

SPRING 2010 PROGRAM

March 29th to June 20th



Group Classes Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Classes						
7:15 – 8:00 Cardio Cycle ☺☺ 2A - Diana	7:00 – 8:00 Triathlon (Running) ☺ Out-Gym Johanne/Michel	7:15 – 8:00 Cardio Cycle ☺☺ 2A - Diana			9:00 – 9:45 Cardio Cycle ☺☺ 2A - Joséphine	
8:30 – 9:25 Yoga ☺ 2B - Mélanie	8:45 – 9:45 Yoga ■ 2C - Jacky	8:30 – 9:25 Yoga Meditation ☺ 2B - Louise	8:30 – 9:30 Yoga ■ 2B - Louise		9:45 – 10:45 Tai Chi ■◆ 2B - Josée	9:45 – 10:45 Toning ☺ 2C - David
	9:00 – 9:45 Cardio Cycle ☺☺ 2A - Lucie	9:30 – 10:30 Pilates ■ 2B - Sara		9:00 – 10:00 Yoga-meditation ☺ 2B - Mélanie	9:45 – 10:45 Toning ☺ 2C - David	11:00 – 11:45 Cardio Cycle ☺☺ 2A - Kaouther
10:00 – 10:55 Tai Chi ☺ 2B - Lori	10:00 – 11:00 Toning ☺ 2C - Valérie	9:30 – 10:25 Toning w/Ball ○ 2C - Nathalie Gadouas	9:30 – 10:15 Cardio Cycle ☺☺ 2A - André	10:00 – 10:45 Cardio Cycle ☺☺ 2A - Diana	11:00 – 11:45 Cardio Cycle ☺☺ 2A - André	11:00 – 11:55 Step ■ 2C - David
10:00 – 10:55 Pilates w/Ball ○ 2C - Nathalie Gadouas		10:30 – 11:30 Stretching Pilates ○ 2C - Nathalie Gadouas	10:30 – 11:30 Pilates w/Ball ☺ 2C - Sasha	10:00 – 11:00 Aero Pilates ☺ 2C - Nathalie Gadouas	11:00 – 11:55 Step ■ 2C - David	
11:00 – 11:55 Stretching Pilates ○ 2C - Nathalie Gadouas	11:30 – 12:45 Yoga Prenatal ☺ 2B - Guylaine	10:45 – 11:45 Pilates ☺ 2B - Sara			11:00 – 11:55 Yoga ☺ 2B - Laurel	12:00 – 12:55 Yoga ☺ 2C - Kaouther
11:15 – 12:15 Chindai ☺ 2B - Dodick	12:30 – 1:30 Pilates ■ 2C - Sasha	12:00 – 1:00 Toning ■ 2C - Nathalie Gadouas	12:00 – 1:00 Power Yoga ☺ 2C - Diana	12:00 – 1:00 Toning ☺ 2C - Nathalie Gadouas	12:00 – 1:30 Aero-salsa ☺ 2C - Ridley	12:00 – 2:00 Kung Fu ☺ 2B - Paul
12:00 – 1:00 Toning ☺ 2C - Lise	2:00 – 3:15 Yoga Postnatal ☺ 2B - Guylaine	NEW 2:00 – 3:00 Postnatal Pilates ○ 2B - Sasha			12:00 – 12:55 Yoga ■ 2B - Laurel	1:00 – 2:15 Yoga ◆ 2C - Kaouther
4:30 – 5:25 Yoga ○ 2B - Kim	5:00 – 6:00 Kung Fu (parent-tot) ☺ Gym - Paul (4+)					
5:30 – 6:25 Yoga ☺ 2C - Kim	5:30 – 6:25 Pila-yoga ☺ 2B - Sasha	4:30 – 5:30 Kung Fu ◆ 2B - Paul (8-12)	5:30 – 6:25 Step ■ 2C - Nathalie Gagnon			
5:30 – 6:30 Step ■ 2B - Guillaume	5:30 – 6:25 Aero-intervals ☺ 2C - Guillaume	5:30 – 6:30 Yoga ☺ 2C - Kim	5:30 – 6:25 Yoga ☺ 2B - Rebecca	5:30 – 6:30 Yoga ☺ 2B - Laurel		
	5:30 – 7:00 Creating Balance ☺ 2A - 3C		5:30 – 7:00 Creating Balance ☺ 2A - 3C	5:30 – 6:30 Toning ☺ 2C - Micheline		
6:30 – 7:15 Cardio Cycle ☺☺ 2A	6:30 – 7:15 Cardio Cycle ☺☺ 2A - Claudine	6:00 – 7:00 Pilates ☺ 2B - Anne-Christine	6:30 – 7:15 Cardio Cycle ☺☺ 2A			
NEW 6:30 – 7:30 Toning/weight Bar ■ Gym - Guillaume	6:30 – 7:25 Toning ☺ 2C - Guillaume	6:00 – 7:00 Boot Camp ■ Gym	6:30 – 7:25 Pilates ☺ 2B - Sasha			
6:30 – 7:30 Zumba ☺ 2C - Marieve	NEW 6:30 – 7:25 Dance Mix ☺ 2B - Sasha	6:30 – 7:15 Cardio Cycle ☺☺ 2A - Lucie	6:30 – 7:25 Hip Hop ☺ 2C - Anne-Christine	NEW 6:30 – 8:00 Triathlon team (bike) ☺ 2A - Johanne/Michel		
	7:30 – 8:25 Kung Fu ● 2C - Paul	6:30 – 7:45 African Dance ☺ 2C - Sarah	7:30 – 8:25 Kung Fu ● 2C - Paul	NEW 7:30 – 8:30 World Dance ☺ 2C - Mandy		
7:30 – 8:30 Aero Samba ☺ 2B - Cantelli	7:30 – 8:30 Tai Chi ☺ 2B - Josée	7:30 – 8:30 Yoga Meditation ☺ 2B - Razielle	7:30 – 8:45 Hoop Dance ☺ 2B - Rebecca	7:30 – 8:45 Capoeira ☺ 2B - Colette		
7:30 – 9:00 Capoeira ☺ Gym - Colette	8:30 – 9:45 Kung Fu ■◆ 2C - Paul	8:00 – 9:30 Tango ☺ 2C - Véronique	8:30 – 9:45 Kung Fu ■◆ 2C - Paul			

