

WINTER 2010 PROGRAM

January 4th to March 28th



Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Classes						
10:00 – 10:55 Mum & Baby Aerobics Ext./gym - Marie-Christine	7:00 – 8:00 Pilates ☺ Studio 1 - Gala			7:00 – 8:00 Pilates ☺ Studio 1 - Gala		
10:00 – 11:00 Supervised workout ●■ Weight room - Line			10:00 – 11:00 Supervised workout ●■ Weight room - Line		9:30 – 10:15 Step ●■ Studio 1 - Pak Kei	
11:00 – 11:45 Yoga pre-postnatal Studio 1 - Marie-Christine	10:30 – 11:25 Stretching-Relax ☺ Studio 1 - Monique		10:30 – 11:25 Yoga ○ Studio 1 - Marie-Christine	10:30 – 11:45 Tai chi ☺ Studio 1 - Evelyn	10:15 – 11:00 Toning ☺ Studio 1 - Pak Kei	
12:00 – 1:00 Pilates ☺ Studio 1 - Silvia		12:00 – 1:00 Pilates ☺ Studio 1 - Line				1:30 – 2:30 Yoga ☺ Studio 1 - Gala
		1:30 – 3:00 Line Dancing ●■ Studio 1 - Nicole				3:00 – 3:55 Toning ☺ Studio 1 - Gala
	4:40 – 5:25 Aerobics Express ☺ Room 1 - Danielle M.					
5:30 – 6:15 Cardio cycle ☺Ⓢ Gym Podium - Martin/Cynthia	5:30 – 6:30 Cardio cycle ☺Ⓢ Podium Gym - Danielle F.	5:30 – 6:25 Aerobics ☺ Studio 1 - Nathalie	5:30 – 6:15 Cardio cycle ☺Ⓢ Gym Podium - Danielle F.	5:30 – 6:25 Aerobics ☺ Studio 1 - Selma		
5:30 – 6:25 Yoga ☺ Studio 1 - Heather	5:30 – 6:25 Toning ☺ Studio 1 - Danielle M.	NEW! 5:30 – 6:25 Boot Camp ☺ Gym - Max	NEW! 6:00 – 7:15 Aero toning ☺ Studio 1 - Marie-Christine			
6:30 – 7:25 Step ■◆ Studio 1 - David	6:30 – 7:45 Power yoga ☺ Studio 1 - Donald	6:30 – 7:25 Step ■◆ Studio 1 - David		6:30 – 7:30 Belly Dancing ☺ Studio 1 - Selma		
	6:30 – 7:55 Karate ●■ Gym - Jocelyn		6:30 – 7:55 Karate ●■ Gym - Jocelyn			
7:30 – 9:00 Salsa ☺ Studio 1 - Ridley		7:30 – 8:30 Pilates ☺ Studio 1 - Monique	7:30 – 8:25 Capoeira ☺ Studio 1 - George			

HOCHELAGA-MAISONNEUVE CENTRE

4567 Hochelaga Street
Montreal, Quebec H1V 1C8
Tel.: (514) 255-4651
www.ymcaquebec.org

Business Hours

Monday to Friday
7:00 a.m. to 10:00 p.m.

Saturday and Sunday
8:00 a.m. to 5:30 p.m.

Preschool, Children, Youth, Family Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				NEW! 10:00 – 11:55 Kindergym (2-5)	8:30 – 11:30 Children Swimming Lessons (6 months+) **	
					12:00 – 1:00 Karate (6-11) ● Gym - Jocelyn	11:00 – 11:55 Soccer (8-12) Gym - Ayman
					1:15 – 2:15 Karate (6-11) ◆ Gym - Jocelyn	12:00 – 1:25 Family Gym (4-11) Gym - Ayman
4:30 – 6:00 "CJS" Studio 3 - Jonatahn	4:00 – 6:30 "Entre l'école et la maison" (Homework) Audrey/Rachel	4:00 – 7:00 C-Vert Studio 1&3 - Marie-Ève	4:00 – 6:30 "Entre l'école et la maison" (Homework) Audrey/Rachel	4:00 – 8:30 Children Swimming Lessons (6 months+) **	4:00 – 5:25 Open badminton	1:00 – 3:00 Young Video maker Studio 4 - Jacinthe
4:30 – 6:25 Open Badminton	4:30 – 6:00 Guitar Lessons ● Studio 4 - Jonathan		4:30 – 6:00 Guitar Lessons ● Studio 4 - Jonathan			3:30 – 5:25 Open Badminton
	5:30 – 6:30 Karate (6-11) ◆ Gym - Jocelyn	6:30 – 7:55 Basketball Team Gym - Cédric/Darrel/Anshley		6:00 – 8:00 Improvisation Studio 3 - Jonathan		
	5:30 – 7:00 Children Swimming Lessons (6 months+) **	8:00 – 10:00 Open Badminton		8:00 – 10:00 Basketball Team Gym - Cédric/Darrel/Anshley		

