certification program. Tour Leader I prepares the candidate for leading safe, enjoyable day-long ski tours away from prepared trails. Tour leader candidates will also be trained to assist a Tour Leader 2 on overnight ski tours and will camp out on the second weekend of the course. The course includes the basics of touring safety, navigation, equipment, emergency procedures, roles and responsibilities of Tour Leaders, ski waxing and ski preparation and route planning.

Prerequisites: Good physical condition, Standard First Aid Certificate, able to ski to CANSI Level I Instructor Standard without a pack, ability to ski safely and efficiently over moderate wilderness terrain with a 10 kg. pack.

Feb. 15 and 16, and Feb. 22 and 23, #116

Cost: \$100 (YoWoChAs Centre fees)

\$ 35 (CSA Fees — Canadian Ski Association Manual & registration fee)

CROSS COUNTRY SKI RENTALS

Cross Country ski equipment is available for use at YoWoChAs Centre on a rental basis. Please reserve ahead to ensure availability by calling 423-3811

(rental includes boots, poles and skis)
Weekend: Adult \$12; Student \$8
Day: Adult \$7; Student \$5
Hour: Adult \$1.50; Student \$1.00



YoWoChAs Centre is located 80 km west of Edmonton at Fallis on Lake Wabamun. Facilities include a modern lodge and residence accommodating 68 people in shared accommodation.



REGISTRATION

Registration for YoWoChAs Centre programs may be made by mail (return attached form) or in person at:

Edmonton YWCA 10305 - 100 Avenue Edmonton, Alberta T5J 3C8

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

INFORMATION

YoWoChAs Centre — 423-3811 Edmonton YWCA — 423-9922 (Weekdays)

NAME			
ADDRESS			
PHONE (RESIDENCE)	(BUSINESS)		
COURSE TITLE & NUMBER			
RENTAL EQUIPMENT REQUIRED	☐ Yes	□No	
Boot Size: He	ight:		
Course Registration Fee:			
Rental Equipment Fee:			
Total Enclosed:		-	
Return to: YWCA Registration			

10305 - 100 Ave. Edmonton, Alberta T5J 3C8

Cheque or Money order payable to: Edmonton

YWCA

YWCA Women's

AMINES ENTRE SERVICE OF THE SERVICE

Welcome...

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

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

All Memberships include use of:

- Sauna
- Steam Room
- Whirlpool
- Ultraviolet Room
- Shower Facilities
- Lounge
- Exercise Room
- Personal Storage Lockereties
- Towel Service
- Make-Up Area Providing:
 - hairdryers
 - curling irons
 - toilet articles
- Personal Fitness Testing Including:
 - cardio-respiratory status
 - flexibility
 - muscular strength and endurance
 - fat determination

The Fitness Centre is open to women over the age of 16 years.

Open all year round, except Statutory Holidays.

Maternity and holiday extensions available.

Pees & Hours...

Membership Plans:

Full Membership

3 months - \$150.00

6 months - \$250.00

1 year - \$380.00

Hours: 7 a.m. - 10 p.m., Monday-Friday 10 a.m. - 6 p.m., Saturday &

Sunday

(includes racquetball privileges)

Daytime Membership

3 months -- \$100.00

6 months - \$175.00

1 year — \$280.00

Hours: 7 a.m. - 4 p.m., Monday-Friday (includes racquetball privileges)

Non-Racquetball Membership

3 months - \$125.00

6 months -- \$200.00

1 year — \$300.00

Hours: 7 a.m. - 10 p.m., Monday-Friday 10 a.m. - 6 p.m., Saturday & Sunday

(excludes racquetball privileges)

Seniors Membership

20.00

\$15.00 for 10 visits

Hours: 7 a.m. - 4 p.m., Monday-Friday 10 a.m. - 6 p.m., Saturday & Sunday

(includes use of Fitness Centre & pool only)

Summer Membership

Enjoy use of the Fitness Centre facilities, pool and weight training equipment at your convenience

June 1 - August 31

10 visits - \$35

Hours: 7 a.m. - 10 p.m., Monday-Friday 10 a.m. - 6 p.m., Weekends

Pacilities...

