

YWCA

Summer 1984

JULY / AUGUST



10305 - 100 Avenue
Edmonton, Alberta T5J 3C8

423-9922



United Way

Registration

Registration for YWCA summer classes begins April 15/84 and continues weekdays by:

MAIL OR IN PERSON

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



Where did you
learn about this
class?

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

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

NAME (ADULT) (CHILD)

ADDRESS POSTAL CODE

PHONE (Daytime) (Evening)

COURSE TITLE & NUMBER

COURSE DATE & LOCATION FEE ENCLOSED

CHEQUES/MONEY ORDERS PAYABLE TO: YWCA

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

TRANSFERS/REFUNDS/SUBSIDIES

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

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

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

Seniors

Edmonton YWCA Programme fees are half price to adults 60 years and over, except at YoWoChAs Centre. Reduced rates on accommodation for senior women also available.

PARKING

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

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

Patti St. Pierre
Special Services Director
Phone: 423-9922



Where to find . . .

Accommodation	5	Intense Classes	16
Aerobic Dance	See Fitness	Neighborhood Classes	13
Aquatics - Adult	9, 10	Fitness Centre (Women's)	17, 18
Children	8	Fitness Testing	11
Preschool	7	Membership	3, 17
Aquafitness	10	"On Our Own" Resource Centre	5
Cafeteria	4	Outdoor Recreation	See YoWoChAs Centre
Camps	8, 22, 23	Preschool Programs	6, 7
Childcare	4	Racquetball	19
<small>(see childcare, family relief, preschool,</small>		Registration	2
<small>aquatics, YoWoChAs Centre).</small>		Special Services	2
Dance	20	Residence	5
Daycamps	8	Shop	4
Employee Fitness	12	Swim	See Aquatics
Family Relief Service	5	Weight Training	19
Fitness - General Information	11, 12	Yoga	13
Mild Classes	13	YoWoChAs Centre	21, 28
Moderate Classes	14, 15		



WHO ARE WE?

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

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

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

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

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

Join Us

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

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

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

Memberships available at reception desk - main floor YWCA or c/o Membership Committee
YWCA - 10305 - 100 Avenue
EDMONTON, Alberta
T5J 3C8

Child Care

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



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

COST: \$1.90/hour; \$1.10/hour each additional child in a family.

LOCATION: Please take children to age-appropriate area.

Five minute drop-off parking at rear entrance.

- Infants (0-12 months) Main Floor
- Babies (12-18 months) Second Floor

- Toddlers (19-35 months) Second Floor
- Preschool (3-5 years) Main Floor

STAFF/CHILD RATIO:

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

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

For further information: Child Care 423-9922.

Cafeteria

The Sarah Golden Cafeteria is located in the Downtown YWCA



10305 - 100 Avenue and is open daily to the public.

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

- Complete meal service

- Specialists in homemade cinnamon buns, muffins, scones, buns and pies

- Catering to meetings/office functions during above hours. For further information call: Cafeteria Manager 423-9922.

The Shop

Have you ever forgotten your towel, run out of shampoo, misplaced your racquetball? Drop by 'The Shop'



YWCA Lower Level One and discover the selection of fitness clothing, equipment and accessories. Toiletries also available.

Need a lock, swim goggles, racquets, a bathing suit (infant to adult sizes) or a sweat band? We have them all. We also stock a wide range of T-Shirts including YWCA Fitness sweatshirts for men and women and a complete size range of YWCA

Aquatic T-Shirts for the pre-school crowd. Check The Shop for all your fitness class needs. You'll be pleasantly surprised!

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

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

Summer Hours:

Mon.-Fri. 10 a.m.-2 p.m.

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 includes "hotel like" single and double rooms with bath, single

rooms with shared bath, small dormitories and hostel like "sleeping bag" accommodation. Limited coed group accommodation also available by reservation only in "sleeping bag" area. For further information contact: YWCA Women's Residence, 3rd Floor, 423-9922.



ON OUR OWN Resource Centre

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

"ON OUR OWN" PROGRAMS AND SERVICES

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

LIVING THROUGH LOSS

The "Living Through Loss" group

provides support for widowed persons wanting to move through loss toward regained physical and mental well being.

Wednesdays 1:15 - 3:30 p.m.

THE CHALLENGE OF BEING WIDOWED

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

Thursdays 1:15 - 3:30 p.m.

THURSDAY NIGHTERS POT LUCK SUPPER

Come, bring a casserole or whatever, and spend one evening/month with our members and enjoy a surprise fun feast - When we say "POT LUCK", we mean it! Bring

your own plate and cutlery so nobody gets stuck with the dishes! Third Thursday night of each month, 7 p.m., in the On Our Own Resource Centre. No fee.

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



Family Relief Service

CARE IN YOUR HOME FOR HANDICAPPED INDIVIDUALS

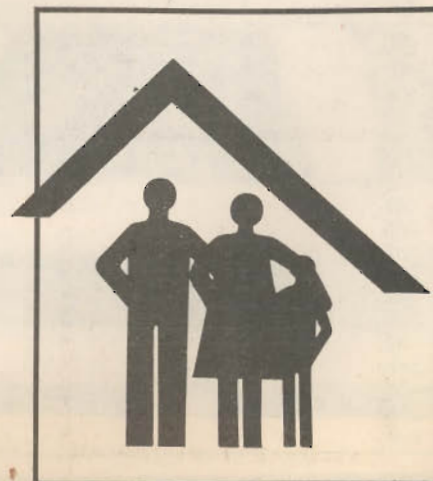
YWCA FAMILY RELIEF SERVICE offers care and companionship for both disabled children and adults. Parents can enjoy an evening out, moms take a break during the day, families can plan weekends or vacation trips knowing their family member requiring special care is being well looked after. This service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

FUNDED IN PART 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.



