

YMCA-YWCA of Guelph Summer Activities Schedule
Monday June 29, 2009 to Sunday, September 6, 2009

www.guelph.org

ADULT AND TEEN (13 yrs +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	HOLIDAY
	Total Body 6:15-7:00 MG		Step 6:15-7:00 MG				
Group Cycling 9:15-10:15 SG	Group Cycling 9:15-10:15 SG	Bowercise 9:15-10:15 MG	Step 9:15-10:15 MG	Group Cycling 9:15-10:15 SG	Step 8:30-9:25 MG	Step 8:30-9:25 MG	
Cardio Blast 9:15-10:15 MG	Step 9:15-10:15 MG	Stroller Fit 10:15-11:15	Gentle Yoga 9:15-10:15 SG	Total Body 9:15-10:15 MG	Zumba 9:30-10:30 MG	Strength & Stability 9:30-10:30 MG	
Mind Body 10:30-11:30 SG	Gentle Fit 10:30-11:30 SG	Mind Body 10:30-11:30 SG	Gentle Fit 10:30-11:30 SG		Low Impact Strength & Stability 9:30-10:30 SG	Mind Body 12:00-1:00 WGR	Holiday Fitness 10:00-11:00 MG
Zumba 12:15-1:00 MG	Total Body 12:15-1:00 MG	Chat n' Snack 50+ years 12:00-1:00 WGR			Mind Body 10:30-12:00 WGR	Adult Ping Pong 18+ years 12:30-2:00 SG	
<p>Watch for class changes Aug 21, 22 and 23. Our instructors are attending a fitness conference so they can serve you better.</p>							
Total Body 5:30-6:25 MG	Step 5:30-6:25 MG	Total Body 5:30-6:25 MG	Zumba 5:30-6:25 MG	Youth Sports 10-14 years 5:30-6:30 MG	Adult Basketball 18+ years 5:30-8:00 MG	Adult Basketball 18+ years 5:30-8:00 MG	<p>HOLIDAYS</p> <p>Canada Day July 1st</p> <p>Civic Holiday August 3rd</p>
Power Zone 6:30-7:25 MG	Mind Body 6:30-7:30 WGR	Bowercise 6:30-7:25 MG	Basketball 10-14 years 6:30-7:25 MG	Basketball 10-14 years 6:30-7:25 MG	<p><i>Remember when life was simpler and kids went outside to play? That tradition continues at Camp Nagiwal Good Fun in Good Hands</i></p>  <p>Are you looking for something to do during the summer holidays?</p> <p>Take a look our volunteer opportunities. You can train to be a fitness instructor; help out with Youth Programs, volunteer your time and talents at an event or donate funds to help youth reach their potential. Possibilities are endless.</p> <p>Get Fit - Get Active- Get Involved!</p>		
X Zone 12-17 years 7:00-8:30 XYZ	Cycle 6:30-7:25 SG	Group Cycling 6:30-7:30 SG	Mind Body 6:30-7:30 WGR	X Zone 12-17 years 7:30-8:30 XYZ	<p>Coming in Fall 2009 PERSONAL TRAINING and TWO additional workout rooms!</p>		
	Basketball 10-14 years 6:30-7:25 MG		Group Cycling 6:30-7:25 SG	Basketball 13-17 years 8:30-11:00 MG			
Step 7:30-8:30 MG	Strength & Stability 7:30-8:25 MG	Zumba 7:30-8:15 MG	X Zone 12-17 years 7:30-8:30 XYZ				
Basketball 13-17 years 8:30-9:30 MG	X Zone 12-17 years 7:00-8:30 XYZ	X Zone 12-17 years 7:00-8:30 XYZ	Youth Sports 10-14 years 7:30-8:30 MG				
Mind Body 6:30-9:30 WGR	Basketball 13-17 years 8:30-9:30 MG	Mind Body 6:30-9:30 WGR	Total Body 7:30-8:30 SG				
Adult Basketball 18+ years 8:30-11:00 MG	Adult Volleyball 18+ years 9:30-11:00 MG	Volleyball 13-17 years 8:30-9:30 MG	Basketball 13-17 years 6:30-9:30 MG				
		Adult Basketball 18+ years 9:30-11:00 MG	Adult Volleyball 18+ years 9:30-11:00 MG				

