

PRE-SCHOOL  
PARENT & TOT  
BUSY BEAVERS  
CAMPS  
TEENS  
SWIMMING

YMYWHA.com • 514-737-6551

# BEN WEIDER JCC PROGRAM GUIDE

5400 Westbury Ave., Montreal, QC, H3W 2W8

SPORTS  
CERTIFICATION  
SPECIAL NEEDS  
RUSSIAN JEWISH  
ADULT LIFE  
LEARNING &  
LEISURE



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**Ben Weider JCC**  
5400 Westbury Avenue  
Montreal, Quebec H3W 2W8  
(514) 737-6551

**West Island JCC**  
13101 Gouin Blvd. (corner Fredmir)  
Pierrefonds, Quebec H8Z 1X1  
(514) 624-6750

Welcome to the YM-YWHA Jewish Community Centres of Montreal. From fitness and recreation to culture and education, we know you'll enjoy our exceptional programs and services.

### **Membership has its Privileges**

In addition to priority registration for many courses, YM-YWHA members also enjoy discounted fees. Throughout this guide you will find these discounts identified as M (for Member) in the course registration tables. You are always invited to drop by to discuss the best membership package for you.

### **Registration Dates - Ben Weider**

YM-YWHA courses fill up fast! Register early to ensure your spot. If your preferred course is full, ask to be put on a waiting list. If there is enough demand, we may offer additional courses and a program coordinator will contact you.

**Phone-In Registration option – SWIMMING ONLY**  
from Sunday - Thursday, 10am - 6pm, January 8 - 12  
**To register, please dial extension 230.**

Registration is on a first-come, first-serve basis.  
Payment must be made in full by credit card at the time of registration.

### **Registration - West Island JCC**

Call 514-624-6750 to register

### **How to Register**

- Our program coordinators (listed throughout this guide) are available to answer your questions. Please call prior to registering so they can help you choose the appropriate course.
- Please bring a completed course registration form in person to the Member Services Desk at Ben Weider (registration forms are available at the Member Services Desk. or on-line at [www.ymywha.com](http://www.ymywha.com)) For West Island, forms are available at the West Island JCC main office.
- Courses are payable by cash, Interac, VISA, MasterCard and current cheque payable to YM-YWHA. Post-dated cheques are not accepted.

### **Registration Policies**

- Registration for most courses and programs is on a first-come, first-served basis.
- We cannot hold your spot without payment.
- There is a \$10 fee on all returned cheques.
- Multi-child discount for Aquatics. (Discount applies if children are in the same family and are registering for the same course.)

### **Course Withdrawal**

- The YM-YWHA reserves the right to cancel courses due to low enrolment.
- You will be informed if a course is cancelled. You may then choose to either take another course or receive a full refund.
- To withdraw from a course, you must notify the program coordinator. For Ben Weider courses, complete a course withdrawal form at the Member Services Desk before the first scheduled day of the course.
- Refund for a course that has not yet begun consists of the course fee, less a 10% administration fee. (May not apply to all courses.)
- There are no refunds after the second scheduled day of a course.
- This course withdrawal policy applies to semester courses only.

### **Children's Fitness Tax Credit**

This Federal initiative, designed to promote fitness and physical activity among children under 16, allows parents to claim up to \$500 in tax credits per child. Programs of eight weeks or more, offered at least once a week, are eligible for the credit. Day camps are also eligible provided that 50% of the program is devoted to physical activity. For more information, go to <http://www.cra-arc.gc.ca/fitness/>  
Course listings begin on page 24.



# CALENDAR 2011-2012

DATE	HOLIDAY	HOURS
Tuesday, December 20, 2011	Hannukah 1st candle	regular hours
Saturday, December 24, 2011	Christmas Eve	7:30am-5pm
Sunday, December 25, 2011	Christmas Day	12-9pm
Monday, December 26, 2011	Boxing Day	7am-9pm
Saturday, December 31, 2011	New Year's Eve	7:30am-5pm
Sunday, January 1, 2012	New Year's Day	12-9pm
Monday, January 2, 2012		7am-9pm
Wednesday, February 8, 2012	Tu B'Shvat	regular hours
Wednesday, March 7, 2012	Fast of Esther	regular hours
Thursday, March 8, 2012	Purim	regular hours
Friday, April 6, 2012	Erev Pesach/Good Friday	4:45am-4:30pm
Saturday, April 7, 2012	Pesach	Y CLOSED
Sunday, April 8, 2012	Pesach	Y CLOSED
Thursday, April 12, 2012	Erev 7th day Pesach	5:45am-4:30pm
Friday, April 13, 2012	7th day Pesach	Y CLOSED
Saturday, April 14, 2012	8th day Pesach	Y CLOSED
Thursday, April 19, 2012	Yom Hashoah	regular hours
Wednesday, April 25, 2012	Yom HaZikaron	regular hours
Thursday, April 26, 2012	Yom HaAtzma'ut	regular hours
Monday, May 21, 2012	Victoria Day	7am-10:30pm
Saturday, May 26, 2012	Erev Shavuot	7:30am-4:30pm
Sunday, May 27, 2012	Shavuot Day 1	Y CLOSED
Monday, May 28, 2012	Shavuot Day 2	Y CLOSED

## FRIDAY CLOSING

	Facility		Facility
December	3:00 PM	May	4:30 PM
January	3:00 PM	June	4:30 PM
February	3:30 PM	July	4:30 PM
March	4:00 PM	August	4:30 PM
April	4:30 PM		

**Locker rooms and Health Clubs close 1/2 hour after facility (times above).**

## WEST ISLAND OPENING HOURS:

Monday - Thursday	6:30am - 10:30pm
Friday	6:30am - 2:30pm (closes later during spring/summer months)
Saturday	Closed
Sunday	7:30am - 8:00pm

Refer a friend\*  
and **WIN BIG!**

For each friend you refer who signs up for a year membership, you will receive **ONE MONTH FREE!**  
Refer two friends, and receive **TWO MONTHS FREE!**  
And so on, and so on...

**PLUS**  
a chance to win  
**A SPECIAL GIFT!**  
**So, what are you waiting for?**

\*See a membership consultant for details.



Montreal Jewish Community Centres  
Ben Weider JCC  
5400 Westbury Ave. • 514-737-6551  
www.ymywha.com



# THE HARRY BRONFMAN Y COUNTRY CAMP



Chair: Morris Szwimer

The Harry Bronfman Y Country Camp is a residential sleeping camp. YCC offers a full range of activities and outstanding facilities to a sold-out registration of 500 campers every summer. This popular camp provides versatile programming in a Jewish ambiance ensuring an unforgettable summer experience for all who attend.

## CAMP DATES

First session - **June 27 - July 22, 2012**  
 Second session - **July 23 - Aug 16, 2012**  
 6 week session - **June 27 - Aug 6, 2012**  
 Both sessions - **June 27 - Aug 16, 2012**

## WEEKEND CAMP

Weekend Camp - **July 13-15 or Aug 3-5, 2012**  
 We are delighted to share this exciting program that takes place at the Y Country Camp during the summer. "WEEKEND CAMP" is geared for first-time campers, between the ages of 7 and 9, giving them an idea of what the fun elements of sleeping camp are all about. Limited to a small group of campers, the program is staffed by experienced counsellors, specifically selected for this age group to ensure a magical weekend at YCC.

## MINI CAMP / STARTER CAMP

1 week session - **June 27 - July 3 or July 23 - 29, 2012**  
 2 week session - **June 27 - July 11 or July 23 - Aug 6, 2012**  
 For children in grades 1-3 who have never been away from home. Our caring staff includes a "camp mother" who is sensitive to the children's needs, making their first camp experience a memorable one. Optional extension for additional weeks.

## JUNIOR CAMP

For children in grades 1-5, operates with 2 counsellors and 8-10 campers per cabin. Counsellors provide close supervision and guidance for a rewarding, fun-filled camping experience.

## SENIOR CAMP

A platform tent village for campers in grades 6, 7 and 8, with complete central indoor washhouse facilities. Individual programming of activities based on campers' interests. Multi-day canoe and hiking trips instill nature skills and personal development.

## OUR EMPHASIS:

FUN in a safe, supervised environment. Providing opportunities for learning and personal development.

## OUTSTANDING PROFESSIONAL AND CARING STAFF MAKES ALL THE DIFFERENCE.

YCC staff are dynamic, talented and experienced individuals who are committed to working with children and adolescents. Program directors have training in fields such as social work, education, and management. Trained specialists provide safe and professional instruction for all creative, recreational and athletic activities. Outstanding facilities set on 650 acres of rolling countryside in the Laurentians, surrounded by two mountains and three pollution-free lakes near Mt-Tremblant, YCC is easily accessible by fully paved roads. The camp has three spacious dining halls, an on-site kosher kitchen and seven large recreational halls. A 10,000 square foot sports pavilion offers an indoor swimming pool and gymnasium. Athletic facilities include two waterfronts, baseball diamonds, basketball, badminton, tennis and tetherball courts, archery range, floor hockey, roller blade rink and Olympic wrestling at our brand new Reinitz Wrestling Centre.

## JUNIOR CIT PROGRAM

For 15 year olds completing grade 9, the Junior CIT program helps campers begin the transition from camper to staff roles. Activities are geared toward the development of responsibility, self-reliance, self-awareness and increased maturity. The emphasis is on learning and skill development, with training in specialty areas of the camp. Weekly out-of-camp trips are scheduled (known as the "Adventure Series"), and the trip to Ottawa has become a popular part of the summer.

## JUNIOR CIT/ISRAEL TRIP

We are very excited about our new Israel program for this age group where the kids will spend the first session at YCC, and then spend 3 weeks on an amazing trip to Israel. They will then end their summer with the last 4 days together at YCC. (There will still be a 3 1/2 week session at YCC for campers not going to Israel).

## SENIOR CIT PROGRAM

For 16 year olds completing grade 10. Entry is based on a rigorous selection process, since most participants will have the opportunity to apply for a staff position at YCC. The training program includes cultural trips, an intensive one-week canoeing or hiking trip, bunk placements, thorough counsellor-in-training responsibility, and the planning and performance of a CIT play, which is a highlight of the camping season.



