

YMCA-YWCA of Guelph Winter/Spring Activities Schedule

Monday, January 4 to Sunday, June 27, 2010



www.guelph.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	HOLIDAY	
ADULT AND TEEN (13 yrs +)	Group Cycling 6:15-7:00 CS	Total Body 6:15-7:00 SG	Mind Cycle Spirit 5:45-6:45 CS	Step 6:15-7:00 MG	Sun Salutations 6:15-7:00 SG	Group Cycling 7:30-8:30 CS		Family Day Feb 15th	
	Group Cycling 9:15-10:15 CS	Group Cycling 9:15-10:15 CS	Boomer Blast 9:15-10:15 SG		Group Cycling 9:15-10:15 CS	Step 8:30-9:30 MG	Group Cycling 8:30-9:30 CS	Good Friday April 2	
	Cardio Blast 9:15-10:15 MG	Step 9:15-10:15 MG	Boxercise 9:15-10:25 MG	Step 9:15-10:15 MG	Total Body 9:15-10:15 MG	Core And More 9:30-10:30 SG	Step 9:00-10:00 SG	Easter Sunday April 4: 7am-5pm Victoria Day May 24	
	Gentle Yoga 9:15-10:15 WGR	Gentle Yoga 9:15-10:15 WGR	Just Core 10:30-11:00 SG	Gentle Yoga 9:15-10:15 WGR	Yoga Step 9:15-10:15 SG	Zumba 9:30-10:30 MG	Strength & Stability 9:30-10:30 MG		
	Mind Body 10:30-11:30 WGR	Gentle Fit 10:30-11:30 SG	Boogie Babies 11:15-12:00 SG	Gentle Fit 10:30-11:30 SG	Stroller Fit 11:15-12:00 SG	Mind Body 10:30-12:00 WGR	Zumba Starts Feb. 14 10:30-11:30 SG		
	Zumba 12:15-1:00 MG	Total Body 12:15-1:00 MG	Mind Body 10:30-11:30 WGR	Total Body 12:15-1:00 MG	Mind Body 12:15-1:15 WGR		Mind Body 12:30-1:30 WGR		
			Chat n' Snack 50 years+ 12:00-1:00 WGR	Real Ryder Cycle 12:15-1:00 PT		Family Fun Fit 12:15-12:45 MG			
	Step 5:30-6:25 MG	Boxercise 5:30-6:25 MG	Step 12:15-1:00 MG		Easy Rider 11:30-12:00 CS	Boxing Circuit Training 5:00-6:00 SG			
	Just Core 5:30-6:25 SG	Mind Body 6:00-7:00 WGR			Bosu 12:15-1:00 SG		Adult Volleyball League 18+ years 3:00-4:00 MG		
	Power Zone 6:30-7:25 MG	Endurance Cycle 7:00-8:30 CS	Total Body 5:30-6:25 MG	Zumba Toning 5:30-6:20 MG	Cardio Blast 12:15-1:00 MG	Adult Basketball 18+ years	Adult Basketball 18+ years		
Mind Body 6:30-7:25 WGR		Zumba 6:30-7:25 MG	Mind Body 6:30-7:30 WGR						
Group Cycling 7:30-8:30 CS	Strength & Stability 6:30-7:30 SG		Group Cycling 6:30-7:30 CS						
Total Body 7:30-8:25 MG	Boxing Circuit Training 7:30-8:30 MG	Pump & Pedal 7:30-8:30 CS	Dance Fit Starts Feb. 11 6:30-7:30 SG						
Mind Body 8:30-9:30 WGR		Mind Body 8:30-9:30 WGR	Total Body 7:30-8:30 SG						
Adult Basketball 18+ years 9:30-11:00 MG	Adult Basketball 18+ years 9:30-11:00 MG	Adult Basketball 18+ years 9:30-11:00 MG	Adult Volleyball League 18+ years 9:30-11:00 MG						
	Basketball 10-14 years 6:30-7:25 MG	Sr. Leader Corps 13-17 years 4:30-6:00 XYZ	Basketball 10-14 years 6:30-7:25 MG	Basketball 10-14 years 6:30-7:25 MG					
X Zone 12-17 years 7:00-8:30 XYZ	X Zone 12-17 years 7:30-8:30 XYZ	Dodgeball 10-14 years 7:30-8:30 MG	X Zone 12-17 years 7:30-8:30 XYZ	X Zone 12-17 years 7:30-8:30 XYZ					
Basketball 13-17 years 8:30-9:30 MG	Basketball 13-17 years 8:30-9:30 MG	Volleyball 13-17 years 8:30-9:30 MG	Basketball 13-17 years 8:30-9:30 MG	Basketball 13-17 years 8:30-11:00 MG					
<p>Legend</p> <p> New Class</p> <p> Pre-Natal</p> <p> New Time</p> <p>Teen Workout 5:30-6:30 CS/SG</p>								<p>Strong Kids Campaign</p> <p>Join us on March 7th, 2010 for our First ever FUN RUN in support of our Strong Kids Campaign!</p> <p>Child care provided for runners</p> <p>Prizes and entertainment</p> <p>Running Clinic starts Jan 14th for members and non-members participating in FUN RUN</p> <p>Donations made to the Strong Kids Campaign go to support our community outreach initiatives and our members. To read stories of your donations in action please visit www.ymcastrongkids.ca.</p>	