Pre-School Gym & Swim

PRE-SCHOOL GYM & SWIM

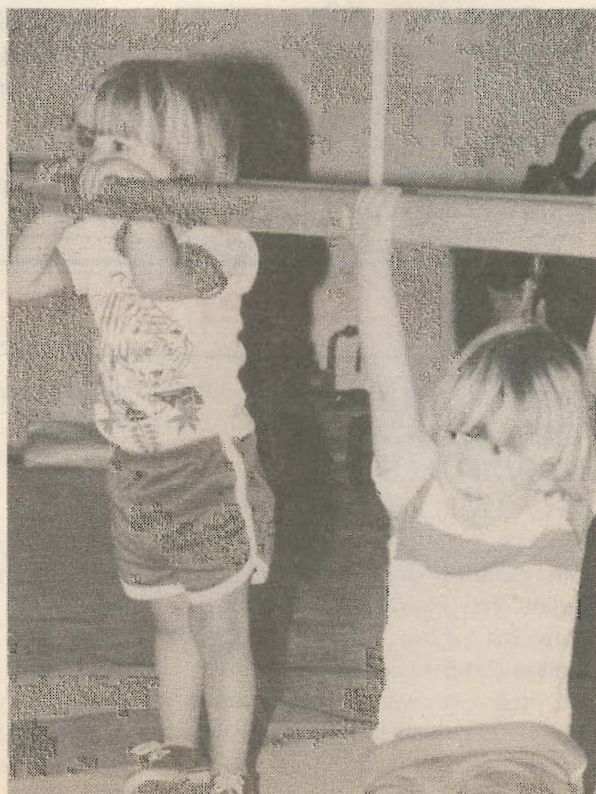
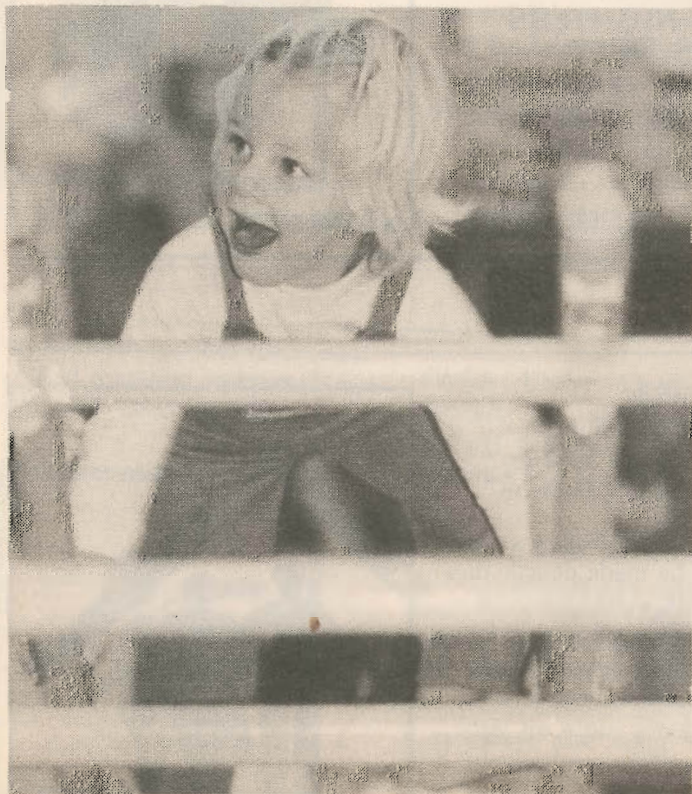
Offer your child a chance to explore a new environment, meet other children and be physically active. Jumping, running, bouncing, climbing and playing are just a few of the activities children enjoy. A variety of equipment such as balls, beanbags, hoops, climbing apparatus and a trampoline are used. *Children under 3 years must be accompanied by a parent who will be shown how to encourage his/her child to develop his/her skills. Parents may register*

their child in the "gym-only" portion of any of the gym and swim programs.

RUNNIN' AND ROMPIN' TOGETHER

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

AGE GROUP	DAYS	DATES	TIME	GYM & SWIM	GYM ONLY
PRE-SCHOOL SWIM & GYM				\$32	\$21
2 Years	Fridays	July 6 - Aug. 24	Gym 10:10 - 10:50 Pool 11:00 - 11:30	445	445A
3 Years	Fridays	July 6 - Aug. 6	Gym 10:50 - 11:30 Pool 11:40 - 12:10	446	446A
4 & 5 Years	Fridays	July 6 - Aug. 24	Gym 9:30 - 10:00 Pool 10:20 - 10:50	447	447A
RUNNING' AND ROMPIN' TOGETHER					
2 & 3 Years	Tuesdays	July 3 - Aug. 21	10:45 - 11:30 a.m.		448



Pre-School Swim

Pre-School water activities ensure a relaxed environment for children and their parents during each half hour session. The session is fun, and allows room for movement, experimenting and learning. Throughout your child's water experience he or she should develop a liking for the water, basic safety skills, self-confidence, social skills and sensory motor co-ordination.

PRE-SCHOOL AQUATICS AGE GROUPINGS

Water Babies I — 4 - 8 Months

Water Babies II — 8 - 12 Months

Water Babies III — 12 - 18 Months

Minnows — 18 - 30 Months

Guppies — 2½ - 4 Years

Fishtails — 4 and 5 Years

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

COST: Attend 2X weekly for 4 weeks — \$23.

* There will be no classes August 6 due to Civic Holiday.



LEVEL	DAYS	DATES	TIME	HOURS OF INSTRUCTION	NUMBER
Water Babies I	Tues./Thurs.	July 3 - July 26	9:30 - 10:00 a.m.	4	450
	Mon./Wed.	July 4 - July 30	12:00 - 12:30 p.m.	4	451
	Tues./Thurs.	July 31 - Aug. 23	9:30 - 10:00 a.m.	4	550
	Mon./Wed.	Aug. 1 - Aug. 29	12:00 - 12:30 p.m.	4	551
Water Babies II	Tues./Thurs.	July 3 - July 26	11:00 - 11:30 a.m.	4	452
	Mon./Wed.	July 4 - July 30	11:30 - 12 Noon	4	453
	Tues./Thurs.	July 31 - Aug. 23	11:00 - 11:30 a.m.	4	552
	Mon./Wed.	Aug. 1 - Aug. 29	11:30 - 12 Noon	4	553
Water Babies III	Tues./Thurs.	July 3 - July 26	12:00 - 12:30 p.m.	4	454
	Mon./Wed.	July 4 - July 30	1:00 - 1:30 p.m.	4	455
	Tues./Thurs.	July 31 - Aug. 23	12:00 - 12:30 p.m.	4	554
	Mon./Wed.	Aug. 1 - Aug. 29	1:00 - 1:30 p.m.	4	555
Minnows	Tues./Thurs.	July 3 - July 26	12:30 - 1:00 p.m.	4	458
	Mon./Wed.	July 4 - July 30	9:30 - 10:00 a.m.	4	456
	Mon./Wed.	July 4 - July 30	6:30 - 7:00 p.m.	4	457
	Tues./Thurs.	July 31 - Aug. 23	12:30 - 1:00 p.m.	4	558
	Mon./Wed.	Aug. 1 - Aug. 29	9:30 - 10:00 a.m.	4	556
	Mon./Wed.	Aug. 1 - Aug. 29	6:30 - 7:00 p.m.	4	557
Guppies	Tues./Thurs.	July 3 - July 26	1:00 - 1:30 p.m.	4	460
	Mon./Wed.	July 4 - July 30	11:00 - 11:30 a.m.	4	459
	Tues./Thurs.	July 31 - Aug. 23	1:00 - 1:30 p.m.	4	560
	Mon./Wed.	Aug. 1 - Aug. 29	11:00 - 11:30 a.m.	4	559
Fishtails	Tues./Thurs.	July 3 - July 26	11:30 - 12 Noon	4	461
	Mon./Wed.	July 4 - July 30	12:30 - 1:00 p.m.	4	463
	Mon./Wed.	July 4 - July 30	7:00 - 7:30 p.m.	4	462
	Tues./Thurs.	July 31 - Aug. 23	11:30 - 12 Noon	4	561
	Mon./Wed.	Aug. 1 - Aug. 29	7:00 - 7:30 p.m.	4	562
	Mon./Wed.	Aug. 1 - Aug. 29	12:30 - 1:00 p.m.	4	563