Tel. (Montreal): 514-737-6551, ext. 267

Tel. (summer): 819-687-3271

Sid Milech, Director: [sid@mywaha.com](mailto:sid@mywaha.com)

Stephen Rabinovitch, Associate Director: [srabinovitch@mywaha.com](mailto:srabinovitch@mywaha.com)

Elana Schneiderman, YCC Administrator: [elana@mywaha.com](mailto:elana@mywaha.com)

## PRE-SCHOOL PROGRAMS

Sherry Smith ext. 239

September 2012 - June 2013

Registration now open for  
Sept 2012-2013 session

### JUNIOR KITANIM 12-18 mos by Sept 30, 2012

Mon & Wed 9:30-11/11:30am

Not yet old enough for Kitanim? This class introduces your child to our Pre-school in a gentle and non-threatening way. Our experienced teachers and child-friendly environment help encourage fine and gross motor skill development through art, gym, sand & water play, music and baking, among other things. Children attend this class with an adult. Those completing the program receive priority registration for Shoreshim for 2013-2014.

Full year registration \$2085\*

### KITANIM 19-23 mos by Sept 30, 2012

Tue & Thu (on Fridays beginning Jan 2013) 9:15-11:15/11:45am

The Hebrew word 'Kitanim' means "little ones". This class focuses on the physical, social and emotional needs of our littlest ones. Parents begin the class with their children, experiencing many preschool 'firsts' together—from painting, gluing and cutting to music and gym. As your child develops confidence and independence, he/she will be encouraged by our experienced teachers to separate from you. (You may not, however leave the building until your child is 2 yrs old.) Children completing the program receive priority registration for Shoreshim for 2013-2014.

Full year registration, \$2826\*

### SHORESHIM 24-36 mos by Sept 30, 2012

Mon - Fri 9-11:30am

The Hebrew word 'Shoreshim' means "roots". In this class each child will gain the confidence and skills he/she needs to begin planting his/her own roots firmly in the ground, ready for the many experiences and challenges ahead. This child-oriented program encourages children to understand the values of respect, sharing and cooperation while addressing individual needs and strengths. Red Cross Swim is a component of the program. Children completing Shoreshim receive priority registration for CPE du 'Y' for 2013-2014.

Full year registration, \$4431\*

### SHORESHIM LUNCH 24-36 mos by Sept 30, 2012

Mon - Fri 11:30am-1pm

As an extension of the Shoreshim program, this program allows children to practice the skills and concepts they have learned in the regular Shoreshim program in a relaxed and social manner. Parents provide the lunches and the teachers provide the fun! (Space is limited.)

Full year registration, \$995\*

\*All full-year programs include \$96 Y membership.

\*\*\$10 discount for mummieslist cardholders.

AGES	Monday	Tuesday	Wednesday	Thursday	Friday
6-12 mos		<b>Baby Talk</b> 10-11am	<b>Baby Talk</b> 10-11am		
12-20 mos		<b>A Whole New World</b> 11:15am-12:15pm	<b>A Whole New World</b> 11:15am-12:15pm		
14 mos (walking)	<b>Rock 'n' Roll</b> 11:30am-12:30pm				<b>Yom Shishi Club</b> 12-1pm
Pre-school (Full-year registration)	<b>Junior Kitanim</b> (12-18 mos*) 9:30-11/11:30am	<b>Kitanim</b> (19-23 mos*) 9:15-11:15/45am	<b>Junior Kitanim</b> (12-18 mos*) 9:30-11/11:30am	<b>Kitanim</b> (19-23 mos*) 9:15-11:15/45am	<b>Kitanim</b> (beginning January)
Pre-school (Full-year registration)	<b>Shoreshim</b> (24-36 mos*) 9-11:30am	<b>Shoreshim</b> (24-36 mos*) 9-11:30am	<b>Shoreshim</b> (24-36 mos*) 9-11:30am	<b>Shoreshim</b> (24-36 mos*) 9-11:30am	<b>Shoreshim</b> (24-36 mos*) 9-11:30am
Pre-school (Full-year registration)	<b>Shoreshim Lunch</b> (24-36 mos*) 11:30am-1pm	<b>Shoreshim Lunch</b> (24-36 mos*) 11:30am-1pm	<b>Shoreshim Lunch</b> (24-36 mos*) 11:30am-1pm	<b>Shoreshim Lunch</b> (24-36 mos*) 11:30am-1pm	<b>Shoreshim Lunch</b> (24-36 mos*) 11:30am-1pm

## PARENT & TOT PROGRAMS

Sherry Smith ext. 239

### BABY TALK PLAY GROUP 4-12 mos

Tue or Wed Jan 10 - Mar 14

10-11am

What to do with your new baby? This class gives new (and experienced) moms the opportunity to share and discuss their parenting concerns and approaches in the comfort of our Early Childhood Baby Gym. Led by our experienced EC Educators, it will provide you with information and tips on how to stimulate your baby's gross motor and cognitive development as well as address fundamental parenting issues that you put forth.

10 sessions, \$150 (M) / \$160 (NM)\*\*

### A WHOLE NEW WORLD 12-20 mos

Tue or Wed Jan 10 - Mar 14

11:15am-12:15pm

Discover your child's ever-expanding world through his/her eyes and relish the joy in these discoveries. In this class you will have the opportunity to experience how your child learns and develops. Your child, with you as a partner, will explore the properties of sand and water, create with a wide variety of materials and discover his / her body's abilities through music, movement and yoga. With the guidance of our experienced Early Childhood Educator you will leave with information and ideas to further stimulate and promote your child's development.

10 sessions, \$165 (M) / \$175 (NM)\*\*

### YOM SHI SHI TODDLERS' CLUB 14 mos + (walking)

Fri Jan 13 - Mar 16

12-1pm

Toddlers!! Do you have a grandparent or other grown-up who wants to get a head start on celebrating Shabbat? Are you at a loss to find new and exciting ways to stimulate her/his senses? The Yom Shi Shi Toddlers' Club is a mind/body experience starting with a Yoga warm-up, followed by Shabbat related arts and crafts and songs and ending with a mini Kabbalat Shabbat service designed to leave your grown-up completely satisfied, challah and all.

10 sessions, \$185 (M) / \$195 (NM)\*\*

### ROCK 'N' ROLL Babies of all ages

Mon Jan 16 - Mar 19

11:30am-12:30pm

Are you ready to Rock and Roll? This class is music with a twist. First you and your baby will warm up your bodies in our Early Childhood baby gym with a half hour of free play. Then, get ready to exercise your voice with a half hour of music with the ever-exciting Loony Lorney. Fun for all, guaranteed!

10 sessions, \$130 (M) / \$140 (NM)\*\*

### BABY SIGN LANGUAGE 6-14 mos

Wed Jan 18 - Mar 7

11:45am-12:30pm

A play class that focuses on parent-child interactions to promote language, cognitive and social-emotional development. Facilitator is an accredited Signing Time Academy instructor.

8 sessions, \$130 (M) / \$140 (NM)\*\*

## BUSY BEAVERS

**Marcy Kastner ext. 237**

Priority registration for children in CPE du Y will take place on Wednesday, Dec 7 from 8:30am-4pm.

### MAD SCIENCE 3-5 yrs

Fri Jan 20 - Apr 6

1:50-2:35pm

This class offers exciting interactive experiments and take-home projects. Space available for 15 children per class.

12 sessions, \$260 (M) / \$285 (NM)

### BALL SKILLS 3-5 yrs

Tue Jan 17 - Apr 3

3-4 yrs; 1-1:45pm

5 yrs; 1:55-2:40pm

Children will learn the basics of 8 popular ball sports in a fun non-competitive environment. Each class begins with a warm up, explanation on proper basic techniques of the sport being learned that day and then it's game time. During game time basic rules and fair play are all incorporated. Space available for 12 children per class.

12 sessions, \$260 (M) / \$285 (NM)

### JUNIOR YOGA 3-5 yrs

Mon Jan 16 - Apr 2

1-1:45pm

This class includes exercise, meditation and fun specifically geared for children.

12 sessions, \$260 (M) / \$285 (NM)

### PRE SOCCER 3-5 yrs

Thu Jan 19 - Apr 5

3-4 yrs; 1-1:45pm

5 yrs; 1:55-2:40pm

Kids will learn how to kick and pass a soccer ball, as well as develop many other pre-soccer skills. Available space for 12 children per class.

11 sessions, \$238 (M) / \$263 (NM)

### BALLET 3-5 yrs

Wed Sept 21 - May 2012 (recital date TBA)

1:15-2pm

This is a year-long class that spans our three semesters: fall, winter & spring. Come and join us for a ballet recital at the end of the year. Children must be registered in September.

30 sessions, \$375 (M) / \$400 (NM)

### New! FUNKY FEET 3-5 yrs

Fri Jan 20 - Apr 6

1-1:45pm

The classes use a unique mix of dance and singing. The main focus is on developing children's confidence and social skills while having fun.

12 sessions, \$260 (M) / \$285 (NM)

## YOUTH ART CLASSES

*Youth Visual Arts courses are supported in part by the Evelyn Himes Memorial Scholarship.*

### ART MANIA 6-13 yrs

Sun Jan 15 - Mar 4

11:30am-1:30pm

Each week your child will work on a different project using a different medium. This course is built as an exploration of drawing techniques, learning about colours, sculpture with clay, stained glass project, painting with acrylic paint on canvas, building a 3D sculpture with recycled materials, mosaic tiles project, etc.

8 sessions, \$150 (M) / \$165 (NM)

## CAMPS & CHILDREN'S SERVICES

**Marcy Kastner ext. 237**

### PROFESSIONAL DAY PROGRAMMING 4-12 yrs

Relief for working parents! Structured fun programs especially designed for children during professional days and legal holidays. Activities may include gym, art, swimming and educational and social programs. Parents must reserve in advance. *Ped day: Feb 15, 2012.*

### WINTER / SPRING / PASSOVER CAMP 4-12 yrs

This is camp fun at its best! Structured programming during the breaks / school vacations.

Winter camp: Dec 26-30, 2011 & Jan 2-6, 2012

Spring Break: Feb 20-24, 2012 & March 5-9, 2012

Passover camp: April 9-12, 2012

### FRIENDLY FACES DAY CAMP 4-12 yrs

Jun 25 - Aug 17 (8 weeks)

Action-packed activities for a fantastic summer include sports, swimming (instructional/free), arts & crafts, drama, special theme days, exciting outings and MUCH MORE. Our trained and enthusiastic staff provides your children with a summer full of fun, games and memories. CIT programs available. Extended day available.

### HORIZONS DAY CAMP 4-12 yrs

HDC is for children from 4-12 years old with special needs. Horizon campers are fully integrated into Friendly Faces Day Camp.

