

CONTACT INFORMATION

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YMCA CEO

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www.moosejawymca.ca

MOOSE JAW FAMILY YMCA FALL 2008 PROGRAM GUIDE

Regular Hours of Operation

Monday to Friday:

5:30am to 10:00pm

Saturday: 8:00am to 6:00pm

Sunday: 9:00am to 4:30pm

*Stat Holiday: 10:00am to 4:00pm



YMCA

We build strong kids,
strong families, strong communities.

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**We Build Strong Kids, Strong Families and Strong
Communities**

YMCA ROOM RENTALS

**THE YMCA HAS A VARIETY OF ROOMS TO
RENT FOR YOUR NEXT FUNCTION INCLUD-
ING THE GYM, ROCK CLIMBING WALL,
SMALL MEETING SPACE AND MORE**

PARTY PACKAGE

The YMCA is excited to offer a new party option for your next family function, sporting windup or Birthday Party

The party includes use of:

- Gym and Equipment
- Blow Up Jumping Castle
- Blow up soccer activity centre
- Dane Dance Revolution
- Rock Climbing (6 and up)
 - Party Room

Fees:

YMCA Members: \$90.00

Non-Members: \$100.00

Visit our website for more party information

* If you would like staff at your party please contact the pre-school and children's coordinator*

YMCA Holiday Hours

The following are special dates which will be open 10-4 unless otherwise stated.

Labour Day	Sept 1st
Thanks Giving Day	October 13th
Remembrance Day	November 11th
Christmas Eve Day	December 24th CLOSED @ 3pm
Christmas Day	December 25th—CLOSED
New Years Day	January 1st—CLOSED

YMCA Program Refunds

The YMCA will gladly refund your program within 1 week of the start date. All refunds are subject to a \$10.00 administration fee, which applies to each refund request.

Exception: **NO** refunds are issued for summer/holiday camps

Please remember that interested participants are welcome to a FREE trial class before signing up. Please note that this trial spot does not hold your place if you choose to register please

WORLD WIDE ACCESS

The Moose Jaw Family YMCA has a reciprocal agreement with all YMCAs and YMCA-YWCA's across the world. When visiting another Y please ensure you have your membership card with you.

**Fern Frey's Message Therapy/
Carl Sowden Message Therapy**

For more information on hours of operation or to book an appointment please contact Fern at 692-7546 or Carl at 630-2260

YMCA STRONG KIDS CAMPAIGN

The YMCA Strong Kids Campaign is responsible for assuring all children have the opportunity to participate in YMCA camps, programs and services, regardless of their financial situation. Through our programming and camps we are providing essential support, instilling positive values, developing strong self-esteem and confidence and most of all allowing children to have fun in a safe and positive environment.

YMCA fundraisers is one way you can support our Strong Kids Campaign. Through fun community events, we raise money to achieve our goals.

The Moose Jaw Family YMCA would like to extend a very special "thank you" to the following donors for their support of our Strong Kids Campaign from July 07 to June 08:

Louis Bookout, Ida Bryant, Jeff Bryant, Zella & Donald Cameron, Canadian Salt Co., Clacam Ltd., Janine Clark, Jim Dixon, Les Dickson, In Memory of Allan & Doreen Dignan, Tony Dreger, Ashley and Curtis Florent, Jeff and Shelley Fox, Roxanna Gadd-Frey, Kelly Geiger, John Gibson, Hallcon Crew Transport Inc, Michelle Harlos, Mary Hembroff, Mike Hudey, Rob Hugg, Warren Humphreys, Husky Energy, Donald Jones, Joel Jordison, Merna Kitchen, Jennifer and Rob Kolb, Aaron Krauss, Kelly and Tylor Krauss, Terry Krauss, Joan Kuzek, Barb and John Livingston, Tara and Lee Longworth, Jeff Markewich, Darrel Markin, Tracey Marta, Violet Minall, Lauren Mitchell, Moosenet Computer Services, Moose Jaw Electric Ltd., Moose Jaw Real Estate Association, Bette Mueller, Shawn Okerstrom, Leigh-Ann and Aaron Olson, Adele and Fred Owatz, RBC Foundation, Alberta Richards, Roseanne Robertson, Barb and Randy Roman, Helen Ryan, Sask. Energy Inc., SGI Canada, Selina Muir, Shaw Communications Inc., Karen Schoenroth, Jim and Laura Spence, TD Canada Trust, Lloyd Thiele, Larry Thome, Triple 4 Advertising, Victory Christian Academy, Brian Welsh



A Special "thank you" to the many event sponsors, participants and donors of our yearly fundraising events, too numerous to mention. The support of YMCA members, community minded businesses and the community as a whole is our most precious gift.

