

GENERAL INFORMATION

Features of your YMCA

- 6 lane, 25 meter lap pool
- Heated Wading Pool
- Hot Tub
- Steam Room
- Member (adult/child) Locker Rooms w/Showers
- Gymnasium
- Group Fitness Classes
- Squash Court
- Indoor Walking/Running Track
- Child-Minding Services
- Instructional and Recreational programs
- * Indoor Playground and Freedom Climber
- * Member Lounge
- * Flex studio
- * Two Conditioning Zones (full range of strength and cardio equipment)

Members may be asked to produce their membership card or receipt of payment while in the Westwood facility.

Facility Usage Price List

Day Passes

(full-facility access with age restrictions)

Toddler (0-2yrs)	FREE w/adult admission
Child/Youth/Teen (3-14yrs)	\$8.00
Teen (15-17yrs)	\$8.00
Adult (18+ yrs)	\$15.00
Family (Adult w/children)	\$25.00

Annual Membership Fees

Toddler (0-2yrs)	FREE w/adult admission
Child/Youth (3-12yrs)	\$27.00/month
Teen (13-17yrs)	\$40.00/month
Adult (18+ yrs)	\$54.29/month
One-Adult Family w/child(ren)	\$79.05/month
Two-Adult Family w/child(ren)	\$114.29/month

GST is applicable to all membership holders 15yrs of age and older.

All new or lapsed members over 3 months (90 days) are required to contribute to our **Facility Enhancement Fund** building fee. This fee is directed to a fund that will be used to keep the facility and our equipment in 'best' condition. All adult and family memberships are required to contribute \$75.00. The Facility Enhancement Fund fee is non-refundable.

Financial Assistance

The YMCA offers the opportunity for financial assistance for services to those who are unable, not unwilling to pay full-fees for requested services. Please stop by and ask us for more details on how to apply for membership assistance through our **Opportunity Fund**.

Kiddie Kare

Member	FREE
Non-Member	\$10.00/per hour/per child

Activity Passes

Per person	\$80.95/month
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Swim Lessons

Members	FREE
Non-Members	\$76.19/Per Session

GST is applicable to all membership holders 15yrs of age and older.

At the Westwood Family YMCA, usage of all areas of the facility and the programs we offer, come at no-additional charge. Services such as personal training and certification classes are a 'fee for service' charge for members and non-members.

Proper Attire

Proper attire must be worn while in program areas at all times. Denim, sandals and t-shirts with offensive logos are not considered appropriate athletic wear. Indoor, closed-toe athletic shoes must be worn at all times during dry land programs.

Cell Phones/Cameras

To ensure the protection of privacy, cell phone use is banned from locker rooms. As a courtesy to all participants we request that you turn off your cell phone in program areas or fitness classes. Taking photos or videos of others without their permission is prohibited on YMCA property.

Day Locker Access

The YMCA is dedicated to the safety of all children in our facility and on our grounds. For this reason, we ask that all members and guests refer to the following table when choosing the appropriate change room. Locks are available for purchase at the Membership Services Desk should you require one.

Age	Male	Female
Child/Youth (6-12yrs)	Boys Change Rm	Girls Change Rm
Teen/Adult (13+yrs)	Mens Change Rm	Womens Change Rm
Adult w/Child (0-5yrs) *either gender	Mens Change Rm	Womens Change Rm

Change Room Etiquette

1. These are shared spaces; please leave the room clean and ready for the next user.
2. Always keep your valuables within eyesight or locked securely.
3. Ensure that children 0-9 years of age are directly supervised.

Lost and Found Policy

The YMCA of Wood Buffalo is not responsible for lost or stolen items. Valuables, (i.e. watches, mp3's, jewelry, etc.) found in the building are turned in to the Membership Services Desk. All lost and found clothing items are stored in the building for one week in locker rooms bins. Locks will be cut from the lockers if they have been left on overnight and notices will be posted.

Cancellations

A membership can be cancelled at any time but must be done in person at the Westwood Family YMCA. Notification must be received a minimum of 5 business days prior to your payment date to cancel a membership.

Please note: Cancellations must be done in person and membership cards returned. Memberships paid in full will be pro-rated and a \$25.00 administration fee charged.

Parking

We are pleased to offer FREE parking as part of your YMCA membership. Parking passes will be issued with your membership and must be displayed on your front windshield to allow access to the front parking lot. If you are visiting the facility, please ensure that you sign your vehicle in at the membership desk to avoid being ticketed.

Please note: The front lot is reserved for YMCA members or visitors only – Westwood High School students are required to park in the back lot.

Building Hours

Monday – Friday: 4:30am-10:00pm

Saturday-Sunday: 7:00am-9:00pm

Holiday hours: 9:00am-7:00pm (includes):

- Labour Day – September 7/09
- Thanksgiving Day – October 12/09
- Remembrance Day – November 11/09
- Christmas Day – December 25/09 – CLOSED
- New Year's Day – January 1/10
- Alberta Family Day – February 15/10
- Good Friday – April 2/10
- Victoria Day – May 24/10
- Canada Day – July 1/10

All program areas close ½ hour prior to building closure.

