

TEEN PROGRAMS

TEEN MACHINE (12-15 yrs)

This class is for teens that are looking to learn all there is to know about weight training. You will learn proper weight room etiquette, adjusting the universal machines to fit you, proper range of motion, breathing technique and the correct form. You will be shown how to use all of the equipment in the facility as well as design a strength training program to get you started on your way to a healthier, stronger, fitter you!

NORTHSHORE Y

Thursdays, 3:30 - 4:15 pm

Jan 19 - Mar 15 (9 weeks) Course 5446

Members: \$45 Non-Members: \$72

Apr 15 - June 21 (12 weeks) 5448

Members: \$60 Non-Members: \$96

POWER OF BEING A GIRL PLANNING GROUP

A five week program for girls 12-14 years old who want to help plan for the 2012 Power of Being a Girl conference. The planning group will continue in the fall including participating the day of the conference. Have fun and use your voice while developing your leadership skills! Space is limited so sign up soon!

DOWNTOWN Y

Wednesdays, 4:00 - 5:30 pm

May 2 - May 30 (5 weeks)

Free Program

YOUTH IN THE WEIGHT ROOM

If you are between the ages of 12 to 15, a free weight room orientation is recommended. IF YOU ARE 12 YEARS OF AGE, A WEIGHT ROOM ORIENTATION IS MANDATORY. Please book an appointment through Member Services.

FAMILY ENRICHMENT PROGRAMS

CHILD INTERACTIVE PLAY AND LEARN CENTRE (0-5 yrs)

The Child Interactive Centre offers the opportunity for children 0-5 years old to spend a morning exploring a fun, safe play environment with their Mom, Dad, grandparent or caregiver. Children will explore different themes and have story time, crafts and special events. It is a great place to meet new friends of all ages. Everyone is welcome! The Child Interactive Centre is available at 2 locations:

SOUTHWEST Y (CCRR) 1420 HUGH ALLAN DRIVE

Monday - Friday, 9:00 am - 12:00 pm

NORTHSHORE Y

Monday - Saturday, 9:00 am - 12:00 pm

Members: Free Non-Members: \$3 per child

BEAUTIFUL BEGINNINGS BREASTFEEDING CLASSES



Expectant parents and parents with newborns. Beautiful Beginnings Lactation Services will offer families knowledge and support as they prepare for parenthood. They believe that breastfeeding classes empower women and their families to give their babies the best start in life. By providing an interactive curriculum, they will ensure that families leave feeling confident and more prepared. Facilitators will also offer a separate registration for those families who are interested in receiving further consultation after the course.

SOUTHWEST Y (CCRR) 1420 HUGH ALLAN DRIVE

Saturdays, 12:00 - 3:00 pm

Jan 21 Course 5525

Feb 18 5524

Mar 31 5487

Apr 28 5488

May 26 5489

Members: \$25 individual, \$45 per couple

Non-Members: \$30 individual, \$55 per couple

MOTHER GOOSE PARENT & CHILD PROGRAMS

NEW!

Register now for this very popular interactive program. You and your child will learn new songs, rhymes and stories, meet some new friends, and enjoy some healthy snacks! Please call (250) 372-7791 to reserve your spot.

SOUTHWEST Y (CCRR)

Thursdays, 12:30 - 1:30 pm

Course 5490

NORTHSHORE Y

Wednesdays, 12:30 - 1:30 pm

5492

Starts week of Jan 23.

Spring session begins week of Apr 19.

Registration for spring session starts Mar 1.

FAMILY FUNDAMENTALS

NEW!

(for families with children 1-4 years of age)

An exciting new childhood development program that promotes healthy eating, active living, positive body image and positive parenting skills.

SOUTHWEST Y

Mondays, 10:00 - 11:30 am

Jan 23 - Feb 27 (6 weeks)

Course 5493

Free Program

'NOBODY'S PERFECT' PROGRAM FOR PARENTS

Nobody's perfect. There are no perfect parents or perfect children. We can only do our best, and we all need help once in a while. 'Nobody's Perfect' is for parents of children 0-5 years of age. It is guided by two caring and trained facilitators.

This program is free of charge.

Program Includes:

- Learning how to understand your child better
- Information on children's health, safety, & behaviour
- Coping with parenting stress
- Sharing ideas, tips, & experiences with other parents
- How to take a break from your busy day

Each Session Includes

- Nutritious snacks
- Childminding
- Transportation (can be arranged for each parent if required)

SOUTHWEST Y

For dates and times of upcoming sessions and more information please call (250) 372-7791.



We build strong kids, strong families, strong communities.

- We reserve the right to change schedules.
- Fees subject to applicable taxes.