

# Program Guide



YMCA-YWCA of  
Northeast Avalon  
MOUNT PEARL Y

*The charity where  
you belong.*

## HOURS OF OPERATION

Updated September 2009

**Mon-Thurs** 9:00am-9:00pm

**Fri-Sun** 9:00am-6:00pm

**Teen Night** 7:00-10:00pm  
(Fri. & Sat.)

**Holiday Hours**  
9:00am - 2:00pm

### Session Dates

Sept. 8, 2009 - June 24, 2010

Y50+ Session Dates

Sept. 14, 2009 - June 4, 2010

Continuous programs  
(Holiday Exceptions)  
Y50+ Programs

**NEW!** 7 and 14 week sessions

For more information contact:

### YMCA-YWCA of Northeast Avalon

Mount Pearl Y  
25 Holden Street  
Mount Pearl, NL  
A1N 3G9

T: 709-748-1082

F: 709-748-1087

[www.ynortheastavalon.com](http://www.ynortheastavalon.com)

### Mission Statement:

The YMCA-YWCA is  
a charity that provides  
opportunities for all  
to grow in spirit,  
mind, and body.

### Monthly Membership Rates

Older Adults	55 +	\$32.00
Adults	19 - 54	\$39.00
Full Time Student	15 + Student ID Required	\$29.00
Youth	6-14	\$19.00
Child	0-5	\$19.00
Family	1 Adult Family	\$62.00
	2 Adult Family	\$72.00
Couple	19 +	\$67.00
Day Pass	All Ages	\$10.00
Evening Pass	All Ages	\$7.00 (after 7pm)

All fees are subject to HST where applicable.

### Gift Cards

Available at membership services desk.

### Continuous Membership

YMCA- YWCA membership is automatically renewed yearly from the day you join.

### Membership Assistance

No one is ever refused a YMCA-YWCA membership due to an inability to pay the full fee. Ask at membership services desk.

### Supervision

Supervision of children under the age of 12 is required in all areas of the building unless in a program.

### Child Minding Services

We offer child minding services for children 0 - 11 yrs included in family membership at no additional cost. Parents must stay in the facility while their child is in the child minding service.

Monday: 10:00am-Noon, 5:00-7:00pm

Tuesday: 9:00-11:00am, 5:00-7:00pm

Wednesday: 10:00am-Noon, 5:00-7:00pm

Thursday: 9:00-11:00am, 5:00-7:00pm

Friday: 10:00am-Noon, 4:00-6:00pm

**Booking Required.**

### Conditioning Centre

Cardio equipment, selectorized strength, free weights, benches and more. Free beginner program and orientation for members 12+. Call member services to book your appointment time.

### Children's Birthday Parties

Saturday bookings 11:00am-1:00pm, 1:30-3:30pm and 4:00 - 6:00pm; Sunday bookings Noon-2:00pm and 2:30-4:30pm for members, non-members and children's services families. Ask at the membership services desk.

### Y50+

Y50+ members who have been a part of the program since 2006 or prior can register under the new Y program fees. Any new member to the Y50+ program needs to sign up as a Y older adult member.

### Cancellation Policy

Memberships may be cancelled with written request and upon surrender of existing membership cards. At least 7 days notice prior to payment date is required. \$25.00 cancellation fee.