Julie Longval • jlongval@ymywha.com

### BIRTHDAY PARTY SERVICES

Celebrating a birthday? Take advantage of our great facilities and trained leaders. We offer a gym or art party. Best of all, we do the set up and clean up! (Birthday child must be a Y member to qualify for Y member discount.)

\$155 YM / \$185 NYM



# POOL

## BABY SWIM

Megan Bray ext. 520

Bathing caps and pre swim showers are mandatory

**Phone-In Registration option – SWIMMING ONLY**  
 from Sunday - Thursday, 10am - 6pm  
 January 8 - 12, 2012  
**To register, please dial extension 230.**

## SPLASHTIME PLAYGROUP Babies 0-2 yrs

This playgroup is designed for moms and dads with children up to 2 yrs old. The emphasis of this program is for children to gain confidence and skills in the water with their parents. The playgroup is coordinated by an experienced instructor with proven techniques.

## AQUABABY 6 wks-6 mos

This course utilizes the instinctual capabilities of your baby with respect to breathe control, propulsion, and natural floating abilities. Course includes therapeutic baby massage. French instructor.

Course	Time	Day	Dates	Price
Splashtime Playgroup	9:30-10:30am	Friday	ONGOING	Free (M) / \$7 (NM)
Aquababy	9-9:45am	Tuesday	Jan 17 - Mar 27	11 sessions \$180 (M) / \$220 (NM)
	9:45-10:30am 10:30-11:15am	Thursday	Jan 19 - Mar 29	

## RED CROSS SWIM PRESCHOOL

Megan Bray ext. 520

Give your child the gift of aquatic fun and swimming at an early age. Songs, games and introductory swimming skills will make your child comfortable and happy in the water. Each level is built around an aquatic animal mascot, which makes lessons engaging and fun. The Instructor uses progressive teaching techniques adapted to each child and provides constant feedback and encouragement. Parents will participate in the classes with their child for the first three levels. Children enter a level based on their age and abilities:

### PARENTED LEVELS 4 MONTHS +

#### STARFISH 4-12 mos

To enter this level, babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety.

#### DUCK 12-24 mos

Age is the only condition for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety.

#### SEA TURTLE 24-36 mos

Age is the only condition for entering this level. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks.

#### SEA OTTER 3-5 yrs

Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. Swimmers enter this level when they are 3 years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills.

Course	Time	Day	Dates	Price
Starfish	9:35-10:05 11:20-11:50am	Sunday	Jan 15 - Mar 11	9 sessions \$85 (M) / \$100 (NM)
	9:30-10am	Saturday	Jan 21 - Mar 17	
Duck	9:35-10:05am	Sunday	Jan 15 - Mar 11	
	9:30-10am	Saturday	Jan 21 - Mar 17	
Sea Turtle	10:10-10:40am	Sunday	Jan 15 - Mar 11	
	9:30-10am	Saturday	Jan 21 - Mar 17	
Sea Otter	9:35-10:05am 10:10-10:40am 10:45-11:15am 11:20-11:50am 11:55am-12:25pm	Sunday	Jan 15 - Mar 11	
	9:30-10am 10:05-10:35am 11:30am-12pm	Saturday	Jan 21 - Mar 17	

# UNPARENTED LEVELS 3-5 YEARS

Megan Bray ext. 520

## SALAMANDER

Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD). **Prerequisites:** Can function in a group setting without parental guidance.

## SUNFISH

Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). **Prerequisites:** Can complete a front glide (face in the water) for 3 seconds; both front and back floats for 3 seconds; jump into chest deep water, recover and swim 2 metres all unassisted.

## CROCODILE

Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres. **Prerequisites:** Can complete front/back glides and front/back floats unassisted for 5 seconds; jump into chest-deep water, recover and swim for 5 metres all unassisted.

## WHALE

Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. **Prerequisites:** Can complete front/back float; exhale through mouth and nose; flutter kick while gliding on front/back and side; swim 10 metres continuously all unassisted.

Course	Time	Day	Dates	Price
Salamander	9-9:30am 9:35-10:05am 10:10-10:40am 10:45-11:15am 11:20-11:50am 11:55am-12:25pm	Sunday	Jan 15 - Mar 11	9 sessions \$85 (M) / \$100 (NM)
	4:30-5pm	Monday	Jan 16 - Mar 12	
	4:30-5pm	Thursday	Jan 19 - Mar 15	
	9:30-10am 10:40-11am	Saturday	Jan 21 - Mar 17	
Sunfish	9-9:30am 10:10-10:40am 11:20-11:50am	Sunday	Jan 15 - Mar 11	
	4:30-5pm	Monday	Jan 16 - Mar 12	
	4:30-5pm	Thursday	Jan 19 - Mar 15	
	9:30-10am	Saturday	Jan 21 - Mar 17	
Crocodile	10:45-11:15am	Sunday	Jan 15 - Mar 11	
	5:05-5:35pm	Monday	Jan 16 - Mar 12	
	5:05-5:35pm	Thursday	Jan 19 - Mar 15	
	10:05-10:35am	Saturday	Jan 21 - Mar 17	
Whale	10:45-11:15am	Sunday	Jan 15 - Mar 11	
	5:05-5:35pm	Monday	Jan 16 - Mar 12	
	5:05-5:35pm	Thursday	Jan 19 - Mar 15	
	10:05-10:35am	Saturday	Jan 21 - Mar 17	

# RED CROSS SWIM KIDS 6-12 yrs

Megan Bray ext. 520

The 10 levels allow for solid progression. Children learn competitive and survival strokes, and build their distance and speed, while focusing on making safe decisions in, on and around the water. In each level, participants are evaluated based on performance criteria and progress to the next level once all criteria have been successfully completed.

## LEVEL 1

Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim. **Prerequisites:** Can comfortably move and float with assistance; and can function in a group without parental assistance.

## LEVEL 2

Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim. **Prerequisites:** Can front/back float, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously.

Course	Time	Day	Dates	Price
Level 1 or 2	9-9:30am 11:55am-12:25pm	Sunday	Jan 15 - Mar 11	9 sessions \$85 (M) / \$100 (NM)
	5:40-6:10pm	Monday	Jan 16 - Mar 12	
	5:40-6:10pm	Thursday	Jan 19 - Mar 15	
	9:30-10am	Saturday	Jan 21 - Mar 17	

### LEVEL 3

This level provides an introduction to diving and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim. **Prerequisites:** At ease in deep water; can breathe rhythmically 10 times; glides front/back with kick for 5 metres, and swim 10 metres continuously.

### LEVEL 4

This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim. **Prerequisites:** Can swim front crawl at least 5 metres, arms recovering above water; glides front/back with kick for 10 metres and swim 15 metres continuously.

### LEVEL 5

This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim. **Prerequisites:** Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously.

### LEVEL 6

This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1 1/2 minutes. Endurance is built through dolphin kick and a 75m swim. **Prerequisites:** Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive; and swim 50 metres continuously.

### LEVEL 7

This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim. **Prerequisites:** Can swim front crawl and back crawl at least 25 metres; swim coordinated elementary backstroke at least 15 metres, and swim 75 metres continuously.

**Phone-In Registration option – SWIMMING ONLY**  
 from Sunday - Thursday, 10am - 6pm  
 January 8 - 12  
**To register, please dial extension 230.**

### LEVEL 8

This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each. **Prerequisites:** Can swim front crawl and back crawl at least 50 metres, swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 75 metres continuously.

### LEVEL 9

This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3 mins). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim. **Prerequisites:** Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously.

### LEVEL 10

This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim. **Prerequisites:** Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously.

Course	Time	Day	Dates	Price
Level 3	9-9:45am 10:40-11:25am	Sunday	Jan 15 - Mar 11	9 sessions \$100 (M) / \$125 (NM)
	4:30-5:15pm	Tuesday	Jan 17 - Mar 13	
	10:40-11:25am	Saturday	Jan 21 - Mar 17	
Level 4	9-9:45am 10:40-11:25am	Sunday	Jan 15 - Mar 11	
	4:30-5:15pm	Tuesday	Jan 17 - Mar 13	
	10:40-11:25am	Saturday	Jan 21 - Mar 17	
Level 5	9-9:45am 10:40-11:25am	Sunday	Jan 15 - Mar 11	
	5:20-6:05pm	Tuesday	Jan 17 - Mar 13	
	10:40-11:25am	Saturday	Jan 21 - Mar 17	
Level 6	9-9:45am 10:40-11:25am	Sunday	Jan 15 - Mar 11	
	5:20-6:05pm	Tuesday	Jan 17 - Mar 13	
	10:40-11:25am	Saturday	Jan 21 - Mar 17	
Level 7 or 8	9:50-10:35am 11:30am-12:15pm	Sunday	Jan 15 - Mar 11	
	4:30-5:15pm	Tuesday	Jan 17 - Mar 13	
	11:30am-12:15pm	Saturday	Jan 21 - Mar 17	
Level 9 or 10	9:50-10:35am 11:30am-12:15pm	Sunday	Jan 15 - Mar 11	
	5:20-6:05pm	Wednesday	Jan 18 - Mar 14	
	11:30am-12:15pm	Saturday	Jan 21 - Mar 17	

## GIRLS ONLY LEVELS 1-10

Course	Time	Day	Dates	Price
GIRLS Levels 1 - 4	2-2:30pm	Sunday	Jan 15 - Mar 11	(Levels 1 - 4) 9 sessions \$85 (M) / \$100 (NM)
GIRLS Levels 5 - 8	2:30-3:15pm			(Levels 5 - 10) 9 sessions \$100 (M) / \$125 (NM)
GIRLS Levels 9 - 10	3:15-4pm			

## BOYS ONLY LEVELS 1-10

Course	Time	Day	Dates	Price
BOYS Level 1	4:05-4:35pm	Sunday	Jan 15 - Mar 11	(Levels 1 & 2) 9 sessions \$85 (M) / \$100 (NM)
BOYS Level 2				
BOYS Levels 3 or 4	4:05-4:50pm			(Levels 3 - 10) 9 sessions \$100 (M) / \$125 (NM)
BOYS Levels 5 or 6	4:35-5:20pm			
BOYS Level 7/8	4:50-5:35pm			
BOYS Level 9/10				

## MINI - 5-WEEK SESSIONS

Course	Time	Day	Dates	Price
Salamander or Sunfish	4:30-5pm	Wednesday	Feb 29 - Mar 28	(Salamander to Whale) 5 sessions \$50 (M) / \$60 (NM)
Crocodile	5:05-5:35pm			
Whale	5:05-5:35pm			
Level 3 or 4	5:40-6:10pm	Thursday	Mar 1 - 29	(Level 3 to Level 10) 5 sessions \$60 (M) / \$75 (NM)
Level 5 or 6	4:30-5:15pm			
Level 7/8	5:20-6:05pm			
Level 9/10	5:20-6:05pm			

## NEW! I LOVE WATERPOLO 6-14 yrs

Jonathan Borenstein ext. 275

A four-level recreational learn-to-play skill development program for boys and girls ages 6-14yrs.