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

For Your Convenience...

- Quality daytime child care for infants and pre-schoolers at additional cost.
- 'The Shop', to meet your personal and athletic needs.
- Cafeteria facilities.
- Close to River Valley running trails.
- ETS bus service from all areas of the city.

Especially for you...

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



YWCA Womens

Fitness Centre

BE OUR GUEST!

Visit us and enjoy complimentary use of:

- Exercise Room
- Swimming Pool
- Lounge & Makeup Area
 Ultraviolet Room Weekdays 7am - 10pm Weekends 10am - 6pm
- Whirlpool
- Sauna
- Weight Room
 Steam Room

One visit per guest only please

Expi	res:			

YWCA 10305 - 100 Avenue 423-9922



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

YWCA Women's Fitness Centre 10305 - 100 Avenue Edmonton, Alberta T5J 3C8

Visiting

Edmonton? Calgary? Banff?



Edmonton

Calgary

Banff



Stay with us!

- Comfortable rooms
- Reasonable rates
- Easily accessible

Edmonton:

YWCA Women's Residence

10305 - 100 Avenue

Edmonton, Alberta T5J 3C8

(403) 423-9922

Calgary:

YWCA Mary Dover House

320 - 5th Avenue S.E. Calgary, Alberta T2G 0E5

(403) 263-1550

Banff:

YWCA Mountain Lodge

414 Muskrat Street Banff, Alberta TOL OCO

(403) 762-3560



Drop In Childcare Service

Need A Break?

- quality, hourly care for children: infant - five years.
- no reservations necessary

Monday to Friday

7:30 a.m. - 5:45 p.m. Saturday 9:00 a.m. - 4:00 p.m.

10305 - 100 Avenue Edmonton, Alberta YWCA Wellness For Women' Health Education Series for Women

Resource: Jennifer Rafter This session will generally cover types arthritis-This session will generally cover types arthritis-what it is and what you can do about it. Helpful what it is and what you can do about it research experience and others to avoid will be discreted what it is and what you can do about it. Helpful what it is and what you can do about it. Helpful what it is and others to avoid will be discussed. exercises and others to avoid will be discussed. Jennifer Rafter is a physiotherapist for the Cross

BEING WELL

- Resource: Lynn Rock Taking responsibility for your own health is an important or properties to a selling of the control of the cont Taking responsibility for your own health is an important prerequisite to wellness. This session important prerequisite to wellness and the relative to the present of the properties of the present of the properties of the present of the properties of the present of the presen important prerequisite to wellness. This session of the concept of wellness as it relates to examine the concept of wellness as it relates to examine the concept of wellness as the relates to the concept of the conce

examines the concept of wellness as it relates to physical, social, emotional, and psychological through the registrongenic beautiful and psychological physical, social, emotional, and psychological inness, health, the relationship between stress and illness, health, the relationship between and expect. practical stress identification and stress management techniques. The traditional medical model of health wall has compared to a second nealth, the relationship between stress a practical stress identification and stress management rechiques. The traditional medical model of health will be compared to the wellness

Lynn Rock is a Home Economist presently

Lynn Rock is a Home Economist presently

Lynn Rock is a Home Economist presently

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Centre, a support service for widowed men and Centre, a support service for widowed men and women. She has worked extensively in the areas of women. She has worked extensively an area of the control of women. She has worked extensively in the areas of bereavement, aging, and pre-retirement planning.

bereavement, aging, and pre-retirement planning.

She has an active interest in the concept of wellness are has an active interest in emorional intellectual and as it relates to obusical emorional intellectual. she has an active interest in the concept of wellness as it relates to physical, emotional, intellectual and as it relates to physical, emotional, intellectual and

APRIL 11, 1985 7:30 - 9:30 p.m. spiritual health.

