

Program Guide



YMCA-YWCA of
Northeast Avalon
ST. JOHN'S Y

*The charity where
you belong.*

HOURS OF OPERATION

Mon-Fri 5:45am - 10:00pm

Sat-Sun 8:00am - 8:00pm

Holiday Hours

7:00am - 2:00pm

Session Dates

September 8, 2009 - June 24, 2010

Continuous programs
(Holiday Exceptions)

**For more information
contact:**

YMCA-YWCA of Northeast Avalon

St. John's Y
34 New Cove Road
P.O. Box 21291
St. John's NL A1A 5G6

T: 709-754-2960
F: 709-576-0410

www.ynortheastavalon.com

Mission Statement:

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

Updated January 2010

Monthly Membership Rates

Adults	19 +	\$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	15+	\$10.00
	0 - 14	\$7.00
Evening Pass	M-F after 7pm	\$7.00

All fees are subject to HST where applicable.

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 - 11 yrs 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. Mon-Fri 8:30am - Noon / 5:00-7:00pm Sat & Sun 8:30 - 10:00am

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.

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.

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. Free beginner program and orientation!

Children's Birthday Parties

Saturday and Sunday 10:00am - Noon, for any Y members and children's services families. Ask at membership services desk.

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	Jumping Beans (0-2) Jumping Beans (3-5) Indoor Playground	9:15 - 9:45am 10:00 - 10:30am 10:45am - Noon G1	Core Kids Open Court	3:00 - 4:00pm CC 4:00 - 5:00pm G1	<p>Jumping Beans Children will improve their balance, coordination and flexibility in this class while jumping and moving using the Bosu Ball and other objects. Staff supervised</p>
Tuesday	All Sorts of Sports (0-2) All Sorts of Sports (3-5) Indoor Playground*	9:15 - 9:45am 10:00 - 10:30am 10:45am - Noon G1	Handball (8 - 11 years) Uechi Ryu Karate	2:50 - 4:50pm C 6:25 - 7:25pm FS	<p>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</p>
Wednesday	Cardio Kids (0-2) Cardio Kids (3-5) Indoor Playground	9:15 - 9:45am 10:00 - 10:30am 10:45am - 12:00pm G1	Core Kids Open Court	3:00 - 4:00pm FS 4:00 - 5:00pm C	<p>Cardio Kids Through playing a variety of fun filled running games, this high energy class is guaranteed to get your child's heart pumping. Staff supervised</p>
Thursday	Mini Bootcamp (0-2) Mini Bootcamp (3-5) Indoor Playground*	9:15 - 9:45am 10:00 - 10:30am 10:45am - Noon G1	Uechi Ryu Karate	6:25 - 7:25pm FS	<p>Mini Bootcamp Up, down, over and under! Children will be moving in this high energy action packed class. Staff supervised</p>
Friday	Havin' A Ball (0-2) Havin' A Ball (3-5) Indoor Playground	9:15 - 9:45am 10:00 - 10:30am 10:45am - 12:00pm G1	Core Kids Open Court	3:00 - 4:00pm FS 4:00 - 5:00pm C	<p>Havin' A Ball This program combines kids, balls, bouncing and movement to produce fun and laughter. Staff supervised</p>
Saturday	Indoor Playground*†	8:30 - 10:00am G1	Indoor Playground*†	8:30 - 10:00am G1	<p>Indoor Playground A fun filled indoor playground that keeps children active and playing with other children. *Inflatable bouncer included on these days. Parent /guardian supervision required</p>
Sunday	Indoor Playground*†	8:30 - 10:00am G1	Indoor Playground*†	8:30 - 10:00am G1	<p>† Please note these programs will not be offered on April 10-11.</p>

ROOM CODES

G = Full Gym G1= Gym Side 1 G2= Gym Side 2 FS = Fitness Studio C = Court R3= Room 3rd Floor CC = Conditioning Centre CM = Child Minding

Volunteer Opportunities

Volunteers play a very important role in our organization. If you would like to become a volunteer, please inquire at the membership services desk.