DAY CAMPS

Enjoy cookouts, hikes, nature studies, games, crafts and field trips to special places. Every day ends with a splash in the YWCA Pool!!! Children assist in planning activities. Disabled children welcome. All day camps operate Monday to Friday 9 a.m. - 4:30 p.m. Staff will be on duty 8:30 a.m. - 5:00 p.m. to keep the kids busy until you pick them up.

• ADVENTURE I DAY CAMPS

Join us at the YWCA downtown, participate in indoor and outdoor fun and learn about the city.

Special events and trips to exciting places are all part of the ADVENTURE.

• ADVENTURE II DAY CAMPS

Enjoy all the excitement of Adventure II as well as an OVERNIGHT TRIP to YoWoChAs Centre on Lake Wabamun. You'll have the chance to camp out, cook out, canoe and enjoy nature. Transportation provided. *Because of the setting and supervision, this is an excellent "first time away from home" Adventure.

Adventure 1 Day Camp (6 - 12 years)	July 3 - 6 Tues. to Fri. (4 days)	\$48	420
	July 9 - 13 Mon. to Fri. (5 days)	\$53.50	421
	July 16 - 20 Mon. to Fri. (5 days)	\$53.50	422
	July 30 - Aug. 3 Mon. to Fri. (5 days)	\$53.50	423
	Aug. 7 - 10 Tues. to Fri. (4 days)	\$48	424
	Aug. 20 - 24 Mon. to Fri. (5 days)	\$53.50	425
Adventure II Day Camp (6 - 12 years)	Aug. 27 - 31 Mon. to Fri. (5 days)	\$53.50	426
	July 23 - 27 Mon. to Fri. (5 days) (Wednesday overnight)	\$68	427
	Aug. 13 - 17 Mon. to Fri. (5 days) (Wednesday Overnight)	\$68	428

YOUTH SWIM

6 - 15 year olds enjoy small Red Cross classes to ensure personal attention. For appropriate level of registration, see chart below.

COST: Attend 2Xweek for 4 week - \$35

* There will be no classes held August 6 due to Civic Holiday.

LEVEL	DAYS	DATES	TIME	HOURS OF INSTRUCTION	NUMBER
Orange	Tues./Thurs.	July 3 - 26	10:30 - 11:00 a.m.	8	464
	Tues./Thurs.	July 31 - Aug. 23	10:30 - 11:30 a.m.	8	564
Red	Tues./Thurs.	July 3 - 26	10:30 - 11:30 a.m.	8	465
	Tues./Thurs.	July 31 - Aug. 23	10:30 - 11:30 a.m.	8	565
Maroon	Tues./Thurs.	July 3 - 26	10:30 - 11:30 a.m.	8	466
	Tues./Thurs.	July 31 - Aug. 23	10:30 - 11:30 a.m.	8	566
Blue/Green	Mon./Wed.	July 4 - July 30	1:30 - 2:30 p.m.	8	465A
	Tues./Thurs.	July 3 - July 26	1:30 - 2:30 p.m.	8	565A
	Mon./Wed.	Aug. 1 - Aug. 27	1:30 - 2:30 p.m.	8	466A
	Tues./Thurs.	July 31 - Aug. 23	1:30 - 2:30 p.m.	8	566A
Grey/White	Mon./Wed.	July 4 - July 30	1:30 - 2:30 p.m.	8	465B
	Tues./Thurs.	July 3 - July 26	1:30 - 2:30 p.m.	8	565B
	Mon./Wed.	Aug. 1 - Aug. 27	1:30 - 2:30 p.m.	8	466B
	Tues./Thurs.	July 31 - Aug. 23	1:30 - 2:30 p.m.	8	566B

ADULT SWIM

Choose a summer class convenient to your schedule. See chart for appropriate Red Cross Skill Level.

COST: 10 one hour lessons \$46

9 one hour lessons \$42

8 one hour lessons \$38

TO ENTER THIS LEVEL YOU MUST

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

* There will be no classes held August 6 due to Civic Holiday.

ATTEND 5x WEEKLY FOR 2 WEEKS

LEVEL	DAYS	DATES	TIME	HOURS OF INSTRUCTION	NUMBER	COST
Absolutely Terrified	Mon.-Fri.	July 16 - 27	8:30 - 9:30 p.m.	10	473	\$46
	Mon.-Fri.	Aug. 13 - 24	8:30 - 9:30 p.m.	10	573	\$46
Orange	Mon.-Fri.	July 16 - 27	8:30 - 9:30 p.m.	10	474	\$46
Red	Mon.-Fri.	July 3 - 13	8:30 - 9:30 p.m.	9	475	\$42
Red	Mon.-Fri.	July 30 - Aug. 10	8:30 - 9:30 p.m.	9	574	\$42
Maroon	Mon.-Fri.	July 30 - Aug. 10	8:30 - 9:30 p.m.	9	575	\$42
Blue/Green	Mon.-Fri.	July 3 - 13	8:30 - 9:30 p.m.	9	476	\$42
Grey/White	Mon.-Fri.	Aug. 13 - 24	8:30 - 9:30 p.m.	10	576	\$46