NUTRITION AND LIFESTYLE: A WOMEN'S CONCERN

Resource: Jan Burns This session will cover the current theory and This session will cover the current meory and concerns relating to nutrition and lifestyle for concerns relating to nutrition and lifestyle for concerns relating to his concerns and includes an area. concerns relating to nutrition and lifestyle for and women. Topics to be covered include: energy and women.

women. Topics to be covered include: energy and weight control, nutrition for exercise, vitamin and weight control, nutrition for exercise. Weight control, nutrition for exercise, vitamin and mercial requirement, eating disorders (anorexia, mineral requirement, eating disorders and executing and osteoporosis, you'll be encouraged to bolemial and osteoporosis. bolemial and osteoporosis. You'll be encourage integrate the ideas presented into a plan for a partonal healthian lifecture.

an Burns is a community health nutritionist who integrate the lueas presente personal healthier lifestyle, Jan Burns is a community health nutritionist who has Worked in the Edmonton area for the Past 7 has worked in the Edmonton area for the past, years, she has led many courses that focus on years, she has led many courses that focus on nutrition, fitness and lifestyle.

APRIL 18, 1985 - 7:30 - 9:30 p.m.

UNDERSTANDING PRE-MENSTRUAL

Resource: Vicki Davidson SYNDROME

This session will help women to understand the

This session will help women to understand the characteristics that seems that are the characteristics of the char

tireaness, neignenea sensionly, imadi theories, and self-help will be covered. Vicki Davidson is a public health nurse with the Vicki Davidson is a public health nurse with the Edmonton Local Board of Health and is a member defended by the Edmonton Local Board of Local Post Callerina Control C

EUMONTON LOCAL BOOTED OF HEAlth and is a mem of the Edmonton Women's Health Collective. of the Edmonton Women's Health Collective.

Vicki's main interest in PMS is as a Woman who

Vicki's main interest in PMS is as a woman who would be a supplementation of the Edmonton Base class in professional supplementation of the professional supplementation of the Edmonton Base class in professional supplementation of the Edmonton Base class in professional supplementation of the Edmonton Women's Health Collective. Vicki's main interest in PMS is as a woman who suffers from PMS, she has facilitated workshops

around Alberta

APRIL 25, 1985 - 7:30 - 9:30 p.m.

WHAT EVERY WOMAN SHOULD KNOW ABOUT BREAST CANCER

Resouce: Dr. Patty Burns This session will deal with the incidences of breast This session will deal with the incidences of breast cancer, early detection signals and how to conduct a proper self-examination.

Dr. Patry Burns is a Senior Radiotherapist for the Dr. Patty Burns is a Senior Radiotherapist for the Cross Cancer Institute and an Associate Professor in Padiology and Canadam Professor Land Company Cross Cancer Institute and an Associate Professor
in Radiology and Oncology at the U of A. Dr. Burns
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in Radiology at the U of A has written numerous publications on breast cancer and she has recently opened a dinic in cancer and she has recently opened a recancer and sne has recently opened a clinic Edmonton. Her knowledge in this area is

• \$35./series or \$5./evenin

8 Thursday Evenings

YoWoChAs Room

10305 - 100 Ave

YWCA

(May 30 - 53.)

MAY 30, 1985 - 7:30 - 8:30 p.m. uncomparable.

the door

Pre-Register at YWCA or pay a

Cancer Institute and in this position she is concerned and knowledgeable about arthritis and concerned and knowledgeable about arthritis and concerned and knowledgeable figures for the concerned and knowledgeable figures for the concerned and the concerned figures for the concerned and the concerned and the concerned figures for the concerned and the concerned figures for the concerned and the concerned and the concerned figures for the concerned and the concerned figures for the concerned and the concerned figures for the concerned figures figures for the concerned figures figures for the concerned figures figur concerned and knowledgeable about arthritis an women. She also teaches fitness to women over women. she also teaches timess to wome forry for the Faculty of Extension, U of A. BACK-ACHE PREVENTION MAY 2, 1985 - 7:30 - 9:30 p.m. FOR THE JUST DELIVERED AND PREGNANT WOMEN

Jennier karter is a prysiomerapist for the C Cancer Institute and in this position she is

Resource: Lorraine This session will be geared to the prevention of Dahlberg

This session will be geared to the prevention of back injuries at a time when a women is most limited back injuries at a time when a look at lifting susceptible to back ache. It includes a look at lifting susceptible to back ache. It includes a look at lifting the home. In Inservir firmiture and susceptible to back ache. susceptible to back ache. It includes a look at III techniques in the home, nursery furniture and techniques in the home, nursery furniture and techniques for savail children

recumques in the nome, fill children. carriers for small children.

