

## Orientations\*\*

In this complimentary orientation, members will meet with a YMCA Fitness Staff to start them on a basic exercise routine involving cardio and strength machines. Teen members will also be taught proper etiquette and basic training principles to build healthy habits. Note: Teens ages 12-15 must complete an orientation prior to accessing the conditioning centre.

Register at the Membership Sales & Service Welcome Desk.

## Teen Programs (Ages 13-17)

Day	Time	Program	Room
MON	6:45 - 7:30 pm	Lifeguard Club (10-14)**	MP
TUES	6:00 - 7:00 pm	Indoor Soccer	Gym
WED	6:25 - 7:00 pm	Skills & Drills	MP
THURS	4:15 - 4:45pm	Teen Learn to Lift (12+)	Gym
	7:15 - 8:00 pm	Racquet Sports	Gym
FRI	5:30 - 6:15 pm	Basketball	Gym
SAT	4:00 - 4:45 pm	Lifeguard Club (10-14)**	MP

## Open Gymnasium Schedule

Day	Time	Day	Time
MON	7:15 - 9:15 am	FRI	7:00 - 9:00 am
	10:45 am - 12:00 pm		10:15 am - 12:00 pm
	1:00 - 4:30 pm		1:00 - 3:30 pm
	4:30 - 5:30 pm (Gym 2)		7:15 - 8:45 pm
	7:45 - 9:45 pm		
TUES	6:00 - 9:00 am	SAT	7:00 - 9:00 am
	12:15 - 1:15 pm		4:00 - 6:00 pm*
	2:30 - 4:00 pm		6:15 - 8:45 pm
	8:15 - 9:15 pm		
WED	7:15 - 10:00 am	SUN	7:00 - 9:00 am
	11:00 am - 12:00 pm*		12:30 - 4:00 pm***
	2:30 - 3:45 pm		4:00 - 6:00 pm*
	7:30 - 9:45 pm		6:15 - 8:45 pm
THURS	6:00 - 9:00 am		
	2:30 - 4:15 pm		
	5:30 - 7:15 pm (Gym 2)		
	8:45 - 9:45 pm		

\* Family Open Gym

\*\*\* Availability pending on birthday parties

## Program Descriptions

### Aqua Fit

This class, held in the comfort of water, is designed for all fitness levels and is designed to improve your cardio, strength and range of motion.

### Teen Learn to Lift (12+)\*\*

Classes built for beginner lifters who wish to learn the correct techniques for weight lifting as well as the functional movement patterns.

### Lifeguard Club\*\* (ages 10-14)

The Lifeguard Club is a chance to build a

network of like-minded individuals with a passion for skill development and knowledge within the lifesaving community. Supervised.

### Open Gymnasium

Drop in, shoot some hoops or kick around a soccer ball. Supervision guidelines for children under age 12 apply.

### Skills & Drills

This drop-in program allows you to build your swimming skills between lessons. Must be able to swim a minimum of 25 meters. Supervised.

## Swim to Survive Challenge (6-12)

Session 1: Sat, July 29 (1:00 - 2:00 pm)

Session 2: Sat, August 26 (1:00 - 2:00 pm)

Swim to Survive Challenge is a one time session that introduces children to the essentials needed to survive an unexpected fall into deep water. Not a replacement for swim lessons. Open to members and non-members. Please register at the Welcome Desk.

## Fitness Leadership

Become a Group Fitness Leader or Personal Trainer. Contact 279-9622 for more information. Full details available on our website.



## Personal Training\*\*

Personal Training Private and semi-private (max two) training sessions are available:

1 Hour Personal Training	\$40
6 Hour Personal Training	\$204 (15% savings)
12 Hour Personal Training	\$360 (25% savings)
1 Hour Semi-Private	\$60
6 Hour Semi-Private	\$306 (15% savings)
12 Hour Semi-Private	\$540 (15% savings)