

## CONTACT INFORMATION

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[www.moosejawymca.ca](http://www.moosejawymca.ca)



## YMCA WINTER/SPRING 2009 PROGRAM GUIDE

[www.moosejawymca.ca](http://www.moosejawymca.ca)



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

### Family Center

Opening early summer is the YMCA Family Center– An indoor play space and resource center for families with children ages 0-5 yrs.

Located at 679 Hall street west the Family Center will house various community organizations. Over 1,000 square feet of play space free for the community to use and be a “one stop” shop for families, new and single parents. Please visit our website for more information at [www.moosejawymca.ca](http://www.moosejawymca.ca)

### Teen Infant Center

The YMCA expands its childcare operation- The YMCA Childcare Centre for School Aged Parents, is scheduled for opening Jan5th, 2009. The centre is located in Peacock School and is licensed for 6 infants and 5 toddlers. The Centre, through a cooperative, holistic approach, is dedicated to the education, personal growth and development of young parents and their children so they may positively and independently contribute to their family and community.

**YMCA Holiday Hours**

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

Visit our website at [www.moosejawymca.ca](http://www.moosejawymca.ca) for more detailed holiday hours

**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 do so immediately after your trial, as our programs fill up fast

**YMCA Room Rentals**

The YMCA has a variety of rooms to rent for your next function including 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

Visit our website for more party information  
If you would like staff at your party please contact the pre-school and children's coordinat

**Fern Frey's Massage Therapy/  
Carl Sowden Massage 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.

**April 13th-16th**

**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!

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 (5-11)	\$28.76	\$6.06	\$95.42
Youth (12-14)	\$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 family	\$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 and many programming opportunities see pg 18 fore more information

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

### **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 12-17 years

Children 9 and under are not allowed in the conditioning center at any time.

Youth ages 10 and 11 may use the conditioning center if a parent or legal guardian is present, cardio and strength training exercise that use body weight only are acceptable. (no strength machines)



May 14th— Pie in the eye

May 31st— Healthy Kids Day— watch for more details

June 10th-13th—Sidewalk days

August 29th— YMCA Strong Kids Trail Mix Run

September 18th, 2009- Comedy Re-treat (returning Yuk Yuk's)



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



### Little Picassos (starts February) Ages 4-6

Let your child express their creative imagination! In this 6 week program children will create their own artistic master pieces! They will learn how to make sculptures, paint pictures using different techniques, and making crafts. They will also learn about some of the greatest artist of all time!



**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

**Silly Chefs****6-8yrs**

You may need a change of clothes for this program. Kids will have a chance to explore everything from making play do to silly shaped cookies and even slime. Everyone will receive a cookbook at the end of the class.

Fee: Y-Members: \$20.00

Non-Members: \$30.00

**Indoor Golf Lessons**

Join Dana Skoropad as he teaches the basics of golf in an indoor encouraging environment.

No golf experience is necessary as kids will swing their way to success in this fun, learning environment.

Two classes will be available: Beginner and Intermediate

Must be able to follow directions and work independently

Call the YMCA for more information

Y-Members: \$60.00

Non-Members: \$75.00

*Included use of indoor balls*

**Women's Health****Postpartum Health for Moms 1—The Core**

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.

**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.

**Mommy and Me**

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.

**Fit to Deliver- Starting in January**

This prenatal exercise 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.

**Taking Off -**

This is personal group training sessions for individuals interested in achieving the benefits of an active lifestyle – including excess weight loss, improved cardiovascular and musculoskeletal health. This 12 week class is designed to assist those on their journey towards a healthier lifestyle by incorporating exercise into their daily routine. Pre and Post program measurements taken.

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

Coming in March

**For program registration including fess or for 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.

**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

### **“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 10:45-11:45 Mon, Tues and Thurs. Session is on-going and you can register at any time

### **Fit 4 Me**

This is a class made to challenge those who have been exercising regularly and are ready to challenge themselves physically and mentally. This class is an advanced exercise class to push your current availabilities.

Classes will run 12:00-1:00 on Mon, Tues and Thurs

### **Make and Bake**

**9-12 yrs**

Let your child express their creative imagination! In this 6 week program children will create their own artistic master pieces! They will learn how to make sculptures, paint pictures using different techniques, and making crafts. They will also learn about some of the greatest artist of all time!

Fee: Y-Members: \$15.00 Non-Members: \$25.00

### **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



**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****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



Join Coach Freddy Myers as he teaches you the fundamentals skills and techniques of wrestling.

Fee: Y-Member: \$60.00

Non-Members: \$80.00

To find out more regarding YMCA Medical Rehabilitation 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**

## DR. ATA STATIONWALA

Dr. Stationwala is the past director of the Five Hills Health Region Podiatry Program and has been the president of the Saskatchewan College of Podiatrists for the past five years. He currently practices out of private clinics in Moose Jaw (YMCA) and Regina (Regina Family Foot Clinic). He holds a Bachelor of Science in chemistry and biochemistry from the University of Western Ontario and is a graduate of the Michener Institute for Applied Health Sciences Chiropody Program. He is a native of Montreal and has been practicing in the province of Saskatchewan for the past eight years.

He resides in Moose Jaw with his wife and 2 children.

The Clinics are equipped to treat a full scope of podiatric conditions including:

- General Podiatry Care
- Corns, calluses, warts
- Diabetic Foot Care
- Orthotic Prescription
- Minor Surgery
- Sports Medicine

All new and former patients are welcome. Podiatry fees may be reimbursed by your private health insurer. To book an appointment please call **693-0545** or **fax your referral to 693-0521**

### 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

### Low Impact Stretch with Fern Frey

12:00pm-1:00pm

Monday/Friday's

Fee: Y-Members Free Non-Members: \$35.33+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 (24 hrs)**

YMCA Basic Theory (mandatory 100% attendance)

March 5th 5:30pm-10:00pm

March 6th 5:30pm-10:00pm

March 7th 9:00am-4:00pm

March 8th 9:00am-5:00pm

**Step 2 (8 hrs)**

Fundamentals of Group

March 14th 9:00am-4:00pm

**Step 3– Fitness Stream– Dates to be announced****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](http://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!

**PRE-REGISTRATION IS REQUIRED**

### **YMCA Camps**

The YMCA works closely with several community organizations to offer adapted 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](mailto:ashley@mjymca.ca) for more information





**Family Drop in Night –**

**Ages 6+**

Join us the last Thursday of every month for family fun including gym games, volleyball, badminton, dance dance revolution, Jackie Jan Boxing.

7:00pm-8:30pm

**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	Monday	Spin o Rama Jolene
6:45pm-7:45pm		Base Building Spin Alexis
12:10-12:50		Spin with Karla
5:45pm-6:30pm	Tuesday	Sculpting Class Sharla Johnson
12:10-12:50	Wednesday	Spin with Karla
5:30pm-6:30pm	Thursday	Step Muriel
6:45pm-7:30pm		Get on the Ball Richelle and Jessie
9:00am-10:00am	Saturday	Rookie Circuit Training Bette

All Fitness Classes are \$5.00 + Tax

Fitness Access Pass: \$40.00 +Tax