Lorraine Dahlberg is an Occupational Therapist Lorraine Dahiberg is an Occupational Therapist who has 13 years of experience of instructing General Nation has 13 years of A and the Edmonton General Students at the U of A and the Parking Adults Adults and has a leasn interpret in adults adults and has a leasn interpret in adults and has a leasn interpret in adults and has a leasn interpret in adults. students at the U of A and the Edmonton General Hospital, and has a keen interest in adult education

MAY 9, 1985 - 7:30 - 9:30 p.m. BACK EDUCATION

Resource: Lorraine

Learn about the anatomy and physiology of the enine in termance reme and the enineintee of Learn about the anatomy and physiclogy of the principles of spine in layman's terms and the principles of preventing back injuries. Dahlberg

MAY 16, 1985 - 7:30 - 9:30 p.m.

THE SUPERWOMEN Resouce: Ardell Dudley SYNDROME

When he brings home the bacon, she fries it. When the brings home the bacon that they do not your when the brings have the brings home the bacon that they are not your when When he brings home the bacon, she fries it. When when he brings home the bacon too, they eat out. With she brings home the bacon too, they eat out. With she brings home the bacon too, they eat out. With the brings home the bacon too, she fries which include the increase of choices and options for women the brings home and increase in reponsibilities which include come an increase in reponsibilities. the increase of choices and options for women has come an increase in reponsibilities which include whether have an increase in reponsibilities who have and orthogonal who have a superior in the harmon of the company of of come an increase in reponsibilities which include work in the home, outside the home and other work in the home, outside the home and other work in the home. WORK IN the home, outside the home and other over the home, outside the home and other over the causes with the home and other over the causes with the cause of the causes of the cause Textras all or us have in our busy lives. Inis session its causes, will look at the superwoman syndrom - its causes, will look at the superwoman syndrom.

Will look at the superwoman Syndrom - its cause of the superwoman synd errects, and other alternatives to overes ourselves as multi-committed women. Ardell Dudley, of the Women's Counselling Senices of Edmonton Infectors Charges in Counselling

Ardell Dudley, of the Women's Counselling sent of Edmonton (Master's Degree in Counselling of Edmonton (Master's Degree of Edmonton) or Edmonton (Master's Degree in Counselling Psychology) has had many years of experience in Psychology) has had many years of experience in Working With Women who are facing change. Psychology) has had many years of experience in working with women who are facing change, working with women and decision-making ise crisis, problem solving and decision-making ise working with women who are tacing change, crisis, Problem solving and decision-making issues crisis, Problem solving and decision-making hostace the crisis, Problem solving and processorety, hostace the in their lines. crisis, problem solving and decision-making issing the solving and decision-making issing the solving and decision-making issing the solving the solvi in their lives, she herself constantly battles the in their lives, she herself constantly battles the desire to become a diemmas created by her desire to become a support of the support of the desire to be a support of the support

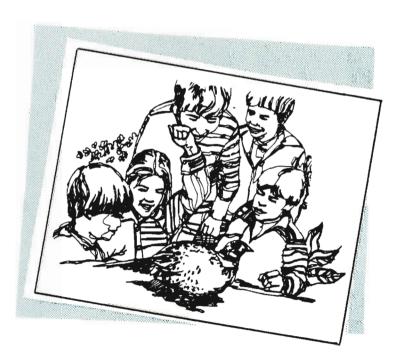
MAY 23, 1985 - 7:30 - 9:30 p.m. superwomen.