We look forward to another GREAT year at the YMCA!

The Moose Jaw YMCA provides quality programming and membership services for the individual and entire family. With your membership you are entitled to numerous benefits and possibilities.

We offer a variety of children, youth, adult and family programs that you will receive free or at a discounted member price.

Here are a few highlights of becoming a YMCA member:

Access to YMCA's and YMCA-YWCA's all over the world

Free out-of-town visitor passes for your family and friends

Access to the Kinsmen Sportsplex

New members are encouraged to participate in an orientation with our certified exercise therapist at no extra charge.

We also house a ladies only conditioning center, which is open to our members early mornings and evenings throughout the week and all day on weekends.

The Moose Jaw Family YMCA strives to support all segments of the communities we serve. Within our available resources, every effort will be made to accommodate all who wish to participate in our programs and services. No one is denied access to any YMCA program or service solely on the inability to pay the full fee.

Childcare

Infant to 10 years

Our qualified childcare workers will keep your little ones busy while you work out, shop, run errands or take a few moments to yourself!

Monday to Saturday: 9:00am to 11:45am

Monday to Thursday evenings: 5:00pm to 8:00pm

Fees: Member \$2.00/hour add \$1.50 for each additional child

Non member- \$3.50/ hour add \$2.00 for each additional child

Family Membership: FREE

Parents: In order for you to leave the YMCA we require that your children are potty trained. Please ask a membership services representative if you have any questions. You must also leave us with a contact number (cell phone)

It is imperative children are signed up prior to attending evening and weekend childcare. Failure to do may result in denied access.



YMCA Camp Schedule

Seasonal camp do not offer pre or post camp care

If your child has a special need (big or small) it is imperative that you inform the front desk staff upon registration.

Winter Camp (NO CAMP ON JAN 1ST)

December 29th– Jan 2nd

Adventurers 6-10yrs

Spend some time with us this winter as we spend 4 days playing in the gym, completing crafts, songs and stories all based around a specific theme of the day. Themes include: Oopy goopy Day, “twin” kle Day, pirate theme, wacky weather to be followed by a campers award show on the last day!

Explorers 11-14 yrs

This camp is all about decision making. Campers will be lead through a variety of games, activities, science and technology experiments while working together to complete the project and prepare for —”What to do next”? Activities are all planned but campers will have to work together to find out what and when

Future Leaders of the YMCA (FLY) - Leadership Camp I

Ages 15-17

Participants will be taught the fundamentals of program planning, communication, and leadership skills for working with a YMCA camp or in a program setting. It will prepare youth to work with children of all ages and help to establish confidence in public speaking situations and taking on a leadership role.

A leadership Camp II will follow in 2009

Our membership fees are based on a yearly rate. An annual capital improvement charge is added to help with facility upgrades and equipment purchase. Members have the option of taking advantage of our monthly pre-authorized credit payment plan which will give you the flexibility for membership changes. GST IS INCLUDED

Category	Initial Payment	Monthly Payment	Yearly Rate
Children (5-12)	\$28.76	\$6.06	\$95.42
Youth (13-14)	\$35.03	\$12.33	\$170.66
Youth (15-17)	\$35.76	\$13.06	\$179.42
Student (Full time)	\$43.08	\$20.38	\$267.26
Adult	\$56.33	\$33.63	\$426.26
Senior (65+)	\$52.90	\$30.20	\$385.10
Family	\$113.28	\$66.58	\$845.66
Single parent	\$80.58	\$44.88	\$574.26

Plus Membership

YMCA Plus memberships include upgraded locker rooms, free racquetball rentals, access to a co-ed steam and sauna and towel service for only \$11.05/month.