Pool Hours

- Monday to Friday – 6:00am-9:30pm
- Saturday/Sunday – 7:00am-8:30pm
- Holidays – 9:00am-6:30pm

Child-Minding

Kiddie Kare Hours:

The YMCA can take care of your children while you take care of yourself! Our convenient care is provided at no extra charge for our members for children aged 8 weeks to 9 years of age. If you have any questions please contact the Membership Services Desk for details.

Monday-Thursday 8:15am to 2:00pm

and 5:45pm to 8:15pm

Friday 8:15am to 2:00pm

Saturday 7:45am to 1:00pm

Sunday/Holidays CLOSED

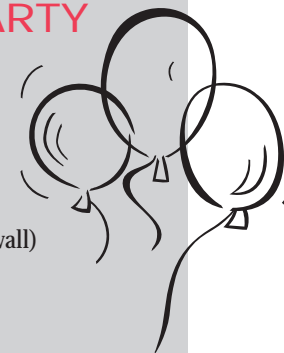
YMCA Child Access Policy

Children 0-9 years of age require direct (0-5yrs within arm's reach) supervision at all times except when they participate in YMCA supervised drop-in activities or in age-appropriate registered programs.

Youth 10-12 years of age can access drop-in activities and age-appropriate registered programs of the YMCA facilities unsupervised until 9:00pm. *Access to the upstairs Cardio areas only is possible, provided they have participated in a Youth Member Equipment Orientation (YMEO) and have direct parental/caregiver supervision.*

Teens 13 years and older are permitted access to all areas of the facility and all drop-in classes. We encourage individuals in this age group to undergo our *Teen Weight Training program and Youth Member Equipment Orientation.*

WHAT CAN A YMCA BIRTHDAY PARTY OFFER YOUR FAMILY?



- * Access to your favourite YMCA activities
- * An enthusiastic YMCA staff to assist with your set-up, lead you to your activities and help keep party-goers busy and happy
- * Swimming in our indoor swimming pool
- * Playing in the Syncrude Play-Pit (indoor playground and climbing wall)
- * Fun in our Playzone (Wii games and Dance-Dance Revolution)
- * Cool YMCA loot bag for the birthday boy/girl
- * No hassles for you and FUN FOR ALL!

Birthday Party Package Options

We offer both a 2-hr package and a 3-hr package for children aged 0-12 years which will include time in either our multi-purpose room or studio (great for cake and presents) as well as our three fun zones (Syncrude Play Pit, Swimming Pool, Playzone (interactive games room)). The birthday boy/girl will also receive a special YMCA Loot Bag.

Members: \$150 - 2hr or \$220 - 3 hr.

Non-Members: \$190 - 2 hr or \$275 - 3 hr.

To book your YMCA Birthday Party or to get more information on this service, please contact the Membership Services Desk.

Package includes up to 12 children. GST is included. Space will be booked and reserved upon submission of complete payment. ***All party bookings are subject to cancellation fee.***

Contact Us:

Phone: 780-790-YMCA (9622)

Fax: 780-743-4045

Westwood Family YMCA

221 Tundra Drive Fort McMurray
T9H 4Z7

www.ymca.woodbuffalo.org

GENERAL INFORMATION

YMCA CHILDCARE

LICENSED CHILD CARE PROGRAMS

The Wood Buffalo YMCA proudly operates licensed childcare programs for children in our region. Our qualified Early Childhood Educators and Staff provide high-quality care so that you can have peace of mind while you work to help your family succeed. YMCA childcare builds on a child's natural desire to learn new skills and become more self-reliant.

Please contact us at the Birchwood YMCA Child Development Centre
(780)-790-9532 ext. 30

Riedel Child Development Centre

Daycare: 12months-6yrs

Monday – Friday 6:30am – 6:00pm

34-8820 Franklin Ave
Fort McMurray, AB
T9H 3N2
Phone: (780)-743-5554

Greely Road Child Development Centre

Daycare: 19months-6yrs

Out-of-School Care: 6-12yrs

Monday – Friday 6:00am – 6:00pm

109 Greely Road
Fort McMurray, AB T9H 4V4
Phone: (780)-715-8584

Birchwood Child Development Centre

Daycare: 19months - 6yrs

Monday – Friday 6:00am – 6:00pm

190 Tamarack Way
Fort McMurray AB
T9H 1A1
Phone: (780)-790-9532

Out-of-School Care

Ages 6-12 years

Please call 780.790.9532 ext. 34 for more information about Out-of-School Care.

The YMCA of Wood Buffalo is proud to be partnering with the Fort McMurray Public School District to provide before and after school programs for Fort McMurray families. Please call the Birchwood Child Development Centre for more information about additional locations (not listed here) to suit your family's needs.

CAMP

If you're looking for a safe, fun and stimulating camp experience for your child you have come to the right place!

Our camping heritage makes the Wood Buffalo YMCA day camp a trustworthy, solid and dependable choice. Meeting new friends, learning new skills, and enjoying fun-filled days in a caring, supervised environment is what YMCA day-camps are all about!

YMCA may offer camps during these holidays: Christmas, February Break, Spring Break and Summer. Please contact the Membership Services desk for more information.



YMCA COMMUNITY PROGRAMS

The YMCA Community Programs team is there to encourage newcomers to live healthy lifestyles and to join recreational and social activities in their community.

