When you join the Y, you’re not just saying yes to top-notch facilities, great workout programs, family-friendly activities and knowledgeable staff – you’re showing your support for a charity that’s been building healthy communities for over 112 years.
Get ready to register for a fun and active winter and spring!

Mark these registration dates in your calendar

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter Program Registration Jan 7–Mar 3</td>
<td>8 wks</td>
<td>Nov 29</td>
</tr>
<tr>
<td>Spring I Program Registration Mar 4–Apr 28</td>
<td>7 wks + Spring Break</td>
<td>Nov 29</td>
</tr>
<tr>
<td>Spring II Program Registration Apr 29–Jun 30</td>
<td>9 wks</td>
<td>Nov 29</td>
</tr>
</tbody>
</table>

Register In-Person or by Phone
Visit Member Services at any Health, Fitness & Aquatics location. Member Services representative can also complete your registration over the phone at any of our YMCA locations or call our Customer Care Centre toll free at 1 (866) 421-9622 during office hours (Mon–Fri 10am–8pm | Sat 10am–6pm | Sun & Holidays Closed). Contact information can also be found at northernalberta.ymca.ca/regions
## Holidays and Session Breaks

<table>
<thead>
<tr>
<th>Program</th>
<th>Register Programs</th>
<th>Drop-in Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fitness</td>
<td>Children’s</td>
</tr>
<tr>
<td><strong>Family Day</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon, Feb 18</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td><strong>Teachers Convention</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thu, Feb 25 – Fri, Mar 1</td>
<td>None</td>
<td>Day Camps Only</td>
</tr>
<tr>
<td><strong>Spring Break</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon, Apr 15 – Thu, Apr 18</td>
<td>None</td>
<td>Day Camps Only</td>
</tr>
<tr>
<td><strong>Easter Break</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri, Apr 19 – Sun, Apr 21</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td><strong>Victoria Day</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon, May 20</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td><strong>Pre-Summer Intersession</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon, Jul 1 – Sun, July 7</td>
<td>None</td>
<td>None</td>
</tr>
</tbody>
</table>

*Modified Schedule: See centre Summer Intersession schedule*
YMCA Childminding (6wks–12yrs)
This service offers parents the opportunity to enjoy programs and activities while their children enjoy a safe, interactive, and fun environment for up to 1.5 hours.

Childminding is included in a child membership. Advanced or block booking is recommended to ensure availability. This service is only available while parents remain at the YMCA. Please see the centre’s Grab and Go for times or visit the centre for details.

Play Pit – Parented (0-7yrs)
Want to go to the playground, but the weather isn’t cooperating? Come and play in our indoor Play Pit for preschoolers. This is a parented play area – adult supervision is required at all times.

Kids Club (3-6yrs)
Our Kids Club program has a variety of activities for your child. This program fosters social development and physical literacy skills, and allows your child to experience a variety of program options. Every month a new schedule allows for new activities, including active and creative options like crafts, active play, and sports.

Swimming Lessons (6mos–Adult)
We offer a variety of swimming lessons to help all ages to learn to swim. All Parent & Tot, Teen, and Adults classes are drop-in and included with your membership. Children’s lessons are also included with membership and are registered.

Toddler Zone (0-5yrs)
Play in our parented indoor toddler zone with a variety of fun equipment.

Membership Benefits

• Access to all YMCAs in Canada
• Recreational sports and gym time
• Workout centre access and orientation*
• No contracts or cancellation fees
• Option to put your membership on hold
• One weekly swimming lesson included
• Early program registration
• Day-use lockers*
• Preschool, Child, and Youth drop-in programs
• Childminding and indoor playground*
• A variety of drop-in fitness classes including Aquafit, Yoga, Bootcamp, Cyclefit, and Zumba!
• Lane and recreational swim time
• Squash and racquetball courts*
• Discounts on registered programs

* Available at Westwood Family YMCA only
Yoga Kids (4-12yrs)
Children learn how to focus and center themselves with various breathing and visualization techniques. They will also learn self-respect and respect for others with the practice of fun and challenging poses, partner and group poses, lots of yoga games, breathing, and basic anatomy.

Active Bounce (0-6yrs)
Join us for active play with the family! Activities include pretend play, bouncy castle, active movement, crafts, and more!
This program runs on:
   Jan 18
   Feb 8
   Mar 15, 29
   Apr 5, 12
   May 10, 31
   Jun 7

Zumba Kids (4-12yrs)
The Zumba Kids program is a version of the Zumba program designed for children. It is a high-energy class packed with specially choreographed routines and the latest music.
Zumba Kids classes increase focus and self-confidence, boost metabolism, and improve coordination. No dance experience is required.