DU PARC CENTRE

Le Plateau-Mont-Royal
Montréal

5550 Parc Avenue
Montreal, Québec H2V 4H1
Tel.: (514) 271-9622
www.ymcaquebec.org

Business Hours
Monday to Friday
6:45 a.m. to 11:00 p.m.

Saturday and Sunday
8:30 a.m. to 8:00 p.m.

Statutory Holidays
April 5th and May 24th.
No group classes, no aquafit classes,
pool & training room: regular activities.

LEVELS

- Beginner
- Intermediate
- ◆ Advanced
- ☺ All levels
- Gentle

✍ Registration required
Pre registration: from march 21st
Registration: from march 28th

\$ Additional payment required

Ⓢ Cardio cycle: Reservation card available at membership services 30 minutes before the start of each class.

Instructors are subject to change without notice.

* Vernissage des élèves (dans le cadre de la campagne de financement) : 4 et 5 juin. Veuillez prendre note que pour l'occasion, les cours seront annulés dans la salle 2B.

All Group Fitness classes welcome anyone 12 years and up.

The YMCA reserves the right to cancel classes if there are less than 10 participants.

Please consult the bulletin Boards.

Family Programs:
These programs are designed for parents and/or guardians who would like to spend quality time with their children. Children 11 years of age and under must be accompanied by an adult at all times.

Preschool (up to 5 yrs):
Children must be accompanied by an adult at all times.

Children (6-11 yrs):
Children between the ages of 6 and 11 must be accompanied by an adult when in transition within the YMCA (except the Youth Zone).