Information 423-9922 (wkdays)

Summer Camps

YoWoChAs Centre on Lake Wabamun





Join the YoWoChAs Centre outdoors tradition! Since 1910 the YWCA has operated camp programs at Lake Wabamun. We believe people develop through their enjoyment and experience in the outdoors. Our programs are designed with this philosophy in mind . . . to be safe, educational, challenging and enjoyable and to meet the needs of each camper. Campers will be accommodated in our modern lodge and residence with additional opportunities to experience life in a tent cabin, tent, rustic cabin or tee-pee, depending upon their age. Nutritious meals are served 'family style'.

4WCA

SINGLE PARENT FAMILY CAMP

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

July 7 - 11 5 Days Adult — \$140. #72 6 - 15 — \$140. 3 - 5 — \$85. Under 3 Free

August 18 - 22 5 Days Adult — \$140. #73 6 - 15 — \$140. 3 - 5 — \$85. Under 3 Free



REGISTRATION

Registration for YoWoChAs Centre programs may be made by mail (return attached form), by phone if using VISA/Mastercard or in person, at the:

Edmonton YWCA 10305 - 100 Avenue EDMONTON, Alberta T5J 3C8

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

INFORMATION:

For further information, please contact YoWoChAs Centre — 423-3811 or the Edmonton YWCA at 423-9922 (weekdays).

REGISTRATION

NAME	AG	E	_ SEX
ADDRESS			
	PO	STAL CODE	E
PHONE (Residence)	_ (Business) _		
COURSE TITLE	DATE		NUMBER
COURSE FEE (Cash, Cheque, Visa, Mastercard)			
Visa/Mastercard No.	Ex	oiry Date	
T-SHIRT SIZE (Adult: \square Ex. S., \square S., \square M., \square L., \square Ex. L.; Chil	dren: 🗆 6X)	10305	ton YWCA - 100 Avenue TON, Alberta

CANCELLATION AND REFUNDS

- If a participant cancels one week or more before the course, a 20% administration fee will be withheld by the YWCA.
- With less than one week's notice, a refund (less 20%) will be given only if your place is filled by another participant. In some circumstances (less than one week prior to the start of the program), the Registrar may permit you to transfer to a course on another date.
- The YWCA reserves the right to cancel any program due to poor weather conditions or insufficient registration. Decisions regarding the cancellation of a program will be made no later than noon on the Tuesday prior to the start of the course.

EXPLORERS (6 - 8 Years)

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

July 7 - 11, 1986	5 Days	\$140.	#56
July 14 - 18, 1986	5 Days	\$140.	#57
July 21 - 25, 1986	5 Days	\$140.	#58
July 30 - August 6, 1986	8 Days	\$221.	#59
August 9 - 15, 1986	7 Days	\$194.	#60
August 18 - 22, 1986	5 Days	\$140.	#60A

DISCOVERERS (9-11 Years)

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

July 7 - 11, 1986	5 Days	\$140.	#61
July 14 - 18, 1986	5 Days	\$140.	#62
July 21 - 25, 1986	5 Days	\$140.	#63
July 30 - August 6, 1986	8 Days	\$221.	#64
August 9 - 15, 1986	7 Days	\$ 194.	#65
August 18 - 22, 1986	5 Days	\$140.	#60A

SAILING CAMP (9 - 17 Years)

These five-day camps operate Monday morning to Friday afternoon. Sailors are picked up and dropped off at the YWCA in downtown Edmonton by the YoWoChAs Centre Summer Camp Bus. CYA White Sail Level I and II material will be taught to the students during the day. This includes on-the-water sessions, theory, evaluation and testing. During mealtimes and in the evenings, sailors participate in recreational programs which are part of the YoWoChAs Centre Summer Camp. CYA certificates and badges presented at the conclusion of the program.

Students with basic swimming skills are eligible for this program.

Dates	Level		
July 7 - 11	White Sail I	\$175 .	#50
July 14 - 18	White Sail I	\$175 .	#51
July 21 - 25	White Sail I	\$ 175.	#52
July 28 - August 1	White Sail	\$175 .	#53
August 11 - 15	White Sail I	\$175 .	#54
August 18 - 22	White Sail II	\$175 .	#55



YOWOCHAS CENTRE INTEGRATED CAMP OPPORTUNITIES

Each summer at YoWoChAs we offer a number of children who have mental and physical disabilities the opportunity for integration into our regular camp program. This is an exciting learning experience for all of our campers. For more information or to arrange for an interview and consultation please call us at YoWoChAs Centre, 423-3811.