ATTEND 2x WEEKLY FOR 4 WEEKS

LEVEL	DAYS	DATES	TIME	HOURS OF INSTRUCTION	NUMBER	COST
Absolutely Terrified	Mon./Wed.	July 4 - 30	7:30 - 8:30 p.m.	8	467	\$38
	Mon./Wed.	Aug. 1 - 29	7:30 - 8:30 p.m.	8	567	\$38
Orange	Mon./Fri.	July 6 - 30	10:30 - 11:30 a.m.	8	468	\$38
	Mon./Fri.	Aug. 3 - 31	10:30 - 11:30 a.m.	8	568	\$38
	Tues./Thurs.	July 3 - 26	7:30 - 8:30 p.m.	8	469	\$38
	Tues./Thurs.	July 31 - Aug. 23	7:30 - 8:30 p.m.	8	569	\$38
Red	Wed./Fri.	July 4 - 27	5:30 - 6:30 p.m.	8	470	\$38
	Wed./Fri.	Aug. 1 - 24	5:30 - 6:30 p.m.	8	570	\$38
Maroon	Wed./Fri.	July 4 - 27	5:30 - 6:30 p.m.	8	471	\$38
	Wed./Fri.	Aug. 1 - 24	5:30 - 6:30 p.m.	8	571	\$38
	Mon./Wed.	July 4 - 30	7:30 - 8:30 p.m.	8	472	\$38
	Mon./Wed.	Aug. 1 - 29	7:30 - 8:30 p.m.	8	572	\$38

AQUAFITNESS

For fun and a new fitness experience, try aerobic exercise in the water. These are energizing classes which improve your cardiovascular condition, agility, balance, coordination and endurance. Music accompanies the exercises. The water creates a large workload 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 aquafitness class. Classes are rated:

1. Mild - Moderate: which begins with 15 minutes of aerobic exercise in the water.
2. Moderate - Intense: which begins with 20 minutes of aerobics and exercise in the water.

Classes will run throughout July and August at the same times.

Fee: \$37/1 x week (8 weeks — 8 hours of instruction)

\$62/2 x week (4 weeks — 16 hours of instruction)

\$92/3 x week (4 weeks — 24 hours of instruction)

*or drop in at \$5.00/class.

ENDURANCE/STROKE IMPROVEMENT

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, muscle strength and endurance.

Fee: \$35/1 x week (8 weeks — 8 hours of instruction)

\$58/2 x week (4 weeks — 16 hours of instruction)

\$91/3 x week (4 weeks — 24 hours of instruction)

LEVEL	DAYS	DATES	TIME	HOURS OF INSTRUCTION	NUMBER	COST
Aquatic Fitness 1	Mon./Wed.	July 4 - 30	9:30 - 10:30 a.m.	8	477	\$37
	Mon./Wed.	Aug. 1 - 29	9:30 - 10:30 a.m.	8	577	\$37
Aquatic Fitness 1	Tues./Thurs.	July 3 - 26	1:30 - 2:30 p.m.	8	478	\$37
	Tues./Thurs.	July 31 - Aug. 23	1:30 - 2:30 p.m.	8	578	\$37
Aquatic Fitness 2	Tues./Thurs.	July 3 - 26	9:30 - 10:30 a.m.	8	479	\$37
	Tues./Thurs.	July 31 - Aug. 23	9:30 - 10:30 a.m.	8	579	\$37
Aquatic Fitness 2	Friday	July 6 - Aug. 24	9:30 - 10:30 a.m.	8	480	\$37
	Mon./Wed.	July 4 - 30	6:30 - 7:30 p.m.	8	481	\$37
	Mon./Wed.	Aug. 1 - 29	6:30 - 7:30 p.m.	8	581	\$37
Aquatic Fitness 2	Tues./Thurs.	July 3 - 26	6:30 - 7:30 p.m.	8	482	\$37
	Tues./Thurs.	July 31 - Aug. 23	6:30 - 7:30 p.m.	8	582	\$37
	Friday	July 6 - Aug. 24	6:30 - 7:30 p.m.	8	483	\$37
Pre/Post Natal	Wed./Fri.	July 4 - 27	10:30 - 11:30 a.m.	8	484	\$37
Aquaticfitness	Wed./Fri.	Aug. 1 - 24	10:30 - 11:30 a.m.	8	584	\$37
Pre/Post Natal	Tues./Thurs.	July 3 - 26	7:30 - 8:30 p.m.	8	485	\$37
Aquaticfitness	Tues./Thurs.	July 31 - Aug. 23	7:30 - 8:30 p.m.	8	585	\$37
Endurance/Stroke	Mon./Wed.	July 4 - 30	10:30 - 11:30 a.m.	8	486	\$35
Improvement	Mon./Wed.	Aug. 1 - 29	10:30 - 11:30 a.m.	8	586	\$35
Endurance/Stroke	Wed./Fri.	July 4 - 27	6:30 - 7:30 p.m.	8	487	\$35
Improvement	Wed./Fri.	Aug. 1 - 24	6:30 - 7:30 p.m.	8	587	\$35

MASTER SWIM CLUBS

Adult Fitness Swim Club (Cetaceans)

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

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

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

Monday	5:30 - 6:30 p.m.	Pool	Fees: \$260./year
Tuesday	5:00 - 5:30 p.m.	Weight Room Training	(payment plans can be arranged)
	5:30 - 6:30 p.m.	Pool	OR
Thursday	5:00 - 5:30 p.m.	Weight Room Training	\$70./ 3 Months
	5:30 - 6:30 p.m.	Pool	

The YW way to a fit lifestyle

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

FITNESS CONSULTATIONS

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

- cardio-vascular endurance
- percentage body fat
- muscle strength and endurance
- flexibility

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

Cost: \$30. For an appointment call **Ann Malsbury** at 423-9922.

BODY COMPOSITION ASSESSEMENT

This is designed for the person who is concerned about their weight. Weigh scales give an overall sum of total body weight - fat, bone, muscle and fluid. What you are really concerned about is what percentage of your weight is fat and whether it is at an acceptable level. This will be determined by taking skinfold measurements and will be followed by a counselling session.

Cost: \$10. For an appointment call **Ann Malsbury** at 423-9922.



RELAXATION TRAINING

Courses which teach you the skills of "learning to relax" can be arranged for interested groups. Major focus is on the usage of progressive relaxation techniques. Taught by qualified occupational therapists. Contact **Ann Malsbury** at 423-9922.

The best for you . . . YW Fitness Classes

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

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

Alberta. She is a registered fitness appraiser with extensive fitness testing experience.

