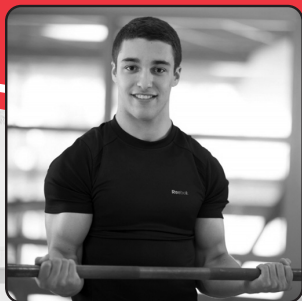


Durham Family YMCA

Spring 2012 Program Schedule

Effective from April 16, 2012

www.ymcagta.org/durham



99 Mary Street N., Oshawa, ON, L1G 8C1. Phone: (905) 438-9622 Fax: (905) 720-0866
Monday through Friday 5:30am to 11:00pm - Weekends 7:30am to 8:00pm

MONDAY

TIME	GYM 1	GYM 2	PROGRAM AREA	ROCKWALL	CONDITIONING ROOM	STUDIO	CHILD MINDING	POOL			TIME
								SHALLOW	MAIN	LANE	
5:30											5:30
6:00											6:00
6:30						📄 Cyclefit 6:00-7:00					6:30
7:00											7:00
7:30											7:30
8:00											8:00
8:30									📄 Aquafit 8:15-9:00		8:30
9:00											9:00
9:30	📄 Sports & Games (3-5 yrs) 9:30-10:30	📄 Circuit Blast 9:30-10:30				📄 Cyclefit 9:30-10:15	💰 Child Minding 9:15-11:45 (Fee applies)	📄 Preschool Lessons	📄 Aquafit 9:30-10:15		9:30
10:00			📄 Crafts & Games (3-5 yrs) 10:30-11:30		📄 my fitness Orientation (Adult) 11:15-11:45	📄 Yoga 10:30-11:30					10:00
10:30	📄 Child Care 10:30-11:30	📄 Low Impact 10:45-11:30									10:30
11:00											11:00
11:30											11:30
12:00											12:00
12:30		📄 M W (Kettlebell) 12:15-1:00	📄 L H C R 12:00-1:30								12:30
1:00											1:00
1:30											1:30
2:00											2:00
2:30											2:30
3:00											3:00
3:30											3:30
4:00	📄 Kids Club 3:00-5:30		📄 Kids Club 3:00-5:30								4:00
4:30											4:30
5:00											5:00
5:30		📄 M W (Kettlebell) 5:15-5:55							📄 Aquafit 5:15-6:00		5:30
6:00											6:00
6:30	📄 Sports & Games (6-9 yrs) 6:00-7:00	📄 M W (Bars & Plates) 6:00-6:55	📄 Karate 6:00-8:00	📄 Crafts & Games (3-5 yrs) 6:00-7:00	📄 my fitness Orientation (Adult) 6:00-6:30 📄 my fitness Orientation (Youth) 6:30-7:00	📄 Cyclefit 6:00-6:45	💰 Child Minding 5:15-8:15 (Fee applies)	📄 JLC 6:30-7:30	📄 Swim Team 6:00-7:30		6:30
7:00											7:00
7:30	📄 Sports & Games (3-5 yrs) 7:00-8:00	📄 Boxfit 7:00-8:00		📄 Crafts & Games (6-9 yrs) 7:00-8:00 <i>**meet in the childcare</i>		📄 Yoga (adv) 7:00-8:00					7:30
8:00											8:00
8:30						📄 M W (Kettlebell) (Adv) 8:15-9:00			📄 Aquafit 8:00-8:45		8:30
9:00	📄 Rec Volleyball (Adult) 8:15-10:30		📄 Rec Table Tennis (Adult) 8:30-10:30								9:00
9:30											9:30
10:00											10:00
10:30											10:30

■ Registered Programs
 □ Open Access
 □ Open Time
 ■ Group Fitness Classes
 ■ Community Programs
 □ Cond Rm Equip Orient
 □ Set Up Time
 📄 Sign Up Required