- Introduction to the basic skills of the sport of water polo.
- Development of the basic movements' skills (swimming, agility, balance, & coordination) through a series of lessons.
- Focus on sportsmanship and fair play in game and practice environment.

### LEVEL 1

- Introduction to passing/ catching/ shooting
- Picking up ball from underneath
- Introduction to body position
- Water polo specific skills such as eggbeater, sculling, trudgeon, spider
- Water polo stroke development at distances of 10- 15 metres (e.g. head up front crawl, water polo backstroke)

### LEVEL 2

- Introduction to passing/ catching/ shooting
- Continued development of Level 1 skills at greater distances (15-25 m)
- Introduction of new skills such as zig zag, rollover, sliding, stop and go with the ball
- Shooting, receiving, passing for accuracy
- Understanding basic (adapted) ILWP rules
- Balancing and coordination activities (static single movements)

### LEVEL 3

- Basic/ intermediate balancing and coordination activities (static multiple movements)
- Movements in horizontal body position
- Increased swim distances
- Vertical eggbeater with ball above head
- Shooting, receiving, passing the ball for accuracy

### LEVEL 4

- Refining skills learned in levels 1-3
- Travelling with the ball, maintaining appropriate body position
- Integration of ball handling, body position, and swimming skills to develop basic water polo tactical skills
- Solid understanding and demonstration of basic ILWP rules

Course	Time	Day	Dates	Price
Levels 1 - 2	12:30-1pm	Sunday	Jan 15 - Mar 18	10 sessions \$120 (M) / \$145 (NM)
Levels 3 - 4	1-1:30pm	Sunday	Jan 15 - Mar 18	

# PRIVATE LESSONS

## PRIVATE / SEMI-PRIVATE 12 mos +

One-to-one instruction for all ages with a Water Safety Instructor. Designed to meet individual student's needs.

Private: 1/2 hour  
\$20 (M) / \$24 (NM)

Semi-private: 1/2 hour  
\$14 / student (M) / \$18 / student (NM)

Please leave your name, number, preferred instructor and availability. Cancellation policy: min. 24 hrs notice or lesson will be charged. Please show receipt for access to the pool facilities.

Jonathan Borenstein ext. 275

## DAYCARE OPTIONS

Monday - Friday, 1-3pm  
Other hours available

Introduce your toddler to the swimming pool by taking advantage of a custom-made service to suit your needs. Have an experienced instructor accompany your child to the pool, shower and dress him/her and ready him/her for pick-up.

Pick-up from class only (45min.) \$30

Shower and dress only (45min.) \$30

Complete package (60 min.) \$40

Phone Registration Available

Please show receipt for access to the pool facilities.

Jonathan Borenstein ext. 275

# CHILDREN'S SWIM

## STINGRAYS SWIM TEAM 8 yrs+

The Stingrays Swim Team is a competitive team that develops racing skills, fitness and team spirit. The team will participate in recreational competitions to ensure opportunities to swim and improve. Pre-requisite: 8 years old. New pricing for the season session.



## STINGRAYS JUNIOR SWIM TEAM 5-8 yrs

For children who are strong swimmers and excelling rapidly through the swim school levels. Swim meets are scheduled throughout the session. The focus, however, is on personal improvement and not competition at this level. Twice a week.

Course	Time	Day	Dates	Price
Stingrays Swim Team	5-6:30pm	Tue & Thu	Jan 10 - Mar 29	1X week \$200 (M)/\$240(NM) 12 sessions
	5-6:30pm	Mon & Wed	Jan 9 - Mar 31	2X week \$240 (M)/\$290(NM) 24 sessions
				3X week \$295 (M)/\$355(NM) 36 sessions
Stingrays Junior Swim Team	4:15-5:15pm	Mon & Wed	Jan 9 - Mar 31	\$220 (M) / \$265 (NM) 24 sessions
Waterpolo	6:30-7:15pm	Tue & Thu	Jan 10 - Mar 29	\$110 (M) / \$130 (NM) 24 sessions

## FITNESS FOR LIFESAVERS 10yrs+

Tue Jan 17 - Mar 13

6-7pm

Performance training for pre-teens who are interested in the Lifesaving programs. Participants will be taught the basics of lifesaving techniques and instructors will help with stroke correction and increase endurance for long distance swimming.

9 sessions, \$100 (M) / \$125 (NM)

GIRLS	BOYS
Mon Jan 16 - Mar 12 7:15-8:15pm	Tue Jan 17 - Mar 13 7:15-8:15pm

# ADULT SWIM LESSONS

Megan Bray ext. 520

## BEGINNER 16yrs+

Designed to increase your comfort level in the water. Learn the basics of swimming and enjoy a new dimension to active living.

## INTERMEDIATE 16yrs+

A swim class for adults who have developed basic swimming skills and would like to improve their techniques, stamina and knowledge of swimming. Geared toward improving stroke technique and endurance.

# ADULT SWIM

Jonathan Borenstein ext. 275

## MASTERS SWIM TEAM 18yrs+

The masters swim team is for the developing athlete wishing to perfect strokes and to swim more competitively and efficiently. Specially tailored programs will be designed based on your specific needs. Additional training times now available.

## AQUA FITNESS

Join us for a workout in the pool with these invigorating, non-impact classes. Use water resistance to develop strength and cardiovascular endurance. Swimming experience is not necessary. Appropriate for all levels of fitness. Please see our aquafit schedule at the fitness reception desk or online at [www.ymywha.com](http://www.ymywha.com) for more class descriptions or to find a time that suits you best.

## ADVANCED 16yrs+

Focused on increasing swim endurance with attention to further stroke technique correction and increasing speed.

## SPECIAL NEEDS SWIM PROGRAM 20yrs+

This program offers adults with special needs a supportive environment to improve swimming skills in a group setting. If participants are not already comfortable in the water, private lessons are available before joining the group.

# ADULT SWIM LESSONS

Course	Time	Day	Dates	Price
Beginners	12:30-1:30pm	Sunday	Jan 15 - Mar 11	9 sessions \$100 (M) / \$125 (NM)
Intermediate				
Advanced				
Ladies Beginners	10:30-11:30am	Wednesday	Feb 1 - Mar 7	6 sessions \$60 (M) / \$80 (NM)
Ladies Intermediate				
Ladies Advanced				
Masters Swim Team	8:30-9:30pm	Monday & Thursday	Jan 9 - Mar 29	84 sessions \$100 (M) / \$130 (NM) Full Season (Sept 19 - June 29) \$260 (M) / \$330 (NM)
	6:30-7:45am	Tuesday & Thursday	Jan 10 - Mar 29	
	8:30-9:30am	Tuesday & Thursday	Jan 10 - Mar 29	
	9:30-10:30am	Friday	Jan 13 - Mar 30	
Special Needs Swim Program	6-7pm	Tuesday	Jan 17 - Feb 28	7 sessions \$185 (M) / \$225 (NM)

## CERTIFICATION COURSES

Prices include exam fees & course materials

Megan Bray ext. 520

### BRONZE MEDALLION <sup>13yrs+</sup>

Sun Jan 22 - Mar 25

5-8pm

Sat Jan 21 - Feb 11 (Intensive course)

9:30am-5pm

Learn how to respond in complex water rescue situations. The Bronze Medallion course provides both theoretical knowledge and practical experience in lifesaving techniques, CPR and emergency care. **Prerequisite:** 13 yrs and Red Cross, Swim Kids Level 10 or equivalent or Bronze Star

\$210 (M) / \$255 (NM)

GIRLS	BOYS
Wed Jan 25 - Mar 28 7-10pm	Tue Jan 24 - Mar 27 7-10pm

### BRONZE CROSS <sup>13yrs+</sup>

Sun Jan 15 - Mar 25

5-8pm

Sat Mar 3 - 24 (Intensive course)

9:30am-5pm

Bronze Cross is designed for lifesavers, providing more advanced training and an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for the National Lifeguard program. **Prerequisite:** Bronze Medallion.

\$180 (M) / \$215 (NM)

GIRLS	BOYS
Wed Jan 18 - Mar 28 7-10pm	Tue Jan 17 - Mar 27 7-10pm

### BRONZE MEDALLION & BRONZE CROSS INTENSIVE COMBO <sup>15yrs+</sup>

Mon - Fri Feb 20-24

9am-4:30pm

Fast-track your way to becoming a National Lifeguard. This intensive combination course fulfills the first two requirements for the National Lifeguard service and arms participants with an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness.

\$355 (M) / \$395 (NM)

### STANDARD FIRST AID <sup>15yrs+</sup>

Sun Jan 8-15

Sun Jan 8-15 (Girls only)

Sat & Sun Feb 11-12

Sun Mar 4-11

9am-5pm

Standard first-aid is a 16-hour CPR and first-aid course that prepares the candidate to take the National Lifeguard Course. **Prerequisite:** Bronze Cross.

\$100 (M) / \$120 (NM)

### NATIONAL LIFEGUARD <sup>16yrs+</sup>

Thu Jan 19 - Apr 5

6:30-10:30pm

National Lifeguard is the only nationally recognized program for lifeguard training. Emphasis is on teamwork, communication and prevention, preparing candidates to safely and efficiently supervise an aquatic facility.

**Prerequisite:** Bronze Cross, Standard First Aid, 16 yrs

10 sessions, \$245 (M) / \$295 (NM)

GIRLS	BOYS
Wed Jan 18 - Apr 4 6:30-10:30pm	Tue Jan 17 - Mar 27 6:30-10:30pm

### NATIONAL LIFEGUARD RECERTIFICATION <sup>16yrs+</sup>

Sun Feb 5 or Mar 4

4:30-8:30pm

Recertification of NLS award, proof of certification required.

1 session, \$75 (M) / \$100 (NM) tax included.