LEVELS

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

✂ Registration required

Ⓢ Additional payment required

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

Instructors are subject to change without notice.

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

All Group Fitness classes welcome anyone 12 years and up.

** Refer to pamphlet "À la carte" physical activities.

Note: Open hockey Registration is mandatory

Arena

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		3:00 – 4:30 Open Skating		3:00 – 4:30 Open Skating		
4:30 – 6:00 Open Hockey (16+)			4:30 – 6:00 Open Hockey (16+)			12:00 – 1:30 Open Hockey (16+)

Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 – 10:55 Mum & Baby Aerobics Ext./gym - Marie-Christine				NEW! 10:00 – 11:55 Kindergym (2-5)		11:00 – 11:55 Soccer (8-12) Ayman
12:00 – 12:55 Open Badminton	12:00 – 12:55 Open Badminton		12:00 – 12:55 Open Badminton	12:00 – 12:55 Open Badminton	12:00 – 1:00 Karate (6-11) ● Jocelyn	12:00 – 1:25 Family Gym (4-11) Supervised - Ayman
					1:15 – 2:15 Karate (6-11) ◆ Jocelyn	
					2:30 – 3:55 Basketball Supervised - Martin	3:30 – 5:25 Open Badminton
4:30 – 6:25 Open Badminton	4:00 – 5:15 "Entre l'école et la maison" Audrey / Rachel				4:00 – 5:25 Open Badminton	
	5:30 – 6:30 Karate (6-11) ◆ Jocelyn		5:30 – 6:25 Badminton Supervised - Hoang-Nam	5:00 – 5:55 Open Basketball		
5:30 – 6:15 Cardio cycle ☺Ⓢ Martin / Cynthia	5:30 – 6:30 Cardio cycle ☺Ⓢ Danielle F.	NEW! 5:30 – 6:25 Boot Camp ☺ Max	5:30 – 6:15 Cardio cycle ☺Ⓢ Danielle F.			
6:30 – 7:55 Basketball Supervised - Martin	6:30 – 7:55 Karate ●■ Jocelyn	6:30 – 7:55 Basketball team Darrel / Cédric / Anshley	6:30 – 7:55 Karate ●■ Jocelyn	6:00 – 7:55 Volleyball Supervised - Djen-Anne		
8:00 – 10:00 Free style Soccer Supervised - Tarik	8:00 – 10:00 Cosom Hockey Supervised Marc-André J., Marc-André R.	8:00 – 10:00 Open Badminton	8:00 – 10:00 Cosom Hockey Supervised - Marc-André J.	8:00 – 10:00 Basketball team Darrel / Cédric / Anshley		

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 open swim for 7 years old and up).

Youth (12-17 yrs):
A teen fitness orientation is mandatory for all those wanting to use the cardiovascular machines or the Atlantis Circuit weight. Access is limited to members 12 years of age and older.

For further information, please come and see us at our member services counter.

Pool Schedule (Bathing cap is mandatory)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafitness						
8:30 – 9:25 Aquafit ☺		8:30 – 9:25 Aquafit ☺		8:30 – 9:25 Aquafit ☺		
9:30 – 10:25 Aquafit ☺	9:00 – 9:55 Aquafit ☺	9:30 – 10:25 Aquafit ☺	9:00 – 9:55 Aquafit ☺	9:30 – 10:25 Aquafit ☺		
10:30 – 11:15 Aqua arthritis ○ Monika	10:00 – 10:55 Aquafit ☺		10:00 – 10:55 Aquafit ☺	10:30 – 11:15 Aqua Parent & Baby		10:00 – 10:55 Aquafit ☺ Myriam
					11:30 – 12:25 Aquafit ☺ Myriam	11:00 – 11:45 Aqua Parent & Baby Myriam
4:30 – 5:25 Aquafit ☺		4:30 – 5:25 Aquafit ☺	4:30 – 5:25 Aquafit ☺			
5:30 – 6:25 Aquamix ☺		5:30 – 6:25 Aquamix ☺	5:30 – 6:25 Aquamix ☺			
6:30 – 7:25 Aquafit ☺		6:30 – 7:25 Aquafit ☺	6:30 – 7:25 Aqua Prenatal			