Open Gym (8+yrs)
Open gym is unstructured activity time where the gymnasium is available to students, families, and/or community members to play pick-up sports such as basketball or volleyball.

Active Y Kids (7-12yrs)
Through a variety of activities and fun games, Active Y Kids offers a chance for children to improve and sustain a healthy lifestyle. This program incorporates cardiovascular exercise and muscle conditioning, nutrition, and self-development education to improve overall health.

Youth Basketball (13-17yrs)
This is a youth basketball initiative designed to develop fundamental skills, sportsmanship, and a love for the game of basketball. Progressive drills, skill-based games, and modified scrimmages are used to improve competence in a fun atmosphere.
Every kid deserves a chance to reach their full potential!

Opportunities to Give

Your Support

YMCA programs have a positive impact on all, but particularly on children, youth, and young adults – dramatically enhancing their health and overall well-being. The economic impact of keeping our kids healthy and active, both mentally and physically, is proven and documented. All Wood Buffalo/Fort McMurray donations stay in our community, and your gift of:

- $10/month ($120/year) will help give a family peace of mind as their child attends day camp in a fun, nurturing, and safe environment. 95% of children report making new friends while in YMCA programs.

- $20/month ($240/year) provides assistance for a teen to participate in leadership development programs – building their skills, character, and self-esteem. 90% of members reported feeling welcome at the YMCA.

- $50/month ($600/year) will help subsidize child care fees for one family for one month. 90% of preschool child care parents agree that their children are kindergarten ready.

- $84/month ($1000/year) will help a family enjoy the lasting benefits of regular physical activity at their local YMCA. 82% of members reported overall satisfaction with YMCA Health, Fitness & Aquatics programs.

Donate today in person, over the phone, or online at northernalberta.ymca.ca/donate
YMCA and HIGH FIVE!

HIGH FIVE is Canada’s only quality assurance standard for children’s sport and recreation programs. The YMCA of Northern Alberta Wood Buffalo Region is proud to be registered under the HIGH FIVE program.

HIGH FIVE is based on five Principles of healthy child development that are essential for quality programs. This foundation comes from extensive research into what constitutes quality experiences for children.

Day Camps

SPRING BREAK

Bring your child in for fun-filled days of activities, including games and crafts. All full day camps include complimentary before (7-8:30am) and after care (4:30-6pm).

Teachers Convention Camp (4-12yrs)

<table>
<thead>
<tr>
<th>Westwood</th>
<th>8:30am–4:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Member</td>
</tr>
<tr>
<td>Feb 25–Mar 1</td>
<td>$190</td>
</tr>
</tbody>
</table>

Spring Break Day Camps (4-12yrs)

<table>
<thead>
<tr>
<th>Westwood</th>
<th>8:30am–4:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Member</td>
</tr>
<tr>
<td>Apr 15-18 (Mon-Thu)</td>
<td>$152</td>
</tr>
</tbody>
</table>
Come Celebrate With Us!

Registration Information

- In-branch registration is on a first-come, first-served basis during the hours of operation
- Full payment is required upon registration (all NSF returned fees are subject to a $25 administration fee)
- Payments by cheque require photo ID
- Membership or course cards are required when accessing the centre and programs
- The YMCA reserves the right to combine, postpone, or cancel registrations

All program withdrawals are subject to a $10 administration processing fee, including private lessons

Pool Information

All children and youth, ages 0-13yrs entering the pool must complete a 25m swim test first.
Youth ages 8-13yrs must receive a wristband from Member Services staff before entering the pool.
The party fee includes pool access for up to 15 children ages 6-12yrs. Children under 8yrs require adult supervision in the water at a ratio of 1:3.
Planning a Special Celebration? Try the Y!

Let us help you plan the perfect party! YMCA Staff will handle the cleanup so you can have fun!

- Eagle Ridge Community Centre parties include a bouncy castle or Youth Centre access.
- Westwood YMCA Parties include a bouncy castle. **Make a splash and turn it into a pool party!**

Host your party or celebration at the YMCA! You bring the food, decorations, and party supplies, and we’ll provide the facility!

### Youth Centre (6-12yrs)

The party fee includes access to the Youth Centre and Boardroom with tables and chairs for up to 15 children ages 8-15yrs.

- **Sat or Sun**
  - Sat/Sun 11am–1pm
  - Sat/Sun 1:30-3:30pm
  - Sat/Sun 4-6pm

**Prebook your party**
- **M $220**
- **NM $286**

### Pool Party (0-12yrs)

Time to dive into your party! This party includes pool access for up to 15 kids and 4 adults. Enjoy your time with friends swimming and check out our rope swing and other fun toys.