<p>Building Hours: Monday - Friday 5:00 am - 11:00 pm, Saturday & Sunday 7:00 am - 8:00 pm., Holidays 9:00 am - 5:00 pm</p> <p>Play Care Hours: Monday-Friday 8:3</p>									
XYZ 6-12 years 3:45- 8:30 XYZ	XYZ 6-12 years 3:45- 8:30 XYZ	XYZ 6-12 years 3:45- 8:30 XYZ	XYZ 6-12 years 3:45- 8:30 XYZ	XYZ 6-12 years 3:45- 8:30 XYZ	XYZ 6-12 years 8:30-10:30 XYZ	XYZ 6-12 years 8:30-10:30 XYZ	<p>Holidays and PD Days</p> <p>XYZ 6-12 years 9:00-12:00 XYZ</p>		
Kids on the Ball 6-12 years 4:30-5:25 MG	Chicken Noodle Soup Games 6-12 years old 4:30-5:25 MG	Scooter Games 6-12 years 4:30-5:25 MG	Kidnastics 6-12 years 4:30-5:25 MG	Basketball 6-12 years 4:30-5:25 MG	Kids in the Kitchen 6-12 years 10:30-12:00 KIT	Youth Survivor 6-12 years 10:30-12:00 WGR			
Jr. Leader Corps 10-12 years 6:00-7:00 XYZ	Jr. Leader Corps 10-12 years 4:30-5:30 XYZ	Girl Power (STEPS) 10-14 years 6:00-7:00 SG	Kids in the Kitchen 8-14 years 6:00-7:30 KIT	Basketball 10-14 years 6:30-7:25 MG	Family Fun Fit 12:15-12:45 MG	Chicken Noodle Soup Games 6-12 years 2:00-3:00 MG			
	Zumba-starts Jan 12 6-12 years 6:45-7:30 MG	Babysitting Course 10 and up 6:30-8:00 WGR	Basketball 10-14 years 6:30-7:25 MG		Youth Survivor 6-12 years 2:00-3:00 MG	XYZ 6-12 years 3:00-5:00 XYZ			
	Basketball 10-14 years 6:30-7:25 MG			Team Extreme 6-12 years 7:30-8:30 MG	XYZ 6-12 years 3:00-5:00 XYZ		<p>www.guelph.org</p>		
X Zone 12-17 years 7:00-8:30 XYZ	X Zone 12-17 years 7:30-8:30 XYZ	Dodgeball 10-14 years 7:30-8:30 MG	X Zone 12-17 years 7:30-8:30 XYZ	X Zone 12-17 years 7:30-8:30 XYZ					
<p>For full program details visit us on line at www.guelph.org</p>						<p>Y POOL PARTIES</p> <p>Youth 7 years and up- Celebrate your birthday with a pool party at the Y!! Visit our website or member service for details.</p>			<p>Legend</p> <p> 3-6 years old participate without parent</p> <p> Preschoolers must be signed in by an adult member</p> <p>Playcare open 9am - 12pm on holidays</p>
Wake Up/ Shake Up 3-6 years 9:00-11:00 XYZ	Wake Up/ Shake Up 3-6 years 9:00-11:00 XYZ	Wake Up/ Shake Up 3-6 years 9:00-11:00 XYZ	Wake Up/ Shake Up 3-6 years 9:00-11:00 XYZ	Wake Up/ Shake Up 3-6 years 9:00-11:00 XYZ					
Big Bird Club 6 & under 10:45-12:00 MG	Big Bird Club 6 & under 10:45-12:00 MG	Big Bird Club 6 & under 10:45-12:00 MG	Big Bird Club 6 & under 10:45-12:00 MG	Big Bird Club 6 & under 10:45-12:00 MG	Wake Up/ Shake Up 3-6 years 9:00-11:00 XYZ	Wake Up/ Shake Up 3-6 years 9:00-11:00 XYZ			
XYZ 3-6 years 1:30-2:30 XYZ	XYZ 3-6 years 1:30-2:30 XYZ	XYZ 3-6 years 1:30-2:30 XYZ	XYZ 3-6 years 1:30-2:30 XYZ	XYZ 3-6 years 1:30-2:30 XYZ	Big Bird Club 6 & under 10:45-12:00 MG	Big Bird Club 6 & under 10:45-12:00 MG			
Tumbleweeds 3-6 years 4:00-4:30 MG	Mini Sticks 3-6 years 4:00-4:30 MG	Little Dribblers 3-6 years 4:00-4:30 MG	Up, Up and Away 3-6 years 4:00-4:30 MG	Mini Kickers 3-6 years 4:00-4:30 MG	Family Fun Fit 12:15-12:45 MG				
<p>MG - Main Gym</p>		<p>CS - Cycle Studio</p>		<p>PT - Personal Training</p>		<p>SG - Small Gym</p>			
				<p>WGR - Woodland Glen Room</p>		<p>KIT - Kitchen</p>			