WHAT WE DO:

1. Immigrant Settlement Services

- Information, Orientation & Referrals
- Supportive, Solution-based Counselling
- Interpretation & Translation Services
- Community Access Program
- Community Participation & Education
- Other services designed to assist newcomers to integrate into our Community

2. Host

- A befriending program – designed to match newcomers to Canada with a volunteer for friendship and emotional support
- Language referrals
- Translation Services
- Community Connections
- Legal Referral
- Available Assistance
- Other services designed to assist newcomers to integrate into our Community

3. Temporary Foreign Worker Program

- A program designed to assist TFWs to adjust and have support in the Community while they are working in Canada
- Supportive, Solution-based Counselling
- Information & Referrals
- Legal Referrals
- Community Orientation
- Other services designed to assist newcomers to integrate into our Community

4. Job Search Services for Immigrants

- One-on-one Assistance with: Resume Development, Cover Letters, & Job Search Strategies
- International Qualifications Assessment Services (IQAS)
- Labour Market Information
- Information & Referrals
- Other services designed to assist newcomers to integrate into our Community



LOCATION & HOURS

YMCA Immigrant Settlement Services
#201 – 10011 Franklin Avenue
Fort McMurray, AB T9H 2K7

Phone: (780) 743-2970

Fax: (780) 743-2973

Mon-Fri: 8:30am-4:30 pm
(closed 12pm-1pm)

CONTACTS

Senior Director, Community Programs
Heidi Carter, p: (780) 743-2970

Career and Employment
p: (780) 791-1115, f: (780) 791-1140

HOST Program
p: (780) 743-2970, f: (780) 743-2973

Temporary Foreign Worker
p: (780) 743-2970, f: (780) 743-2973

youth connections
find yourself in a job.

Located on site at the Westwood Family YMCA, the staff and volunteers of the Youth Connections program deliver career and employment services to youth attending schools or alternative learning institutions. (K-12) Our city's youth can benefit from workshops, one-on-one client access, and informational sessions.

Monday-Friday, 8:30am – 4:30pm
(Evening appointments available as needed)

CONNECTIONS CLUB
FOR ABORIGINAL YOUTH:

Open the 2nd & 4th Saturday of every month from 10am-2pm.

221 Tundra Drive, Fort McMurray, AB T9H 4Z7
tel: 780.791.7520

Canada

Government of Alberta
Employment and Immigration

The YMCA of Wood Buffalo acknowledges the partnership of:



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Can

Alberta Employment and Immigration

For their resource assistance and funding support of this program.

YMCA COMMUNITY PROGRAMS AND CHILDCARE

PROGRAMS AND SERVICES

GROUP FITNESS CLASS DESCRIPTIONS

AQUAFIT:

Increase your cardio conditioning while developing toning and flexibility in the shallow and deep end of the pool. A great water workout!

BOOT CAMP:

Challenge this high intensity, results-oriented class. Test your muscle endurance, strength and most of all your determination.

CARDIO AND MORE:

Start your week with an energizing cardio workout that will move you and make you stronger. Some use of weights is included in this class.

CARDIO INTERVAL:

Challenge your body with aerobic interval moves on spin bikes, ending with some great stretches. A great way to start your week!

CIRCUIT TRAINING:

Enjoy a great workout using a variety of equipment. Circuit training includes cardio intervals between muscle strengthening exercises. Great calorie burner while toning your body!

NOON HOUR GROOVE:

Rock this energetic cardio class offering a fusion of kickboxing and hi/low choreography. Guaranteed to give you a fun cardio workout.

PILATES:

Experience a functional approach to strength and flexibility training. Exercises will strengthen the core while developing stability and abdominal control. Slow careful and controlled exercises are excellent for increasing flexibility and improving posture and coordination.

RISE N' SHINE YOGA

Wake your body up gently with this invigorating routine. Sure to help you focus and feel relaxed all day. Your body will thank you.

SPIN:

Jumpstart your health with this class, which provides a balance of endurance, hill climbing and interval training. Finish with a rejuvenating stretch.

QUICK-START PROGRAM:

An opportunity for new members to set themselves up for success. Get a jump on your fitness routine as our fitness leaders show you the basics in developing a program you can stick with. We will be your guide to getting fit. Register at membership services.



the YMCA of Wood Buffalo acknowledges the generous donation of the Syncrude Playpit by Syncrude Canada Ltd. and for their sponsorship of Syncrude Free Play.

During these scheduled times, children 12 and under with accompanying parent are welcome to enjoy complimentary access to the playpit.

Please note that this is a parent-supervised area.



Spirit
mind

CORE STRENGTH:

Get a jumpstart on your day. This class will ignite your inner core and empower your day with strength. Better than a cup of coffee!

FLEXIBILITY TRAINING:

Learn proper stretching techniques that will help balance muscle groups that might be overused during exercise or physical activity or as a result of bad posture. Enhance your performance, improve post workout recovery and progressively improve your range of motion.

JAMMIN WITH JAY:

Join us for a fun fitness dance fusion workout that combines hip hop, Caribbean and street jazz with some core and strength mixed in! A great workout for everyone!

LATIN DANCE:

Dance your way to fitness with a combination of salsa, meringue & Cumbia movement and spice up your workout.