**Please note:** Children under 8yrs require adult supervision in the water at a ratio of 1:3. Add an extra party guest for $3 each. **Duration:** one hour.

- **Westwood**
  - **Sat or Sun**
  - **Fridays special request only**
    - Sat 9:30-10:30am
    - Sat 3:30-4:30pm
    - Sat 4:30-5:30pm
    - Sun 10-11am
    - Sun 12:30-1:30pm
    - Sun 3-4pm

**Prebook your party**
- **M $60**
- **NM $80**

### Bounce Party

Time to jump and bounce your way to a wonderful party! This includes tables and chairs for 15 children and 4 adults. You will have a private room set up with our bouncy castle and an assortment of toys. Available Saturdays and Sundays for two-hour time slots.

**Recommended for ages 0-12yrs.** Add an extra guest for $3 each. Indoor playground is not available.

- **Eagle Ridge**
  - **Sat or Sun**
    - Sat/Sun 11am–1pm
    - Sat/Sun 1:30-3:30pm
    - Sat/Sun 4-6pm

**Add a pool party to your birthday party for 1 hour!**

- **Westwood**
  - **Sat or Sun**
    - Sat/Sun 11:30am–1:30pm
    - Sat/Sun 2-4pm
    - Sat/Sun 4:30-6:30pm

**Prebook your party**
- **M $220**
- **NM $286**
Sports & Recreation Programs (5-12yrs)

We believe every child should learn the fundamentals of movement. **New in 2019:** these sports options are available to members for just $10 per session!

### Sports & Recreation (Core)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim Lessons</td>
<td>All</td>
</tr>
<tr>
<td>Basketball</td>
<td>5-12yrs</td>
</tr>
<tr>
<td>Floor Hockey</td>
<td>5-12yrs</td>
</tr>
<tr>
<td>Soccer</td>
<td>5-12yrs</td>
</tr>
<tr>
<td>Volleyball</td>
<td>9-12yrs</td>
</tr>
</tbody>
</table>

**Basketball (5-7yrs, 7-12yrs)**
Explore movement and introductory basketball skills through fundamental sports skills. Fun, progressive drills, sportsmanship, and skills-based games include age-appropriate equipment and modified rules. All for the love of basketball.

**Floor Hockey (5-7yrs, 7-9yrs, 9-12yrs)**
Recreational floor hockey for players of all levels. Please provide your own helmet and note that only plastic blades are to be used.

**Soccer (5-7yrs, 7-12yrs)**
A recreational program that introduces team concepts and the rules of soccer while improving soccer skills.

**Volleyball (9-12yrs)**
An introduction to volleyball in a fun and non-competitive environment. Focus is on fair play and participation.
Zumbini (0-4yrs)
Created by Zumba and BabyFirst for kids 0-4yrs, the Zumbini program combines music, dance, and educational tools for 45 minutes of can’t-stop, won’t-stop bonding, learning, and fun!

After School Camp (5-12yrs)
After School Camp is an innovative program for kids and youth 5-12yrs seeking assistance with homework and physical activity! During the first part of the program, participants receive academic support from staff members. Students are highly encouraged to bring their own homework with them. Once participants finish their homework, they head to the multipurpose room for fun fitness! Staff provide youth with games and challenges that incorporate a variety of exercises, stretches, and cardio activities. Children and youth are encouraged to challenge themselves and increase confidence in their academic and physical activity levels.
**Mermaid Swim School (6-15yrs)**
Mermaid Swim School is designed to help the potential merfolk in your family learn how to use their “new tails” in the water. Mermaid Swim School has four levels that progress your merfolk from no tail to tail expert. We teach movement, entries, new mer-skills, and games with and without tails. Participants must have a full body Mertail* to participate in this swim school. Mertails may be added to the prices below.

**Prerequisites:** Must be able to swim 10 metres, swim on both front and back, surface support for 30 seconds, can swim underwater for 2 metres. Equivalent to Dolphin Swim Level.

*Mertail is an added cost of $95/per tail, or you can bring your own.

**Junior Lifeguard Club “JLC” (8-15yrs)**
A program for youth interested in active living and having serious fun. JLC members develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership, and teamwork. This program provides high-activity challenges in an energetic environment both on deck and in the pool. Members may also be introduced to competitive lifesaving activities. All JLC participants receive a Riptide Riders swim cap and jersey. **Participants should be comfortable in deep water and be able to swim a minimum of 50 metres continuously.** Course fees can be scheduled monthly if requested.

