



# HFA Spring Session 4

May, 2021

**FAMILY FUN ACTIVITIES/LARGER THAN LIFE YARD GAMES COST**

**ONE TIME DROP IN:** \$15.00 per family

**SIX TIME PUNCH PASS:** \$60.00 per family

**Downtown  
Medicine Hat  
Restricted Hours**  
**Monday—Friday:** 5:30 AM—10:00 PM  
**Saturday:** 9:30 AM—6:00 PM  
**Sunday:** 9:30 AM—6:00 PM  
 150 Ash Avenue SE, Medicine Hat, Alberta, T1A 3A9  
 403-527-4426 www.medicinehatymca.ca

MONDAY	MP1	MP2	SYNRGY	Outdoor	GYM	WALL	POOL
MORNING PROGRAMS				Out Door Cyclefit 10:00-11:00 AM *Takes place outside*			Y SWIM 6:00AM-4:00PM
AFTERNOON PROGRAMS						OPEN CLIMB 11:00-11:45AM 4:00-4:45PM	\$ SWIMMING LESSONS Splashers/Bobbers- 4:40-5:10PM Bobbers/Floaters- 5:20-5:50PM Gliders/Divers- 6:00-6:30PM Star 5/6/7- 6:15-7:00PM Y SWIM 7:00PM-9:00PM
EVENING PROGRAMS							
TUESDAY	MP1	MP2	SYNRGY	Outdoor	GYM	WALL	POOL
MORNING PROGRAMS							Y SWIM 6:00AM-4:00PM
AFTERNOON PROGRAMS				CHAIR FIT 1:00-2:00PM *Takes place outside*		OPEN CLIMB 11:00-11:45AM 4:00-4:45PM	\$ SWIMMING LESSONS Bobbers/Floaters- 4:40-5:10PM Dolphins/Swimmers- 5:20-5:50PM Otters/Seals- 6:00- 6:30PM Star 3/4- 6:15- 7:00PM Y SWIM 7:00PM-9:00PM
EVENING PROGRAMS	\$ KARATE Pee Wee (Ages 5-8 years) 4:30-5:30PM Youth/Beginner (Ages 9- 13 years) 5:45-6:45PM Youth/Adult Advanced 7:00-8:00PM			GROUP CENTERGY 5:15-6:15PM *Takes place outside*			
WEDNESDAY	MP1	MP2	SYNRGY	Outdoor	GYM	WALL	POOL
MORNING PROGRAMS							Y SWIM 6:00AM-4:00PM
AFTERNOON PROGRAMS						OPEN CLIMB 11:00-11:45AM 4:00-4:45PM	\$ SWIMMING LESSONS Splashers/Bobbers- 4:40-5:10PM Bobbers/Floaters- 5:20-5:50PM Gliders/Divers- 6:00-6:30PM Star 5/6/7- 6:15-7:00PM Y SWIM 7:00PM-9:00PM
EVENING PROGRAMS				Out Door Boot Camp 5:15-6:15 PM *Takes place outside*			Y SWIM 7:00PM-9:00PM