### ASSISTANT WATER SAFETY INSTRUCTOR <sup>15yrs+</sup>

Thu Jan 19 - Mar 15

6:30-10:30pm

Candidates learn fundamental instructor leadership including teaching methods, learning styles, physical principles, communication & safe supervision. Thirty (30) hours of course time, 50% of it in the pool, plus 8 hours of practice teaching (stage). **Prerequisite:** Bronze Cross.

9 sessions, \$210 (M) / \$250 (NM)

### WATER SAFETY INSTRUCTOR <sup>15yrs+</sup>

Mon Jan 16 - Feb 27

6:30-10:30pm

Candidates will learn to apply the knowledge acquired in the Assistant Water Safety Instructor course and develop additional instructor skills, stroke progression & corrective strategies to plan, lead and evaluate the Red Cross Swim continuum. Twenty-five (25) hours of course time, 50% of it in the pool, plus 12 hours of practice teaching (stage). **Prerequisite:** Assistant Water Safety Instructor. 100% participation and attendance required.

7 sessions, \$185 (M) / \$225 (NM)

### RECERTIFICATIONS

The YM-YWHA holds seasonal recertification courses for National Lifeguards, Water Safety Instructors, and any other advanced programming for those who need it. Courses held when participation requirements are met. Contact Megan at [megan@ymywha.com](mailto:megan@ymywha.com) for more details.

# GYM

## SPORTS & RECREATION CHILDREN & YOUTH

Trish McKenzie ext. 548

### SPORTBALL PARENT & CHILD 2-4 yrs

While playing games in a fun, creative, non-competitive environment, children learn important physical skills and develop confidence in their abilities. The focus is on refining, rehearsing and repeating skills.

### SPORTBALL MULTI-SPORT 5-7 yrs

An opportunity to practice and refine gross motor skills. The program reinforces the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

Course	Time	Day	Dates	Price
Sportball Parent & Child	9:30-10:15am	Sunday	Jan 15 - Mar 18	10 sessions \$125 (M) / \$150 (NM)
Sportball Multisport	10:30-11:30am			
Wrestling	9-10am	Sunday	Jan 8 - Mar 25	12 sessions \$50 (M) / \$99 (NM)
	4:30-5:30pm	Tuesday	Jan 10 - Mar 27	
Weight Training for Teens	2:30-3:30pm	Sunday	Jan 15 - Mar 4	8 sessions \$100 (M) / \$120 (NM)
	4:15-5:15pm or 5:15-6:15pm	Tuesday	Jan 17 - Mar 6	
	5:15-6:15pm	Thursday	Jan 19 - Mar 8	

### DEAN'S WORLD OF BASKETBALL 9-11 yrs

Thu Jan 19 - Mar 8

4:30-6pm

Dean Smith, one of basketball's elite instructors, will teach the fundamentals of basketball in a fun and safe program. Each session will end with a scrimmage.

8 sessions, \$80 (M) / \$99 (NM)

### BADMINTON 13 yrs+

Tue & Thu Jan 10 - Mar 29

7-10pm

Do you enjoy playing badminton? Looking to improve your game? Join our recreational and competitive programs for badminton players.

26 sessions, Free (M) / \$69 (NM)

## WOLVES BASKETBALL

### LITTLE WOLVES

Thu Jan 26 - Mar 15

4:30-5:30pm

A basketball program for children in grades 1-3. The energetic coaches will teach the kids the basic skills and rules of the game.

8 weeks, \$100 (M) / \$120 (NM)

## WOLVES BASKETBALL - SPRING LEAGUES

Through equal participation the Wolves House league provides an opportunity for the development of basketball skills while reinforcing self confidence and sportsmanship. Players can sign up as a team or as individuals. Teams will play a minimum of 8 games throughout the season followed by a single elimination playoff.

Age	Time	Day	Dates	Price
14 and Under	6-7pm or 7-8pm	Monday	Apr 16 - May 28	\$100 (M) / \$120 (NM)
16 and Under	6:30-7:30pm or 7:30-8:30pm	Wednesday & Sunday	Apr 18 - May 27	\$100 (M) / \$120 (NM)
22 and Under (Team registration ONLY)	7:30-8:30pm or 8:30-9:30pm	Tuesday & Thursday	Apr 17 - May 31	\$600 / team

### GYM ACTIVITIES DROP-OFF 6 yrs+

Sundays, 10am-12pm

A great opportunity for your kids to have some fun while you work out. Always supervised, our staff will keep your kids active and engaged. Parents will be required to register with our staff.

**Free for Y members.**

### WRESTLING 9 yrs+

Beginners-level wrestling program focusing on basic fundamentals of Olympic style wrestling. No experience necessary.

### WEIGHT TRAINING FOR TEENS 12-16 yrs

A program specially designed to introduce teens to weight training in a structured and supervised environment. Students will learn basic theoretical and practical principles of weight training. Graduates of the program will have access to the fitness centre.

### RECREATIONAL VOLLEYBALL 18 yrs+

Volleyball is back and ready for you. Games every Monday night. Staff on hand to help set up and get the ball flying.

### RACQUETBALL PROGRAM

Looking for a game? Check the partner-search board for others looking to play. All racquetball players are asked to register at the fitness & recreation reception desk. Courts are available for 45-minute periods. Ask about joining our racquetball ladder. Reservations: ext. 261

### TRIPLE THREAT

Tue Jan 24 - Mar 13

5-6:15pm

A basketball program designed for children in grades 4-6. This will be an introduction to basketball for some and skill development for others with special attention paid to the fundamentals of the game.

8 weeks, \$100 (M) / \$120 (NM)



## FITNESS PROGRAMS

### PERSONAL TRAINING

**Mitchell Herman ext. 256**

One-on-one private sessions are provided by certified personal trainers to help you meet your individual health and fitness goals and can include strength conditioning, cardiovascular, Pilates and/or athletic performance enhancement workouts.

### COMPUTRAINING

**Michelle Paiement michelle@toguritaining.com**

The Computrainer is an indoor training device which allows you to monitor your progress while working toward measurable goals.

The Computrainer provides the very best and most interesting indoor bike experience yet created. You will benefit from training using a number of metrics such as: watts, cadences, and spin scan. Let one of our coaches guide you through specific and individualized workouts. A perfect activity for cycle enthusiasts, tri-athletes or those training for a specific event.

### SMALL GROUP TRAINING

**Louise Malone ext. 296**

Small group training is a program designed to maximize your training results in both cardiovascular and strength conditioning. If you enjoy the energy and dynamics of working in a small group and are looking for a new and unique way to achieve your health and fitness goals, this program is for you.

### THERAPEUTIC EXERCISE

**Josée Baillargeon ext. 292**

Therapeutic Exercise is a combination of exercises that safely employs strength, flexibility and cardiovascular conditioning to improve one's health and lifestyle and capacity for independent living. The Therapeutic Exercise program was created three years ago at the YM-YWHA to provide a centre of wellness for:

- The prevention and rehabilitation of musculoskeletal injuries, osteoporosis, arthritis, postural / low back problems, chronic injuries, weakness and muscular imbalances;
- Lifestyle and disease management including weight loss, cancer rehab, MS, Parkinson's, chronic obstructive pulmonary disease (COPD), stroke and fatigue;
- Inactive adults and youth looking to improve overall health and fitness.

### CARDIAC RECONDITIONING

**Len Ockedahl ext. 242**

The Abe Caplan Memorial Cardiac Reconditioning Program is open to individuals who have had a myocardial infarction or who have symptoms recognized as factors predisposing to coronary artery disease (e.g. angina pectoris, high blood pressure, etc.) The objective of the program is to improve the cardiovascular fitness of the individual up to a level where the participant eventually would be able to participate in a regular program. Available to YM-YWHA members only.

### AQUA LYMPHATIC THERAPY TIDHAR METHOD

**Trish McKenzie ext. 548**

Sat Jan 21 - Mar 17

1-2pm (lower body) / 2-3pm (upper body)

Aqua lymphatic therapy (ALT) is a system which, by using the physical properties of water and self massage in combination with exercise, helps to maintain the lymphedema reduction achieved during the intensive treatment phase of CLT/CDT. ALT is a pleasant and effective way for the self management of lymphedema in the maintenance stage.

8 sessions, \$80 (M) / \$120 (NM)

### GROUP FITNESS

**Sophie-Anne Scherrer ext. 277**

Come and enjoy our group fitness program and choose from over 80 classes per week. We offer classes in many categories including Cardio, Muscle Toning, and Indoor Cycle to Dance and Mind/Body. You will find the latest trends in fitness as well as your favourite classics such as Zumba, Step, T'ai Chi, Yoga, Pilates, Body Blast and Circuit Training, to name just a few. You're sure to find something that suits your needs and level at a time that fits your schedule. Our instructors are experienced and qualified professionals; helping you enhance your performance is their priority. Please see our Group Fitness Schedule for class descriptions.

### WEIGHTMATES

**Katalin Papp ext. 245**

Gain health and lose weight. Join a unique new health improvement program. Exercise in a group setting with an individualized program. Lose 10% of your body weight and achieve a healthy weight range. Weight Mates combines exercise, private consultations and lectures with a dietician to help you achieve your goals.

### PILATES STUDIO

**Sophie-Anne Scherrer ext. 277**

Improve your posture and skills with one of our certified Pilates® instructors in a one-on-one or small-group training session. You will work on alignment, techniques and breathing as well as receive the personal attention you need to achieve your goals.

## CERTIFICATION & CONTINUING EDUCATION

**Louise Malone ext. 296**

### PERSONAL TRAINER CERTIFICATION

Mon 7-10pm or Tue 1:15-4:15pm, Jan 9 - Apr 3

Are you looking to start a career as a fitness professional? Interested in becoming a personal trainer? Our course prepares you to enter the workforce as a one-on-one trainer or lifestyle coach, and provides the necessary knowledge and skills to develop individual exercise programs. You will learn training principles, fundamental anatomy & physiology, movement mechanics and much more. (45 hours) **Pre-requisite:** 18 years of age.

*\$430 Includes taxes and materials.*

### CORRECTIVE CONDITIONING

Sun Jan 15 - Feb 26

11am-5pm

Are you a personal trainer or fitness instructor? Are you looking to expand your skills in helping clients with injuries? This course is designed to expand your knowledge of assessment techniques, exercise selection and application in correcting posture and reducing the risk and re-occurrence of injury. Fundamental evaluation skills, postural assessment, muscle testing and movement screening in order to build a corrective conditioning program. Course includes analysis of proper mechanics, appropriate regressions & progressions of exercises, and guidelines for the post-rehabilitation of injuries. (40 hours) **Pre-requisite:** Recognized Fitness Certification – YM-YWHA, YMCA, NSCA, ACSM, ACE, Kinesiology degree or equivalent.