**Prerequisites:** Star 2 or equivalent and 8+yrs.

**Youth Boxing (8-12yrs)**
Experience specialized boxing techniques and learn specific skills to gain strength and agility while getting a full-body workout in a non-competitive, non-contact program.

**Leaders in Training (12-17yrs) – formerly Youth Leadership**
Leaders in Training (LIT) is an introductory leadership program designed to develop skills in the areas of situational leadership, communication, and teamwork. It enhances participants’ self-esteem through games, initiative tasks, special projects and volunteer placements. Youth have the opportunity to participate in special events and attend the YMCA Western Canadian Leadership Conference through fundraising and volunteerism.
We believe in YOUth!
You have the key. Unlock your skills.

Bridging the Gap (15-30yrs)
A 20-week paid employment readiness program
APPLY NOW FOR THE NEXT INTAKE
Kevis Wilson, BTG Program Supervisor
T: (587) 537-5015
E: kevis.wilson@northernalberta.ymca.ca
Eagle Ridge Community Centre
2-301 Sparrowhawk Drive, Fort McMurray, AB

YOUth Centre
(8-15yrs ER) (12-17yrs WW)
A great place to hang out with your friends – or meet new ones. Activities include gaming, foosball, ping pong (table tennis), board games, arts, karaoke, and much more!
Attention Members!
Eliminate the hassle of re-registration – with continuous swim, you only have to register once!

**New in 2019:** you will have an option for alternative lessons in the Summer Session. Look for more details in the spring.

**YMCA Members: One Free Weekly Continuous Swim Lesson**
Non-Members/Public: Become a member to participate!

YMCA Swim Lessons (6mos–17yrs)

At the YMCA, we know that it takes more than eight weeks to develop effective lifelong swimming and water-safety skills. That’s why we’re thrilled to offer the YMCA Canada Continuous Registration Swim Lesson model, unique to the YMCA. We are committed to offering swim lessons that will help participants make friends, build skills, be water safe: for life.

**Make Friends**
We promote relationship building between instructors, swimmers, and families.

**Build Skills**
Participants will learn everything from basic skills, water safety and swimming strokes, to water sports and lifesaving skills.

**Water Safe**
Learning water safety is part of having fun, and being prepared and safe around all bodies of water.

**For Life**
Swimmers will progress at their own pace without the pressure of completing levels within the typical lesson structure and time frame.
YMCA Swim Lessons (6mos–17yrs)

LIL' DIPPERS – PARENT & TOT PROGRAMS | 6mos-3yrs

Introduce your little one to swimming with Splashers and Bubblers. Learn how to be safe and have fun in the water with your child. Children grow their comfort and confidence to prepare for independent swim lessons. Skills include learning how to hold and assist your child, entering and exiting the water safely, splashing and kicking, getting face wet, blowing bubbles and bobbing, assisted front and back floats, and towing. Lil' Dippers Parented Program is drop-in and does not require registration.

LIL' DIPPERS PROGRAMS | 3-5yrs

Lil' Dippers programs introduce preschoolers to a wide range of water activities, while setting a foundation for the critical life skill of swimming.

- **Bobbers**
  - Bob and float, assisted
  
  Bobbers hold the wall, kick, blow bubbles, bob unassisted, perform assisted front and back floats, and learn about water hazards.

- **Floaters**
  - Front/back floats
  
  Floaters learn front and back floats, and perform 3-metre front and back glides.

- **Gliders**
  - Front, side and back glides
  
  Gliders develop deep water skills, perform 5-metre front and back swims, and learn how to access EMS.

- **Divers**
  - Kick on front and back for 5m
  
  Divers learn to surface support for 10 seconds, perform 5-metre front and back swims, and are introduced to boating safety.

- **Surfers**
  - Surface-support for 30 seconds
  
  Surfers perform kneeling dives, 15-metre front and back swims, and learn about ice safety.

- **Dippers**
  - Swim for 25m
  
  Dippers surface support for 45 seconds, perform 25-metre front and back swims, and are introduced to throwing assists.
LEARN TO SWIM PROGRAMS | 6-12yrs

Learn to Swim programs build a love for the water and introduce fundamental swim skills to children over the age of six.

- **Otter**
  - Front, back, and side glides, submersion
  - Otters go under water and glide on top of the water.

- **Seal**
  - Front, back and side glides unassisted, deep water skills
  - Seals use flutter kicks and roll the body from side-to-side for streamlined movement through water.