Youth (12-17 yrs):
A teen fitness orientation is mandatory for all those wanting to use the cardiovascular machines or the Atlantis Circuit weight room. Access is limited to members 13 years of age and older. For further information, please come and see us at our member services counter.

Visual Art Classes First class: January 12th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:00 – 12:00 Watercolour ■ 3D - Geneviève	
				5:45 – 7:15 BD Lessons (8-13) ☺ 3D - Romina Sol		
	6:30 – 8:30 Intro Watercolour ● 3D - Geneviève		7:00 – 9:00 Acrylic ☺ 3D - Romina Sol	7:15 – 9:15 Drawing (16+) ☺ 3D - Romina Sol		

Kids (4-12) Pre-School Program and Babysitting

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						9:00 – 9:45 Gymnastics (2-4) ☺ (parent/tot) 2B - Omar
9:30 – 11:45 "Matinée Bout'choux" 3A-3B	9:30 – 11:45 "Matinée Bout'choux" 3A-3B	8:30 – 12:30 Drop in Child care (6 months-8 yrs) 3A-3B	9:30 – 11:45 "Matinée Bout'choux" 3A-3B	9:00 – 1:00 Drop in Child care (6 months-8 yrs) 3A-3B		9:45 – 10:40 Kung Fu ☺ Gym - Paul (4-7)
	NEW 10:00 – 11:00 Sound discovery 2B	10h-11h30 Mouse school (2-5) Teen zone	10:00 – 1:00 Drop in Child care (6 months-8 yrs) 2B	10:00 – 11:00 Prescogym Gym (2-4 yrs)	10:30 – 11:55 Basketball ☺ Gym - Alain (8-12)	10:00 – 10:45 Gymnastics ☺ 2B - Omar (5-6)
			10:15 – 11:15 Talking Hands (6-18 month) Teen Zone		12:00 – 1:00 Soccer ☺ Gym - Omar (6-8)	10:45 – 11:45 Kung Fu ☺ Gym - Paul (8-12)
1:00 – 4:00 Drop in Child care (6 months-8 yrs) 3A-3B	1:00 – 4:00 Drop in Child care (6 months-8 yrs) 3A-3B				1:00 – 2:00 Hoop Dance ☺ 2B - Rebecca (6-11)	11:00 – 11:45 Gymnastics ☺ 2B - Omar (7-8)
	5:00 – 6:00 Kung Fu (parent-tot) ☺ Gym - Paul (4+)	4:30 – 5:30 Kung Fu ◆ 2B - Paul (8-12)	3:30 – 6:30 Drop in Child care (6 months-8 yrs) 3A-3B		1:00 – 2:00 Birthday Parties Gym (2 ans+)	1:00 – 3:00 Birthday Parties Gym (2 ans+)

Youth Zone ** Youth zone reserves the right to cancel classes if there are less than 5 participants.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:30 – 8:00 Regular activities	3:30 – 9:00 Regular activities	3:30 – 9:00 Regular activities	3:30 – 9:00 Regular activities	3:30 – 10:00 Regular activities	1:00 – 6:00 Regular activities	
4:30 – 5:45 Parkour Gym (10-17)	4:30 – 6:00 Mix Martial Arts Gym (15-17)	4:30 – 5:45 Open Activities	4:30 – 6:00 Taekwondo/Parkour Gym (10-17)	4:30 – 6:30 Soccer practice boys Gym (15-17)	2:00 – 3:00 Open Soccer Gym (10-17)	
4:30 – 5:30 Tutoring Youth Zone	6:00 – 8:00 Soccer practice boys Gym (12-14)	4:30 – 5:30 Tutoring Youth Zone	6:00 – 8:00 Hockey Cosom Gym (10-17)	6:30 – 8:30 Open Basketball Gym (10-17)	3:00 – 5:00 Open Basketball Gym (10-17)	
		4:30 – 5:30 Cooking activity Kitchenette				
5:00 – 6:00 Writing workshop Slam/Rap	4:15 – 5:25 Hip Hop / Crunk	7:00 – 8:00 Open Activities Gym (10-17)	4:30 – 5:30 Video workshop	4:15 – 5:25 Multi-dances		

