

Group Fitness & Rec Sport

Time	Program	Room
MONDAY		
9:15 - 10:00 am	Aqua Fit - Parent & Tot	MP
10:30-11:15 am	Boot Camp	Gym
12:10 - 12:50 pm	Core Strength & Stretch	Gym
5:30 - 6:15 pm	Bars & Plates	Gym
7:00 - 7:45 pm	Bars & Plates	Gym
TUESDAY		
6:15 - 7:00 am	Core Fit	Gym
9:15 - 10:00 am	Aqua Jog	MP
10:15 - 11:00 am	Ball Fit	Gym
12:10 - 12:50 pm	Body Blast	Gym
1:30 - 2:15 pm	Forever Fit	Gym
7:00 - 7:45 pm	Aqua Fit	MP
WEDNESDAY		
9:15 - 10:00 am	Body Blast	Gym
10:30 - 11:15 am	Aqua Jog	MP
12:10 - 12:50 pm	Ball Fit	Gym
1:30 - 2:30 pm	Pickle Ball	Gym
5:30 - 6:15 pm	Body Blast	Gym
7:15 - 8:00 pm	Zumba®	Gym
THURSDAY		
9:15 - 10:00 am	Boot Camp	Gym
10:15 - 10:45 am	Gentle Joints	PP
1:30 - 2:15 pm	Forever Fit	Gym
5:45 - 6:15 pm	HIIT	Gym
7:00 - 7:45 pm	Aqua Fit	MP
8:00 - 9:00 pm	Racquet Sports	Gym
FRIDAY		
6:15 - 7:00 am	Boot Camp	Gym
9:15 - 10:00 am	Bars & Plates	Gym
10:15 - 11:00 am	Ball Fit	Gym
11:05 - 11:50 am	Aqua Fit - Parent & Tot	MP
12:10 - 12:50 pm	Core Fit	Gym
2:00 - 3:00 pm	Pickle Ball	Gym
SATURDAY		
9:00 - 9:45 am	Ball Fit	Gym
9:50 - 10:20 am	HIIT	Gym 2
SUNDAY		
7:00 - 7:45 pm	Aqua Fit	MP

** Please register at the Membership Sales & Service Desk

Descriptions for New Programs

Dodge Ball

A team activity where players dodge, duck, dip, dive and dodge. Supervised.

Flag Football

A non contact game of football that promotes skill development, cardio and mental strategies. Supervised.

Music Movement

Children join a fun musical adventure where they can sing songs and participate in movement activities. Supervised.

Gentle Joints

This class is ideal for stress relief, overall relaxation and restoration of body, mind, and spirit.

Do you want to become a volunteer or a Fitness Leader?

Volunteers play an important role in our YMCA! Become a volunteer, Group Fitness Leader or Personal Trainer. Contact 279-9622 for more information.



Home Alone Safety Course **

Ages: 10-12 years

Date: Session 1 - Sat, Jan 13, 2018
Session 2 - Sat, May 5, 2018

Time: 1:00 pm - 7:00 pm

Fee: \$40 Member / \$50 Non-Member



Description:

This one-day course helps children ages 10-12 prepare for their first steps towards independence and being without adult supervision. Course content includes: injury prevention, internet safety, basic first aid and more. Register at the Membership Sales & Service Desk.

* Completion of this course doesn't ensure that a child is mature enough to be left home alone.

Babysitting Course **

Date: Session 1 - Sat, Feb 10, 2018
Session 2 - Sat, Jun 30, 2018

Time: 12:00 pm - 6:00 pm

Ages: 12-15 years

Fee: \$30 Member
\$50 Non-Member



Description:

This course is designed for youth aged 12-15 and provides valuable information on caring for infants, toddlers, and older children. Topics include basic First Aid, managing challenging behaviours and responsibilities of a mature babysitter. Manual and certificate included.

Register at the Membership Sales & Service Desk.