- **Dolphin**
  - Glide and kick for 10m, swim underwater
  - Dolphins coordinate arms, legs, and breathing for smooth propulsion during front and back crawl.

- **Swimmer**
  - Front and back crawl for 15m
  - Swimmers improve their front and back strokes, endurance, and treading water skills.

STAR PROGRAMS | 6+yrs

Star Programs 1 through 4 help participants improve swim ability, learn new strokes, develop endurance, and learn water sport, safety and leadership skills.

- **Star 1**
  - Elementary backstroke, eggbeater
  - Star 1 swimmers whip kick on their backs and perform a 75-metre endurance swim.

- **Star 2**
  - Breaststroke, swim for 100 m
  - Star 2 swimmers whip kick on their fronts, eggbeater as surface support, and swim 100 metres.

- **Star 3**
  - Dolphin kick, swim for 200m
  - Star 3 skills include elementary backstroke, dolphin kick, and a 200-metre endurance swim.

- **Star 4**
  - Sidestroke, swim proficiency, lifesaving
  - Star 4 swimmers breaststroke, sidestroke, and perform a 350-metre endurance swim.
REPORT CARDS

Online report cards:
[bit.ly/YNAswimreports]
In-person report cards available March, June, and November.

PARENTS’ DAYS

Meet your child’s instructor in the last 10 minutes of lessons every 6-8 weeks. Schedule posted in centre.

HOLIDAY BREAKS

There are no swim lessons during pool shutdowns, seasonal breaks, holidays, and select long weekends. Schedule available in centre. See important dates page 3. Please make sure your email is up to date as we send important updates through email.

Star Programs 5 through 7 help participants continue to improve swim ability, refine strokes, and develop endurance. They continue to learn and practice water sport, safety, and leadership skills.

Star 5
Butterfly, First Aid, teaching others

In Star 5, swimmers learn butterfly and throw a buoyant aid to a swimmer, create and teach a water game, and perform a 500-metre endurance swim.

Star 6
Lifesaving recognition and rescue, swim for 600m

Star 6 participants learn First Aid, tow someone to safety, demonstrate how to teach a skill, and perform a 600-metre endurance swim.

Star 7
Volunteer in aquatics, swim 400m in 12 minutes

Star 7 swimmers learn First Aid, teach someone a skill using effective feedback, and swim a 12-minute 400-metre endurance swim.
Adult – Drop-In Swimming Lessons
Learn the basic swimming skills to become comfortable in the water. You learn to safely enter and exit the pool, how to move through the water, and to float with and without assistance. Other skills such as breathing techniques, flutter kick, and front and back swimming may be introduced depending on individual abilities. If you are ready to progress to the next step and improve your strokes, you are welcome to attend, and instructors will cater the swim lesson based on participant attendance. For added convenience and flexibility, adult lessons are now drop-in, and no longer require registration! Please see your facility schedule for days and times.

Private Swimming Instruction
Private lessons provide one-on-one instruction to meet each swimmer’s individual needs. All lessons are 30 minutes in length. Please contact the Member Services desk to book your lessons today!

SWIM ABSENCES
Calling in for absences is no longer necessary.
You will only be removed from Continuous Registration Swim Lessons if you miss four (4) classes in a row, put your membership on hold, cancel, or if your membership expires (and is lapsed).

We’re Going Green!
We are now using emails, calls, and our website to keep our members more informed about program changes and updates. Please update your contact information at Member Services today.
Aquafit
Allows you to use the resistance of the water in a full range of motion to maximize your strength and cardio workout. Aquafit is a workout that strengthens the entire body using water resistance, various equipment, and flotation belts. Can be taught in shallow or deep water.

Aqua Zumba
The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. No dance experience required and suitable for all fitness levels.

Note: Pop-up class only.

Lane Swim
Lane swim at your own pace using all the major muscle groups. This is a self-directed fitness opportunity that can help improve your endurance, strength, and lung capacity.
Certifications – Aquatics

**Bronze Star**
The Bronze Star course is a pre-training standard and excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills as individuals and in groups. They learn CPR, develop Water Smart confidence and the lifesaving skills needed to be their own personal lifesaver. Includes CPR Level A.

**Prerequisites:** Recommended 12+yrs and Star 4.

**Bronze Medallion & Bronze Cross Combo Course**
The Bronze Medallion & Bronze Cross Combo course teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Participants must complete Bronze Medallion before Bronze Cross can be attempted. Includes CPR Levels A and C.