SPIN & SCULPT:

Turbo charge your day with this heart pumping workout. Our instructors will lead you through a total body sculpting program using free-weight equipment combined with a spinning cardio challenge that delivers the sweat.

STRENGTH ON THE BALL:

Transform your personal fitness and build your total body strength while engaging the abs and challenging your balance.

TOTAL BODY:

Strengthen and tone major muscle groups in the energizing class. Challenge yourself at your own level.

TRACK CARDIO INTERVAL:

Join us in the fitness centre on the cushioned track for this fitness challenge. Muscle toning and strengthening exercises for the entire body mixed with cardio drills. This class will keep you moving while improving your strength, coordination and over all fitness.

ULTIMATE CARDIO:

Challenge yourself with this cardio-conditioning class. Offering a variety of boxing, spin, circuit & plyometric training.

20/20/20:

All in one. A balanced class combination offering a variety of cardio with strength building exercises and core conditioning. Using resistance tubing, light weights and your own body weight in this class we will focus to firm, shape and tone your entire body.

YOGA:

HATHA YOGA:

Focus on gentle stress-reducing postures, stretching and breathing to strengthen the body.

MEDITATION YOGA:

Become a student of peace of mind and stress relief through the teachings of yoga. Please bring a cushion, blanket or mat.

RESTORATIVE YOGA:

Savour deep relaxation by creating space in hip and shoulder joints. Gentle movements will give your body a chance to shed restlessness before settling into a place of stillness. Heal your body and soul.

VINYASA YOGA FLOW:

Level 1: Yoga practice focusing on becoming familiar with the Vinyasa language and Asanas (postures).

Level 2: For participants familiar with Vinyasa language and experience in the practice of yoga.



All fitness classes are...

- Drop-in for teens/adults 13+ yrs
- First-come, first-served for fitness equipment and spin bikes.
- Aimed at providing an invigorating workout for all levels of fitness (from first-timers to experienced class-goers.)

Pre/Post-Natal participants should check with their doctor before attending any of the YMCA's fitness programs. Please arrive 10 minutes prior to start of class to allow for proper setup. If you are joining a class for the first-time, please notify the instructor prior to start of class.

TEEN STRENGTH TRAINING

This is a 2-hr course designed to give teens an introduction to cardio and resistance training, safe exercise practices and fitness centre expectations. This program is offered usually once a month based on demand. Contact the Group and Individual Conditioning Supervisor for more information.

PROGRAMS AND SERVICES

OPPORTUNITY FUND

The YMCA is Open to Everyone

The YMCA of Wood Buffalo provides programs and services to all people, regardless of circumstance, through the YMCA Opportunity Fund. This allows those who are unable, not unwilling to afford the full cost of membership and/or programs to access the YMCA at a reduced cost.

OPTION 1:

Am I Eligible for the Opportunity Fund?

You are pre-approved for the Opportunity Fund if you are a current recipient of:

* IS: Income Support

* AISH: Assured Income for the Severely Handicapped

Please bring one of the above benefits card(s) to the Membership Services desk to get information on how you can begin your YMCA membership at a reduced cost.



OPTION 2:

If I don't qualify under OPTION 1, how do I apply?

Eligibility for the Opportunity Fund is determined by family income and size. The YMCA uses the government's Low Income Cut-Off Chart (LICO) www.canadavisa.com/immigration-financial-ability.html as a guideline to help determine eligibility.

You may also be eligible to apply for the YMCA Opportunity Fund if you have unique or special circumstances and/or are unable to provide proof of income. If this is your situation:

1. Stop in and join us for a tour to learn all about what the YMCA has to offer – workout areas, schedules and programs for all ages. At the end of your tour you will also receive a 2-week pass to try the YMCA and an Opportunity Fund Application form.
2. Complete an application form and gather the necessary information.
3. Bring your completed application and information and join us for one of the drop-in times.

The YMCA is pleased to offer this opportunity to you and your family.

VOLUNTEER OPPORTUNITIES

Volunteering is a demonstration of caring for others and you will find it at the heart of the YMCA. Our volunteers represent diverse cultures, age groups, abilities and life experiences. While some are looking to future leadership in our community, others are looking back over the rich life experiences that have equipped them for their role as volunteers. Whatever their backgrounds, all of our volunteers are working to enhance quality of life within our region. Our volunteers truly are ***Heroes Among Us.***

Thinking about volunteering? If you have a little Time, Talent or Treasure to contribute, and you would like to learn more about volunteering at the YMCA, please contact the Membership Services desk at 780-790-YMCA (9622).

RECREATION

Preschool (3-5yrs)

Preschool Sports (3-5yrs):

Drop off your preschoolers and give them the opportunity to interact with other children, increasing their self-confidence and motor skills while having a little fun playing sports they enjoy.

Child/Youth (6-12yrs)

Kids Zone:

Get interactive and have fun with other youth. We offer a range of activities and games to challenge all fitness levels in a non competitive environment. Explore your mind with creative crafts and experiments. Program details and schedules are posted monthly.

Interactive Kids Zone: *Challenge your friends at Wii Sports or Dance Dance Revolution!*

Open Gym:

Play various recreational sports or ping-pong with your family and friends and enjoy a great time together!