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

Looking for quality? Try the YWCA. We've been in the business of providing fitness classes for more than 77 years and we'll be here to meet your fitness needs for many years to come.

Fitness at your convenience

FITNESS ON THE JOB

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

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

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

FITNESS AS AT CONFERENCE

Planning a conference? Why not provide an opp-

portunity for participants to take a fitness class? The YWCA will come to your conference and teach aerobic fitness classes.

FITNESS ON YOUR DOORSTEP

Do you live in an apartment or condominium? Would you like to have an aerobic dance class run in your building? All you need is a suitable room and fifteen or more participants. The YWCA can provide qualified instructors.

FITNESS IN YOUR NEIGHBORHOOD

Summer daytime or late afternoon classes at the following schools.

- Steinhauer • Thorncliffe • St. Timothy's • Strathearn

Dates and time to be confirmed in early June.

Information: Ann Malsbury
423-9922

FITNESS DOWNTOWN



**Choose a class suitable to your
schedule and fitness level this summer.**

**Watch for exciting new classes and
old favorites in the Fall.**

Men and women welcome.

MILD FITNESS CLASSES

BEGINNER LEVEL CHECK

	YES	NO
1. You would like to start an exercise program	___	___
2. You can touch your toes when sitting (leg straight)	___	___
3. You can walk up one flight of stairs (15-15 steps) without being out of breath	___	___
4. You can do 3 bent knee situps with someone holding your feet (hands at sides)	___	___

RESULTS

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

FITNESS FOR SENIORS

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

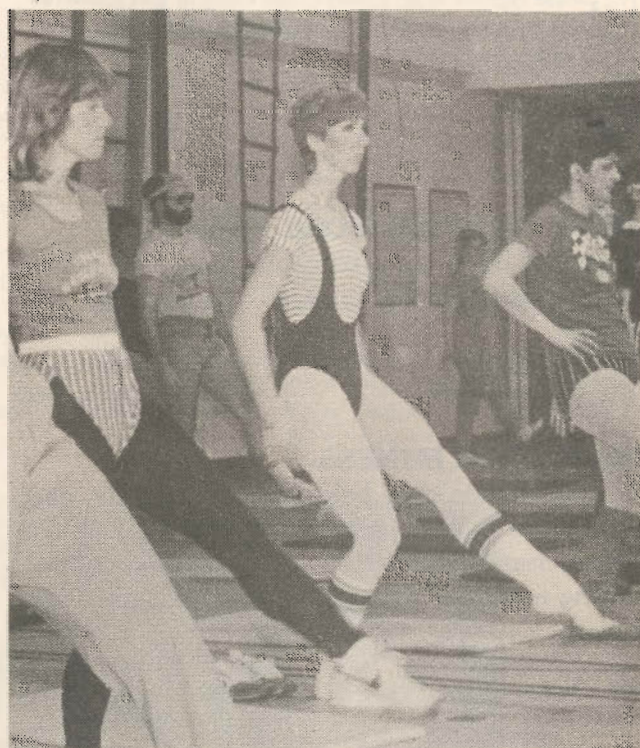
\$25 1 class/week, \$46 2 classes/week. (8 weeks)

(1/2 price to those 60 years and older)

YOGA

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

\$30 (8 weeks).



AEROBIC FITSTARTS

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

8 weeks.

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

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.

(8 weeks)

\$23 1 class/week

\$43 2 classes/week

MILD FITNESS CLASSES

Aerobic Fitstarts	Tuesday	9:30 - 10:15 a.m.	July 3 - Aug. 21	600
	Tuesday	5:45 - 6:30 p.m.	July 3 - Aug. 21	601
	Thursday	9:30 - 10:15 a.m.	July 5 - Aug. 23	602
	Thursday	5:45 - 6:30 p.m.	July 5 - Aug. 23	603
Exercises for Expectant Moms	Tuesday	10:00 - 10:45 a.m.	July 3 - Aug. 21	604
	Friday	10:00 - 10:45 a.m.	July 6 - Aug. 24	605
Fitness for Seniors	Monday	1:00 - 2:00 p.m.	July 9 - Aug. 27	607
	Thursday	1:00 - 2:00 p.m.	July 5 - Aug. 23	608
Yoga	Monday	6:45 - 8:15 p.m.	July 9 - Aug. 27	609
	Thursday	9:30 - 11:00 a.m.	July 5 - Aug. 23	610

MODERATE FITNESS CLASSES

INTERMEDIATE LEVEL CHECK

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

RESULTS

If you have answered NO to two or more of the above, please register in an Intermediate Class. If you answered YES to three or more... proceed to Advanced Level Check.

MODERATE FITNESS

Energize your day with this 45 minute class. It is similar in content to Aerobic Dance 1 except the aerobic portion (huffing-puffing activities) are not quite as strenuous and the flexibility and strength exercises are not as intense.

8 Weeks

\$23 - 1 class/wk. \$43 - 2 classes/wk. \$59 - 3 classes/wk.

BODY SHAPING

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

8 Weeks

\$23 - 1 class/week

\$43 - 2 classes/week

DAWN AEROBIC DANCE I

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

8 Weeks

\$23 - 1 class/week

\$43 - 2 classes/week

AEROBIC DANCE I

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

8 Weeks

\$25 - 1 class/wk. \$49 - 2 classes/wk. \$68 - 3 classes/wk.