Gymnasium Special activity: «SUPER WORKOUT» Monday march 29th 6:00 pm - 7:30 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 – 8:00 Open Activities	7:00 – 8:00 Triathlon (Running) ☺ Out-Gym Johanne/Michel	7:00 – 9:00 Open Activities	7:00 – 9:00 Open Activities	7:00 – 9:00 Open Activities	8:30 – 10:30 Community Programs	8:30 – 9:30 Community Programs
9:15 – 11:30 Family programs					10:30 – 11:55 Basketball ☺ Alain (8-12)	9:45 – 10:45 Kung Fu ☺ Paul (4-7)
11:30 – 2:30 Open Activities					12:00 – 1:00 Soccer ☺ Omar (5-8)	10:45 – 11:45 Kung Fu ☺ Paul (8-12)
2:30 – 4:30 Repères	2:30 – 4:30 Community Programs	2:30 – 4:30 Repères	2:30 – 4:30 Repères	2:30 – 4:30 Repères	1:00 – 2:00 Children Birthdays (2+)	1:00 – 3:00 Children Birthdays (2+)
4:30 – 5:45 Parkour Youth Zone	4:30 – 6:00 Mix Martial Arts Youth Zone	4:30 – 5:45 Open Activities Youth Zone	4:30 – 6:00 Taekwondo/Parkour Youth Zone	4:30 – 6:30 Soccer practice boys Youth Zone	2:00 – 3:00 Open Soccer Youth Zone	3:00 – 7:30 Community Programs
6:30 – 7:25 Toning ■ Guillaume	5:00 – 6:00 Kung Fu (4+) ☺ (parent & tot) – Paul	6:00 – 7:00 Boot Camp ■	6:00 – 8:00 Hockey Cosom Youth Zone	6:30 – 8:30 Open Basketball Youth Zone	3:00 – 5:00 Open Basketball Youth Zone	
7:30 – 9:00 Capoeira ☺ Colette	6:00 – 8:00 Soccer practice boys Youth Zone (12-14)	7:00 – 8:00 Open Activities Youth Zone			5:00 – 7:30 Open Basketball ☺ (16+)	
9:00 – 10:30 Open Basketball ☺ (16+)	8:00 – 10:30 Community Programs	8:00 – 10:30 Community Programs	8:00 – 10:30 Community Programs	8:30 – 10:30 Open Volleyball ☺		

April 25th : YMCA Youth festival.
No activities in the gymnasium.

Pool Schedule (Bathing cap is mandatory)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 – 8:55 Open Swim Adults						
9:00 – 9:55 Aquafit ☺ Anne-Marie	9:00 – 9:55 Free Swim Family members	9:00 – 9:55 Aquafit ☺ Fanny	9:00 – 9:55 Baby Lessons	9:00 – 9:55 Aquafit ☺ Fanny	8:45 – 10:55 Children lessons	8:45 – 10:55 Children lessons
10:00 – 10:55 Community Programs						
11:00 – 11:55 Aquafit ● Germain	11:00 – 11:55 Community Programs	11:00 – 11:55 Community Programs	11:00 – 11:55 Community Programs	11:00 – 11:55 Aquafit ● Fanny	11:00 – 11:55 Aquafit ☺ Anne-Marie	11:00 – 11:55 Aquafit ☺ Imen
12:00 – 1:25 Open Swim Adults					12:00 – 12:55 Open Swim Adults	12:00 – 12:55 Open Swim Adults
1:30 – 2:55 Community Programs					1:00 – 3:25 Children lessons	1:00 – 2:25 Children lessons
3:00 – 4:25 Free Swim for all					3:30 – 4:55 Free Swim for all	2:30 – 4:55 Free Swim for all
4:30 – 6:55 Swim team ☺	4:30 – 6:55 Swim team ☺	4:30 – 6:55 Swim team ☺	4:30 – 6:55 Swim team ☺	4:30 – 7:55 Children lessons		
7:00 – 7:55 Aquafit+ ◆ Steve	7:00 – 8:25 Triathlon & Master ☺	7:00 – 7:55 Aquafit ☺ Anne-Claudel	7:00 – 8:25 Triathlon & Master ☺		5:00 – 7:00 Bronze Medallion	5:00 – 5:55 Open Swim Adults
8:00 – 8:55 Adults Lessons ■	8:30 – 9:55 Open Swim Adults	8:00 – 8:55 Adults Lessons ◆	8:30 – 9:55 Open Swim Adults	8:00 – 8:55 Free Swim Adults members	5:00 – 7:30 Community Programs	6:00 – 7:30 Community Programs
9:00 – 9:55 Open Swim Adults		9:00 – 9:55 Open Swim Adults		9:00 – 9:55 Open Swim Adults		