Youth Night (6-15yrs):

Join in on the Friday night fun. Jump in the pool and make waves swimming. Try a variety of indoor sports such as dodge ball, ball hockey, badminton or basketball. Interactive DDR fun awaits in the studio or try the Wii games for an added challenge. All activities are supervised and led by our superstar staff.

Youth Sports:

Learn the fundamentals of the game. Drills and scrimmages focus on fair play and sportmanship. Have fun learning the basics of ball hockey, basketball and badminton just to name a few.

Teen/Adult (13-18+yrs) and Family Activities (all ages)

Badminton:

Challenge your partner or play doubles in this YMCA favourite. Badminton is an excellent form of physical conditioning, and is regarded as one of the most physically demanding sports

Ball Hockey:

Bring your friends and play a game that has been part of the YMCA for over 40 years.

Basketball:

Play a little one-on-one or make it a full court and challenge your "Y" friends.

Open Gym:

Play various recreational sports or ping-pong with your family and friends and enjoy a great time together!

Table Tennis:

Rally your friends and play a YMCA classic. Great for developing hand-eye coordination.

Volleyball:

Experience this great sport with a large group. Develop your skills with the help of qualified coaches while playing one of our most-popular gymnasium programs.

FAMILY BEGINNER KARATE

Bring your family to this great introductory class in beginner martial arts. Shotokan style karate will teach you inward and outward calmness, motivation and provide you with a context for further training.



OPPORTUNITY FUND

AQUATICS

Lane Swimming

A minimum of one (1) lane will be available at all times, except Sunday 7:00-9:00am.

Aquatic Information

For your child's safety and to ensure the swimming pool is available for use by all participants, we ask the following:

- Children who are not toilet trained must wear either "swimmer diapers" or plastic pants with elastic waistband and leg bands. Swim diapers are available for sale at the Membership Services desk.
- Please do not feed your child within 30 minutes before entering the pool.
- Individuals with open cuts, respiratory infections, planter's warts, ringworm or any other casually transmitted pathogens are not to be brought to swim in the pool.
- Swimmers must take a warm, soapy shower before entering the pool
- Proper swim attire must be worn in the pool (no outdoor clothing or underwear)

Family/Open Swim times

- Children who are under the age of 6 years must be accompanied in the water within arms reach by a parent or caregiver over the age of 16.
- Children aged 6-9 years must have direct (on deck) supervision of a parent or caregiver over the age of 16.
- Children of any age who cannot touch the bottom or cannot swim 25 m must be accompanied in the water within arms reach by a parent or caregiver over the age of 16.
- Workers must accompany any individual requiring a support worker and the use of a Personal Floatation Device (i.e. lifejacket) in the water. *Exceptions may be made at the discretion of the lifeguard on duty.*

Adult Swim Times

This time is reserved for swimmers aged 16+ to enjoy our pool in a peaceful environment. Family and Open swim times are available to our younger participants.

Rolling Registration

The YMCA of Wood Buffalo offers a model for our swimming lessons that allows for the progression of a participant without the hassle of continuous re-registration.

Rolling registration allows swimmers to progress through levels at their own pace. The first lesson will be devoted to level testing to ensure that children of similar abilities are grouped together.

Swim Lessons are offered in 30-minute time slots – allowing you to choose the time that best suits your family's busy schedule. Registration times will be announced for non-members.

Due to high demand, we ask that children do not miss more than 3 consecutive classes, excluding holidays and periods of illness. If a child is going to be absent from their class, please call ahead of time and let the aquatics department know that they will be missing to avoid the loss of your space.

Swim Lessons

Qualified swim instructors teach all lessons at the YMCA. Your child will experience the water, learn skills and have fun. Your child will continue to progress until they have reached the pinnacle of instruction for their swim level.

ADVANCED PROGRAM

Swim Patrol:

The Swim Patrol provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels – Rookie, Ranger, and Star – continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze medal awards.



Swim Patrol (10-12yrs)



Join our Aquatics team and get the perfect part-time job! Our qualified and trained lifeguards and swimming instructors are an integral part of our community – Interested to learn more? Visit and membership desk and we'll tell you how!

PARENT AND TOT LESSONS

(parent must accompany child):

Splasher: (6 to 18 Months)

Splashers will become acquainted with breath control, floats and various movements.

Bubbler: (19 to 3 years)

Bubblers will become confident in the water and will learn new games.

LI'L DIPPERS PROGRAM (3-5yrs)

This program allows the parent to watch the progress of their child. It is designed to familiarize the child with the water environment through a variety of songs, games, and skill development.

Bobber:

Bobbers learn activities to gain confidence in the water. The child will be introduced to floats and games with a face in the water progression.

Floater:

The focus of floater is front and back floats and glides. The child will also work on front and back swim to a distance of 15 meters. This class is an introduction to the pool.

Glider:

Gliders are encouraged to become more independent, comfortable in the water, with continuous work on skills and endurance.

Divers:

Divers are introduced to deep-water activities, side glides and development of arm action. Continuous development of front and back swims up to a distance of 10 meters.

Surfer:

Surfers will continue developing front and back swims up to a distance of 15 meters. They will also explore diving, creative entries and surface support.