THURSDAY	MP1	MP2	SYNRGY	Outdoor	GYM	WALL	POOL
MORNING PROGRAMS				Out Door Cyclefit 9:00-10:00 AM *Takes place outside*			Y SWIM 6:00AM-4:00PM
AFTERNOON PROGRAMS						OPEN CLIMB 11:00-11:45AM 4:00-4:45PM	\$ SWIMMING LESSONS Bobbers/Floaters- 4:40- 5:10PM Dolphins/Swimmers- 5:20- 5:50PM Otters/Seals- 6:00-6:30PM Star 3/4- 6:15-7:00PM Y SWIM 7:00PM-9:00PM
EVENING PROGRAMS	\$ KARATE Pee Wee (Ages 5-8 years) 4:30-5:30PM Youth/Beginner (Ages 9- 13 years) 5:45- 6:45PM Youth/Adult Advanced 7:00-8:00PM						
FRIDAY	MP1	MP2	SYNRGY	Outdoor	GYM	WALL	POOL
MORNING PROGRAMS				Out Door Boot Camp 6:00-7:00AM *Takes place outside*		OPEN CLIMB 11:00-11:45AM 4:00-4:45PM	Y SWIM 6:00AM-4:00PM
AFTERNOON PROGRAMS							
EVENING PROGRAMS							Y SWIM 7:00PM-9:00PM
SATURDAY	MP1	MP2	SYNRGY	Outdoor	GYM	WALL	POOL
MORNING PROGRAMS				Larger than Life Yard Games 10:45 AM-3:30 PM	Family Fun Activities 10:45 AM-3:30 PM		\$ SWIMMING LESSONS Otters/Seals- 9:30- 10:00AM Bobbers/Floaters- 10:10- 10:40AM Dolphins/Swimmers- 10:50-11:20AM Surfers/Dippers- 11:30- 12:15PM Gliders/Divers- 11:10- 11:40AM Star 1/2- 11:50-12:35PM Y SWIM 1:00PM-5:45PM
AFTERNOON PROGRAMS							
EVENING PROGRAMS							
SUNDAY	MP1	MP2	SYNRGY	Outdoor	GYM	WALL	POOL
MORNING PROGRAMS				Larger than Life Yard Games 10:45 AM-3:30 PM	Family Fun Activities 10:45 AM-3:30 PM		Y SWIM 11:15AM-5:00PM
AFTERNOON PROGRAMS							

All classes are age 13+

**FITNESS CLASS DESCRIPTIONS**

**CENTERGY Group Centergy:** Grow longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. REDEFINE YOURSELF!

**Bootcamp:** Full body interval training that focuses on anaerobic training, strength and endurance. Lots of variety in drills and equipment ensure an action-packed workout, sure to keep you coming back for more!

**Cycle Fit:** This cycling experience mimics a variety of road rides & cycling drills that are aerobic, fun & guaranteed to make you sweat!

**Chair Fitness:** Build strength and endurance in this class that is completely designed with the use of chairs/wheel chairs. Fun music, challenging exercises, and fun!

**FAMILY FUN ACTIVITIES DESCRIPTIONS (contact the membership desk to see which activity is being offered)**

**Nerf Wars: Household Cohorts.** Bring the family/household in for an hour of nerf gun fun. Have a blast trying to hide behind various obstacles, while strategically planning your attack.

**Obstacle Course: Household Cohorts.** Challenge your family to race through our action-packed course. Full of various physical activities, this course is great for all ages. Time each other and see who the obstacle champion will be.

**Mini-Golf: Household Cohorts.** Check out our version of indoor mini golf. We have a creative five-hole course with endless layout options. Each hole will have fun challenging obstacles such as tunnels, ramps, zig zags, and moving obstacles like the traditional windmill.

**LARGER THAN LIFE YARD ACTIVITIES (contact the membership desk to let them know which three you would like to play)**

**Bocce Ball:** Challenge your family in this classic game of lawn bowling. Who has better aim?

**Croquet:** Set up a challenging course on our front lawn and see who can make it to the finish first.

**Jenga Challenge:** Play our version of giant Jenga with a twist. Pull a block and discover a hidden activity that must be completed to move on. Make sure you have a steady hand, or the tower might topple.

**Yardzee:** Play this fun game of giant dice. Keep score and see who has the better roll.

**Skill Games:** See how good your hand eye coordination is with these great activities. Games include ladder ball, disc toss, target toss, bean bag toss, and ring toss.

**Snakes and Ladders:** Try our JUMBO snakes and ladders. Roll the giant inflatable die and see if you will climb to the top.

**Checker/Tic Tac Toe:** Set up our giant outdoor and challenge your family to a friendly game of checkers or tic tac toe.

**\*\*\*Children are required to wear suitable clothing and footwear for the activities and must be able to use the washroom independently.\*\*\***

**Karate/ Tues & Thurs:** Traditional Fudokan Shotokan Karate in a group instructed setting. Karate improves all aspects of one's physical condition, muscular strength, agility, speed, coordination, and cardiovascular condition. Zorislav Krco has 42 years of experience and holds the rank of 9th Dan. \* Belts and Gi's are at an additional cost.

**FAMILY FUN ACTIVITIES/LARGER THAN LIFE YARD GAMES REGISTRATION**

**Members:** April 23, 2021 @ 8 AM

**Non Members:** April 23, 2021 @ 8 AM

**FAMILY FUN ACTIVITIES/LARGER THAN LIFE YARD GAMES COST**

**ONE TIME DROP IN:** \$15.00 per family (each family/household may have up to 9 individuals with only 2 being over the age of 19 yrs.)

**SIX TIME PUNCH PASS:** \$60.00 per family (each family/household may have up to 9 individuals with only 2 being over the age of 19 yrs.)

**Karate Members:** \$105.00 per session (16 classes)

**Karate Non Members:** \$225.00 per session (16 classes)

**JOIN US EACH WEEK FOR YMCA WALK TO FITNESS SCAVENGER HUNT**

Get your YMCA Walk to Fitness Scavenger Hunt sheets from our Downtown membership staff, our Facebook page or our Website and have fun finding the items on your walk. Bring the photos you took back to our Downtown membership desk to receive your prize. Each week there will be a new scavenger hunt for you and your friends/family to enjoy. If you have any questions please contact our membership staff at (403) 527-4426 or downtown@medicinehatymca.ca.



**YMCA of Medicine Hat**

150 Ash Avenue SE

Medicine Hat

Alberta

T1A 3A9

403-527-4426

www.medicinehatymca.ca



<u>Opening Hours</u>	<u>Pool Hours</u>
<b>Mon-Fri 5:30am-10:00pm</b>	<b>Mon-Fri 6:00am-9:00pm</b>
<b>Saturday 7:00am-8:00pm</b>	<b>Saturday 7:00am-6:45pm</b>
<b>Sunday 9:30am-6:00pm</b>	<b>Sunday 11:00am-6:00pm</b>

<b>COVID Membership</b> \$15.00 Bi-weekly	<ul style="list-style-type: none"> <li>• Access to Downtown and South Ridge locations</li> <li>• Access to YMCA Facility and Equipment</li> <li>• Use of General Change Rooms</li> <li>• Y@Home---On-line Fitness Classes &amp; Youth Programs</li> <li>• Find Your Fit Training Programs</li> <li>• Yswim</li> </ul>
<b>Economy Membership</b>	<ul style="list-style-type: none"> <li>• Access to Downtown and South Ridge locations</li> <li>• Access to YMCA Facility and Equipment</li> <li>• Use of General Change Rooms</li> <li>• Y@Home---On-line Fitness Classes &amp; Youth Programs</li> <li>• Find Your Fit Training Programs</li> <li>• Yswim</li> </ul>
<b>General Membership</b>	<ul style="list-style-type: none"> <li>• Access to Downtown and South Ridge locations</li> <li>• Access to YMCA Facility, Equipment &amp; Fitness Classes</li> <li>• Use of General Change Rooms</li> <li>• Children can register in 1 dry and 1 wet programs per session</li> <li>• 1.5 hours of childminding per day</li> <li>• Y@Home---On-line Fitness Classes &amp; Youth Programs</li> <li>• Find Your Fit Training Programs</li> <li>• Yswim</li> </ul>
<b>Health Plus Membership</b>	<ul style="list-style-type: none"> <li>• Access to Downtown and South Ridge locations</li> <li>• Access to YMCA Facility, Equipment &amp; Fitness Classes</li> <li>• Use of Health Plus Change Rooms</li> <li>• Children can register in 2 dry and 2 wet programs per session</li> <li>• 2 hours of childminding per day</li> <li>• Y@Home---On-line Fitness Classes &amp; Youth Programs</li> <li>• Find Your Fit Training Programs</li> <li>• Yswim</li> </ul>