



Updated September 2011

YMCA - YWCA of Northeast Avalon MOUNT PEARL Y PROGRAM GUIDE FALL 2011

HOURS OF OPERATION

Monday - Thursday 9:00 am - 8:00 pm
Friday 9:00 am - 6:00 pm
Saturday - Sunday 9:00 am - 6:00 pm

Holiday Hours

Closed Christmas Day

Session Dates

Sept. 6 - Dec. 31, 2011

Continuous Programs (Holiday Exceptions)

FOR MORE INFORMATION

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

MISSION STATEMENT

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

CORE VALUES

Caring - Honesty - Respect
Responsibility - Health - Inclusiveness

Charitable Registration #108225533RR0001

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Gift Cards

Available at the Membership Sales and Service Desk.

Continuous Membership

Y membership is automatically renewed monthly on your payment date. Health members receive a 10% discount for day camps.

Cancellation Policy

To cancel simply notify us in writing a minimum of five days before your payment date, return your membership card(s) and pay the cancellation fee.

Y Financial Assistance

No one is turned away from the Y due to an inability to pay fees. Ask at the Membership Sales and Service Desk.

Supervision

Direct Supervision of children under the age of 12 is required in all areas of the building.

Child Minding Services

Child minding is included in family memberships for children 0-8 years of age. We ask that parent(s)/guardian(s) remain in the facility when using this service. Time limit of one and a half hours. Advance booking required.

Monday, Wednesday & Friday	9:00 am - 10:30 am
Monday - Thursday	5:00 pm - 7:00 pm
Saturday	9:30 am - 11:00 am

Conditioning Centre

Cardio equipment, selectorized strength, plate loaded strength, free weights, benches, televisions and more. Available to members and guests 12 years of age or older.

Childrens' Birthday Parties

Saturday and Sunday bookings 11:00 am - 1:00 pm, 1:30 - 3:30 pm and 4:00 - 6:00 pm. Ask at the Membership Sales and Service Desk.

MONTHLY MEMBERSHIP FEES

All fees are
subject to HST
where applicable

Adult	\$41.00
Full Time Student 15+ (ID required)	\$30.00
Youth (6-14)	\$20.00
Child (0-5)	\$20.00
Family (1 Adult Family)	\$65.00
Family (2 Adult Family)	\$76.00
Couple (19+)	\$70.00
Day Pass (All Ages)	\$10.00
Evening Pass (All Ages after 7pm)	\$7.00

Note: Prices subject to change at anytime with advance notice. Please contact Membership Sales and Service for details.

Child & Youth Member Programs

Ages 0-5 Years

Day	Time	Program	Room
Monday	12:30 pm - 2:30 pm	Indoor Playground	G
Tuesday	9:30 am - 11:30 am	Indoor Playground	G
Wednesday	12:30 pm - 2:30 pm	Indoor Playground	G
	3:00 pm - 4:00 pm	Mini Bootcamp	G
Thursday	9:30 am - 11:30 am	Indoor Playground	G
	12:00 pm - 2:00 pm	Family Climb	G
Friday	9:30 am - 11:30 am	Indoor Playground	G
	2:00 pm - 3:00 pm	Family Climb	G
Saturday	9:30 am - 10:45 am	Indoor Playground*	G
Sunday	9:30 am - 10:45 am	Indoor Playground*	G

Ages 6-8 Years

Day	Time	Program	Room
Monday	12:30 pm - 2:30 pm	Indoor Playground	G
	3:00 pm - 4:00 pm	Basketball	G
Tuesday	9:30 am - 11:30 am	Indoor Playground	G
	1:00 pm - 2:00 pm	Kids Climb	G
	2:30 pm - 3:30 pm	All Sorts of Sports	G
	4:00 pm - 5:00 pm	Ball Hockey	G
Wednesday	12:30 pm - 2:30 pm	Indoor Playground	G
	3:00 pm - 4:00 pm	Healthy Kids	G
	4:00 pm - 5:00 pm	All Sorts of Sports	G
	5:00 pm - 6:00 pm	Kids Climb	G
Thursday	9:30 am - 11:30 am	Indoor Playground	G
	3:00 pm - 4:00 pm	Soccer	G
	4:00 pm - 5:00 pm	Healthy Kids	G
Friday	9:30 am - 11:30 am	Indoor Playground	G
Saturday	9:30 am - 10:45 am	Indoor Playground*	G
Sunday	9:30 am - 10:45 am	Indoor Playground*	G

Open Gym Schedule

Day	Times Available	Room
Monday	5:00 pm - 6:00 pm	G
Tuesday	5:00 pm - 6:00 pm	G
Thursday	2:00 pm - 3:00 pm	G
	5:00 pm - 6:00 pm	G
Friday	3:30 pm - 5:30 pm	G

Drop in, shoot hoops, kick around the soccer ball, or play floor hockey. Parental / guardian supervision required for ages 12 and under.

Program Descriptions

Indoor Playground

A fun-filled indoor playground that keeps children active while sharing and playing with other children. Parental/guardian supervision required. *Inflatable bouncer included on these days.

Mini Bootcamp

Up, down, over and under! Children will be moving in this high energy action packed class. Staff supervised.

Family Climb

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

Soccer / Basketball / Ball Hockey

Come join us for a pick up game, develop your skills and meet some friends. No previous experience or equipment needed. Staff supervised.