**Prerequisites:** Bronze Star and 13+yrs.

**Recertification:** Please bring Bronze Cross award to the course.

**National Lifeguard Instructor Clinic**
The National Lifeguard (NL) Instructor/Examiner clinic prepares candidates with all the strategies needed to teach and evaluate new lifeguards in NL courses. Candidates are required to complete an apprenticeship after the clinic.

**Prerequisites:** LSS Application, current NL option, current Lifesaving Instructor/Examiner, and 16+yrs.

**Assistant Volunteer Swim Instructor (12+yrs)**
The Assistant Volunteer Swim Instructor assists the Swim Instructor in facilitating swim lessons. The Assistant Swim Instructor will carefully monitor all class participants to enforce safe practices, devote equal time to all participants, and refer questions from parents of participants to instructors. The Assistant Swim Instructor will also ensure that each child is safely returned to his/her parent at the end of each lesson.

**Prerequisites:** Minimum 12+yrs and completion of volunteer documentation with criminal record check.

**YMCA Swim Instructor Course**
The YMCA Swim Instructor Course is designed to certify participants to teach the YMCA Swim program. Both classroom and pool sessions are included in the course to help develop candidates into competent swim instructors.

**Note:** Upon completion of classroom work, a 20 to 40-hour practicum is required before candidates are evaluated for certification.

**Prerequisites:** Bronze Cross, Standard First Aid, or AEC and 16+yrs.
**Fitness Orientation – Quick Start (16+yrs)**
Workout Centre staff and volunteers start your YMCA experience with a tour of the Workout Centre, including etiquette and safety information. Need help getting started? Our staff can also answer questions about specific exercises and machines.

**Teen Weight Training Orientation (12-15yrs)**
This course is for teens who want to use the conditioning area. It’s designed to give an introduction to the fitness centre expectations, cardio and resistance training equipment, and safe practices. During and after the course, we expect that all participants will demonstrate the YMCA core values.

**Small Group Personal Training (16+yrs)**
Small Group Training sessions are led by a certified personal trainer and each session focuses on a specialized format such as strength training, endurance, or core. Participants will use ropes, kettle bells, bars, TRX equipment, and more – encouraging individual progression and skill development. Small Group Training classes are intentionally small – usually no more than eight to 12 participants per session.

**Large Group Personal Training (16+yrs)**
Looking for a unique team building exercise or field trip for your team, school, office, or club? Why not try some group training and team-building at the YMCA with certified personal trainers who customize a session for you and your group. Group sizes can vary depending on the program from 21–40 people. Sign up as a group through Member Services. A minimum of two weeks notice is required to secure the required space and staff team. Specific programs include customized sport-specific training, dry land training, functional-fitness circuit, customized boot camp, and TRX suspension training.

**Independent Personal Training**
The YMCA is committed to providing the fitness resources you need to realize your goals. Personal trainers offer valuable services that help keep you on track with your fitness goals. Here are the Top 5 reasons why YMCA members choose our personal training services:

- Improve overall fitness
- Reach or maintain a healthy weight
- Motivation to stick to your fitness plan
- Focus on your unique health concerns
- Find the right way to work out for you and your goals

All our trainers are independent, which allows all the trainers to have a great variety of packages and specials for you. They can also provide sport-specific training and periodization training for events like triathlons and other races.

---

On the 5th of each month we highlight a few short introductory versions of our fitness programs. Members are invited to bring a guest for free on the 5th of every month.
Badminton
Participant-organized drop-in play for any skill level. Members must prebook courts up to three days in advance. Equipment provided.

Basketball
Participant-organized drop-in play for any skill level. Equipment provided.

Dodgeball
Participant-organized drop-in play for players of all levels. Equipment provided.

Floor Hockey
Recreational floor hockey for players of all levels. Please provide your own helmet and note that only plastic blades are to be used.

Pickleball
Participant-organized drop-in play for any skill level. Equipment provided. Pickleball is a court sport best described as halfway between tennis and ping pong.

Soccer
This skill-based version of soccer emphasizes skill, passing, and control using small nets and a low-bounce futsal ball in a game format.

Squash
Participant-organized recreational squash. Reserve a court up to three days in advance.

Racquetball
Participant-organized recreational racquetball. Reserve a court up to three days in advance.

Table Tennis
Reserve the table tennis (ping pong) table for you and a friend. Equipment provided.

Volleyball
Recreational volleyball for players of all levels. Team sizes are based on the number of attendees.
Cardio Fitness  

**Cardio Kickbox**  
Punch and kick your way through this high-intensity workout full of kickboxing-inspired exercises.

**HIGH Fitness**  
HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love, and intense, easy to follow fitness choreography. It combines fun with intensity and consistency. This makes for a recipe of success, repeat participation, and results! HIGH Fitness produces a high-caloric burn and full-body toning through its carefully formulated choreography, alternating between intense cardio peaks and toning tracks.