Maternity Membership

New moms can pay for a year membership and receive the 13th, 14th and 15th month for FREE. Also included is a FREE consultation with our Exercise Therapist

Body Composition Assessment

The body composition analysis is a confidential, professional session in which current lifestyle and health issues are addressed. Each session is led by a qualified professional and will include a body composition analysis of girth measurement, a BMI analysis and optional skinfold assessment. The trainer and participant will then work together to set realistic goals, and objectives to maintain a healthy spirit, mind and body

Members: \$25.00**Non-Members: \$30.00****Complete Health Assessment**

The Health Assessment is a safe and flexible analysis of an individual's health and lifestyle. Participants will experience a full assessment in a positive and encouraging environment. The Personal Trainer will lead the participant through a variety of assessments including body composition, flexibility, muscular strength and cardiovascular fitness. After reviewing the results the personal trainer will make recommendations for improvement and maintenance of the individual's health and fitness. Plan to stay for at least 1-1/2

Members: \$60.00**Non-Members: \$70.00****Personal Training Packages**

See the YMCA Membership Services Desk for more Information

Conditioning Center Orientation

Our certificated staff will show you how to safely use the cardio equipment, weights and design a personal starter program. Free for all members and mandatory for all members 13-17 years

A Personal Information Sheet and Par-Q must be submitted prior to your appointment.

2nd Annual Strong Kids Trail Mix Challenge**Saturday, August 30th**

5 Mile and 10 Mile Runs Begin at 9:00AM Sharp
Run will Start and Finish at Moose Jaw's Wakamow Oval

Register at the YMCA or Download a Registration Form
www.moosejawymca.ca

Member-Get-Member Campaign**September 1 - 30**

Bring in a guest to receive a two-week free trial pass. If they sign up, you and your guest will receive a free t-shirt and will also be entered into a weekly draw to win your 13th month free!

Comedy Re-Treat**Friday, September 5th**

Treat yourself to an evening of fun, laughter and much, much more!

Let us entertain you! Three *Yuk Yuk's on Tour* performers boasting numerous television, radio and corporate appearances!

Visit 25 display booths surrounding the room.

Enjoy served hors d'oeuvres throughout the evening, wine tastings, silent auction, tons of prize giveaways and a cash bar.

Plus each ticket receives one entry to win free gas and one of two Bulova watches!

Tickets \$40 OR Purchase a Group Table for \$300**YMCA Peace Week****November 15 - 22**

YMCA Peace Tree at the Festival of Trees

All proceeds benefit the YMCA Strong Kids Campaign



The Moose Jaw Family YMCA Play 'N' Learn center is excited to announce it's second anniversary of operations!

Our Childcare Center is a licensed facility for 18 months to 12 years and provides the following:

- Nutritious meals and snacks
- Trained staff in early childhood development and CPR
- Large shady and fenced outdoor play area
- Close to many local parks and schools
- Programs that develop the child's spirit, mind, and body
- Transportation to Palliser Heights School, St.Micheals School, King George School
- FREE YMCA memberships for children enrolled in the daycare center, discounts on family memberships
- Hours: 6:15am –6:15pm
- Access to government subsidy and early childhood professionals.



For more information please contact the YMCA Childcare director at 693-0511



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Fun with Songs, Dance and Rhymes

Age 3-5

In this 9 week program pre-schoolers will be given the opportunity to explore music and movement as they dance, listen and make music of their own.

Fee: Y-Members: \$12.00

Non-Members: \$17.00

Kindercamps

Ages 3-5

Our highly qualified staff will lead children in a wide variety of activities and crafts ranging from family and friends to animals, shapes and colors. There is limited space so be sure to register early.

See the Daycamps for more information

Story Time

Ages 3-5

Children will have the chance to listen and use their imagination in this 45 minute story time session. Gym time may also be available



Little Actors**6-14 years**

In this 14 week program youth will cover all aspects of acting from set production, improving acting skills, learning new plays and much more. Be prepared to show your play at the end of the program!

Fee: Y-Member: \$25.00

Non-Members: \$40.00

Make and Bake**7-10 years**

Children will learn how to create easy meals, sewing, and craft design. All the materials made will be presented to the parents at a 5-course meal put on by the participants in the class at the end of the 9-week session.