Course Descriptions

Dance

Aéro-Salsa: Aero salsa involves choreographed routines whose movements are based on Latin dance. This class is designed for participants who enjoy dancing.

Aero-Samba: The samba taught in authentic Rio carnival style! This popular Brazilian dance features complex leg and arm movements combined with a high step frequency.

African Dance: This dance class consists of a warm-up, followed by 30-40 minutes of rhythmic dancing. Come dance to the West African as well as other African rhythms (barefoot and regular exercise attire).

Dance Mix: A multifaceted class that explores choreographed routines based on a variety of dance styles such as hip hop, funk, salsa and more.

Hip Hop: Choreographed routines inspired by this popular musical style. A mix of funk and acrobatic figures, an exciting way to channel your energy! The hottest dance style among teens.

Hoop Dance: Hoop dance is a fusion of dance, exercise and play inside a large weighted hoop. This hour long fun and dynamic workout strengthens abdominals, tones thighs, buttocks and arms, and helps to increase/maintain flexibility while developing balance and coordination.

Tango: The Argentinean Tango is a dance with many subtleties. The class introduces the basic movements, as well as helps to develop the dancers' cue to the music, and communication between partners. Come to the class with or without a partner and bring a pair of shoes without rubber soles, (no high heels). (Registration March 24th to April 7th)

Zumba: A tonic, sensual mix of Latin style dance and gymnastics. Zumba, which comes from rumba, is based on choreographed routines combining aerobic dance steps and movements to sculpt the body. Sexy, energetic, intense and fun!

World Dance: Dance-based fusion mix of world music with influences coming from India, Middle East, Africa, and beyond. Both traditional and modern styles come together in this dynamic and fun environment.

Fitness

Aero-Intervals: You can do all your cardio-vascular and strength training in one class. This class utilizes the principles of work and recovery intervals, high- and low-impact aerobics and resistance training. Hand-held weights, rubber exercise bands and tubing, and other equipment are used.

Aero-Pilates: A cardio section followed by a Pilates Class.

Aero-Toning: High/low aerobics followed by muscle toning. This great cardio-vascular workout is topped off with abs, toning and a stretch.

Aquafit: Effective cardiovascular and muscular conditioning in a non-impact environment. The high resistance of water and the equipment used offer an intense workout while minimizing the impact on the joints. Excellent for participants from beginners to advanced fitness levels & older adults (movements can easily be designed to meet the needs of various levels). Swimming skills are not required.

Boot Camp: An intense class that will improve your strength, speed and power. Background music and no choreography. Basic cardio training and muscle conditioning (jumps and running).

Cardio Cycle: Indoor cycling. Participants of all fitness levels and abilities can exercise together by choosing their own degree of resistance and pedaling rate. Beginners to elite riders can cycle together because they arrive at their same destination at the same time. Specific cardio training. The combination of music, atmosphere, mental imagery and the interaction of others makes this class very enjoyable.

Gymnastics: Through recreational games, your child will develop his/her motor skills, balance, coordination and proprioceptive skills. The instructor will also introduce participants to some gymnastic concepts. A full-filled dynamic course that combines everything needed to be physically fit. For children ages 4-5 and 6-8.