Free Swim						
11:30 – 1:25 Adult Open Swim		11:30 – 1:25 Adult Open Swim		11:30 – 1:25 Adult Open Swim		
	12:00 – 1:25 Adult Open Swim		12:00 – 1:25 Adult Open Swim		12:30 – 1:25 Adult Open Swim	
					1:30 – 3:25 Open Swim (1)	1:30 – 3:25 Open Swim (1)
	4:30 – 5:25 Open Swim					
7:30 – 8:55 Adult Open Swim		7:30 – 8:55 Adult Open Swim	7:30 – 8:55 Adult Open Swim (1)			

The number in brackets indicates the number of lanes available for Lap Swim.

Swimming Lessons						
					8:30 – 11:30 Children swimming lessons (6 months +) **	
	11:00 – 11:55 Swimming 1-2					
				4:00 – 8:30 Children Swimming Lessons (6 months +) **		
	5:30 – 7:00 Children swimming lessons (6 months +) **					
6:30 – 7:30 Teen club		6:30 – 7:30 Teen club				
	7:00 – 7:55 Swimming 1-2		7:30 – 8:25 Swimming 3-4			

Course Descriptions

Aerobics: High and low impact movement patterns which allow participants to follow the impact level of their choice. Muscle toning section with or without equipment, stretching and relaxation.

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

Aqua arthritis: Physical conditioning in the shallow part of the pool for people with joint problems. The emphasis is on stretching and muscle toning to improve and retain a good range of motion.

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.

Aqua parent & baby: Adapted aquafit class for parent & Tot. The child remains in a seat close to the parent. The seat is designed for 6 to 36 months.

Aqua prenatal: Special class adapted for pregnant women.

Boot Camp: Intense class! No coordination required. This class is based on improving strength, speed and power. The music is in the background, there is no choreography. It is a basic training, specific cardio training and muscle conditioning (jumps and running).

Capoeira: 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.

Cardio cycle: Specific cardio training Indoor cycling. Participants of all fitness levels and abilities can exercise together by choosing their own degree of resistance and pedaling rate. The combination of music, atmosphere, mental imagery and the interaction of others makes this class very enjoyable.

Family gym (4-11): Gym time offered to children and their parents who want to stay active and spend some fun quality time together. A YMCA staff will be present to suggest activities if required.

Karate: Karate is a martial art that incorporates punches and kicks for strength, agility and flexibility. No combat. No experience necessary.

Kinder gym (2-5): Social, spacial and cognitive awareness through free play in a safe and fun environment resembling an indoor mini-parc set up with mats, age-appropriate modules and play structures.

Mum & baby aerobics: For new moms who want to stay in shape or shape up. The stroller is used during the cardiovascular and some strength training exercises. Stretching and relaxation.

Swimming 1,2,3,4: Swimming courses from beginner to a more advanced level. You will be practicing different swimming styles. Personalised approach.

Pilates: The Pilates method is a series of floor exercises that improve circulation and tone up the body. Promotes good posture and maintains body balance by developing strength, flexibility and endurance. Tightens, elongates and strengthens musculature. Pilates also improves athletic performance and agility and relieves tension and stress.

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.

Salsa: This instructional dance class involves choreographed routines incorporating salsa and meringue styles.

Soccer (8-12): The instructor will use fun drills and a variety of skill development exercises with the soccer ball. Learning through play is offered to beginners, and a more technical-tactical approach is taught to intermediate-level participants. Your child will develop his/her cardiovascular capacity and motor skills as well as team spirit.

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

Tai chi: Energizing Chinese art, made up of slow and supple movements that promote relaxation, concentration, balance and coordination. Yang style, short (24 mvts). An art that helps develop body awareness, strength and focus. Tai Chi helps release stress.

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.

Yoga: Using the time-honored 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.

Pre and Postnatal Yoga: (with baby 1-10 months) 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.