

YMCA - YWCA of Northeast Avalon

ST. JOHN'S Y

PROGRAM GUIDE

WINTER/SPRING 2011

Updated January 2011

HOURS OF OPERATION

Monday - Sunday
5:00 am - 11:00 pm

Holiday Hours
Closed Christmas Day

Session Dates
Sept. 7, 2010 - June 23, 2011

Continuous Programs
(Holiday Exceptions)

FOR MORE INFORMATION

**YMCA-YWCA of
Northeast Avalon**

St. John's Y
34 New Cove Road
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St. John's, NL A1A 5G6

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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

YMCA-YWCA membership is automatically renewed monthly on your payment date.

Membership Assistance

No one is ever refused a YMCA-YWCA membership due to an inability to pay the full fee. Ask at the Membership Sales and Service Desk.

Cancellation Policy

Memberships may be cancelled with written request and upon surrender of existing membership cards. At least 5 days notice prior to payment date is required. Cancellation fee will apply.

Court Sports

Members may book the court up to 2 days in advance at no charge. Equipment is available.

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 0-8 years of age included in family membership at no additional cost. Parents/guardians must remain in the facility when using this service. Time limit of one and a half hours.

Monday - Friday 8:30 - 11:30 am / 5:00 - 7:00 pm
Saturday - Sunday 8:30 - 11:30 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 and older. Free beginner program and orientation for members. Ask at the Membership Sales and Service Desk.

Childrens' Birthday Parties

Birthday parties may be booked at our Mount Pearl location on Saturdays and Sundays from 11:00 am - 1:00 pm, 1:30 - 3:30 pm and 4:00 - 6:00 pm. Contact the Membership Sales and Service Desk.

MONTHLY MEMBERSHIP RATES

All fees are subject to HST where applicable

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

Child & Youth Member Programs

Ages 0-5 Years

Day	Time	Program	Room
Monday	9:15 - 9:45 am	Jumping Beans (0-2)	G1
	10:00 - 10:30 am	Jumping Beans (3-5)	G1
	10:45 am - 12:00 pm	Indoor Playground	G1
Tuesday	9:15 - 9:45 am	Mini Bootcamp (0-2)	G1
	10:00 - 10:30 am	Mini Bootcamp (3-5)	G1
	10:45 am - 12:00 pm	Indoor Playground*	G1
Wednesday	9:15 - 9:45 am	Cardio Kids (0-2)	G1
	10:00 - 10:30 am	Cardio Kids (3-5)	G1
	10:45 am - 12:00 pm	Indoor Playground	G1
Thursday	9:15 - 9:45 am	Movin 'n Groovin (0-2)	G1
	10:00 - 10:30 am	Movin 'n Groovin (3-5)	G1
	10:45 am - 12:00 pm	Indoor Playground*	G1
Friday	9:15 - 9:45 am	All Sorts of Sports (0-2)	G1
	10:00 - 10:30 am	All Sorts of Sports (3-5)	G1
	10:45 am - 12:00 pm	Indoor Playground	G1
Saturday	8:30 - 10:00 am	Indoor Playground*	G1
Sunday	9:00 - 11:00 am	Indoor Playground	FS

Ages 6-8 Years

Day	Time	Program	Room
Monday	3:00 - 3:50 pm	Circuit Training	FS
	4:00 - 4:50 pm	Open Court	C
Tuesday	3:00 - 4:50 pm	Handball (6-12)	C
	6:25 - 7:25 pm	Uechi Ryu Karate	FS
Wednesday	3:00 - 3:50 pm	Jump Start	FS
	4:00 - 4:50 pm	Rowing	CC
Thursday	3:00 - 3:50 pm	Circuit Training	FS
	4:00 - 4:50 pm	Healthy Kids	CC
	6:25 - 7:25 pm	Uechi Ryu Karate	FS
Friday	3:00 - 3:50 pm	Jump Start	FS
	4:00 - 4:50 pm	Rowing	CC
Saturday	8:30 - 10:00 am	Indoor Playground*	G1
Sunday	9:00 - 11:00 am	Indoor Playground	FS