Date and Time: TBD

Fee: Y-Members \$25.00

Non-Members: \$35.00

Coming Jan 2009**Women's Health****Postpartum Health for Moms 1**

This is a 7 week introductory program designed for the women beginning the journey towards a healthier way to live and move in her body after coming through the experience of pregnancy and delivery. Recovery is not automatic and it is important that women of all ages take control and not fall victim to the myths that abound around what we should accept because of the choice to have children. It is not normal to have back or pelvic girdle pain after pregnancy or to leak urine at any time. This program is lead by a physical therapist and will help you discover what you can do for yourself.

Childcare is available on site. Starting October 08

Postpartum Health for moms 2– the core and more

This program is designed for women who want a structured exercise environment following the experience of labor and delivery. Lead by a physical therapist, this class will help you recovery your pre-pregnancy body and prepare you for the ongoing demands of caring for your child. It is encouraged to take level one first. Starting October 08

Taking it off

No more excuses!! This fun group class is structured for Mom and babe to exercise together. Moms will learn how to interact with and incorporate their babes into their exercise program. Starting October 08

“Y” Not Now

This medically supervised group exercise program is designed to meet the aerobic conditioning, muscle strengthening, flexibility and balance needs of individuals with concurrent medical conditions or those individuals labeled “at risk”. These medical conditions may include, but are not limited to: osteoporosis, osteoarthritis, diabetes, cardiovascular disease, pulmonary disease and obesity.

Group classes run three times weekly from 12:00-1:00pm Mon, Tues and Thurs. Session is on-going and you can register at any time

For program registration or general information please contact YMR at 693-0545

Break Through to Better Bones

We are pleased to offer Osteoporosis Canada’s Bone Health for Adults 50+ program. This program provides basic information about Osteoporosis, risk factors assessment, nutrition, exercise and other prevention and treatment strategies. The program is divided into 9 modules with specific information about all aspects of bone health. Although this program is designed for those 50+, younger participants with a concern or interest in the topic are encouraged to join us.

Lunch and Learn Program: Invest in your health by joining our lunchtime lecture series. Bring a bag lunch or sign up for our catered option. Classes run from 12:15-12:45 on Wednesday-

Bone Health Plus: Take control of your bone health by joining this 7 week exercise class designed specifically for those with osteopenia/osteoporosis. Participants will be evaluated by a Physical Therapist prior to starting the class and again at the end of the class. This class will run three times weekly, Monday and Tuesday 1:15-2:15 and Thursday from 1:15-2:15. Bone Health for Adults 50+ presentations are included on Thursday.

Session Date: Ongoing—Contact YMR for registration dates

Game on– Basketball (sports will vary by season Please call)

The Y is please to announce that is offering sports specific off season conditioning programs so that you are at the top of your game for the competitive season. Focus will be on strength, agility, and coordination needs of your particular sport . This group personal training session runs 3 times weekly for 8 weeks and is lead by an exercise physiologist. Group/team discounts are available. Sign Up this October

Mastic Monkeys

7-14 years

A romping introduction to bouldering for ages 7 to 14. We meet once a week for a session of climbing in a social and instructive setting. Bouldering skills and techniques will be taught through games and climbing activities.

Tuesday 5:15pm-6:15pm

Fee: Y-Members: \$20.00

Non-Members: \$30.00

Birthday Parties

Ages 6+

There are a wide range of Birthday Party Options including use of our Jolly Jumps, Dance Dance Revolution, Gym games and more. For more information please contact our pre-school and children’s coordinator at 692-0688

Sports of all Sorts

Ages 6-8

Children will be introduced to a variety of traditional and wacky sports in this sports of all sorts 9 week program. Focus will be on skill development while having fun in a supportive and creative environment.



Tae Kwon Do:**7 years to adult**

A Korean form of martial art that helps to improve physical fitness, teaches self-defense, self-esteem and self-discipline.

Instructor: Warren Miller and David Chow

Monday and Wednesday

6:00pm-6:45 pm Children's

6:30 pm - 7:30 pm Beginner

7:30 pm - 8:30 pm Intermediate/ Advanced

Fees must be paid monthly and those wishing to join may do so in the fall and again in the winter months.