*\$449 Includes taxes and materials.*

### INDOOR GROUP CYCLING CERTIFICATION

Sat Dec 10

11am-5pm

This certification program prepares you to effectively lead group indoor cycling classes. Learn the biomechanics and specific safety considerations of indoor cycling, watt-based program design, the physiology of interval training and much more! (6 hours) **Pre-requisite:** 18 years of age.

*\$119 Includes taxes and materials.*

### TRAINING THE MEDICAL CLIENT

The need for specialized exercise prescription for chronic diseases is growing. The number of fitness participants who need therapeutic exercise is increasing rapidly; fitness professionals can benefit by expanding their expertise in this area. The course will provide you with training guidelines and appropriate applications in working with heart disease, diabetes, COPD, cancer, arthritis and common musculo-skeletal injuries. Compounding factors such as obesity, frailty, chronic pain and effects of medication on exercise will also be covered.



In the 1950's, Wolf Bronet founded the Wolf Pack, a group of runners of all ages that is still going strong to this day. The Pack, which runs 3 times a week, also participates in many fundraisers. Join them on Tuesday and Thursday nights at 6pm or Sundays at 9am.

# MARLENE & JOEL KING SPECIAL NEEDS DEPARTMENT

## **SPECIAL NEEDS Y MEMBERSHIP : \$45**

Your membership can be renewed directly at the Front Desk. All new applications must be processed with the Special Needs Coordinator. Please contact Julie at ext. 235 or by e-mail at [jlongval@ymywha.com](mailto:jlongval@ymywha.com)

## **SUNDAY FUN IN THE GYM** 4-12 yrs

Sun Jan 8 - Mar 10  
12-2pm

Individualized program for children that promotes proprio-perceptive activities in the gym followed by a swim program. Each participant is assigned a facilitator to promote the development of the child's abilities. This program is generously supported by the Y Cycle for Special Needs.

10 sessions, \$120

## **YEDIDUT** 13-17 yrs

Sun Jan 8 - Mar 10  
12-2pm

Group of teens meet at the Y on Sundays to socialize & exercise through organized games, sports and swimming.

10 sessions, \$120

## **MISCHAKIM** 20-30 yrs

Thu Jan 12 - May 31  
6-9pm

Socialization program for young adults that encourages physical activity, decision making. Each week the group shares a meal together and chooses their activities for the night.

20 sessions, \$315

## **CHAVERIM** 20-30 yrs

Wed Jan 11 - May 30  
5-9pm

Socialization program for young adults which encourages interactions with peers to develop friendship, group discussion, personal disclosure & decision making. Each week the group shares a meal together & engages in leisure activities within the Y or in the community.

20 sessions, \$420

## **MEET ME AT THE Y** 25 yrs+

Sun Jan 8 - May 13  
1-4pm

Group of adults that meets every second Sunday to enjoy an activity of their choice in the community.

10 sessions, \$260

## **SUNDAY LEISURE TIME** 30yrs+

Sun Jan 15 - May 20  
1-3pm

This activity provides groups of adults with the opportunity to share structured leisure time with their friends while being engaged in arts and crafts, table games, videos & holiday celebrations.

18 sessions, \$250

## **KOULEINU YACHAD: WE ALL BELONG**

### ONGOING

Individualized requests processed with the Special Needs Coordinator

This program is sponsored by the Y Cyclothon and is based on the idea that « recreation is for everyone and that everyone belongs here at the Y ».

Individualized program to promote the use of the Y's facilities, to encourage individuals to develop their interest in physical activity, sports, etc. The person is accompanied by a « buddy » to ease the integration & support.

\$45 annual membership

## **MANHIGIM SUMMER DAY CAMP PROGRAM**

For children 13 - 20 years old. Information: [jlongval@ymywha.com](mailto:jlongval@ymywha.com)

## **CLUB RENDEZ-VOUS DROP-IN CENTRE**

Mon & Wed ONGOING

11am-1pm

The Drop-in Centre meets on Mondays and Wednesdays throughout the year, providing a warm lunch, a warm welcome and varied programming to people with chronic mental illnesses who live in the community. Club Rendez-vous is offered by the Y with the generous support of FEDERATION CJA, MAZON CANADA and Y CYCLE FOR SPECIAL NEEDS .

## **VISUAL ART FOR ADULTS**

25 yrs+

Julie Longval ext. 235

Art for adults with Special Needs is generously supported by the Y Cycle for Special Needs, Federation CJA and the Hester Ruth Katz Memorial Scholarship Fund.

## **MIXED MEDIA**

Wed Jan 18 - Mar 14

6-8pm

Creative exploration of many mixed media techniques. Discover how colours, shapes, texture and perspective influence your artwork. Come and express your creativity through painting, drawing, collages and more.

9 sessions, \$165 (M) / \$175 (NM)

## **ART APPRECIATION**

Wed Jan 25 - Mar 28

4-5pm

Come and express your creativity through various art mediums. Each week you will work on a different project.

10 sessions, \$100

## **OPEN STUDIO**

Tue Jan 17 - Mar 13

6-8pm

In an inviting and stimulating environment, each week create your own artwork using an eclectic mix of art materials through drawing, painting, sculpture, collage and more. You define your project, work at your own pace and we will guide you in your creative process.

9 sessions, \$165 (M) / \$175 (NM)

## **SPECIAL NEEDS SWIM**

16-30 yrs

Megan ext. 520

Specialized swimming instruction and support in the pool are offered for teens and young adults with special needs. This program is generously supported by the Y Cycle for Special Needs.

Also available, private swimming lessons upon request. For information, please contact Megan at ext. 520



# SIMON SHLIEN RUSSIAN-JEWISH PROGRAM

(RJP) OPEN TO ALL **Must be RJP member (\$25 per family/year) or member of Ben Weider JCC**

Elina Bykova ext. 240

## CHILDREN

See chart below for details

### PIANO LESSONS 5yrs+

Take part in individual piano lessons offered at your convenience, for 30min., 45min., or 60min.

### MUSIC THEORY 5yrs+

A,B,C of music, note singing, scales, cords, intervals, development of musical ear, music history.

### VIOLIN LESSONS 5yrs+

Take part in individual violin lessons offered at your convenience, for 30min., 45min., or 60min.

### CLASSICAL GUITAR LESSONS 6 yrs+

Take part in individual classical guitar lessons offered at your convenience, for 30min., 45min., or 60min.

### SINGING CLASS 4yrs+

Ensemble "Bells". Exercises for voice and breathing. Learn to sing in English, French, Hebrew, Russian in a group. Performances.

### KARATE CLASS KIDS 5-14yrs

Karate classes for children. Martial Arts & Self Defence.

### DANCE CLASS 4-15yrs

A combination of non-classical styles from folk to rock.

### CHILDREN'S ACROBATICS 4-12yrs

Children develop flexibility, plasticity and good posture. Exercises: stretches, pyramids, handstands, etc.

### DRAMA FOR CHILDREN 7-15 yrs (in Russian only):

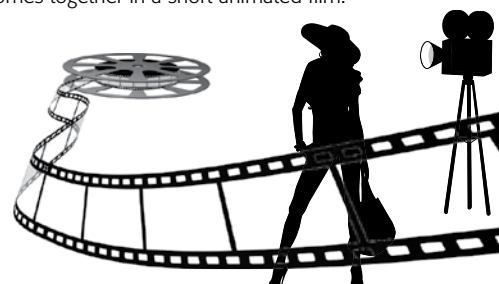
Discover your talent! Weekly classes and a performance at the end of the year. Children learn to develop movement and speech, memory and imagination, self-esteem and the ability to express thoughts and feelings.

### RUSSIAN THEATRE STUDIO

For all ages. Discover your talent! Twice a year performances, weekly rehearsals.

### FILM ANIMATION 9-12yrs

Watch your stories come alive. Learn the art of film animation. Create storyboards, characters and background designs, learn camera use, add sound and it all comes together in a short animated film.



Course	Time	Day	Dates	RJP Price
Piano 5 yrs +	9am-8pm	Saturday / Sunday	Jan 14 - Mar 18	10 sessions \$166 (30 min) \$245 (45 min) \$330 (60 min)
	3-9pm	Monday	Jan 16 - Mar 19	
	2:30-9pm	Tuesday	Jan 17 - Mar 20	
	3-9pm	Wednesday	Jan 18 - Mar 21	
	3-9pm	Thursday	Jan 19 - Mar 22	
Music Theory 5 yrs +	1:45-2:30pm	Sunday	Jan 15 - Mar 18	10 sessions \$86
Violin 5 yrs +	5-8pm	Sunday	Jan 15 - Mar 18	10 sessions \$166 (30 min) \$245 (45 min) \$330 (60 min)
Guitar 6 yrs +	9am-8pm	Saturday / Sunday	Jan 14 - Mar 18	10 sessions \$156 (30 min) \$206 (45 min) \$270 (60 min)
Singing Class 4 yrs +	10:45-11:30am	Sunday	Jan 15 - Mar 18	10 sessions \$90
Karate Class Kids	2:30-4:30pm	Sunday	Jan 8 - Mar 25	3 months \$90 (Additional fees for Karate federation & uniforms)
	4:30-6pm	Monday / Thursday	Jan 9 - Mar 29	
Dance Class	10-11:30am (4yrs)	Sunday	Jan 15 - Mar 18	10 sessions \$130 (4-7 yrs) \$150 (8-14 yrs)
	11:30am-1pm (5-7yrs)			
	1-3:30pm (12-15 yrs)			
	3:30-6pm (8-11yrs)			
Children's Acrobatics 4-12 yrs	4:30-6:30pm	Sunday	Jan 15 - Mar 18	10 sessions \$140
	5:15-7:15pm	Monday	Jan 16 - Mar 19	
	5:15-7:15pm	Thursday	Jan 19 - Mar 22	
Drama Class 7-15 yrs	6-8:30pm (7-8 yrs)	Monday	Jan 16 - Mar 19	10 sessions \$150
	6-9pm (9-15yrs)	Thursday	Jan 19 - Mar 22	10 sessions \$250
Film Animation 9-12 yrs	6-8pm	Tuesday	Jan 17 - Mar 20	10 sessions \$125 (\$10 extra for materials)

(RJP) OPEN TO ALL **Russian-Jewish Program**  
**RJP membership fee - \$25 per family/year**

Elina Bykova ext. 240

## RJP ADULTS

### BELLY DANCE AND AEROBICS 14 yrs+

Mon Jan 16 - Mar 19

Thu Jan 19 - Mar 22

7:15-9pm

Stretching and exercises will help to strengthen chest and belly muscles. Ancient oriental dance.