Kids Climb

Climbers can traverse the length of the wall or vertically on different routes. Ages 6-12. Staff supervised.

All Sorts of Sports

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.

Healthy Kids

Designed to promote health and fitness. This class shows children and youth how to workout and enjoy physical activity. Staff supervised.



Youth Member Programs

Ages 9-12 Years

Day	Time	Program	Room
Monday	4:00 pm - 5:00 pm	Basketball	G
Tuesday	1:00 pm - 2:00 pm 4:00 pm - 5:00 pm	Kids Climb Ball Hockey	G G
Wednesday	3:00 pm - 4:00 pm 5:00 pm - 6:00 pm	Healthy Kids Kids Climb	G G
Thursday	3:00 pm - 4:00 pm 4:00 pm - 5:00 pm	Soccer Healthy Kids	G G
Saturday	9:30 am - 10:45 am	Indoor Playground*	G
Sunday	9:30 am - 10:45 am	Indoor Playground*	G

Ages 13-17 Years

Day	Time	Program	Room
Monday	6:00 pm - 7:00 pm	Basketball	G
Tuesday	6:00 pm - 7:00 pm	Teen Climb	G
Wednesday	6:00 pm - 7:00 pm	Teen Climb	G
Thursday	5:00 pm - 6:00 pm	Soccer	G

Climbing Wall Schedule

Day	Time	Program	Room
Tuesday	12:00 pm - 1:00 pm	Open Climb	G
	1:00 pm - 2:00 pm	Kids Climb	G
	6:00 pm - 7:00 pm	Teen Climb	G
Wednesday	5:00 pm - 6:00 pm	Kids Climb	G
	6:00 pm - 7:00 pm	Teen Climb	G
Thursday	12:00 pm - 2:00 pm	Family Climb	G
Friday	12:00 pm - 2:00 pm	Open Climb	G
	2:00 pm - 3:00 pm	Family Climb	G

Room Codes

- CC** = Conditioning Centre
- MPR** = Multi-Purpose Room
- G** = Gymnasium
- MPY** = Mount Pearl Y

Program Descriptions

Soccer / Basketball / Ball Hockey

Come join us for a pick up game, develop your skills and meet some friends. No previous experience or equipment needed. Staff supervised.

Kids Climb

Ages 6-12. Staff supervised.

Healthy Kids

Designed to promote health and fitness. This class shows children and youth how to workout and enjoy physical activity. Staff supervised.

Indoor Playground

A fun-filled indoor playground that keeps children active while sharing and playing with other children. Parental/guardian supervision required.

*Inflatable bouncer included on these days.

Teen Climb

Ages 13-17. Staff supervised.

Open Climb

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

Family Climb

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

Do you want to volunteer?

Volunteers play an important role within the Y. If you would like to become a volunteer please inquire at the Membership Sales and Service Desk or visit our website to complete the Y Volunteer Opportunities application.



Student & Adult Programs

Ages 15+ Years

Day	Time	Program	Room
Monday	9:00 am - 10:00 am	Trail Walk	MPY
	10:30 am - 11:30 am	Yise Weights	CC
	5:00 pm - 5:45 pm	Beginner Running Group	MPY
	7:00 pm - 8:00 pm	Ball Hockey	G
Tuesday	9:00 am - 10:00 am	Trail Walk	MPY
	2:00 pm - 3:00 pm	Creating Balance	MPR
	5:00 pm - 5:45 pm	Intermediate Running Group	MPY
	6:00 pm - 7:00 pm	Circuit	CC
Wednesday	10:30 am - 11:30 am	Yise Weights	CC
	2:00 pm - 3:00 pm	Break Through	MPR
Thursday	9:00 am - 10:00 am	Trail Walk	MPY
Friday	3:30 pm - 4:30 pm	Trail Walk	MPY
	4:30 pm - 5:30 pm	Circuit	CC

Program

Descriptions

Trail Walk

Get in shape and in touch with nature at the same time. Groups leave from Mount Pearl Y and walks take place on some of the many scenic trails in the surrounding area.

Yise Weights

Strength training can lead to healthier bones, improved coordination, balance and increased endurance for daily activities. This class is an introduction to various strength training exercises and includes a conditioning centre orientation.

Beginner Running Group

Come try an exciting and comprehensive running program for beginners that will take you safely from "couch-to-5km". The program starts with a walk/jog approach and will gradually work up to a run of 5km. You will also learn about nutrition and proper stretching techniques. No previous running experience necessary!

Ball Hockey

Come join us for a pick up game and develop your skills. No previous experience or equipment needed.

Creating Balance

This is a weight management program that focuses on nutrition education, eating patterns, physical activity, behaviour change and maintenance.

Intermediate Running Group

Join this exciting group that will take your running to the next level by incorporating interval, hill, and tempo work outs into your routine. In this group you will get in great shape while you learn about nutrition, mental training, and proper stretching techniques. Participants should have previous running experience.

Circuit

A combination of weight-bearing and cardiovascular exercises aimed at strengthening muscles and burning calories. Involves the use of a variety of fitness equipment including selectorized strength machines, free weights, cardio equipment and more.

Break Through

Take a proactive approach to bone health and help prevent osteoporosis. This class teaches the importance of diet, proper nutrition and physical activity in reducing the risk of osteoporosis and preventing falls. This program is designed for Adults over 50.