Dippers:

Dippers focus on building endurance through a 25-meter swim. Swimming is continually refined on front, back and deep-water activities and skills explored.

LEARN TO SWIM (6-12yrs):

In the first levels of the YMCA National Swimming program (Otter, Seal, Dolphin, and Swimmer), instructors strive to have each participant feel a sense of achievement by introducing basic swim skills, and increasing comfort, confidence and endurance in the water.

Otter:

Builds confidence in floating, gliding, and breath control under water.

Seal:

Introduction to deep-water jumping, breath control and surface support. Swimmers will continue to develop floats, glides, and distance swims.

Dolphin:

Build endurance and skills for front and back swims. Develop side breathing and treading water.

Swimmer:

Improve front and back strokes endurance swims and treading water.

STAR PROGRAM

Star 1:

Develop safety education; tread water 90 seconds, increase front and back crawl skills and endurance. Introduction to elementary backstroke.

Star 2:

Introduction to safety skills, improve diving and treading water, learn higher stroke standards. Introduction to breaststroke.

Star 3:

Begin recognition and rescue skills, introduction to eggbeater, focus on improving stroke improvement standards.

Star 4:

Learn about drowning prevention; develop more rescue skills, introduction to levels build endurance and skills for strokes.

Star 5:

Intermediate boating safety, intermediate rescue skills, introduction to butterfly, improve sidestroke and breaststroke.

Star 6:

Advanced first aid and rescue skills, an introduction to alternative strokes and development of synchronized and water polo skills.

ADULT LESSONS

Adult lessons are available for all levels from beginner to advanced.



AQUATICS

Session 1 – January 9 to March 28th 2010

Session 2 – April 17th to June 20th 2010

FALL/WINTER/SPRING
MONDAY

Time	Gym A	Gym B	MPR	Classroom	Syncrude Play Pit	Kiddie Kare	Studio	Lanes	Main Pool	Tot Pool	
5:00	Westwood High School 5:00am-7:00pm				Open Time 5:00am-9:30pm			0			
5:30											
6:00											
6:30											
7:00										Adult Swim 6:00-9:00	
7:30											
8:00						Rental 8:00-8:30					
8:30											
9:00				Cardio & More 9:00-10:00							
9:30											
10:00											
10:30			Spin & Sculpt 10:30-11:30			Child Minding 8:15-2:00		2	Open Swim 9:00-12:00	Family Swim 9:00-11:30	
11:00											
11:30										Preschool Lessons 11:30-12:00	
12:00							Rental 9:00-3:00		Adult Swim 12:00-1:00	Family Swim 12:00-1:00	
12:30											
1:00											
1:30									Rental 1:00-3:00	Rental 1:00-3:00	
2:00											
2:30											
3:00											
3:30									After-School Swim 3:00-4:00		
4:00			Kid Zone (6-12yrs) 3:30-5:00								
4:30											
5:00								1	Manta Swim Club 4:00-6:00		
5:30				Kid Zone (6-12yrs) 5:00-6:00						Open Swim 3:00-9:00	
6:00			Cardio Interval 6:00-7:00								
6:30							Rental 4:00-9:00		Rental 6:00-8:00		
7:00			Total Body 7:00-8:00								
7:30								2			
8:00											
8:30	Volleyball League 7:00-9:30		Bootcamp 8:00-9:00						Aquafit 8:00-9:00		
9:00									Adult Swim 9:00-9:30		
9:30											
10:00											

Rental
Registration Required
Drop In
Group Fitness

Time	Gym A	Gym B	MPR	Classroom	Syncrude Play Pit	Kiddie Kare	Studio	Lanes	Main Pool	Tot Pool			
5:00	Westwood High School 5:00am-7:00pm				Open Time 5:00am-9:30pm			0					
5:30													
6:00										1	Manta Swim Club 5:30-7:00		
6:30													
7:00												Adult Swim 6:00-9:00	
7:30													
8:00													
8:30													
9:00						Latin Dance 9:00-10:00							
9:30							Track Cardio Interval (in Fitness Centre) 9:30-10:30						Family Swim 9:00-11:00
10:00													
10:30													
11:00						Pilates 11:00-12:00			Child Minding 8:15-2:00				Preschool Lessons 11:00-12:00
11:30											2		
12:00						Noon Hour Groove 12:00-1:00				Rental 9:00-3:00			Family Swim 12:00-1:00
12:30												Aquafit 12:00-1:00	
1:00													
1:30													
2:00												Rental 1:00-3:00	Rental 1:00-3:00
2:30													
3:00													
3:30												After-School Swim 3:00-4:00	
4:00													
4:30													
5:00													
5:30											1	Manta Swim Club 4:00-7:00	Open Swim 3:00-9:00
6:00						Strength on the Ball 6:00-7:00							
6:30									Child Minding 5:45-8:15				
7:00	Child/Youth Basketball (6-12yrs) 7:00-8:00	Child/Youth Sports (6-12yrs) 7:00-8:00	Hatha Yoga 7:00-8:00						Rental 7:00-8:00				
7:30				Rental 7:00-9:30									
8:00			Meditation Yoga 8:00-9:00					2	Adult Swim Lessons 8:00-9:00				
8:30	Teen/Adult Basketball (13yrs+) 8:00-9:30	Teen/Adult Ball Hockey (13yrs+) 8:00-9:30											
9:00									Adult Swim 9:00-9:30				
9:30													
10:00													