Youth Member Programs

ages 9-12 & 13-14



Day	9-12 Years	Time/Room	13-14 Years	Time/Room	Program Description
Monday	Core Kids Open Court	3:00 - 4:00pm CC 4:00 - 5:00pm C	Core Kids Open Court	3:00 - 4:00pm CC 4:00 - 5:00pm C	<p>Open Court Join us for a game of racquetball, squash or handball. Staff Supervised</p> <p>Handball This sport is similar to many racquet sports except that the hand is used to strike the ball. Staff Supervised</p> <p>Core Kids Improve balance, coordination, flexibility and core strength using equipment. Staff Supervised</p> <p>Leaders in Training Join together with other young people to explore what it means to be a leader in your community. Topics will include community development, public speaking, volunteering and more. Staff Supervised</p> <p>Uechi Ryu Karate A classical Chinese/Okinawan style of karate. It is considered to be half hard, half soft style and incorporates yielding blocks, strikes and body drills. Supervised</p>
Tuesday	Handball (8 - 11 years) Uechi Ryu Karate	2:50 - 4:50pm C 6:25 - 7:25pm FS	Leaders in Training Uechi Ryu Karate	3:15 - 4:30pm CM 6:25 - 7:25pm FS	
Wednesday	Core Kids Open Court	3:00 - 4:00pm FS 4:00 - 5:00pm C	Core Kids Open Court	3:00 - 4:00pm FS 4:00 - 5:00pm C	
Thursday	Handball (12 - 14 years) Uechi Ryu Karate	2:50 - 4:50pm C 6:25 - 7:25pm FS	Handball Uechi Ryu Karate	2:50 - 4:50pm C 6:25 - 7:25pm FS	
Friday	Core Kids Open Court	3:00 - 4:00pm FS 4:00 - 5:00pm C	Core Kids Open Court	3:00 - 4:00pm FS 4:00 - 5:00pm C	
Saturday	Handball	9:30am-12:30pm C	Handball	9:30am-12:30pm C	
Sunday	Handball	9:30am-12:30pm C	Handball	9:30am-12:30pm C	

ROOM CODES

G = Full Gym G1 = Gym Side 1 G2 = Gym Side 2 FS = Fitness Studio C = Court R3 = Room 3rd Floor CC = Conditioning Centre CM = Child Minding

Open Gym Schedule (All Ages)

Monday	Tuesday	Wednesday	Thursday	Friday
5:45 - 8:30am G 12:30 - 1:45pm G1	5:45 - 8:30am G 12:30 - 1:45pm G1	5:45 - 8:30am G 12:30 - 1:45pm G1	5:45 - 8:30am G 12:30 - 1:45pm G1	5:45 - 8:30am G 12:30 - 1:45pm G1

Drop in, shoot some hoops, kick around the soccer ball, or play some floor hockey.
Supervision of children under the age of 12 is required by a parent / guardian.

Adult & Student Programs

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am			Cycle Fit - FS			
9:15am	Ball Fit - FS	Beginner Cycle - FS	Body Blast - FS	Step n' Tone - FS	Creating Balance Combo Class - FS	
12:30pm						
2:00pm						
3:00pm						Step n' Stretch - FS
4:00pm						Cycle Fit - FS
5:00pm	Abs Express - FS		Swiss Abs - FS			
5:35pm	Boot Camp - G Cycle Fit - FS	Cycle Fit - FS	Mixed Impact - G Yoga (5:45pm) - FS	Cycle Fit - FS	Mixed Impact - G	
7:00pm	Yoga Fit - FS					
7:30pm		Body Blast - FS		Body Blast - FS		

Room Codes - G = Gym G1= Gym Side 1 G2= Gym Side 2 FS = Fitness Studio CC = Conditioning Centre C = Court

Abs Express - Standing, mat and balance exercises to strengthen your abs and lower back. 25 mins

Ball Fit - The stability ball is used to improve core strength, enhance posture and develop better body control, power and strength. 60 mins

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. 50 mins

Body Blast - Specific muscle toning exercises using various fitness equipment. 60 mins

Cycle Fit - A challenging, dynamic and fun class that incorporates various drills on a stationary bike. 45 mins

Beginner Cycle - You will ride to motivating music at a beginner level. The instructor will guide you through the ride at an easy-to-follow pace. 30 mins

Creating Balance Combo Class - Putting theory into practice this class starts with a 45 min fitness class and ends with a brief conversation about healthy living. 75 mins

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. 50 mins

Step n' Tone - This class alternates the use of the step for cardio with strength training segments. 60 mins

Step n' Stretch - Experience a high energy, easy to follow cardio workout on the STEP. This classic workout is complete after a relaxing cool down and stretch segment. 50 mins

Swiss Abs - Strengthens your core with abs and lower back exercises on the Swiss ball. 30 mins

Yoga - Gentle stretching, balance, and meditation techniques to relax the mind and body and promote flexibility. 90 mins

Yoga Fit - For those who enjoy a combination of both challenge and relaxation. Promotes flexibility, core strength and balance. Appropriate for beginners and intermediates. 60 mins

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. Please see 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! Please see membership services desk.

Recreation Programs

Adult Handball - Thurs 6:20 - 9:30pm (C)

Men's Soccer - Tues and Thurs 8:30 - 9:30pm (G)

Uechi Ryu Karate - 6:25 - 7:25pm (FS)

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