Y-Members: \$20.00/mth

Non-Members: \$30.00/mth

Drop in Basketball/Bouldering**Ages 12-17 years**

Friday 7:30-9:00pm

Fee: Y Members: No Charge Non-members: \$2.25

Register at the Front Desk when arriving to play

Babysitting Course:**12 years +**

A six-week Saskatchewan Safety Council babysitting certification course. Please inquire at the membership services desk for dates and times. Fee: Members \$25.00 Non-member \$35.00

Girls Night Out**Ages 12-15 years**

A program designed just for girls! Each week girls will have a chance to participate in "girl talk" about issues that are facing them. There will also be education sessions about dating violence, eating disorders and other issues facing girls aged 12-15. There will also be an opportunity to ask ANYTHING! YMCA Staff will not preach their own values but rather lead and facilitate discussions to give the girls the tools they need to make an informed choice. Each girl will sign a "bill of rights" so that no personal information is taken off the YMCA site. Parents will be well informed of presentation topics.

To find out more regarding YMR's assessment and treatment services contact them at 693-0545

Assessment Services

Functional Ability Evaluation

Functional Capacity Evaluation

Ergonomic Evaluation

Healthy Workplace in Service

Fitness Testing

Exercise Programming/Lifestyle Consultation

Physical Therapy Assessment

Occupational Therapy

Message Therapy

Treatment Services

Physical Therapy Treatments

Exercise Therapy

Free Public Education Seminars

Various Condition Treatments and Third Party Payer Services available

The YMCA is pleased to announce a recent merge with Independent Medical Rehabilitation (IMR) and Dr. Stationwala Podiatry clinic. Effective August 15th, 2007 the YMCA has been responsible for all aspects of IMR's day to day operations. IMR is located within the YMCA. We would like to ensure that all current and future clients that services and appointments will remain the same: including the retention of all current IMR staff as new employees of the YMCA. "Y" MR and the Podiatry clinic offer a wide variety of services. The mission of our organization continues to be our focus: to improve the health, wellness and well being of individuals in our community. We look forward to serving all your needs in spirit, mind and body.

For any of these services please contact "Y" MR at
693-0545

DR. ATA STATIONWALA

The YMCA is pleased to announce the expansion of his clinic located inside the Moose Jaw Family YMCA. The Clinic will be operating in partnership with the YMCA Medical Rehabilitation Clinic

The Clinic will now be equipped to treat a full scope of podiatric conditions including:

Sports Medicine * Pediatric biomechanics * Diabetic screening

Nail disorders: acute/chronic * Callus, corns and warts

All new and former patients are welcome. Podiatry fees may be reimbursable by your private health insurer. To book an appointment please call 693-0545

Drop in Volleyball **18 years +**

Monday nights 7:30pm to 9:00pm

Fee: Y Members: No Charge Non-members: \$2.50

Volleyball League **18years +**

Gather your friends and participate in a fun-filled team sport. All levels of players welcome. You must register for each league night separately.

Wednesday 6:45pm to 9:45pm

Fee: \$110+tax per team

Jujitsu/Kenpo-

An ancient Chinese martial art with an emphasis on self-defense

Fee: Y-Member: 30.00+tax Non-Members: 50.00+tax

Yoga

Instructor: Rita Beth

1:30pm-2:30pm

Thursday

7:15pm-8:30pm (YMCA Play 'n' Learn Center)

Tuesday

Low Impact Stretch with Fern Frey

12:00pm-1:00pm

Monday/Friday's

Fee: Y-Members Free Non-Members: \$35.33+tax



Tai Chi

Moving meditation is a powerful key to relaxation, increased focus and concentration in spirit, mind and body.

Intermediate/Beginner

Fees: Y Members: No Charge Non-members: \$37.35+tax

Drop in Badminton 16+

Drop in for an afternoon non-competitive badminton fun

Mondays and Wednesdays 1:30pm-3:30pm

Y-Members: FREE Non-Members \$2.37+GST

Introduction to Belly Dancing Level 1

An introductory class teaching the basics of belly dancing.

Sunday: 2:00pm-3:00pm

Fees: Y Members: \$30.00+tax Non Members: \$36.00+tax

Advanced Beginners Class

This course is designed for the dancer who has taken a beginner course and is familiar with the basic moves and steps

See the Membership Services Desk for more information

Fees: Y Members: \$30.00+tax Non Members: \$36.00+tax

Fitness Leadership Course**Ages 16+**

Join our Team as a YMCA Fitness Leader

Step 1

YMCA Basic Theory (mandatory 100% attendance)

October 16th-19th

Other dates TBD

It's Open !

An interactive center where families will have the chance to be active together. Activities include, dance dance revolution, Strength training equipment designed especially for people 5 feet and under, and stationary bikes designed to allow the user to exercise while playing video games (the faster you pedal the better you do in the game). Challenge family members and friends to a bike race and more.

**“Y”'s Buddies**

The YMCA is looking for energetic and passionate individuals to become a Y's Buddy. The time commitment is minimal and based on your availability and interests. You are never responsible for transportation, or paying fees only for having fun while sharing some of your talent. *Activities will always happen at the YMCA.*

You must be a YMCA Member in good standing to participate in the program. if you are interested please download a application from our website at www.moosejawymca.ca

Sign up to be a Y's Buddy mentor today

The Moose Jaw YMCA works in partnership with the City Parks and Recreation Department to offer aquatics opportunities for Y Members over the age of 18 years.

Time	Mon	Tues	Wed	Thurs	Fri	Sat/ Sun
6am to 8am		Morn Swim		Morn Swim		
11:45 am to 1:15pm	Noon Swim	Noon Swim	Noon Swim	Noon Swim	Noon Swim	
Noon to 1pm						Noon Swim
9pm to 10pm	Evening Swim		Evening Swim			

****Please bring your YMCA card to the Sportsplex for adult swim times****

*****Must have an annual adult membership for use of the free adult swim time*****

YMCA members receive 20% off swimming lessons at the kinsmen's sportsplex. ***Applicable to Children only***



The Moose Jaw Family YMCA is an all inclusive facility that welcomes everyone in the community regardless of their abilities.

The YMCA is offering programs for children with physical disabilities throughout the fall/winter months. Children will have a chance to be active in a supportive and safe environment. Activities range from using the YMCA Family Fit Zone, popular sport development such as basketball, and soccer and some wild and wacky games!

Starting September 14th– November 30th

Sunday's at 1:00pm.

PRE-REGISTRATION IS REQUIRED

YMCA Camps

The YMCA works closely with several community organizations to offer adapter programming in our summer and winter camps.

It is imperative that parents inform the front desk staff of any special needs including behavioral disorders such as ADD and ADHD.

The YMCA offers program aids for various programs please contact Ashley Florent at 692-0688 or e0mail ashley@mjymca.ca for more information



Family Circuit Training— Ages 6+

Every week enjoy a new circuit that will encourage teamwork and work on balance, strength, flexibility and cardiovascular training. Indoor gym shoes and comfortable clothing is a MUST! Come out and have fun as a family— childcare is available for those under 6. At least one parent or guardian must be present for the entire class. Registration is required for childcare and for the program

Mum Fun— 0-3 (4) yrs

A support group for new parents parents with young children who wish to create new friendships or discuss concerning issues. Coffee and snacks are provided along with toys and activities for the children .

In partnership with Connecting as Neighbours

Open Gym Time No age restriction

Bring the entire family down to play basketball, use the scooters, parachute or other equipment available for open gym time. Please call ahead to make sure the gym is available.



Time	Day	Class
5:45am-6:45am 6:45pm-7:45pm	Monday	Spin o Rama Jolene Base Building Spin with Alexis
7:00pm-7:45pm	Tuesday	Family Circuit Ages 6+
6:00am-6:55am	Wednesday	Spin with Karla
5:30pm-6:30pm	Thursday	Step Muriel
6:00am-6:55am	Friday	Spin with Karla
9:00am-10:00am	Saturday	Rookie Circuit Training Bette

All Fitness Classes are \$5.00 + Tax

Fitness Access Pass: \$40.00 +Tax

All Classes are subject to change without notice

Classes typically go from Sept-Dec