Cardio & Strength  

**Boot Camp**  
Challenge your fitness level with these variety-set high-intensity workouts that utilize various equipment and your bodyweight. Boot camps are of a mix of cardio and strength training designed to improve balance, speed, agility, and coordination.

**Circuit Training**  
Strength and cardio intervals, timed sets and/or stations to make you sweat and maximize training results. Your fitness level will be challenged with various equipment and bodyweight-based exercises.

**HIIT & Restore**  
If you crave the calorie-crushing results you get from high-intensity interval workouts, this class is for you. Hard cardio and strength-training bursts broken up by lengthening, relaxing cool-down-style moves. Bursts of cardiovascular exercise revs up the caloric burn factor in half the time.

**Step and Strength**  
Aerobic step workout that combines step choreography and resistance training.
Group Fitness (12+yrs)

**Strength**

**Group Power**
MOSSA Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!

**Strength**
A total-body strength class that will take your muscular strength and endurance to the max!

**TRX Suspension Training**
This drop-in program utilizes the TRX Suspension Trainer to deliver a total body workout regardless of age and fitness level. If you want to perform and look your best, TRX is the perfect tool for you. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries – all at the intensity you choose.

**Cycle Fitness**

**Cyclefit**
A high-intensity class which utilizes various drills on the Keiser M3 bike to challenge your cardio fitness. Instructors will lead you through hills, drills, intervals, and sprints. Because the tension on the bike is controlled by each participant, all fitness levels are accommodated.

**Mind & Body**

**Gentle Yoga**
A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Asanas are practiced at a slower pace with attention to alignment and detail. Recommended for all levels looking for a soothing, relaxing, and restorative experience, especially those newer to yoga or working with special concerns or injuries.

**Hatha Yoga**
Suitable for all levels. Hatha yoga is about balancing the body and mind. With ‘ha’ representing the esoteric sun, and ‘tha’ the moon, the practice of Hatha yoga aims to join, yoke, or balance these two energies. Hatha typically involves a set of physical postures and breathing techniques, practiced more slowly and with more static posture holds.

**Mindful Meditation**
Suitable for all levels. Meditation is simply a method of training our mind to become peaceful. When our mind is peaceful we free ourselves from worries and mental discomfort and we allow true happiness to arise. Many of us lead very busy lives, and finding the space to turn inwards and meditate can be a struggle in itself. But meditation allows us to recover our strength, collect our thoughts, and to help see things in perspective. Meditation helps activate the relaxation response and improve the functioning of your nervous system and endocrine system, which affects your hormones.
New to Yoga
Suitable for all levels. A restful, calming class including breathing, gentle flowing movements, passive and supported poses. This is a perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga.

Power Flow
This Vinyasa Style Power Flow is a faster paced yoga. This series is for anyone who wants to develop grace and strength in their yoga practice. In order to develop strength, we first need to learn how to listen to our bodies and learn how to breathe, so that wherever the breath goes, the body follows.

This practice is focused on developing long, lean muscle with specifically targeted exercises. We will work the muscles to exhaustion and continue through the burn to get the most from your practice.

Optimal balance in life is achieved when both effort and ease are honoured. Working with different elements of strength (core, back bending, flexibility, and balance), you will develop an enhanced sense of grace and buoyancy within your practice.

Restorative Yoga
Suitable for all levels. Our bodies have an innate ability to relax given the right circumstances. Restorative Yoga uses a series of easy, supported poses held for a long time under the right conditions (including the use of many props) to tip the balance from “fight or flight” mode into maximum relaxation. With the conditions set in restorative yoga, immediate effects on heart rate, blood pressure, and brain activity are possible. Complete muscular relaxation and comfort are emphasized to achieve a quiet state of mind and body.

Yin Nidra Yoga
Suitable for all levels, Yin Nidra Yoga is a systematic form of guided relaxation. Yoga nidra can help activate the relaxation response and improve the functioning of your nervous system and endocrine system, which affects your hormones. Nidra is a deep relaxation technique and a form of meditation. Also called “psychic sleep,” yoga nidra is a state between sleeping and waking. Yoga nidra practice results in deep relaxation and expands the individual’s self-awareness. This class includes yin postures with a guided yoga nidra to compliment a complete relaxed state.