10 sessions, \$140 RJP member / or Y member

### BALLROOM DANCE CLASS 15 yrs+

Sun Jan 15 - Mar 18

6-7:30pm

All levels: waltz, chacha, tango and many more. Come alone or with a partner.

10 sessions, \$90 RJP member / or Y member

### KARATE CLASS ADULTS 15 yrs+

Sun, Mon & Wed Jan 3 - Mar 30

7-9pm (Mon, Wed)

2:30-4:30pm (Sun)

Karate for adults. Martial Arts & Self Defence.

3 months, \$90 RJP member / or Y member

(Additional fees for Karate federation & uniforms)

## ADULT LIFE LEARNING & LEISURE

### ENGLISH

English is offered in 4 levels

(From absolute beginners to advanced)

Tue & Thu Jan 17 - Mar 15

6:30-8:30pm

Students will learn/improve reading, writing, grammar, conversation, building vocabulary, and pronunciation with the goal of achieving fluency. Professional teachers use up-to-date techniques, stimulating topics and interactive exercises.

18 sessions, \$115

### ENGLISH CONVERSATION CIRCLE (CLUB)

Tue & Thu Jan 24 - Mar 15

8:30-10pm

Practice English conversation in small groups.

16 sessions, \$40

## VOLUNTEER OPPORTUNITY

(for native speakers of English)

Become a discussion leader in a Conversation Circle.

No experience needed.

Leave a message at ext.405

## HEBREW

Hebrew is offered in 4 levels

(From absolute beginners to high intermediate)

Students will learn the history of the language. The courses cover reading, writing, vocabulary, grammar and conversation through creative and challenging exercises, short stories and other materials.

(See chart below for details)



### ISRAELI FOLKDANCING

Mon ONGOING

6:30-10:45pm

An evening of dance and laughter. Suitable for adults of all ages. No experience necessary. Everyone welcome including BEGINNERS at 6:30pm. Dance workshops and special events occur during the year, led by Peter and Hilda Smolash. Peter is the founder of "Quebec Israeli Folk Arts Council" and of "World Jewish Song Festival".

\$7(M) / \$8(NM)

### DUPLICATE BRIDGE

Thu ONGOING

11:30am-4pm

Duplicate Bridge for adults. RSVP, Bridge Director, Mark Yudin, 514-488-1171

\$11(M) / \$12(NM) includes lunch

### INTRODUCTION TO EBAY WORKSHOPS

The main objective of this eBay workshop is to provide you with a comprehensive understanding of all the necessary tools required to become an eBay professional. The core of this workshop teaches you all the TECHNIQUES THAT REALLY WORK - the DO's and DON'Ts as proven success tactics. With the right tools you are able to launch a flourishing business on eBay in the shortest period of time. (See chart below for details)

### HEALING WITH THE IMAGINATION

Tue Feb 7, 14, 21, 28

6-7:30pm

Instructor Angelika Maeser Lemieux

Sessions are based on research done by doctors, psychotherapists, medical intuitives and neuroscientists. Discover your inner resources in the right brain, which you can use to promote healing, well-being, creativity and positive emotions to overcome stress, burn-out, negative emotions, and sickness.

4 sessions, \$80(M) / \$90(NM)

### WRITE YOUR MEMOIR; SHARE YOUR LIFE

Tue Feb 7, 14, 21, 28

7:30-9pm

Instructor Angelika Maeser Lemieux

In this course students will work with the material of their life history and then learn how to turn a portion into a chapter of a memoir. The class will look at examples of how other writers have done this and some of the writing skills required to turn memories into treasures to be shared with others. Work will be shared in class, with feedback.

4 sessions, \$80(M) / \$90(NM)

Course	Time	Day	Dates	Price
Hebrew Beginners	5-7pm	Tuesday	Jan 17 - Mar 20	10 sessions \$145 (M) / \$160 (NM)
Hebrew Beginners 2	7-9pm			
Hebrew Intermediate	7-9pm	Monday	Jan 16 - Mar 19	
Introduction to Ebay	6-7:30pm	Monday	Jan 23	1 session \$20 (M) / \$25 (NM)
		Tuesday	Feb 21	
		Wednesday	Mar 14	

EARLY  
CHILDHOOD  
PARENT & TOT  
CHILDREN'S  
SERVICES

YMYWHA.com • 514-624-6750

WEST ISLAND JCC  
WINTER 2011-2012

13101 Gouin Blvd., Pierrefonds, QC, H8X 1X1

CAMPS  
TEENS  
SPORTS  
FITNESS

Registration for West Island JCC programs take place at 13101 Gouin Blvd.

## EARLY CHILDHOOD

Heather Ingberg 514-624-6750

Call for details on priority registration for Sept. 2012/13

September 2012 - June 2013.  
Limited spaces available.

### STEP TWO 2 yrs old as of Sept 30, 2012

3 MORNING-A-WEEK PROGRAM (Mon, Wed, Fri)  
or 5 MORNING-A-WEEK PROGRAM

Full year program Sept 4 - June 7

9-11:45am

Our full year program includes planned time for exuberant, noisy active play and time for quiet thoughtful learning individually, in small groups and in large groups. This format maximizes opportunities for each child to develop his/ her potential. Programs include play time in our large indoor gym, age appropriate programming, Jewish holiday celebration, qualified and dynamic educators, music, fully equipped classrooms, library, snack time, and much more.

### LUNCH BUNCH

Children in the Step Two program enjoy a relaxed lunch, conversation, stories and quiet play. Lunch is not provided. Registration and fees are calculated on a semester basis.

### MAGICAL STEPS 19-24mos Begins Jan 2012!

Tue & Thu Jan 10, 2012 - June 7 2013

9:15-11:15am

For children born between Oct 2009 - March 2010 and have started walking Magical Steps is a Parent and Tot slow separation program where parents and children journey together into a world of discovery and learning, wonder and excitement, spiritual growth and social development within a nurturing Jewish environment. During the program, the educators will guide parents and children through activities to develop fine and gross motor skills as well as creativity and social skills. Children will learn to follow classroom routines/instructions and develop their listening skills through their participation in free play, circle time, snack time, clean up, music time and gym. Parent may leave the classroom once their child has turned 2 years old and is completely comfortable and ready to separate.

\$1190 (M)

## BEGINNING STEPS PARENT & TOT

Heather Ingberg 514-624-6750

### SHABBAT SHALOM 16 mos+

Fri Jan 13 - Mar 16

9-10:30am or 10:15-11:45am

Join us for an exciting Shabbat program with a Jewish flair. Enjoy the traditional format of a parent and tot program accompanied by music, Shabbat challah, grape juice, crafts, gym time and more.

10 sessions, \$190 (M) / \$205 (NM)

### TINY TREASURES Birth-12 mos

Tue Jan 10 - Mar 13

10-11am

Sharyn Timerman, educator and parenting counsellor sets the stage for one hour of baby playtime and development. Allow us to introduce your tiny treasure to a world of fingerplay, tactile toys, body movement and musical awareness. In a warm and cozy setting enjoy an emphasis on childhood issues such as safety, sleep time tips, siblings etc...Whether a first time parent or a mother of three, join us for an experience that will touch your whole family!

8 sessions, \$120



### JUMP AND TUMBLE MONDAYS 10 mos +

Mon Jan 9 - Mar 12

9-10am

Join us in our upstairs gym for a vigorous 45 minutes of running, obstacle courses, exercise, ball games, creative movement, parachute games, bubbles, sliding down our slides, jumping in the ball pit and much more. The fun will end in the classroom with a snack and story. (This class will have age appropriate gym equipment and activities for children 9 months plus. We will meet the needs of all ages.)

10 sessions, \$120 (M) / \$135 (NM)

### STORYBOOK COOKS & CRAFTS 14 mos +

Tue Jan 10 - Mar 13

9-10:30am

Join us for a half-hour of active play in the upstairs gym followed by story time. Each week the cooking or art experience will follow the theme of the storybook read in class. Your children will love sampling their edible creations. This is a hands-on class for toddlers and their caregivers.

10 sessions, \$170 (M) / \$185 (NM)

### WALKIE TALKIES 12 mos +

Thu Jan 12 - Mar 15

9-10:30am

Enjoy a half-hour in our baby gym followed by a fun-filled hour of arts and crafts, music, circle time, storytelling, sensory stimulation, water play, sand play, snack time and more.

10 sessions, \$170 (M) / \$185 (NM)

### SINGING WITH THE TWEEDLE DEES AND GYM 6 mos +

Wed Jan 11 - Mar 14

9-10am (12 mos+) / 9:30-10:30am (4-12mos)

They're back!! The Dynamic Duo, the TWEEDLE DEES, will have you and your child bouncing, dancing and singing to your child's favorite tunes for a half hour. The other half hour is in our special gym where your child can run and explore using all our fabulous equipment.

9 sessions, \$125 (M) / \$140 (NM) (No class Jan 18)

## CHILDREN'S SERVICES 2 1/2 - 8 YRS

Geoffrey Smith or Viki Zerdok 514-624-6750

## EXTRA CURRICULAR ACTIVITIES

### BAKING, MAKING CANDY & CHOCOLATE CREATING 2 1/2-5yrs

Fri Jan - Mar (dates TBA)

1-1:45pm or 1:50-2:35pm

Calling all chefs! Children will absolutely love creating candy, chocolates, and decorating cookies and cakes in our hands-on cooking class. Yum!

10 sessions, \$128 (M) / \$138 (NM)

### SPORTSMIX 3-5yrs, 6-8yrs

Mon Jan - Mar (dates TBA)

1-1:45pm, 1:50-2:35pm or 3-3:45pm

Through warm-ups, drills, and relays, children experience a variety of sports including soccer, floor hockey, basketball and more.

10 sessions, \$105 (M) / \$115 (NM)

### BROADWAY DRAMA TIME 2 1/2-5yrs

Mon, Jan - Mar (dates TBA)

1-1:45pm

This fun-filled program combines dress-up and drama theatre. The weeks alternate between creating stories and designing sets, dressing up and acting out the children's very own mini-plays. Imagination will bring the fairy tales to life!