FALL/WINTER/SPRING
WEDNESDAY

Time	Gym A	Gym B	MPR	Classroom	Syncrude Play Pit	Kiddie Kare	Studio	Lanes	Main Pool	Tot Pool			
5:00	Westwood High School 5:00am-7:00pm				Open Time 5:00am-9:30pm			0					
5:30			Core Strength 5:30-6:30										
6:00										1	Manta Swim Club 5:30-7:00		
6:30													
7:00													
7:30													
8:00													
8:30													
9:00						Yoga 9:00-10:00							
9:30						Cardio Interval 10:00-11:00							
10:00													
10:30									Child Minding 8:15-2:00				
11:00													
11:30								2		Preschool Lessons 11:30-12:00			
12:00			20/20/20 12:00-1:00				Rental 9:00-3:00			Family Swim 9:00-11:30			
12:30													
1:00													
1:30													
2:00													
2:30													
3:00													
3:30													
4:00													
4:30													
5:00													
5:30													
6:00			Spin 6:00-7:00	Lifesaving Program 6:00-7:00									
6:30													
7:00	Volleyball League 7:00-9:30		Ultimate Cardio 7:00-8:00										
7:30													
8:00													
8:30					Bootcamp 8:00-9:00	Rental 7:00-9:30							
9:00													
9:30													
10:00													

Rental
Registration Required
Drop In
Group Fitness

FALL/WINTER/SPRING
THURSDAY

Time	Gym A	Gym B	MPR	Classroom	Syncrude Play Pit	Kiddie Kare	Studio	Lanes	Main Pool	Tot Pool			
5:00	Westwood High School 5:00am-7:00pm				Open Time 5:00am-9:30pm			0					
5:30													
6:00										1	Manta Swim Club 5:30-7:00		
6:30						Rise n' Shine Yoga 6:30-7:30						Adult Swim 6:00-9:00	
7:00													
7:30													
8:00													
8:30													
9:00													
9:30						Strength on the Ball 9:00-10:00							Family Swim 9:00-11:00
10:00						Bootcamp 10:00-11:00						Open Swim 9:00-12:00	
10:30													
11:00									Child Minding 8:15-2:00				Preschool Lessons 11:00-12:00
11:30											2		
12:00										Rental 9:00-3:00		Adult Swim Lessons 12:00-1:00	Family Swim 12:00-1:00
12:30						Pilates 12:15-1:15							
1:00													
1:30												Rental 1:00-3:00	Rental 1:00-3:00
2:00													
2:30													
3:00													
3:30									After-School Swim 3:00-4:00				
4:00													
4:30													
5:00													
5:30													
6:00								1	Manta Swim Club 4:00-7:00	Open Swim 3:00-9:00			
6:30			Total Body 6:00-7:00			Child Minding 5:45-8:15							
7:00	Volleyball League 7:00-9:30		Level 1 Yoga 7:00-8:00										
7:30					Rental 7:00-9:30								
8:00				Level 2 Yoga 8:00-9:00						2			
8:30											Aquafit 8:00-9:00		
9:00											Adult Swim 9:00-9:30		
9:30													
10:00													

Time	Gym A	Gym B	MPR	Classroom	Syncrude Play Pit	Kiddie Kare	Studio	Lanes	Main Pool	Tot Pool			
5:00	Westwood High School 5:00am-3:00pm				Open Time 5:00am-9:30pm			0					
5:30													
6:00										1	Manta Swim Club 5:30-7:00		
6:30													
7:00													
7:30													
8:00													
8:30													
9:00						Circuit Training 9:00-10:00							
9:30						Flexibility Training 10:00-10:30							
10:00								2					
10:30						Child Minding 8:15-2:00	Rental 9:00-12:30		Open Swim 9:00-1:30	Family Swim 9:00-11:30			
11:00													
11:30										Preschool Lessons 11:30-12:00			
12:00													
12:30													
1:00													
1:30													
2:00													
2:30							Interactive Kid Zone 1:00-3:00	1	Manta Swim Club 1:30-3:30	Family Swim 12:00-3:30			
3:00	Open Gym 3:00-7:00												
3:30													
4:00													
4:30													
5:00													
5:30													
6:00													
6:30										2			
7:00	Child/Youth Night (6-15yrs) 7:00-9:00												
7:30													
8:00													
8:30			Boot Camp 8:00-9:00										
9:00				Rental 7:00-9:30	Child/Youth Night (6-15yrs) 7:00-9:00		Child/Youth Night (6-15yrs) 7:00-9:00						
9:30									Adult Swim 9:00-9:30				
10:00													