Yin Yoga
Suitable for all levels. Yin Yoga invites you to slow down and create space for stillness while nourishing joints, ligaments, tendons, and fascia. This class is on the floor most of the time, using as many props as needed to create as little possible effort while holding poses. Poses are held for 2-5 minutes, allowing joints and fascia to release. This class will complement your active practice and will open and release areas in need of more stretching.

Yin Yang Yoga
Suitable for all levels Yin Yang Yoga blends two styles of yoga into one practice – bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.
Specialty Fitness

Myofascial Release

Suitable for all levels. Even a few minutes of self fascia-release work can have a profound effect on your practice and well-being.

In class we will use a small firm ball, a medium-size ball, and a foam roller to target areas of stress in our body.

This class was designed to explore our myofascial system. Our bodies have a covering of connective tissue called fascia. This fascia wraps and connects the muscles, organs, nerves, and blood vessels. Restrictive movement, sedentary lifestyle, injuries, disease, and/or stress on the body can be demonstrated in the fascia and underlying muscles. We work to release tight fascia, increase blood flow, and circulation to the soft tissues. We also break up trigger points that individually cause restrictions, and discomfort. The outcome is similar to the effect of a deep tissue massage. The goal is to soften and lengthen the fascia, and break down scar tissue or adhesions leaving you feeling lighter, energized, and more fluid.

The exercises for these sessions are practiced on the floor seated, lying on the back, and the belly.

Yoga & Weights

Suitable for all levels. Incorporating light-weight hand weights you strengthen and tone while sculpting and shaping every part of your body! This class incorporates elements of a yoga class with emphasis on body sculpting. Shape and tone your body from head to toe.

Dance Fitness

MixxedFit

MixxedFit is a people-inspired fitness program that combines explosive dance movements with bodyweight toning.

STRONG by Zumba

STRONG by Zumba is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout.

Zumba

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. No dance experience required and suitable for all fitness levels.

Zumba Toning

Zumba Toning keeps Zumba’s essence while focusing on strength training the arms, abs, and thighs. Incorporates weighted toning sticks, which come in 1-pound and 2.5-pound sizes, to the Zumba workout that participants use almost like maracas. The toning sticks function like dumbbells to act as resistance weights.
A happy and productive employee is a healthy one

YMCA Workplace Wellness memberships are part of our commitment to improve health and well-being in the workplace. Having access to a fitness centre provides employees with opportunities to create healthy behaviours, supports, and outcomes, resulting in:

- Improved overall health
- Making lifelong connections
- Making positive lifestyle choices
- Being active at any age, ability, or fitness level

With a YMCA Workplace Wellness membership, you’ll experience the many benefits of membership:

- Competitive rates
- No joining fee, contract, or withdrawal fee
- Clean and well-maintained facilities
- Access to YMCAs in Edmonton and across Canada during work and vacation trips
- One-on-one fitness coaching
- Drop-in fitness classes
- Networking opportunities

For more information on Workplace Wellness memberships, contact your local YMCA or visit: northernalberta.ymca.ca/workplace-wellness
YMCA of Northern Alberta

How can you help?
By making a donation, you are making an investment in the life of a child, a family and in our communities – you are changing lives!

Donate in person at your nearest YMCA or online at northernalberta.ymca.ca/donate

YMCA Financial Assistance available:
We believe in equality of opportunity for all members of the community – regardless of age, ethnicity, gender, religion, or economic circumstance. Thanks to generous donations from local businesses and individuals, YMCA membership and program experience is available to families regardless of their ability to pay the full fees.

Drop in and ask how you can get started! If you know someone who could benefit from this program, please let them know.

Financial Assistance is made possible by the YMCA Giving Campaign:
As a charity, the YMCA ensures that no one is turned away because of inability to pay. The Giving Campaign is the major annual fundraising activity for the YMCA of Northern Alberta.

Funds raised in the campaign help over 14,150 people access YMCA programs and membership every year. The fund helps assist approximately 24% of our Health, Fitness & Aquatics members and community program members with access to affordable housing, emergency child care, swimming lessons, summer day camps, and programs for at-risk youth.

Westwood Family YMCA
221 Tundra Drive
T: 780 790-YMCA (9622)

Hours:
Monday - Friday 4am–11pm
Saturday & Sunday 7am–9pm
Holidays 9am–7pm

Pool Hours:
Monday - Friday 7am–9pm
Saturday & Sunday 9am–6pm
Holidays 10am–5pm

Eagle Ridge Community Centre
2-301 Sparrow Hawk Drive
T: 780 743-9600

Hours:
Monday - Friday 9am–8pm
Saturday & Sunday Closed to Public
Holidays Closed to Public

*Open for Birthday Parties and Private Rentals – available upon request.