OUTDOOR ENTHUSIASTS

Fun, fellowship and an outdoor holiday for adults who are mentally handicapped. Activities will include canoeing, hiking and other outdoor recreation activities of interest to adults. Exciting day trips to other recreation areas like the local beaches and horseback riding facilities ensure an interesting vacation.

July 14 - 18	5 Days	\$ 155.	#74
July 21 - 25	5 Days	\$ 155.	#75
July 30 - August 6	5 Days	\$245.	#76
August 9 - 15	7 Days	\$215 .	#77

YoWoChAs Centre is a fully accredited member of the Alberta Camping Association.

YWCA YoWoChAs Centre is located 80 Km west of Edmonton on Lake Wabamun. The 48 acre wooded site includes a modern lodge and residence, trail system and waterfront area.



CHALLENGERS (12 - 15 Years)

Meet exciting people and make the summer of '86 a memorable one! Join us at YoWoChAs Centre for a summer full of fun on our river canoe expeditions for teens. Find new challenges on our Hebertisme (Ropes) course and initiative Task Course. Enjoy a sauna, swim, or relax on the beach with your new friends. Learn to canoe in safety on Lake Wabamun before heading out to more challenging waters on Alberta Rivers. Accommodations for Challengers are in wall tents while at YoWoChAs Centre and in tarp shelters while on canoe trips. River canoe trips will be accompanied by fully qualified and experienced canoe instructors. All equipment is supplied. Novice paddlers need no previous experience. Advanced paddlers must have been on at least one river canoe trip previously.