NOON OR AFTER WORK FITNESS

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

8 Weeks

\$20 - 1 class/week

\$36 - 2 classes/week

\$53 - 3 classes/week

\$67 - 4 classes/week

RUSH HOUR FITNESS

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

8 Weeks

\$22 - 1 class/week

\$39 - 2 classes/week

\$54 - 3 classes/week

\$70 - 4 classes/week



MODERATE FITNESS CLASSES

MODERATE FITNESS CLASSES

Noon/After Work Fitness	Monday	12:15 - 12:45 p.m.	July 9 - Aug. 27	611
		5:00 - 5:30 p.m.	July 9 - Aug. 27	612
	Tuesday	12:15 - 12:45 p.m.	July 3 - Aug. 21	613
		5:00 - 5:30 p.m.	July 3 - Aug. 21	614
	Wednesday	12:15 - 12:45 p.m.	July 4 - Aug. 22	615
		5:00 - 5:30 p.m.	July 4 - Aug. 22	616
Rush Hour Fitness	Thursday	12:15 - 12:45 p.m.	July 5 - Aug. 23	617
		5:00 - 5:30 p.m.	July 5 - Aug. 23	618
	Friday	12:15 - 12:45 p.m.	July 6 - Aug. 24	619
	Monday	4:45 - 5:25 p.m.	July 9 - Aug. 27	620
	Tuesday	4:45 - 5:25 p.m.	July 3 - Aug. 21	621
	Wednesday	4:45 - 5:25 p.m.	July 4 - Aug. 22	622
Moderate Fitness	Thursday	4:45 - 5:25 p.m.	July 5 - Aug. 23	623
	Monday	10:30 - 11:15 a.m.	July 9 - Aug. 27	624
		7:30 - 8:15 p.m.	July 9 - Aug. 27	625
	Wednesday	10:30 - 11:15 a.m.	July 4 - Aug. 22	626
		7:30 - 8:15 p.m.	July 4 - Aug. 29	627
	Friday	10:30 - 11:15 a.m.	July 6 - Aug. 24	628
Body Shaping	Tuesday	10:30 - 11:15 a.m.	July 3 - Aug. 21	629
		7:30 - 8:15 p.m.	July 3 - Aug. 21	630
	Thursday	10:30 - 11:15 a.m.	July 5 - Aug. 23	631
		7:30 - 8:15 p.m.	July 5 - Aug. 23	632
Dawn Aerobic Dance I	Wednesday	7:00 - 7:45 a.m.	July 4 - Aug. 22	633
	Friday	7:00 - 7:45 a.m.	July 6 - Aug. 24	634
Aerobic Dance I	Monday	9:30 - 10:30 a.m.	July 9 - Aug. 27	635
		5:30 - 6:30 p.m.	July 9 - Aug. 27	636
	Tuesday	6:30 - 7:30 p.m.	July 3 - Aug. 21	637
	Wednesday	9:30 - 10:30 a.m.	July 4 - Aug. 22	638
		5:30 - 6:30 p.m.	July 4 - Aug. 22	639
	Thursday	6:30 - 7:30 p.m.	July 5 - Aug. 23	640
	Friday	9:30 - 10:30 a.m.	July 6 - Aug. 24	641
		6:30 - 7:30 p.m.	July 6 - Aug. 22	642



ADVANCED FITNESS CLASSES

ADVANCED LEVEL CHECK

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

RESULTS

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

BODY SHAPING

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

8 wks.: \$23 1 class/wk.

\$43 2 classes/week

AEROBIC DANCE II

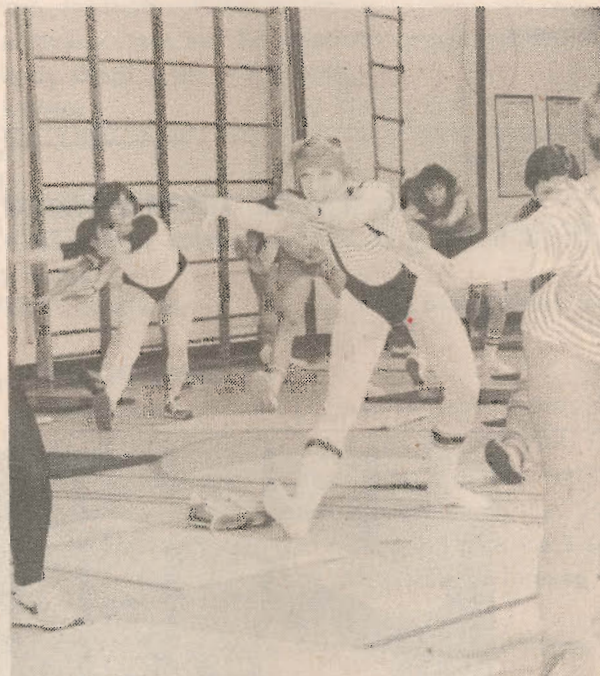
Aerobic Dance remains popular because it provides a well balanced exercise class that is never dull. The aerobic portion begins at 25 minutes and progresses to 32 minutes. The flexibility and strength exercises are more intense.

8 wks.: \$25 1 class/wk. \$49 2 classes/wk. \$68 3 classes/wk.

SUPERFITS

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

8 wks.: \$29



INTENSE FITNESS CLASSES

Aerobic Dance II

Monday	6:30 - 7:30 p.m.	July 9 - Aug. 27	643
Tuesday	9:30 - 10:30 a.m.	July 3 - Aug. 21	644
	5:30 - 6:30 p.m.	July 3 - Aug. 21	645
Wednesday	6:30 - 7:30 p.m.	July 4 - Aug. 22	646
Thursday	9:30 - 10:30 a.m.	July 5 - Aug. 23	647
	5:30 - 6:30 p.m.	July 5 - Aug. 23	648

Bodyshaping

Monday	5:45 - 6:30 p.m.	July 9 - Aug. 27	649
Tuesday	12:10 - 12:55 p.m.	July 3 - Aug. 21	650
Wednesday	5:45 - 6:30 p.m.	July 4 - Aug. 22	651
Thursday	12:10 - 12:55 p.m.	July 5 - Aug. 23	652

Superfits

Friday	5:15 - 6:30 p.m.	July 6 - Aug. 24	653
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Women's Fitness Centre

fitness Centre

MEMBERSHIP PLANS

Full Membership

- 3 Months \$150
- 6 Months \$250
- 1 Year \$380

Hours: 7 a.m. - 10 p.m. Monday - Friday
10 a.m. - 6 p.m. Sat. & Sun.
(includes racquetball privileges)

Daytime Membership

- 3 Months \$100
- 6 Months \$175
- 1 Year \$280

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

Non-Racquetball Membership

- 3 Months \$125
- 6 Months \$200
- 1 Year \$300

Hours: 7 a.m. - 10 p.m. Monday - Friday
10 a.m. - 6 p.m. Sat. & Sun.

Seniors Memberships

\$15.00 for 10 visits

Hours: 7 a.m. - 4 p.m. Monday - Friday
10 a.m. - 6 p.m. Sat. & Sun.

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

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

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

All Memberships include:

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



INFORMATION: 423-9922

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

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

For Your Convenience . . .

SERVICES

- Personal fitness testing includes cardio-respiratory, strength, flexibility, and fat determination. \$30.00 for non-Fitness Centre members, \$5.00 for Members.
- Access to two fitness or one aquafitness class weekly.

FACILITIES

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

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!

FOR YOUR CONVENIENCE

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



SUMMER SPECIAL

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

June 1 - August 31
10 VISITS - \$35

HOURS: Weekdays 7:00 a.m. - 10:00 p.m.
Weekends 10:00 a.m. - 6:00 p.m.