YMCA-YWCA  
Core Values

Caring - Honesty - Respect  
Responsibility - Health - Inclusiveness

# Child & Youth Member Programs

ages 0-5 & 6-8



Day	0-5 Years	Time/Room	6-8 Years	Time/Room	Program Description
Monday	Head & Shoulders Knees & Toes (0-2)	9:00 - 9:30am MPYG	Kid Fit	2:30 - 4:00pm MPYG	<p><b>Indoor Playground</b> A fun-filled indoor playground that keeps children active while sharing and playing with other children. *Some days will include the inflated bouncer castle. Parental/Guardian supervision is required.</p> <p><b>Head, Shoulders, Knees and Toes</b> Stretching and exercising every part of the body from the top of your head to the tips of your toes. A relaxing laid back atmosphere where kids can stretch and grow, while improving their flexibility. Staff Supervised.</p> <p><b>Kid Fit</b> Designed to promote health &amp; fitness. A program showing kids how to workout &amp; enjoy physical activity. Staff supervised.</p> <p><b>Mini Bootcamp</b> Up, down, over and under! Children will be moving in this high energy action packed class. Staff Supervised.</p> <p><b>Jumping Beans</b> Children will improve their balance, coordination and flexibility in this class, while jumping and moving. Staff Supervised.</p>
	Head & Shoulders Knees & Toes (3-5)	9:30 - 10:00am MPYG	Kids Climb	4:00 - 5:00pm MPYG	
Tuesday	Indoor Playground*	11:00am - 1:00pm MPYG	Y World of Sports	2:30 - 5:00pm MPYG	
Wednesday	Jumping Beans (0-2)	9:00-9:30am MPYG	Soccer	2:30 - 4:00pm MPYG	
	Jumping Beans (3-5)	9:30-10:00am MPYG		4:00 - 5:00pm MPYG	
	Indoor Playground	12:30-2:00pm MPYG	Basketball	4:00 - 5:00pm MPYG	
Thursday	Indoor Playground*	10:00am - 12:00pm MPYG	Y World of Sports	2:30 - 5:00pm MPYG	
			Kids Climb	3:00 - 4:00pm MPYG	
Friday	Mini Bootcamp (0-2)	9:00-9:30am MPYG	Ball Hockey	2:30 - 5:00pm MPYG	
	Mini Bootcamp (3-5)	9:30-10:00am MPYG		6:00 - 7:00pm MPYG	
	Indoor Playground	10:00am-12:00pm MPYG	Kids Climb	6:00 - 7:00pm MPYG	
Saturday	Indoor Playground*	9:00-10:30am MPYG	Indoor Playground*	9:00 - 10:30am MPYG	
Sunday	Indoor Playground*	9:00-10:00am MPYG	Indoor Playground*	10:00 - 11:00am MPYG	

## Room Codes

MPYG = Mount Pearl Y Gym  
RCG = Reid Centre Gym  
MPP = Mount Pearl Pool  
MPR = Multi-purpose Room MPY  
CC = Conditioning Centre, Mount Pearl Y

### Do you want to be a volunteer leader?

**YMCA FITNESS LEADERSHIP PROGRAM**  
Train to lead group fitness classes or individuals in personal fitness programs. Courses are free to members who want to volunteer. For more information contact Membership Services.

# Youth Member Programs

ages 9-12 & 13-17



Day	9-12 Years	Time/Room	13-17 Years	Time/Room	Program Description
Monday	Kid Fit	2:30 - 5:00pm MPYG	Strength Training	5:00 - 6:00pm CC	<p><b>Strength Training</b> This class is a great way to introduce older kids &amp; teens to proper strength training techniques for their age group. By focusing on form and safety, teens will learn how these exercises affect various muscle groups. Staff supervised.</p> <p><b>Teen Night</b> Here's a great opportunity to get together with old friends, or meet tons of new ones on a Friday and Saturday night. We've got a rock climbing wall, sports, social activities and games. There are no in &amp; out privileges. These events are well supervised for your safety.</p> <p><b>Y World of Sports</b> Children will play a variety of sports and learn the importance of teamwork. The different sports that will be played are soccer, basketball, and more. Staff supervised.</p> <p><b>Leaders in Training</b> Youth will be learning about hard skills such as volunteering, fundraising, mentorship, community development and more. Staff supervised.</p> <p><b>Zumba</b> Spanish slang for "to move fast and have fun" Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Staff supervised.</p> <p><b>Kids Climb</b> Climbers can traverse the length of the wall or vertically on different routes. Staff supervised.</p>
	Kids Climb	4:00 - 5:00pm MPYG			
Tuesday	Y World of Sports	2:30 - 5:00pm MPYG	Leaders in Training	4:00 - 5:00pm MPR	
			Ball Hockey	5:00 - 6:00pm MPYG	
			Teen Climb	7:00 - 8:00pm MPYG	
Wednesday	Soccer	2:30 - 4:00pm MPYG	Strength Training	5:00 - 6:00pm CC	
	Basketball	4:00 - 5:00pm MPYG			
Thursday	Y World of Sports	2:30 - 5:00pm MPYG	Zumba	4:00 - 5:00pm MPR	
	Kids Climb	3:00 - 4:00pm MPYG	Basketball	5:00 - 6:00pm MPYG	
Friday	Ball Hockey	2:30 - 5:00pm MPYG	Ball Hockey	5:00 - 6:00pm MPYG	
	Kids Climb	6:00 - 7:00pm MPYG	Teen Night	7:00 - 10:00pm MPYG	
Saturday	Indoor Playground*	9:00 - 10:30pm MPYG	Teen Night	7:00 - 10:00pm MPYG	
Sunday	Indoor Playground*	11:00am-12:00pm MPYG			