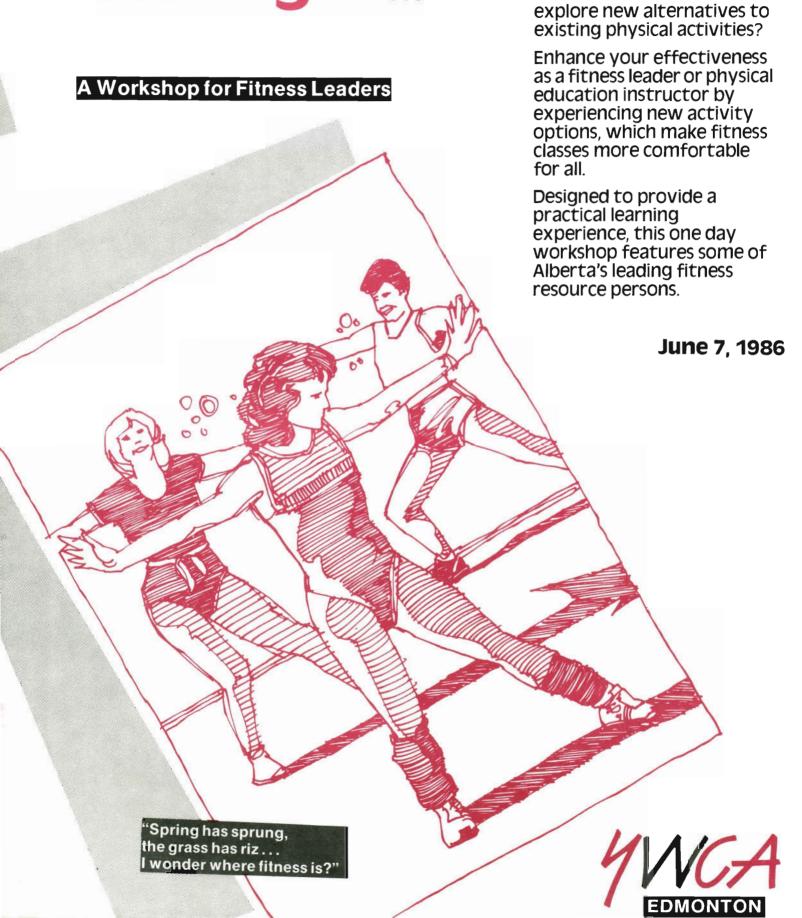
Destination

		Destination	
July 7 - 11	Novice (5 Days) \$140.	Confluence of the Berland River to Whitecourt on the Athabasca River (97 Km)	#66
July 14 - 18	Novice (5 Days) \$140.	Confluence of the Berland River to Whitecourt on the Athabasca River (97 Km)	#67
July 21 - 25	Novice (5 Days) \$140.	Hinton to Berland River confluence on Athabasca River (96 Km)	#68
July 30 - August 6	Advanced (8 Days) \$221.	Abraham Lake to Rocky Mountain House on North Saskatchewan River (145 Km)	#69
August 9 - 15	Novice (7 Days) \$194.	Rocky Mountain House to Drayton Valley on North Saskatchewan River (129 Km)	#70
August 18 - 22	Novice (5 Days) \$140.	Hinton to Berland River confluence on Athabasca River (96 Km)	#71

CAMPERSHIPS

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





Concerned about instructor burnout? Looking for new

injuries to participants and instructors? Need to

ideas? Worried about



Coordinator/Administration

Nancy McCalder Susan Coward

Program

Jenni Coombs Susan Silverthorne

Facilities

Helen Wladyka Danni Sturko

Public Relations/Promotion

May Yano Margaret Drummond Wendy MacDonald

Registration

Lois Morris Jackie Rhodes Ann Makin

Sponsored By

Edmonton YWCA Fitness Resource Team in cooperation with Alberta Recreation and Parks

REGISTRATION

Return to:

YWCA Registration Desk • Registration Deadline: May 16, 1986

10305 - 100 Ave. Edmonton, Alberta

T5J 3C8

- Please complete seperate registration form for each person
- No registrations will be taken on day of workshop.
- Information: YWCA Women's Fitness Centre 423-9922 #6129

Name	Telephone (residence)						
Address	Telephone (business)						
City/Town	_ Postal Cod	le Amount Encl	Amount Enclosed				
Visa/Mastercard No		Expiry Date					
You must pre-register for session Please circle your choice for each ses							
9:00 - 10:30 a.m.		1:15 - 2:45 p.m.					
Resistance Training	1 2 3 4	Jazz is Fitness Too!	1 2 3 4				
-	1 2 3 4	Stretching & Relaxation	1 2 3 4				
Get Wet! Get Fit! Aquatic Fitness	1 2 3 4	Watershape	1 2 3 4				
There is No Finish Line	1 2 3 4	Common Fitness Injuries	1 2 3 4				
10:45 - 12:15 a.m.		3:00 - 4:30 p.m.					
Resistance Training	1 2 3 4	Jazz is Fitness Too!	1 2 3 4				
Low Impact Aerobics	1 2 3 4	Stretching & Relaxation	1 2 3 4				
Get Wet! Get Fit! Aquatic Fitness	1 2 3 4	_	1 2 3 4				
There is No Finish Line	1 2 3 4	Common Fitness Injuries	1 2 3 4				

*When you attend "Fitting In" and complete a workshop evaluation you are eligible for a draw for

a \$50.00 gift certificate courtesy North Star Sporting Goods.



Workshop Sessions

RESISTANCE TRAINING IN THE FITNESS CLASS

Take an opportunity to work with equipment that you can use in your class for muscular strength and endurance exercises. Carolyn will also cover precautions, variations, and improvisations when equipment is not available. Handouts will be provided for future reference.

Carolyn Sugden (YWCA, YMCA & AFLCA Certifications) has been teaching a variety of fitness classes for five years. At present she is a member of the City of Edmonton Fitness Resource Team and has been involved in instructor training for the Federation of Community Leagues.

LOW-IMPACT AEROBICS

Concerned about injuries and overstressed joints? Can a fitness class without jumping, hopping and bouncing be an effective aerobic workout? Come join us and find out through a sample class.

Gina Geres (YWCA, AFLCA & RFA Certifications) will be joining the Edmonton YWCA this spring as Assistant Health and Physical Education Director. She has taught a variety of fitness classes over the past six years for both private and public organizations.