Weight Training

INTRODUCTORY WEIGHT TRAINING

The various unique benefits of weight training include:

1. Increased muscular strength and endurance.
2. Increased muscle tone and a reduction in body fat.

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

WEIGHT ROOM FACILITIES

16 station universal gym and warm up area located on second floor, downtown YWCA. Men and women welcome!

WEIGHT ROOM HOURS

Monday - Friday 7:00 a.m. - 9:00 p.m.
 Saturday and Sunday 10:00 a.m. - 5:30 p.m.
 (excluding times noted below for clinics and classes.)
 Cost: \$1.50 per visit - pay at the Front Desk.

INTRODUCTORY WEIGHT TRAINING FOR MEN AND WOMEN WORKSHOPS

\$15

Wednesday	July 11	6:30 - 9:30 p.m.	654
Thursday	July 26	6:30 - 9:30 p.m.	655
Tuesday	August 14	6:30 - 9:30 p.m.	656
Saturday	August 25	9:30 - 12:30 p.m.	657

Racquetball

HOURS:

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

COST:

\$8/court/hour

RACQUETBALL BOOKING

PROCEDURE:

Phone 423-9922

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

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

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

GAME CARDS:

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

Cost: \$40 for 10 one hour bookings.

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

BLOCK BOOKINGS:

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

LESSONS:

Private lessons are available by contacting Amanda Holloway at 423-9922. Watch for group lessons again in the fall.



Dance

SOCIAL DANCE

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

That Latin Feeling

A four week basic course in three Latin dances:

1. Rhumba
2. Cha-Cha
3. Samba

Disco-Jive

A four week basic course in Jive and variations for today's music.

Waltz the Night Away

A four week basic course in:

1. Old-time Waltz
2. Viennese Waltz
3. Slow Waltz
4. Fox-Trot

Survival on the Dance Floor

A crash course in Social Dance teaching the basics of:

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

JAZZ

A challenging and up-tempo way to improve strenght co-ordination and flexibility through dance steps & routines.

Class	Day	Time	Dates	Hrs.	Cost	#
That Latin Feeling	Tuesday	7:30 - 8:30 p.m.	July 3 - July 24 July 31 - Aug. 21	4	\$30/couple	658 659
Disco-Jive	Thursday	7:30 - 8:30 p.m.	July 5 - July 26 Aug. 2 - Aug. 23	4	\$30/couple	660 661
Waltz The Night Away	Thursday	8:30 - 9:30 p.m.	July 5 - July 26 Aug. 2 - Aug. 23	4	\$30/couple	662 663
Survival On The Dance Floor	Tuesday	8:30 - 10 p.m.	July 3 - July 24 July 31 - Aug. 21	6	\$45/couple	664 665
Jazz	Wednesday	7:30 - 8:30 p.m.	July 4 - Aug. 22	8	\$32	666
		8:30 - 9:30 p.m.	July 4 - Aug. 22	8	\$32	667

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



THE YWCA YEAR ROUND CENTRE FOR

- **OUTDOOR RECREATION**
- **ENVIRONMENTAL EDUCATION**
- **LEADERSHIP DEVELOPMENT**



Located 80 km west of Edmonton on Lake Wabamun

Canoeing at YoWoChAs Centre Makes Learning a Holiday!

Enjoy a weekend on the wooded shores of Lake Wabamun enjoying the basics of canoeing during the day and relaxing in front of the fireplace in the evening, sharing experiences with old and new friends.

Weekend courses include instruction, all meals, accommodation and instruction in basic strokes, safety, equipment and trip planning. All equipment is provided.

Introductory Lake Canoeing Courses

Weekends are from Friday evening to Sunday afternoon.

COST: \$65 DATES: May 25 - 27 #416
 June 1 - 3 #417
 June 22 - 24 #418

BECOME A CERTIFIED CANOE INSTRUCTOR!

Alberta Recreation Canoe Association (ARCA) Basic Canoe Instructor's Course.

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

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

COST: \$100.00 (includes meals, accommodation and instruction). Plus \$15.00 exam fee, payable to the instructor.

DATES: June 1 - 3 #419

YoWoChAs CENTRE YOUR WAY

- **Select a camp or workshop from seasonal listings. Meals and accommodation (dormitory style) are included.**
- **Let us design a programme for your group...We'll custom design a special programme for your groups needs. Schools, community groups, businesses and families all use our services.**
- **Design your own programme...Your group may wish to conduct a meeting, workshop or camp using YoWoChAs Centre facilities on a rental basis.**

**Information: Rick Matishak
423-3811.**

Information: Yowochas centre 423-3811
 YWCA Outdoor
 Recreation 423-9922#6218



Summer Camps for Everyone . . .

ENJOY YOUR SUMMER, OUTDOORS, AT YOWOCHAS CENTRE ON LAKE WABAMUN AT FALLIS, 80 KM. WEST OF EDMONTON. CAMPERS WILL BE ACCOMMODATED IN A MODERN LODGE AND RESIDENCE WITH FAMILY STYLE MEAL SERVICE IN OUR DINING HALL.

EXPLORERS I & II (6 - 11 Years)

Visit magic places, create in our adventure playground with hammer and nails, solar dry your own fruit snacks, sprout seeds, and learn about energy conservation. Join us for summer fun, a chance to make new friends and an opportunity to learn more about the natural world. We'll also walk in the woods, sing, cook outside and enjoy good times with drama and craft activities.

CHALLENGERS (12 - 14 Years)

Join other teens and discover the challenges of canoeing, hiking and a Hebertisme fitness course. Enjoy outdoor saunas, music and good times. Accommodation in tent cabins.