YOUTH (6yrs - 12 yrs)

Building Hours: Monday - Friday 5:00 a.m. - 11:00 p.m., Saturday & Sunday 7:00 a.m. - 8:00 p.m., Holidays 9:00 a.m. - 5:00 p.m.
Play Care Hours: Monday-Friday 8:30am - 8:30pm; Saturday and Sunday 8:15 am - 5:00 pm; Holidays 9:00am-12:00pm

XYZ 6-12 years 9:00-12:00 XYZ	XYZ 6-12 years 9:00-12:00 XYZ	XYZ 6-12 years 9:00-12:00 XYZ	XYZ 6-12 years 9:00-12:00 XYZ	XYZ 6-12 years 9:00-12:00 XYZ	XYZ 6-12 years 9:00-12:00 XYZ	XYZ 6-12 years 9:00-12:00 XYZ	XYZ 6-12 years 9:00-12:00 XYZ
Obstacle Courses 6-12 years 4:00-5:25 MG	Y World of Sports 6-12 years 4:00-5:25 MG	Youth Survivor 6-12 years 4:00-5:25 MG	Chicken Noodle Soup Games 6-12 years 4:00-5:25 MG	Obstacle Courses 6-12 years 4:00-5:25 MG			HOLIDAYS
XYZ 6-12 years 5:25 - 8:30 XYZ	XYZ 6-12 years 5:25 - 8:30 XYZ	XYZ 6-12 years 5:25 - 8:30 XYZ	XYZ 6-12 years 5:25 - 8:30 XYZ	XYZ 6-12 years 5:25 - 8:30 XYZ	Youth Survivor 6-12 years 2:00-3:00 MG	Chicken Noodle Soup Games 6-12 years 2:00-3:00 MG	
				Youth Sports 10-14 years 5:30-6:30 MG	XYZ 6-12 years 3:00-5:00 XYZ	XYZ 6-12 years 3:00-5:00 XYZ	Canada Day July 1st
							Civic Holiday August 3rd
Basketball 10-14 years 6:30-7:25 MG			Basketball 10-14 years 6:30-7:25 MG	Basketball 10-14 years 6:30-7:25 MG			
			Youth Sports 10-14 years 7:30-8:30 MG	Team Extreme 6-12 years 7:30-8:30 MG			

PRESCHOOL (0-6yrs)

X Zone 12-17 years 7:00-8:30 XYZ	X Zone 12-17 years 7:00-8:30 XYZ	X Zone 12-17 years 7:00-8:30 XYZ	X Zone 12-17 years 7:00-8:30 XYZ	X Zone 12-17 years 7:00-8:30 XYZ	 <p>www.guelph.org</p>		
<p>For full program details please visit us on line at www.guelph.org</p>							
Wake Up/ Shake Up 3-5 years 9:30-11:00 WGR •	Wake Up/ Shake Up 3-5 years 9:30-11:00 WGR •	Wake Up/ Shake Up 3-5 years 9:30-11:00 WGR •	Wake Up/ Shake Up 3-5 years 9:30-11:00 WGR •	Wake Up/ Shake Up 3-5 years 9:30-11:00 WGR •	Wake Up/ Shake Up 3-5 years 9:30-11:00 XYZ	Wake Up/ Shake Up 3-5 years 9:30-11:00 XYZ	<p>Legend</p> <p>• 3-5 years old participate without parent</p> <p>Washcloths must be signed in by an adult member</p>
Big Bird Club & under 10:45-12:00 MG	Big Bird Club & under 10:45-12:00 MG	Big Bird Club & under 10:45-12:00 MG	Big Bird Club & under 10:45-12:00 MG	Big Bird Club & under 10:45-12:00 MG	Big Bird Club & under 10:45-12:00 MG	Big Bird Club & under 10:45-12:00 MG	
XYZ 3-6 years 2:30-3:30 XYZ •	XYZ 3-6 years 2:30-3:30 XYZ •	XYZ 3-6 years 2:30-3:30 XYZ •	XYZ 3-6 years 2:30-3:30 XYZ •	XYZ 3-6 years 2:30-3:30 XYZ •			