TUESDAY

											POOL		
TIME	GYM 1	GYM 2	PROGRAM AREA	ROCKWALL	CONDITIONING ROOM	STUDIO	CHILD MINDING	SHALLOW	MAIN	LANE	TIME		
5:30											5:30		
6:00											6:00		
6:30											6:30		
7:00											7:00		
7:30											7:30		
8:00											8:00		
8:30											8:30		
9:00											9:00		
9:30											9:30		
10:00	Sports & Games (3-5 yrs) 9:30-10:30	Boxfit 9:30-10:30									10:00		
10:30	Family Gym (Parent Supervision Required) 10:30-11:30	M W (Stretch n Strength) 10:30-11:15	Crafts & Games (3-5 yrs) 10:30-11:30		mY fitness Orientation (Adult) 10:00-10:30			Child Minding 9:00-11:45 (Fee applies)	Preschool Lessons	AquaFit 9:00-9:45	10:30		
11:00						Yoga 10:30-11:30		Child Care Swim Lessons 10:00-11:30			11:00		
11:30											11:30		
12:00											12:00		
12:30											12:30		
1:00		M W (Legs, Burns & Turns) 12:15-1:00	L H C R 12:00-1:30								1:00		
1:30											1:30		
2:00											2:00		
2:30											2:30		
3:00											3:00		
3:30											3:30		
4:00											4:00		
4:30											4:30		
5:00	Sports & Games (3-5 yrs) 5:00-6:00	Circuit Blast (Adv) 5:00-5:55	Art & Crafts (6-9 yrs) 5:00-6:00								5:00		
5:30											5:30		
6:00	Floor Hockey (6-9 yrs) 6:00-7:00	Arriba 6:00-6:50	Arts & Crafts (3-5 yrs) 6:00-7:00	Youth Club (small meeting room) 6:00-7:00	mY fitness Orientation (Adult) 6:00-6:30	Pilates 5:45-6:45		Child Minding 5:00-8:15 (Fee applies)		Swim Lessons 4:30-7:30	6:00		
6:30											6:30		
7:00	Sports & Games (3-5 yrs/6-9 yrs) 7:00-8:00	M W (Kettleball Circuit) 7:00-8:00									7:00		
7:30											7:30		
8:00											8:00		
8:30											8:30		
9:00											9:00		
9:30											9:30		
10:00	Rec Basketball (Adult) 8:15-10:30										10:00		
10:30											10:30		

Running Group: 6:30-8:00 pm - Meet in Front Lobby

WEDNESDAY

											POOL		
TIME	GYM 1	GYM 2	PROGRAM AREA	ROCKWALL	CONDITIONING ROOM	STUDIO	CHILD MINDING	SHALLOW	MAIN	LANE	TIME		
5:30											5:30		
6:00											6:00		
6:30											6:30		
7:00											7:00		
7:30											7:30		
8:00											8:00		
8:30											8:30		
9:00											9:00		
9:30											9:30		
10:00	Sports & Games (3-5 yrs) 9:30-10:30	M W (Bars & Plates) 9:30-10:30	Yoga (Gentle) 9:30-10:25								10:00		
10:30	Child Care 10:30-11:30	Low Impact 10:45-11:30	Crafts & Games (3-5 yrs) 10:30-11:30		mY fitness Orientation (Adult) 10:00-10:30	Pilates 10:30-11:30		Child Minding 9:15-11:45 (Fee applies)	Parent & Tot	AquaFit 8:15-9:00	10:30		
11:00									Child Care Swim Lessons 10:00-11:00	AquaFit 9:30-10:15	11:00		
11:30											11:30		
12:00											12:00		
12:30											12:30		
1:00											1:00		
1:30											1:30		
2:00											2:00		
2:30											2:30		
3:00											3:00		
3:30											3:30		
4:00	Kids Club 3:00-5:30		Kids Club 3:00-5:30								4:00		
4:30											4:30		
5:00											5:00		
5:30											5:30		
6:00											6:00		
6:30	Sports & Games (6-9 yrs) 6:00-7:10	Circuit Blast 6:00-6:45	Youth Leader Corps (11-14 yrs) 6:30-7:30	Crafts & Games (3-5 yrs) 6:00-7:10	mY fitness Orientation (Adult) 6:00-6:30	Yoga 6:00-7:00		Child Minding 5:00-8:15 (Fee applies)		Swim Lessons 3:15-8:30	6:30		
7:00											7:00		
7:30	Sports & Games (3-5 yrs) 7:10-8:20	Arriba (Seca Version) 6:45-7:30	Youth Leader Corps (15-18 yrs) 7:30-8:30	Crafts & Games (6-9 yrs) 7:10-8:20							7:30		
8:00											8:00		
8:30											8:30		
9:00											9:00		
9:30	Rec Basketball (Adult) 8:30-10:30		Rec Table Tennis (Adult) 8:45-10:30								9:30		
10:00											10:00		
10:30											10:30		