FALL/WINTER/SPRING
SATURDAY

Time	Gym A	Gym B	MPR	Classroom	Syncrude Play Pit	Kiddie Kare	Studio	Lanes	Main Pool	Tot Pool		
5:00	Closed											
5:30	Closed											
6:00	Closed											
6:30	Closed											
7:00	Rental 7:00-10:00				Open Time 7:00-1:00	Child Minding 7:45-1:00		1	Manta Swim Club 7:00-9:00	Family Swim 7:00-9:30		
7:30												
8:00												
8:30												
9:00			Preschool Sports (3-5yrs) 9:00-10:00						Adult Swim 9:00-9:30			
9:30	Open Family Gym 10:00-12:00							2	Swim Lessons 9:30-1:30			
10:00												
10:30			Spin 10:30-11:30									
11:00												
11:30												
12:00	Open Family Gym 12:00-3:00	Family Table Tennis 12:00-1:30	Family Beginner Karate 11:45-12:45				Interactive Kid Zone 12:00-1:30					
12:30												
1:00												
1:30		Family Badminton 1:30-3:00			Birthday Parties 1:00-5:30					Birthday Parties 1:30-3:30		
2:00				Rental 8:00-8:30								
2:30												
3:00												
3:30	Family Basketball 3:00-7:00	Teen/Adult Basketball 3:00-7:00										
4:00												
4:30												
5:00			Birthday Parties 1:00-8:00				Birthday Parties 1:30-6:30					
5:30												
6:00												
6:30												
7:00												
7:30												
8:00												
8:30												
9:00	Closed											
9:30	Closed											
10:00	Closed											

FALL/WINTER/SPRING
SUNDAY

Time	Gym A	Gym B	MPR	Classroom	Syncrude Play Pit	Kiddie Kare	Studio	Lanes	Main Pool	Tot Pool
5:00										
5:30										
6:00					Closed					
6:30										
7:00	Rental 7:00-12:00				Open Time 7:00-1:00				Kayak Club 7:00-9:00	Family Swim 7:00-9:30
7:30										
8:00										
8:30										
9:00										Adult Swim 9:00-9:30
9:30										
10:00										
10:30			Jammin with Jay 10:30-11:30							
11:00										
11:30										
12:00										
12:30	Open Family Gym 12:00-2:00						Interactive Kid Zone 12:00-1:30			
1:00										
1:30										
2:00				Rental 8:00-8:30	Birthday Parties 1:00-5:30				Birthday Parties 1:30-3:30	
2:30	Family Badminton 2:00-4:30	Family Table Tennis 2:00-4:30							Open Swim 1:30-3:30	
3:00										
3:30										
4:00					Open Time 1:00-5:30		Birthday Parties 1:30-6:30		Open Swim 3:30-4:30	
4:30				Birthday Parties 1:00-8:00					Family Swim 3:30-4:30	
5:00	Family Volleyball 4:30-6:30	Family Ball Hockey 4:30-6:30								
5:30										
6:00										
6:30					Syncrude Free Play 5:30-8:30					
7:00	Teen/Adult Basketball 6:30-8:30								Open Swim 4:30-8:30	
7:30										
8:00										
8:30										
9:00										
9:30					Closed					
10:00										



Join us every Sunday for Country 93.3 Family Day where families can enjoy a special day pass rate of just \$9.33! Come in and see what the YMCA has to offer your family!

Rental

Registration Required

Drop In

Group Fitness

FALL/WINTER/SPRING
HOLIDAY

Time	Gym A	Gym B	MPR	Classroom	Syncrude Play Pit	Kiddie Kare	Studio	Lanes	Main Pool	Tot Pool
5:00										
5:30										
6:00										
6:30										
7:00					Closed					
7:30										
8:00										
8:30										
9:00	Open Family Gym 9:00-6:30				Open Time 9:00-6:30				Manta Swim Club 9:00-11:00	Family Swim 9:00-11:00
9:30										
10:00										
10:30										
11:00										
11:30										
12:00										
12:30										
1:00										
1:30										
2:00								Open Swim 11:00-6:30		
2:30										
3:00										
3:30										
4:00										
4:30										
5:00										
5:30										
6:00										
6:30										
7:00										
7:30										
8:00										
8:30					Closed					
9:00										
9:30										
10:00										

MEMBER ETIQUETTE

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, volunteers and staff all pledge to treat one another with respect and dignity.

MISSION STATEMENT

The YMCA of Wood Buffalo is a not-for-profit and charitable organization whose mission is to enhance the quality of life by providing safe and sustainable programs and services that meet the changing needs of the community in our diverse region.

VALUES

Honesty, Caring, Respect, Responsibility

VISION

“We build strong kids strong families, and strong communities”.

PHILANTHROPY AT YOUR YMCA

The YMCA of Wood Buffalo is a charity open to all regardless of financial circumstance. We provide financial assistance to individuals willing but unable to pay full fees for membership, campership and other recreational programs and services. This is accomplished through our annual giving campaign ‘Strong Kids Campaign’. Local funeral homes and your YMCA have available “In Memoriam” cards to make a donation in memory of a loved one.

By supporting your YMCA financially, you help to achieve community well being through the charitable work of the Wood Buffalo YMCA. We hope you would consider making us your charity of choice.

The YMCA of Wood Buffalo thanks these generous supporters and funders:
*Suncor Energy, Syncrude Canada Ltd., (CIC) – Citizenship & Immigration Canada,
(AEI) – Alberta, Employment & Immigration, United Way*

and recognizes these valued partnerships

Fort McMurray Public School District, Keyano College, Alberta’s Promise, Country 93.3

and those ‘Heroes Among Us’ that support the mission of the YMCA through the donation of their time, money and service.



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