Open Gym Schedule (All Ages)

Day	Times Available	
Monday	5:30 - 8:00 am / 12:30 - 1:45 pm	Drop in, shoot some hoops or kick around a soccer ball. Parental / guardian supervision required for children under the ages of 12.
Tuesday	5:30 - 8:00 am / 12:30 - 1:45 pm	
Wednesday	5:30 - 8:00 am / 12:30 - 1:45 pm	
Thursday	5:30 - 8:00 am / 12:30 - 1:45 pm	
Friday	5:30 - 8:00 am / 12:30 - 1:45 pm	
Saturday	5:30 - 8:00 am	
Sunday	5:30 - 8:00 am / 7:45 - 8:45 pm	

Program Descriptions

Jumping Beans

Children will improve their balance, coordination and flexibility in this class while jumping and moving using Bosu Ball and other objects. Staff supervised.

Mini Bootcamp

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

Cardio Kids

Hilarious games involving the use of various equipment including rubber chickens, parachute and more. Children use their imagination while developing motor skills. Staff supervised.

Movin 'n Groovin

Children will express themselves through movement and dance. This class focuses on body awareness, balance, strength and flexibility. 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.

Circuit Training

Children work all major muscle groups while learning proper lifting and stretching techniques through completing a challenging and fun circuit. Includes the use of various equipment. Staff supervised.

Indoor Playground

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

Room Codes

- C** = Court
- CC** = Conditioning Centre
- FS** = Fitness Studio
- G** = Full Gym
- G1** = Gym Side 1
- CM** = Child Minding

Youth Member Programs

Ages 9-12 Years

Day	Time	Program	Room
Monday	3:00 - 3:50 pm	Circuit Training	FS
	4:00 - 4:50 pm	Open Court	C
Tuesday	3:00 - 4:50 pm	Handball (6-12)	C
	6:25 - 7:25 pm	Uechi Ryu Karate	FS
Wednesday	3:00 - 3:50 pm	Jump Start	FS
	4:00 - 4:50 pm	Rowing	CC
	3:00 - 3:50 pm	Handball (12-14)	C
Thursday	3:00 - 3:50 pm	Circuit Training	FS
	3:00 - 3:50 pm	Handball (12-14)	C
	4:00 - 4:50 pm	Healthy Kids	CC
	6:25 - 7:25 pm	Uechi Ryu Karate	FS
Friday	3:00 - 3:50 pm	Jump Start	FS
	4:00 - 4:50 pm	Rowing	CC
Saturday	9:00 am - 12:00 pm	Handball (9-14)	C
Sunday	9:00 am - 12:00 pm	Handball (9-14)	C

Ages 13-14 Years

Day	Time	Program	Room
Monday	3:00 - 3:50 pm	Circuit Training	FS
	4:00 - 4:50 pm	Open Court	C
Tuesday	3:50 - 5:00 pm	Leaders in Training / Duke of Edinburgh's Award (13-16)	CM
	6:25 - 7:25 pm	Uechi Ryu Karate	FS
Wednesday	3:00 - 3:50 pm	Jump Start	FS
	3:00 - 4:50 pm	Handball (12-14)	C
	4:00 - 4:50 pm	Rowing	CC
Thursday	3:00 - 3:50 pm	Circuit Training	FS
	3:00 - 4:50 pm	Handball (12-14)	C
	4:00 - 4:50 pm	Healthy Kids	CC
	6:25 - 7:25 pm	Uechi Ryu Karate	FS
Friday	3:00 - 3:50 pm	Jump Start	FS
	4:00 - 4:50 pm	Rowing	CC
Saturday	9:00 am - 12:00 pm	Handball (9-14)	C
Sunday	9:00 am - 12:00 pm	Handball (9-14)	C

Program Descriptions

Leaders in Training / The Duke of Edinburgh's Award

Youth join together to explore what it means to be a leader in the community. Topics include community development, public speaking, teamwork and more. Young people ages 14-16 will also have an opportunity to participate in the non-competitive Duke of Edinburgh's Award. LIT participants may also have the chance to be part of a reciprocal summer youth exchange trip. Staff supervised.