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	HOLIDAY
Adult/Teen Swim-5:00-9:00 Swim to Survive (Adult Lessons) 8:00-8:30					STRONG KIDS Campaign Feb 15- March 15		Family Day Feb 15th
					Adult/Teen Swim 7:00-8:00	Adult/Teen Swim 7:00-9:00	Good Friday April 2
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 9:00-10:30	Easter Sunday April 4: 7am-5pm
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	Preschool Swim 9:45-10:30	Preschool Lesson 10:30 - 11:00	Victoria Day May 24
Preschool Lesson 10:30 - 11:00	Preschool Lesson 10:30 - 11:00	Preschool Lesson 10:30 - 11:00	Preschool Lesson 10:30 - 11:00	Preschool Lesson 10:30 - 11:00	Preschool Lesson 10:30 - 11:00	Preschool Lesson 10:30 - 11:00	Adult/Teen Swim 9:00-9:45
Shallow Aquafit 11:00-11:45	Preschool Lesson 11:00 - 11:30	Shallow Aquafit 11:00-11:45	Preschool Lesson 11:00 - 11:30	Shallow Aquafit 11:00-11:45	Lessons 11:00-11:45	Deep Aquafit 11:00-11:45	Holiday Aquafit 9:45 - 10:30
Adult/Teen swim 11:45-12:55 Swim to Survive (Adult Lessons) 12:00-12:30							
Family Swim 1:00-2:00	Gentle Aquafit 1:00-1:45	Family Swim 1:00-2:00	Gentle Aquafit 1:00-1:45	Open Swim* 1:00 - 3:50 (SHARKS in April)	Lessons 1:00 -1:45	Lessons 1:00 -1:45	Open Swim 1:00-3:00
Preschool Lesson 2:00-2:30	Preschool Lesson 2:00-2:30	Preschool Lesson 2:00-2:30	Preschool Lesson 2:00-2:30		Lessons 1:45 - 2:30	Lessons 1:45 - 2:30	Lessons 2:30 - 3:15
Open Swim 2:30 - 3:50	Open Swim 2:30-3:50	Open Swim 2:30 - 3:50	Open Swim 2:30-3:50	Lessons 4:00 - 4:45	Lessons 4:00 - 4:45	Lessons 4:00 - 4:45	Toonie Toss fundraiser for Strong Kids Campaign March 8th to March 15th
Lessons 4:45 - 5:30	Lessons 4:45 - 5:30	Lessons 4:45 - 5:30	Lessons 4:45 - 5:30	Lessons 4:45 - 5:30	Lessons 4:45 - 5:30	Lessons 4:45 - 5:30	
Lessons 5:30 - 6:15	Lessons 5:30 - 6:15	Lessons 5:30 - 6:15	Lessons 5:30 - 6:15	Lessons 5:30 - 6:15	Lessons 5:30 - 6:15	Lessons 5:30 - 6:15	
Lessons 6:15 - 7:00	Lessons 6:15 - 7:00	Lessons 6:15 - 7:00	Lessons 6:15 - 7:00	Lessons 6:15 - 7:00	Lessons 6:15 - 7:00	Lessons 6:15 - 7:00	
Shallow Aquafit 7:05-8:00	Family Swim 7:05-8:00	ALC 7:00 - 8:00	Family Swim 7:05 - 8:00	Family Swim 7:05 - 8:00	Family Swim 6:00-7:00	Guards In Training 6:00-7:00	
ALC 8:00-9:00	Circuit H2O 8:00-9:00	Deep Aquafit 8:05-8:45	Guards In Training 8:00 - 9:00	ALC 8:00 - 9:00	Adult/Teen Swim 7:00-8:00	Advanced Aquatics 7:00 - 8:00	
 Adult/Teen Swim 9:00-11:00 Swim to Survive (Adult Lessons) 9:00-9:30						Legend	Lane Swim Available
						 New Class	Lane Swim Not Available
The SHARKS Program is a community program provided by the YMCA-YWCA of Guelph, The City of Guelph and the University of Guelph. Donations for this program are accepted and appreciated.							
* There will be Open swim on Fridays 1:00 - 3:50pm until the SHARKS program begins in April.						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 (or 4 if all children are wearing lifejackets), per parent/guardian.	
Check out our website for a complete list of classes and descriptions www.guelph.org						*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).	
ENCORE: a free, 8-week program for anyone recovering from breast cancer. Call for more information or to make a donation.							
The YMCA-YWCA of Guelph is a registered charity. Charitable Registration No: 11930 6942 RR 0001							