Registered Programs Open Access Open Time Group Fitness Classes Community Programs Cond Rm Equip Orient Set Up Time Sign Up Required

SATURDAY

TIME	POOL										TIME	
	GYM 1	GYM 2	PROGRAM AREA	ROCKWALL	CONDITIONING ROOM	STUDIO	CHILD MINDING	SHALLOW	MAIN	LANE		
7:30												7:30
8:00												8:00
8:30												8:30
9:00												9:00
9:30												9:30
10:00												10:00
10:30												10:30
11:00												11:00
11:30												11:30
12:00												12:00
12:30												12:30
1:00												1:00
1:30												1:30
2:00												2:00
2:30												2:30
3:00												3:00
3:30												3:30
4:00												4:00
4:30												4:30
5:00												5:00
5:30												5:30
6:00												6:00
6:30												6:30
7:00												7:00
7:30												7:30

Registered Programs
 Open Access
 Open Time
 Group Fitness Classes
 Community Programs
 Cond Rm Equip Orient
 Set Up Time
 Sign Up Required

Volunteer Opportunities

The YMCA encourages volunteerism through engaging people within the community by offering a full spectrum of opportunities. YMCA volunteers come in all shapes, sizes and skill sets. There are a variety of volunteer opportunities in our YMCA Health, Fitness and Recreation centres to suit you. Your time and talent is needed to help our members grow in spirit, mind and body. If you are interested in becoming a YMCA Volunteer, or would like to learn more about volunteering at the YMCA, please inquire at the membership desk or check out www.ymcagta.org.

Requirements of being a Volunteer at the YMCA:

- 1) YMCA membership preferred
- 2) Must be 12 years of age
- 3) Must attend a Volunteer Orientation Session prior to applying.
- 4) All participants must attend an interview with the volunteer coordinator.
- 5) Must have current Police Reference Check (within the last 6 months if 16 years or older)

SUNDAY

TIME	POOL										TIME	
	GYM 1	GYM 2	PROGRAM AREA	ROCKWALL	CONDITIONING ROOM	STUDIO	CHILD MINDING	SHALLOW	MAIN	LANE		
7:30												7:30
8:00												8:00
8:30												8:30
9:00												9:00
9:30												9:30
10:00												10:00
10:30												10:30
11:00												11:00
11:30												11:30
12:00												12:00
12:30												12:30
1:00												1:00
1:30												1:30
2:00												2:00
2:30												2:30
3:00												3:00
3:30												3:30
4:00												4:00
4:30												4:30
5:00												5:00
5:30												5:30
6:00												6:00
6:30												6:30
7:00												7:00
7:30												7:30

Registered Programs
 Open Access
 Open Time
 Group Fitness Classes
 Community Programs
 Cond Rm Equip Orient
 Set Up Time
 Sign Up Required

HOW TO USE THIS PROGRAM SCHEDULE

- Registered Programs** - These programs require registration at the Membership Desk.
- Open Access** - These programs are for members to use on a drop in basis. Note: Youth Basketball and Family programs are not staff supervised.
- Open Time** - The facility is available for members to use for appropriate activities on a first come, first serve basis.
- Group Fitness Classes** - These classes provide opportunities for beginner to advanced participants on a drop in basis.
- Community Programs** - These programs are available for participants enrolled in the Child Care or community agency programs. See Membership Desk for details.
- Conditioning Room Equipment Orientation** - This one hour orientation will introduce members to the cardio and strength training equipment.
- Set Up Time** - Set up and take down time.
- Sign Up Required** - These programs require sign-up.