

*The Moose Jaw Family YMCA offers a variety of programs for all ages. Check our current brochure to see the range of activities and programs currently available. On site child-care is available in the mornings Monday through Friday and in the evenings so that you can attend classes or use the centre's facilities. Now that you're a parent you can keep up your active lifestyle with your choice of fitness classes in the friendly, supportive environment of your family YMCA.*

## MOOSE JAW YMCA— MATERNITY MEMBERSHIP



- Membership for pregnant women or women who have delivered a baby in the past 6 months
- 15 months membership for the price 12 month
- Unlimited participation in prenatal and postnatal exercise classes
- Access to YMCA programs and membership benefits
- One free consultation with an Exercise Therapist
- Inquire at reception desk

*We want you to be the  
Best you can be!*



**MOOSE JAW YMCA**  
**220 FAIRFORD STREET EAST**  
**MOOSE JAW SK S6H 6H2**  
**PHONE: (306) 692-0688**  
**FAX: (306) 694-5034**  
**WEBSITE:**  
**WWW.MOOSEJAWYMCA.CA**



## FIT TO DELIVER

*“A fit body labors more efficiently and recovers more*

This prenatal exercise program is based on the belief that most women can and should remain active before, during and after pregnancy. Time spent exercising during pregnancy will make it easier for a new mother to regain her pre-pregnancy shape, strength and fitness level.

- Pre-Registration and consent of health care practitioner is required
- Monday and Wednesday evenings
- FREE with a maternity membership,
- Non-members \$80 per month or \$12 drop in fee
- Class takes place at the YMCA Medical Rehabilitation at 220 Fairford Street East



## FIT FOR TWO

*“Get your body back with baby”*

No More Excuses! This fun group class is structured for Mom and baby/toddler to exercise together.

- Tuesday & Thursday afternoons
- FREE with a maternity membership
- Non-Members \$40 per month

*To Register stop by at YMCA or call (306) 692-0688*

## MUM FUN

*“Play group for mothers and their children”*

A support group for new parents and 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.

- Mondays & Wednesdays from 9:30 a.m. to 10:30 a.m.
- Classes at the Moose Jaw YMCA Program Centre

*To Register stop by at YMCA or call (306) 691-5226*

*MUM FUN is made possible by a partnership between the Moose Jaw YMCA and Connecting as Neighbours Co-operative.*

## POSTPARTUM HEALTH FOR MOMS

### LEVEL I—The Core

*“Get your body back after baby!”*

This is a 7 weeks introductory program designed for the woman beginning the journey towards a healthier way to live and move in her body after coming through the experience of pregnancy and delivery.

- Pre-Registration is required.
- Must be 6 weeks post delivery
- Thursday mornings from 9:30 a.m. to 10:30 a.m. for 7 weeks
- FREE with a maternity membership, plus \$20 fee, which includes your instructional booklet
- Non-Members is a \$100 fee



*Call or stop by the YMCA for dates and registration*

## POSTPARTUM HEALTH FOR MOMS

### LEVEL II—The Core & More

*“Continue exercising after Baby!”*

This program is designed for women who want a structured exercise environment following the experience of labour and delivery.

- Pre-Requisite: strongly encouraged to take Level I prior to Level II
- Pre-Registration is required, may join anytime
- FREE with a maternity membership
- Non-Members are \$200 for a 24 session punch card, this includes childcare cost



*Call or stop by the YMCA for dates and registration*