Jump Start

Children will be engaged in cardio activities to get their heart pumping and their muscles moving while learning the benefits of a healthy heart. Prepare to sweat! Various equipment and imaginations will be used. Staff supervised.

Rowing

Children will learn the proper techniques needed to use the rowing machines. A focus will be placed on building strength and endurance. Staff supervised.

Open Court

Join us for a game of racquetball, squash or handball. Staff supervised.

Handball

This sport is similar to many racquet sports except that the hand is used to strike the ball. 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.

Uechi Ryu Karate

A classical Chinese/Okinawan style of karate. It is considered to be half hard and half soft while incorporating yielding blocks and body drills. Staff supervised.

Do you want to volunteer?

Volunteers play a very important role in our organization. If you would like to become a volunteer please inquire at the Membership Sales and Service Desk.

Adult & Student Member Programs

Ages 15+ Years

Day	Time	Program	Room
Monday	9:15 - 10:15 am	Ball Fit	FS
	5:30 - 6:15 pm	Cycle Fit	FS
	5:35 - 6:25 pm	Mixed Impact	G
	7:00 - 8:00 pm	Yoga Fit	FS
Tuesday	9:15 - 10:15 am	Mixed Impact	FS
	4:45 - 5:30 pm	Step n' Tone	FS
	5:35 - 6:20 pm	Cycle Fit	FS
	6:25 - 7:25 pm	Uechi Ryu Karate	FS
	7:30 - 8:30 pm	Body Blast	FS
Wednesday	6:00 - 7:00 am	Cycle Fit	FS
	9:15 - 10:15 am	Body Blast	FS
	5:00 - 5:30 pm	Core Class	FS
	5:35 - 6:25 pm	Mixed Impact	G
Thursday	9:15 - 10:00 am	Cycle Fit*	FS
	4:45 - 5:30 pm	Step n' Tone	FS
	5:35 - 6:20 pm	Cycle Fit	FS
	6:25 - 7:25 pm	Uechi Ryu Karate	FS
	6:30 - 9:30 pm	Handball (18+)	C
	7:30 - 8:30 pm	Body Blast	FS
Friday	9:15 - 10:15 am	Hatha Yoga	FS
	5:00 - 5:30 pm	Core Mix	FS
	5:35 - 6:25 pm	Mixed Impact	G
Saturday	10:00 - 10:50 am	Boot Camp	FS
	4:00 - 4:45 pm	Cycle Fit	FS
Sunday	3:00 - 4:00 pm	Yoga Fit	FS

Program Descriptions

Ball Fit

The Stability Ball is used to improve core strength, enhance posture and develop better body control, power and strength.

Mixed Impact

Burn calories while feeling the excitement of moving to music. Traditional hi/lo aerobics was never this much fun. Cap off the fun with abs and a stretch.

Yoga Fit

For those who enjoy a combination of both challenge and relaxation. Promotes flexibility, core strength and balance. Appropriate for beginners and intermediates.

Step n' Tone

Tone and strengthen muscles all while engaging in an intense cardiovascular workout. Portable platforms of variable heights will be used.

Cycle Fit

A challenging, dynamic and fun class that incorporates various drills on a stationary bike. (*May include core strength exercises)

Uechi Ryu Karate

A classical Chinese/Okinawan style of karate. It is considered to be half hard and half soft while incorporating yielding blocks and body drills.

Body Blast

Specific muscle toning exercises using various fitness equipment.

Core Class

Strengthen your core through ab and lower back exercises.

Hatha Yoga

Learn basic poses, breathing techniques and become more comfortable with yoga. Concentration is put on developing strength, flexibility and balance with the aim of invigorating the mind and body.

Core Mix

Strengthen your core through ab and lower back exercises. This class incorporates a variety of equipment.

Boot Camp

This low-choreography mixed impact interval class offers a challenge for all! Running, speed & agility work, weight training, jump roping, plyometrics and much more come together to create a powerhouse of a workout.

Handball

This sport is similar to many racquet sports except that the hand is used to strike the ball. Staff supervised.