OUTDOOR ENTHUSIASTS:

Fun, fellowship and an outdoor holiday for mentally handicapped adults. Activities will include canoeing, hiking and other outdoor recreation activities of in-

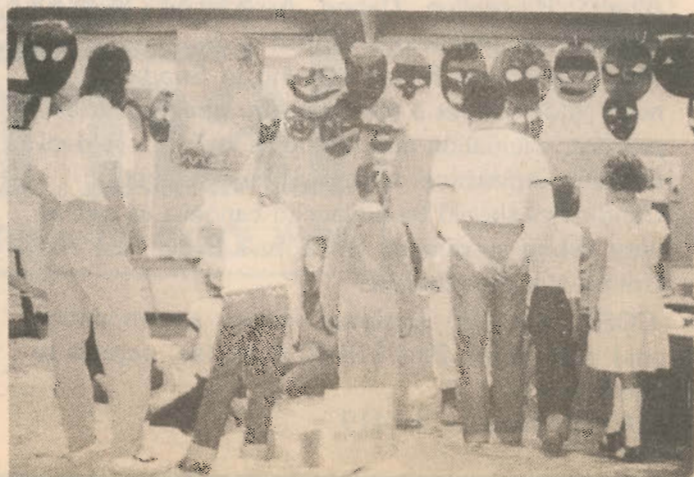
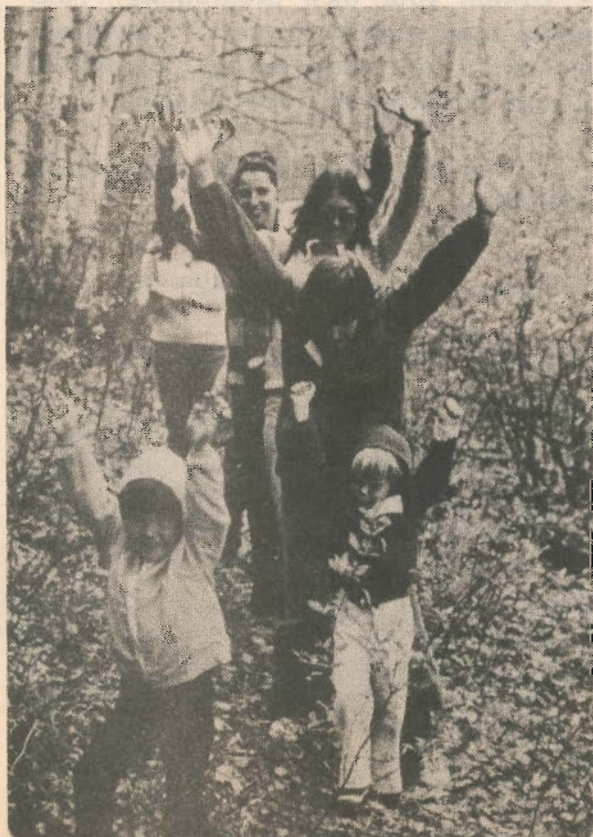
terest to adults. Day trips to other recreation areas will ensure an interesting and exciting vacation.

SINGLE PARENT FAMILY CAMP

A five day family holiday with a chance to relax and enjoy your children. We'll do the cooking while you canoe, hike, swim, learn new crafts or participate in other activities of your choice. Special adult interest sessions will also allow you to share the challenges of being a single parent with others.

FAMILY CAMP

Take the time to enjoy yourself and your family - we'll do the cooking and help you plan an exciting and relaxing holiday using our facilities. The camp allows time for children and parents to be together and apart. Grandparents welcome! Share the challenges of raising a family.

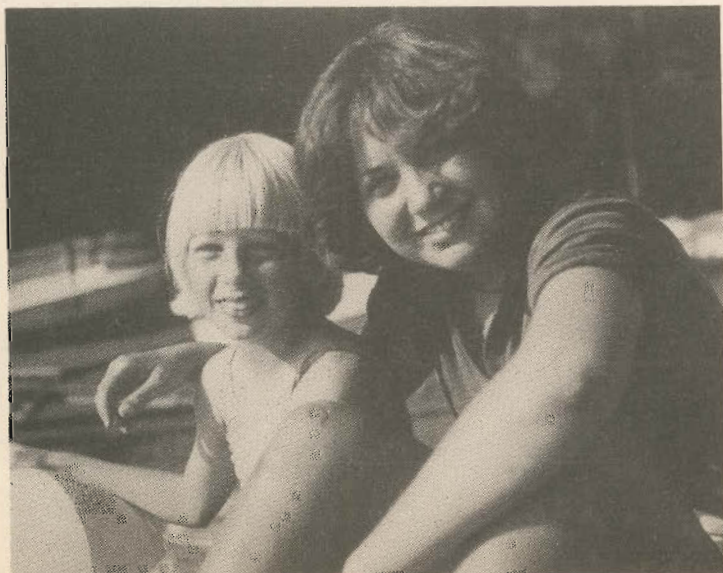


Summer Camps for Everyone . . .

'CAMPERSHIPS'

In special circumstances, through the generous contributions of interested individuals, the YWCA is able to subsidize camp fees. If you require subsidization or would like to donate to the 'Campership' fund, please call Rick Ireland, YWCA Outdoor Recreation Manager at 423-9922 weekdays.

Camp	Date	Days	Cost	
Explorers I (6 - 8 years)	July 9 - 13	5	\$125	400
	July 16 - 20	5	\$125	401
	July 23 - 27	5	\$125	402
	Aug. 11 - 17	7	\$175	403
Explorers II (9 - 11 years)	July 9 - 13	5	\$125	404
	July 16 - 20	5	\$125	405
	July 23 - 27	5	\$125	406
	July 30 - Aug. 6	8	\$200	407
	Aug. 11 - 17	7	\$175	408
Challengers (12 - 14 years)	July 9 - 13	5	\$125	409
	July 23 - 27	5	\$125	410
	July 30 - Aug. 6	8	\$200	410A
	Aug. 11 - 17	7	\$175	411
Outdoor Enthusiasts	July 30 - Aug. 6	8	\$200	412
	Aug. 11 - 17	7	\$175	413
Family Camp	July 16 - 20	5	\$125 (adult) \$85 (6 - 15 yrs.) \$40 (3 - 5 yrs.) Free (under 3 yrs.)	414
Single Parent Family Camp	July 16 - 20	5	\$125 (adult) \$85 (6 - 15 yrs.) \$40 (3 - 5 yrs.) Free (under 3 yrs.)	415



DID YOU KNOW?

- We offer private half-hour swim lessons...\$8
- Our pools are available on a rental basis ... Why not use them for a birthday party, group outing, or special event? Our staff and equipment are available to help make your activity fun.
- We offer public swimming to all age groups — schedules available at the YWCA Reception Desk — Main Floor.
- Private Family Lessons are available at all times convenient to you — \$50/family/4 one-hour lessons?
- Information — Diane Kitchen 423-9922 Weekdays.



WATCH FOR EXCITING NEW CLASSES AND YOUR OLD FAVOURITES THIS FALL...

September — December
Fall '84 Brochure
available July 15, 1984

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

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YWCA

10305 - 100 Avenue,
Edmonton, Alberta T5J 3C8

SEND TO: