



# YMCA SESSION 4 SCHEDULE

## Jan 17—Feb 13 2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DOWNTOWN MORNING CLASSES	9:15-10:00 AQUAFIT DANIELLE S POOL	5:50-6:30 GROUP POWER SHELLY B GYMNASIUM	6:00-6:45 BOOTCAMP MIKE T GYMNASIUM		5:50-6:30 BOOTCAMP SHELLY B GYMNASIUM	SWIMMING LESSONS 9:30-1:00	SWIMMING LESSONS 9:30-10:30
	10-10:45 KINDER CLIMB WALL	10-10:45 KINDER DRUM MP2	9:00-9:45 AQUAFIT JEN HK POOL	10-10:45 KINDER DRUM MP2		9-9:45 KINDER CLIMB WALL	9:40-10:45 SPIN & STRETCH LISA D MP1
	10:00-11:30 IYENGAR YOGA DANA C ROOM A	10:00-11:30 IYENGAR YOGA DANA C ROOM A	9:00-10:00 GROUP RIDE SHELLEY A MP1	10:00-11:30 IYENGAR YOGA DANA C ROOM A		10-10:45 LEARN THE ROPES WALL	
	11-11:45 KINDER SOCCER MP2	11-11:45 KINDER MUSIC MP2	10:30-11:15 WHOGA JEN HK ROOM A	11-11:45 KINDR MUSIC MP2	10:00-10:45 AQUAFIT JEN HK POOL	10:45-11:30 YOUTH DRUM MP2	
DOWNTOWN-AFTERNOON CLASSES	12:00-12:30 HIIT HAUS JEN HK SYNERGY ROOM	12-2PM OPEN CLIMB WALL	10-10:45 KINDER CLIMB WALL	12-2PM OPEN CLIMB WALL		11:30-12:15 KINDER FITNESS MP2	
	12-2PM OPEN CLIMB WALL	1:00-1:45 CHAIR FIT JEN HK ROOM A	11-11:45 KINDER SOCCER MP2		1:00-1:45 CHAIR FIT JEN HK ROOM A	1:30-3:30 OPEN CLIMB WALL	
	3:50-4:35 LEARN THE ROPES LEVEL 2 WALL		12-2PM OPEN CLIMB WALL		3:30-6:30 OPEN CLIMB WALL		
	4:45-5:30 YOUTH BASKETBALL GYM	4-4:45 Y FITNESS MP2	3:50-4:35 LEARN THE ROPES WALL	4-4:45 Y FITNESS MP2	7-9PM TEEN NIGHT		
DOWNTOWN EVENING CLASSES	5:30-6:15 KINDER CHEF MP2 4-7 SWIMMING LESSONS	5-5:45 CLIMB ON LEVEL 2 WALL 6-7 LEADERS IN TRAINING 5:15-7 SWIMMING LESSONS	4:45-5:30 YOUTH BASKETBALL GYM 4-7 SWIMMING LESSONS	5-5:45 CLIMB ON LEVEL 2 WALL 6-7 LEADERS IN TRAINING 5:15-7 SWIMMING LESSONS			
	5:30-6:30 HIGH FITNESS TRACY/JENN MP1	5:15-6:15 GROUP CENTERGY SHELLEY A ROOM A	5:30-6:15 KINDER CHEF MP2	5:15-6:15 GROUP RIDE SHELLEY A MP1	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>For more exciting group fitness classes, check out Y@Home—free for all YMCA members with an active membership.</p> <p><a href="http://www.ymcahome.ca/member">www.ymcahome.ca/member</a></p> </div>		
	5:30-7:30 OPEN CLIMB WALL	5:15-6:00 CYCLEFIT PAIGE S MP1		6:00-7:00 GENTLE YOGA DAVE S ROOM A			
	6:15-7PM GROWING CHEF MP2	7:00-9:00 BOULDERING KURT W WALL	6:15-7PM GROWING CHEF MP2				

DT Youth Program Classes

DT Adult Group Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUTH RIDGE MORNING CLASSES	6:00-6:45 BOOTCAMP CINDI S AB ROOM		6:00-6:45 CYCLEFIT/GROUP RIDE KIM W AB ROOM	6:00-7:00 GROUP POWER KIM W AB ROOM	6:00-6:45 CYCLEFIT/GROUP RIDE KIM W AB ROOM		
		9-9:45 KINDER ART KITCHEN		9-9:45 KINDER ART KITCHEN			
	9:00-10:00 GROUP POWER KIM W AB ROOM	9:00-10:00 HIGH LOW TRACY/JENN GYMNASIUM QUAD- RANT A		9:00-9:45 TRX KIM W GYMNASIUM QUADRANT A			
	10:30-11:15 CYCLEFIT/GROUP RIDE KIM W AB ROOM	10-10:45 YMCA STORY TELLERS KITCHEN		10-10:45 YMCA STORY TELLERS KITCHEN			
SOUTH RIDGE-AFTERNOON CLASSES							
		4-4:45 MIGHTY KIDS AB ROOM		4-4:45 MIGHTY KIDS AB ROOM			
SOUTH RIDGE EVENING CLASSES		5:30-6:15 KINDER SCIENCE KITCHEN		5:30-6:15 KINDER SCIENCE KITCHEN	5:15-6:15 BOOTCAMP DYLAN M AB ROOM		
	5:30-6:30 GROUP POWER BRANDI B AB ROOM	5:15-6:15 BOOTCAMP DYLAN M AB ROOM	5:15-6:15 GROUP CENTERGY BRANDI B AB ROOM	5:15-6:15 BOOTCAMP DYLAN M AB ROOM			
		6:30-7:15 YMCA BUILDERS KITCHEN	6:30-7:30 ZUMBA PAM H AB ROOM	6:30-7:15 YMCA BUILDERS KITCHEN			
				6:30-7:30 BALLESTONE CINDI S AB ROOM			

SR Youth Program Classes

SR Adult Group Fitness

Like us on Facebook, Twitter & Instagram for daily programs & class updates.





All classes are age 13+

**FITNESS CLASS DESCRIPTIONS**

**GROUP 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!

**GROUP RIDE** Group Ride: A huge calorie burner that builds strong legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish! Feel the thrill of energetic music and RIDE ON!

**GROUP POWER** Group Power is Your Hour of Power! Blast all your muscles with this weight training workout. Using a barbell, weight plates, and body weight. Dynamic music and functional movement will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

**AquaFit:** This class focuses on aerobic endurance and resistance training. Aquafit is beneficial to a multitude of participants because the density of water allows easy mobility for those with arthritis and other conditions. Further, it is an effective way for people of all ages to incorporate aerobics into their weekly schedule.

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

**Vengar Yoga:** Known for its use of props as aids in performing postures. The use of props help you achieve the asanas correctly thereby minimizing the risk of injury or strain, and making postures accessible to all ages and skill levels.

**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!

**Whoga:** Discover the restorative and healing power of yoga in a peaceful group environment focusing on individual recovering from stroke and those who are in wheelchair active. A series of functional poses will be followed up with a calming relaxation period.

**HIIT Haus:** 20 minutes of High Intensity interval training. A quick blast to an incredible workout during lunch hour.

**Yoga:** This class will improve your flexibility, strength, balance and body awareness. Through a series of breathing exercises and poses, you will release stress and leave feeling stronger and more centered.

**High Fitness:** Old school aerobics, made modern. High Fitness is a high energy choreography class with easy-to-follow moves.

**Zumba:** Zumba® is a hit at the YMCA! It's a great way to get your body moving and improve your health while having fun. Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.

**High Low:** Old school aerobics, made modern. Reminiscent of the glory days of aerobics. Follow these traditional aerobics principles for a steady state cardio workout without impact exercises (i.e. burpees) or cardio push tracks. This is a 55+ friendly group class.

**TRX:** TRX suspension training integrates every aspect of functional conditioning into a single station.

**Balletone:** A fusion of Nonstop cardio and strength that blends techniques from ballet, Pilates and fitness. This class will leave everyone feeling graceful, strong and elegant!

**YOUTH PROGRAM DESCRIPTIONS**

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

**Kinder Fitness Ages 3-6.** Be Strong! Be Mighty! This program is designed to enhance your child's strength, balance and coordination through fun fitness activities. Children are required to wear running shoes and must be able to use the washroom independently.

**Kinder Soccer: Ages 3-6.** Learn footwork, teamwork, and balance skills! Join us for fun soccer activities!

**YMCA Story Tellers: Ages 3-6.** Join us for story time and dive into the deep depths of creativity and help us create a story! Classes may also include stories and songs.

**Kinder Art: Ages 3-6.** Allow your little artist to develop their creativity and fine motor skills through theme based classes that include painting, drawing, cutting, and pasting. Classes may also include stories and songs.

**YMCA Kinder Scientist: Ages 3-6.** It's never too early to open your young mind to the amazing world of science. Promoting science literacy using what we see around us in our everyday lives and the real world.

**Kinder Music: Ages 3-6.** This class will encourage your child to explore music through lively songs, rhythm, and sounds. They will further their exploration through games and literacy to enhance their awareness of their body and the space around them.

**Kinder & Growing Chefs: Ages 3-12** Has your child outgrown the mud pie cooking phase? Want them to take their cooking skills to the next level? Join us at the YMCA for our KINDER & GROWING CHEF classes! Learn to create a variety of yummy recipes and enjoy them afterwards. All chefs will leave with the recipes they have created so they can treat you to a surprise at home! Register to find out more about our KINDER & GROWING CHEF classes

**Drum-up Fitness:** This program will help your little drummer's mind and body to get fit. This is a fun filled class using sticks, medicine balls and pool noodles to get us active.

**Kinder Climb: Ages 3-6.** Encourage your preschooler to climb to new heights! An introductory wall climbing class with emphasis on climbing safety and basic techniques.

**Learn the Ropes Level's 1, 2, 3: Ages 7-13.** This introductory course teaches basics such as proper equipment use, safety, and climbing techniques. Climb to new heights.

**Climb-On Level's 1, 2, 3: Ages 9-15.** Participants will climb different routes in order to challenge themselves and their ability as a climber. You will be more confident as an indoor climber. \*Completion of Learn the Ropes Level's 1, 2, 3 is required\*

**YMCA Builders: Ages 6-12.** An art-based class where youth will focus on sculpting and weaving.

**Youth Basketball: Ages 6-12.** Play hard, play smart, play together! Come and improve your basketball skills with the YMCA. Participate in drills and games in a fun non-competitive environment.

\*Running shoes and clothing that is comfortable to move in is required.

**Y Fitness: Ages 6-12.** Encouraging youth to get more active! Join us for a variety of different fitness circuits and challenges. \*Proper gym attire is required\*

**Mighty Kids: Ages 6-12.** This class will encourage your child to combining physical exercise, mental meditation, and breathing exercises. It uses age based yoga poses and stretching. \* Flexible clothing required\*

**Karate:** 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 46 years of experience and holds the rank of 7th Dan. \* Belts and Gi's are at an additional cost. Members: \$95.00 Nonmembers: \$175.00

**Swimming Lesson Times**

Monday & Wednesday	Tuesday & Thursday	Saturday	Sunday
4:05-4:35 PM—Otter/Seal	5:15-5:45 PM—Glider/Diver	9:30-10:15 AM—Star 1/2	9:30-10:00 AM—Dolphin/Swimmer
4:40-5:10 PM—Glider/Diver	5:50-6:20 PM—Dolphin/Swimmer	10:20-10:50 AM—Otter/Seal	10:05-10:35 AM—Otter/Seal
5:15-5:45 PM—Bobber/Floater	6:05-6:35 PM—Otter/Seal	10:55-11:25 AM—Splasher/Bubbler	
5:50-6:35 PM—Star 3/4	6:25-6:55 PM—Bobber/Floater	11:00-11:30 AM—Bobber/Floater	
6:05-6:35 PM—Glider/Diver		11:30-12:00 AM—Dolphin/Swimmer	
6:40-7:10 PM—Dolphin/Swimmer		11:35-12:05 AM—Glider/Diver	
		12:05-12:35 PM—Bobber/Floater	
		12:10-12:55 PM—Star 5/6/7	



**SESSION 4  
SCHEDULING  
JAN 17 - FEB 13**

[www.medicinehatymca.ca](http://www.medicinehatymca.ca)

**Opening Hours**

Mon-Fri 5:30am-10:00pm

Saturday 7:00am-8:00pm

Sunday 9:30am-6:00pm

**Pool Hours**

Mon-Fri 6:00am-9:00pm

Saturday 7:00am-6:0pm

Sunday 11:00am-5:00pm

**Childminding Hours**

Mon-Sat 8:45am-11:45am,  
Mon—Thurs 5:15pm-7:15pm—SR only

## YMCA Membership Chart

Included in Membership	Economy Membership	General Membership	Plus Membership
Access to Downtown & South Ridge Locations	✓	✓	✓
Access to YMCA Facilities & Equipment	✓	✓	✓
Access to YMCA Pool, Walking Track, & Climbing Wall	✓	✓	✓
Access to Find Your Fit Training Programs & YSwim Programs		✓	✓
Access to YMCA Group Fitness Classes		✓	✓
Youth Activities/Group Swimming Lessons		✓	✓
Access to Child Minding		✓	✓
Access to Y@HOME+ On-line Fitness & Youth Classes		✓	✓
Access to General Change Rooms	✓	✓	✓
Access to Health Plus Change Rooms			✓