Kindergym: Social and learning activities through free play in a safe and fun environment with floor mats, age-appropriate modules, and play structures.

Step: Step classes involve stepping up and down on an adjustable platform. A variety of movement patterns will be performed on the step. The intensity of the class can be modified by increasing or lowering the step height.

Stretching: This class aims to increase the flexibility of the major muscle groups through several stretching and relaxation exercises.

Toning: This class will focus on muscular conditioning exercises for the various muscle groups. Hand weights, tubing, elastics, Body Bar, exercise balls (when indicated toning with ball) and body weight can be used as resistance. The goal of this class is to improve muscular strength, endurance and muscle toning.

Toning w/weight bar: This pre-choreographed course aims to workout, separately; over music, each muscle group during a pre-determined time, with the incorporation of weight bars. This course will enable participants to improve their muscular endurance and strength.

Toning w/ball: Toning class with a Swiss Ball.

Triathlon Training: Are you able to swim 25 meters? Pedal or run at your own pace for 20 minutes? Try the YMCA Triathlon Club! You will be able to develop your cardiovascular and muscular capacities through a complete workout. Pool trainings, Running Trainings, Cycling trainings inside and outside weather permitting. A training follow-up will be done through email with the head trainer. Registration mandatory.

Martial Arts

Capoeira: Capoeira is an aesthetically spectacular Afro-Brazilian martial art/dance. Originally conceived in the time of slavery, this liberation fight dance has evolved into a fascinating mix of corporal movements that increases your natural strength, energy level, agility and flexibility.

Chindai: A martial art bases on respiratory and energy gymnastics, body control and strength through concentration and mind power.

Kung Fu: An initiation to Kung Fu class. Your child will discover and apply the fundamentals of martial arts. In addition s/he will specifically develop knowledge for Kung Fu and individual training skills. This class covers the basic Kung Fu movements and the culture of White crane Kung Fu. There is also an emphasis on developing strength and self-esteem. For ages 4-7 and 8-12.

Kung-Fu (Parent & Tot): An introduction to Kung Fu in the company of your child. An activity that is suitable for the whole family. Both the parent and the child must be a YMCA member.

Tai Chi: Energizing Chinese art, made up of slow and supple movements that promote relaxation, concentration, balance and coordination. Yang style, short or long forms.

Mind&Body

Power Yoga: This dynamic class uses an uninterrupted flow of postures based on the ancient form of ashtanga yoga practice. Using muscle contraction, heat from continuous movement and concentration on breathing, this workout increases strength, endurance and flexibility.

Pilates: A method of exercise to improve core body strength. These exercises strengthen both abdominal and back muscles and improve flexibility. They also improve circulation and reduce tension and stress.

Pilates w/Ball: Pilates Class with the use of a Swiss Ball.

Pilates Postnatal: A postnatal Pilates workout will target and strengthen specific core muscle groups. This strengthens the pelvic floor and the abdominals, returns joint flexibility to the spine, strengthens the upper middle and lower back and improves posture. (with baby 1-10 months).

Pila-Yoga: This class is a blend of mind – body disciplines such as Yoga, Pilates and fitness conditioning. It introduces mindfulness, attention to form, exercise execution and breathing techniques into everyday workouts.

Yoga: Using the time-honoured wisdom of yoga, this practice is dynamic combination of strength, sweat and spirituality. This accessible, challenging and flowing form of yoga will sculpt, tone and hone the muscle of your body, mind and spirit.

Yoga Meditation: Meditation is a spiritual technique to achieve complete relaxation of the body and calm, focused state of mind.

Yoga pre-natal: This class features breathing and meditating exercises as well as physical exercises adapted to pregnant women (pre-natal class) and to the new mother (post-natal class with baby). Pregnancy specific exercises help to tone muscles, to relief back and legs pain and other symptom linked to pregnancy.

Yoga post-natal: (with baby 1-10 months).