GET WET! GET FIT! AQUATIC FITNESS

Find out why aquatic fitness in quickly becoming a popular fitness choice for all ages!

Dianne will share innovative ideas, progressions and music that you can incorporate in your own programs. Come prepared to get wet and enjoy the water. Swimming skills are not necessary.

Diane Kitchen (AFLCA Trainer and Aquatics Director at the Edmonton YWCA) has a Keen interest in fitness for all ages. She has designed many programs, including an Aquatic Fitness Leadership Training program which is taught throughout the province.

COMMON FITNESS INJURIES

This session will provide an overview of problems experienced by both new and long term participants and instructors. Bring your questions regarding injuries and be prepared to actively participate in this informative session.

Ray Kelly is a certified Athletic
Therapist and has thirty years
experience in the assessment and
management of injuries in all aspects of
sports and physical activity. He is
currently the Head Athletic Therapist
at the University of Alberta, where he
supervises the Athletic Therapy Clinic.

THERE IS NO FINISH LINE . . .

Our bodies go through many changes between birth and death. Research on the effects of fitness in youth and its consequences on aging, is still in its infancy. Sandy will discuss such topics as . . . the price we pay for fitness when we are young, and whether activity in youth limits or enhances our health when we are older.

Sandy O'Brien is an Associate Professor, at the University of Alberta, Faculty of Physical Education and Recreation. She is interested in gerontology and is currently teaching an experimental course in aging and exercise. Sandy is also a fitness leader for a group called "50 and getting better!!" She has coached the U of A gymnastics team and is moving into the area of gymnastics for the older adult. She is the principal researcher for the Alberta Senior Games and is a former Canadian Olympic Gymnastics team member.

JAZZ IS FITNESS TOO!

Jazz can be fitness too. Its fitness advantages include strength, flexibility, agility and coordination. This session will explore the basic elements of jazz dance and how they can effectively enhance a fitness class.

Corinne Chepil has been dancing and performing since the age of four. She has been teaching dance and fitness classes for seven years. In April 1986 she will be graduating from the Grant MacEwan College, Dance Teacher Training Program.

STRETCHING & RELAXATION

Take a look at the basic concepts of stretching and relaxation and apply them to a variety of fitness situations. Such topics as when to stretch, how to stretch, and safety precautions will be included. Experience some practical techniques which can enhance your instruction.

John Reeves received his formal education in the area of Athletic Training and Conditioning. He is presently the program head for the Physical and Leisure Education department at N.A.I.T. He is a Certified Fitness Appraiser and a certified coach and instructor in a variety of sports.

WATERSHAPE

Watershape is a relatively new aquaticfitness activity designed to promote strength and edurance rather than aerobic fitness. Come prepared to take the plunge.





Plan to Attend ...

- Fitness Leaders
- Physical Education Instructors

When?

Saturday, June 7, 1986 8 am - 5 pm

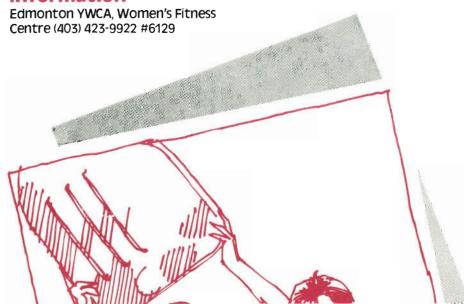
Where?

Northern Alberta Institute of Technology (N.A.I.T.) 11762 - 106 Street, Edmonton

Registration

- \$35/person (includes refreshments, instruction, and learning materials).
- Please return registration to the Edmonton YWCA no later than May 16, 1986.
- No registrations will be accepted on the day of the workshop.
- Confirmation of registration will be returned to you by mail prior to the workshop.

Information



Keynote Presentatio

THEATRE SPORTS

Join us for an energetic and humouroulook at our fitness community... mee "Ultrafits" and "Couch Potatoes"... learn the latest in fitness jargon. Theatre Sports presents improvisational drama... two teams cactors in competition. Be prepared for fun and even a little ridicule!

YWCA

resource centre

423-9922 "ON OUR OWN" counselling referrals.

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