MG - Main Gym SG - Small Gym XYZ - eXtreme Youth Zone WGR - Woodland Glen Room

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	HOLIDAY
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Adult/Teen Swim-5:00-9:00 Swim to Survive (Adult Lessons) 8:00-8:30					*NO LESSONS MONDAY JUNE 29TH, 2009 TO SUNDAY JULY 5TH, 2009 (inclusive)		

Shallow AquaFit 9:00-9:45	Deep AquaFit 9:00-9:45	Shallow AquaFit 9:00-9:45	Deep AquaFit 9:00-9:45	Shallow AquaFit 9:00-9:45	Lessons 9:00-9:45	Preschool Swim 9:00-10:00	Adult/Teen Swim 9:00-9:45
Preschool Swim 9:45-10:30	Preschool Swim 9:45-10:30	Preschool Swim 9:45-10:30	Preschool Swim 9:45-10:30	Preschool Swim 9:45-10:30	Lessons 9:45-10:30		
Preschool Lesson 10:30-11:00	Lessons 10:30-11:15	Preschool Lesson 10:30-11:00	Lessons 10:30-11:15	Preschool Lesson 10:30-11:00	Lessons 10:30-11:15	Family Swim 10:00-11:00	Holiday AquaFit 9:45-10:30
Shallow AquaFit 11:00-11:45	Lessons 11:15-12:00	Shallow AquaFit 11:00-11:45	Lessons 11:15-12:00	Shallow AquaFit 11:00-11:45	Family swim 11:15-12:00		

Adult/Teen swim 12:00-1:15
Swim to Survive (Adult lessons) 12:15-12:45

Family Swim 1:15-2:00	Gentle AquaFit 1:15-2:00	Family Swim 1:15-2:00	Gentle AquaFit 1:15-2:00	Family Swim 1:15-2:00	Open Swim 1:15-3:00	Open Swim 1:15-3:00	Open Swim 1:15-2:00 Camp Swim 2:00-3:00
Camp Swim 2:00-3:00							
Open Swim 3:00-3:50 Lessons 4:00-4:45 Lessons 4:45-5:30 Lessons 5:30-6:15 Lessons 6:15-7:00	Open Swim 3:00-4:20 Lessons 4:30-5:15 Lessons 5:15-6:00 Deep AquaFit 6:05-7:00 Family swim 7:05-8:30	Open Swim 3:00-3:50 Lessons 4:00-4:45 Lessons 4:45-5:30 Lessons 5:30-6:15 ALC 7:00-8:00 Deep AquaFit 8:05-8:45 Water Run 8:45-9:00	Open Swim 3:00-4:20 Lessons 4:30-5:15 Lessons 5:15-6:00 Family Swim 6:05-8:00 Guards-in-Training 8:00-9:00	Open Swim 3:00-5:20 Lessons 5:30-6:15 Lessons 6:15-7:00 Family Swim 7:05-8:30	Adult/Teen Swim 6:00-8:00	Guards in Training 6:00-8:00	Family Swim 3:00-4:50
Shallow AquaFit 7:05-7:45 WATER RUN 7:45-8:00 ALC 8:00-9:00							

Adult/Teen Swim 9:00-11:00 Swim to Survive (Adult Lessons) 9:00-9:30	Lane Swim Available All Lanes Available Lane Swim Not Available
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Give your kids the chance to explore their boundaries at **Camp Nagiwa** this Summer **Good Fun in Good Hands!**

Check out our website for a complete list of classes and descriptions www.guelphpy.org

Introducing **ENCORE**: an 8-week program for anyone recovering from breast cancer. Please speak to a fitness staff today to learn more

By Provincial guidelines, all children under 6 years and non-swimmers under 10 years must have a parents or guardian (16 years or older) in the water within arm's reach. A maximum of 2 children (0r 4 if all children are wearing lifejackets), per parent/guardian. *A child 6 to 9 years of age may use the pool independently after passing the YMCA Canada swim test (which can be administered at any time).

AS A COMMUNITY LEADER, THE YMCA-YWCA OF GUELPH PUBLISHES
STRONG KIDS, FAMILIES AND COMMUNITIES THROUGH

LIFELONG growth
IN SPIRIT, MIND AND BODY.

VISIT OUR WEBSITE:
www.guelphpy.org

The YMCA-YWCA of Guelph is a registered charity.
Charitable Registration No: 11930 8942 RR 0001