10 sessions, \$120 (M) / \$130 (NM)

## **BALLET** 2 1/2-5yrs

Wed Jan - Mar (dates TBA)

1-1:45pm or 1:50-2:35pm

This ballet program teaches beginner ballet accompanied by classical music. Children love to become butterflies and princesses in this fairy tale dance class.

10 sessions, \$115 (M) / \$125 (NM)

## **CRAFTY KIDS** 2 1/2-5yrs

Tue or Thu Jan - Mar (dates TBA)

1-1:45pm or 1:50 - 2:35 pm

Kids love our mixed media art class. Explore painting, clay, glue and more as children create beautiful projects.

10 sessions, \$125 (M) / \$135 (NM)

## **ACTIVE CAMP GAMES** 2 1/2-5yrs

Tue Jan - Mar (dates TBA)

1-1:45pm or 1:50-2:35pm

Children have fun running, exercising, and playing a variety of active cooperative games, including 4 corners, Cookie Monster, Flying Bugs, Parachute, Ant Hospital tag and more.

10 sessions, \$105 (M) / \$115 (NM)

## **HIP HOP MOVES** 3-5yrs

Wed, Jan - Mar (dates TBA)

1-1:45pm or 1:50-2:35pm

Time to get up, hip hop, move and groove with the 8 Count dance school to the funkiest tunes around! Kids will be ready to learn choreography and hip hop to the music.

10 sessions, \$110 (M) / \$120 (NM)

## **PASSION FOR PAINTING** 2 1/2-5yrs

Tue or Thu, Jan - Mar (dates TBA)

1-1:45pm or 1:50-2:35pm

Children paint, screen paint and collage with fibres to create pointelism, cubism and abstract works of art while learning about different artists and their various styles. Using real canvases they create original artwork. Is your child the next Picasso? Join us and find out!

10 sessions, \$126 (M) / \$136 (NM)

## **LEGO CONSTRUCTION** 2 1/2-5 yrs

Thu Jan - Mar (dates TBA)

1:50-2:35pm

Your child will be transported into the magical land of Lego, where they will be given the instructions, as well as tools, to construct the mightiest of spaceships, strongest of castles, creative villages, original creatures and much more! Allow them to have their first taste of architecture as they plan, design and build their dream houses. THE SKY IS THE LIMIT, WHEN YOU CAN BUILD THE WORLD!

10 sessions, \$120 (M) / \$130 (NM)

## **THE PIRATE CLUB** 2 1/2-5yrs

Tue or Wed, Jan - Mar (dates TBA)

Ahoy Mateys! Come aboard our pirate ship as we explore the life of a pirate.

Full of maps, quests, treasure hunts, stories, food, crafts and more!

10 sessions, \$126 (M) / \$136 (NM)

## **GIRLS JUST WANT TO HAVE FUN** 2 1/2-5yrs

Tue or Thu, Jan - Mar (dates TBA)

1-1:45pm or 1:50-2:35pm

Fairies, princesses and tea parties too! When you are a girl there is so much to do! Jewels & glitter, painting & more, nail polish, hair stuff & a dance in store!

10 sessions, \$126 (M) / \$136 (NM)

## **PARENTS' NIGHT OUT!** 2 1/2-11yrs

Last Sunday of each month

3-8pm

On the last Sunday of every month, parents can enjoy a matinee, go to dinner or just have time for themselves while the children join us for amazing activities! A different theme each month! Cheaper than a babysitter and much more fun for the kids! Call for info: 514-624-5740 ext. 37.

# CAMPS

## **WINTER CAMP** 2 1/2-11yrs

Dec. 26-30, Jan 2-6 & Jan 9

Don't miss out on a fun-filled winter break. Your children will enjoy sports, crafts, science and much more.

## **PASSOVER CAMP** 5-11yrs

April 9-12, 2012

Fun-filled days overflowing with exciting activities such as sports, arts & crafts, music, drama and many more surprises keep the children very busy.

## **HAPPY CAMPERS DAY CAMP** 2 1/2-5yrs

June 25 - Aug 17, 2012

Our schedule is flexible to suit your needs.

A 3, 4, or 5-day program, as well as half days or full days are available. Children will enjoy music with our specialist, a variety of sports, art, water fun and much more!

## **ADVENTURE QUEST DAY CAMP** 6-11yrs

June 25 - Aug 17, 2012

Sports, swimming, outings, theme weeks, overnights to YCC, wacky science, crafts and so much more! Kids will be kept busy and have an action-packed summer! Some theme weeks include: Cinema Week, Survivor, Ultimate Outback, Athletic Challenge & Science Madness.

## **PROFESSIONAL DAYS**

dates TBA

Professional Days at the West Island JCC are always an adventure. Special theme-day activities from sports to arts & crafts are the highlight of this day off. No need to worry about lunch - children prepare their own nutritious theme meal. Call for dates.

\$28 / per day

# JEWISH HERITAGE

## **WHAT'S NEWISH? WE'RE JEWISH!** K- Grades 5

Sept 2011 - May 2012 (dates TBA)

A traditional after school Jewish Education Program for Kindergarten and children in grades 1 through 5. Learn about Jewish holidays, traditions, history and beginner Hebrew reading, writing and vocabulary, through stories, games, art and songs. Max 10 kids per class.

# PRE-TEEN & TEEN PROGRAMS

## 13+

## **CIT PROGRAM** 13-15 yrs

Teens take the initiative to volunteer at our summer day camp. Train in childcare, first aid, programming and much more!

Limited Space - selection by interview in Jan. 2012

## **WIJCC PARTY CENTRE** **We do it all!**

- Sports
- Scavenger hunts
- Mini gym
- Arts & crafts
- Obstacle courses
- Parachute games
- Hip hop and more!

Info/reservations 514-624-6750 ext. 37

## **You dream it, We'll create it!**

# GYM

## FITNESS KIDS

Andrea Brumer 514-624-6750 x24

All courses are 100% eligible for fitness tax credit.  
 Early Bird Registration (\$10 off /child): Until Dec15, 2011.

### ZUMBATOMIC 5-12 yrs

Mon Jan 16 - Apr 9

Little Starz (5-7yrs) 4:45-5:15pm

Big Starz (8-12 yrs) 5:15-5:55pm

Get your exercise through dance with Zumba – kids' style! Improves general fitness, coordination and stamina. Lots of fun too!

Little Starz:12 sessions, \$100 (M) / \$115 (NM)

Big Starz:12 sessions, \$115 (M) / \$130 (NM)

### MIXED SPORTS 7-9 yrs

Thu Jan 19 - Apr 12

5-6pm

For fun and fitness; the kids will learn and practice the rules and skills of basketball, soccer and floor ball in a non-competitive, teamwork-oriented setting. Everyone welcome, no tryouts.

12 sessions, \$130 (M) / \$145 (NM)

### YOGA FOR YOUNGSTERS 7-10 yrs

Wed Jan 18 - Apr 11

5-5:45pm

Yoga poses and games work to strengthen and stretch growing bodies, and help improve coordination and balance. Start your child on the path to good health.

12 sessions, \$115 (M) / \$130 (NM)

### TEEN YOGA 11-14 yrs

Wed Jan 18 - Apr 11

5:50-6:45pm

Stretch your body as you de-stress your mind with basic yoga poses, postures and relaxation. Proven to promote well-being and improve concentration, as well as enhance body image and self awareness.

12 sessions, \$130 (M) / \$145 (NM)

### JUNIOR KICKBOXING 9-12 yrs

Tue Jan 17 - Apr 10

This course will introduce students to the basic punches, kicks, moves and stances used in kickboxing, helping to develop speed, agility, coordination and confidence. David, our highly qualified instructor (black belt in Karate, Tae-Kwon-Do, Chinese boxing, Jujitsu and Judo) is dedicated to inspiring his students to work to their full potential and hopes to bring good health and fitness habits to all ages alike!

12 sessions, \$130 (M) / \$145 (NM)

### TEEN WEIGHT TRAINING\* 13-15 yrs

Thu 6:30-7:30 pm or Sun 4:30-5:30pm

Learn your way around the weight room: cardio and strength machines, free weights, rules and etiquette of the fitness centre. This course is required for all youths under 16 who would like to become a member of the fitness centre.

10 sessions, \$130 (M) / \$145 (NM)\*\*

\* All participants who purchase a one-year membership following the course will receive one free month.

\*\* Sales taxes will be charged for any participant 15 years old.



## FITNESS ADULTS

Andrea Brumer 514-624-6750 x24

We have expanded our group fitness classes and now offer up to 18 classes per week, including Zumba; all included in your yearly membership fees. (see below)

Also available, private group classes with Elysa Monk Fitness\*  
 \*class cards available for extra fees.

### PERSONAL TRAINING: PRIVATE, SEMI-PRIVATE AND SMALL GROUP

Our staff of personal trainers is glad to offer their services to members and non-members alike\*\*. Whether you want to lose weight, train for your favourite sport or decrease your lower back pain, our trainers will evaluate and discuss your needs and training goals and create a program that will help you achieve your fitness goals. Specialties include corrective conditioning, health and wellness coaching, older adult.

\*\*Non member fees include daily guest pass

### FITNESS AND CARDIO KICKBOXING.

Call for details and prices.



## MEMBERSHIP FEES

Youth (16-17 years) \$165\*

Adult (18-64 years) \$249\*

Seniors (65+ years) \$165\*

Security fob\*\* \$ 14

\*plus applicable taxes

\*\*required for all new members

### DROP-IN FEE:

Youth and Senior \$8\*/day or \$30\*/week

Adult \$10\*/day or \$40\*/week

\*taxes included

### One year membership fees include:

- Weight room staffed by certified personal trainers (Initial orientation program incl.),
- Group fitness classes (incl. Zumba™, yoga, Pilates, bootcamp)
- Access to gymnasium (subject to availability).

# Build Our Future Brick By Brick

## Harvey & Rickey Blatt Families WALL OF HONOUR

Samuel Brickstein  
8" x 2"

Bubby  
Brickstein  
Family

8" x 8"

Inscribe your name, or the name of your loved ones,  
on a brick in the Y's main entrance  
and leave a legacy that will last forever.

To find out more, call 514-737-6551, ext 595 or [bricks@ymywha.com](mailto:bricks@ymywha.com)