## Open Gym Schedule MPYG

Monday	Tuesday	Thursday	Friday
7:15-8:30pm	1:00-2:00pm 8:00-8:30pm	1:00-2:00pm 7:15-8:30pm	1:00-2:00 pm

Drop in, shoot some hoops, kick around the soccer ball, or play some floor hockey.

Parental / guardian supervision required for ages 12 and under.

# Climbing Wall Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-11am					FamilyClimb		
11- Noon					FamilyClimb	Birthdays	
12-1 pm	Adult Climb		FamilyClimb	Adult Climb		Birthdays	Birthdays
1-2 pm					Open Climb	Birthdays	Birthdays
2-3 pm					(2:30)Open Climb	Birthdays	Birthdays
3-4 pm				Kids Climb		Birthdays	Birthdays
4-5 pm	Kids Climb					Birthdays	Birthdays
5-6 pm	Adult Climb		(6:45-7:30) Adult Climb	(5pm-5:45)Adult Climb			
6-7 pm					Kids Climb		
7-9 pm		(7pm-8pm) Teen Climb		(7:45-8:30)Open Climb	Teen Night	Teen Night	Closed at 6pm

## New! Member Challenges

**Creating Balance Challenge** This challenge focuses on healthy eating habits, fitness and long term success! Creating Balance helps you significantly reduce your risk of serious health problems, increase your energy level, feel better and live longer. Ask at membership services desk.

**Break Through** This challenge helps you to take a proactive approach to your bone health and help prevent osteoporosis. Break Through combines physical activity in water, on land, in the weight room and champions a holistic approach to building and maintaining strong bones for life. Topics include nutrition, alternative therapies and more! Ask at membership services desk.

## Program Descriptions:

**Open Climb**  
Participants of all ages and abilities are welcome to use the climbing wall. Staff supervised.

**Kids Climb**  
Ages 6-12 Staff supervised

**Adult Climb**  
Ages 19+.

**Family Climb**  
Ages 0-5 with parental/guardian accompaniment. Staff supervised.

**Teen Climb/Teen Night**  
Ages 13-17 staff supervised. Teen night will include other activities.

**Birthdays Parties**  
Please contact membership sales staff. Includes climbing. Staff supervised.

## Student, Older Adult & Adult Group Programs

	Monday	Tuesday	Wednesday	Thursday	Friday
Strollerfit MPYG	1:00-2:00pm				
Core Strength and Stretch MPYG		9:00-9:45am			
Shallow Water Fitness MPP			11:00-11:45am	11:00-11:45am	
Yoga Fit MYPG	5:30-6:30pm				
Abs Express MPYG	6:30-7:00pm				
Men's Ball Hockey MPYG			7:30-8:30pm		
Zumba MPYG		6:00-7:00pm			
Body Blast MPYG		5:30-6:30pm			
Boot Camp MPYG			11:00-12:00pm	9:00-10:00am 6:00-7:00pm	
Low Impact RCG	11:00-12:00pm				10:55-11:55am
Trim 'n Tone MPYG		10:00-10:45am			

## 50+ Programs

	Monday	Tuesday	Wednesday	Thursday	Friday
Core Strength and Stretch MPYG		9:00-9:45am			
Low Impact RCG	11:00am-12:00pm				10:55-11:55am
Trim and Tone MPYG		1000-10:45am		11:00-11:45am	
Shallow Water Fitness MPP			11:00-11:45am		
Noon Swim MPP	11:45am-1:15pm	11:45am-1:15pm	11:45am-1:15pm	11:45am-1:15pm	11:45am-1:15pm
Badminton RCG	1:00-3:00pm	1:00-3:00pm	1:00-3:00pm	1:00-3:00pm	1:00-3:00pm
Zumba MPYG		600-7:00pm			
Y-ise Weights CC				1:00-2:00pm	

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Community Access Program  
NEWFOUNDLAND AND LABRADOR



CITY OF  
**Mount Pearl**