

SPRING 2010 PROGRAM

March 29th to June 20th



Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Classes						
	6:30 – 7:30 Step ■ Patti		6:30 – 7:30 Step ■ Suzanne			
9:00 – 9:55 Step ■ Patti	9:30 – 10:25 Functional Toning ☺ Jenn	9:00 – 9:55 Step ■ Kim/Nancy	9:00 – 9:55 Gymstick ☺ Jenn/Jocelyne	9:00 – 9:55 Functional Toning ☺ Jenn/Patti	8:30 – 9:40 Aerobics-Step ■◆ Dagmar	9:00 – 9:55 Functional Toning ☺ Preetha
10:00 – 10:55 Low Impact ☺ Lynn G.	10:30 – 11:15 Aerobox/ Toning Lynn V.	10:00 – 11:00 Low Impact ☺ Tracy	10:00 – 11:00 Zumba ☺ Lisbeth	10:00 – 10:30 Low Impact ☺ Sheila	9:45 – 10:45 Functional Toning ☺ Raphaella	10:00 – 10:55 Aero-Step ☺ Cheryl
12:10 – 12:55 Zumba Exp. ☺ Eleonora	12:10 – 12:55 Functional Toning Exp. ☺ Marion	11:15 – 12:00 Toning ○ Margot/Donna	12:10 – 12:55 Functional Toning Exp. ☺ TBA	10:30 – 11:10 Functional Toning ☺ Sheila	11:00 – 12:00 Zumba Deborah	11:00 – 12:00 Step beg. ● Wendy/M.J./Laurie
5:15 – 6:10 Gymstick ☺ M.J.	1:00 – 2:00 Tap Dancing ☺ Benny		4:00 – 5:00 De-Zone Teen Boxing Shady	12:10 – 12:55 Slide & Tone ☺ Jenn	1:00 – 2:00 Danse (6-11) (S)	12:00 – 4:00 F.I.T. & Workshops
6:15 – 7:30 Aerobics ■◆ Dagmar	5:15 – 5:55 Step Express ■ Wendy	5:15 – 5:45 Aerobox ■ Katia	5:15 – 6:10 Step-toning interval ■ Kristin			4:00 – 4:55 Aerobics ☺ Lynn G.
7:35 – 8:30 Zumba ☺ Rozele	6:00 – 6:55 Functional Toning ☺ Deborah	6:15 – 7:30 Aero-Step ■◆ Dagmar	6:15 – 6:55 Athletic Training ◆ Kevin	6:35 – 7:30 Family Aerobox Clinton		
8:35 – 9:35 Couples Ballroom ● Benny	7:00 – 8:00 Zumba ☺ Lisbeth	7:35 – 8:35 Circuit Training (15' Health Tip) M.J./Dr. O	7:00 – 8:00 Zumba ☺ Lisbeth			
			8:05 – 9:05 Couples Ballroom ■ Benny			
			9:05 – 10:05 Tap Dancing ☺ Benny			

Mind and Body						
9:00 – 10:00 Pilates Nancy R.	9:00 – 9:55 Pilates Jocelyne	9:00 – 9:55 Yoga Brenda	9:00 – 9:55 Yoga Nadia	6:30 – 7:30 Yoga Suzanne	9:00 – 10:00 Yoga Dawn	9:00 – 10:30 Power Yoga ◆ Josey
10:15 – 11:30 Yoga Rhona	10:00 – 11:15 Yoga & Meditation Debra	10:15 – 11:15 Yoga Nancy E.	10:00 – 11:00 Pilates Stephanie	9:00 – 9:55 Pilates Donna W.	10:10 – 11:10 Yoga Dawn	
	2:00 – 3:00 Yoga ○ Sharan		2:00 – 3:00 Yoga ○ Sharan	10:00 – 11:00 Yoga Stephanie	11:15 – 12:00 Family Yoga Kevin	
		5:30 – 6:30 Pilates Denise	5:00 – 5:45 Children's Yoga (6-11) (S) Kevin	11:30 – 12:30 Parent & Baby Yoga Brenda		
6:00 – 6:55 Pilates ● Nancy R.			6:00 – 6:55 Prenatal Yoga Stéphanie			
7:00 – 8:00 Yoga Suzanne	7:00 – 8:00 Yoga Barbara		7:00 – 8:00 Yoga ○ Lara			

Cardio Cycle Classes						
6:30 – 7:30 Enduro Cycle Michael		6:30 – 7:30 Enduro Cycle Mark P.		6:30 – 7:30 Enduro Cycle Leslie	8:00 – 9:00 Enduro Cycle Olga/Randall	8:00 – 8:45 Cardio Cycle Howard
9:00 – 10:00 Enduro Cycle Jocelyne	9:00 – 10:00 Enduro Cycle Crystal	9:00 – 10:00 Enduro Cycle Olga	9:00 – 10:00 Enduro Cycle Crystal	9:00 – 10:00 Enduro Cycle Linda	9:30 – 10:30 Enduro Cycle Joe	9:00 – 10:00 Enduro Cycle Joe
6:00 – 7:00 Enduro Cycle Joe	5:15 – 6:00 Cardio Cycle Howard	12:10 – 12:55 Cardio Cycle Marion		5:45 – 6:45 Enduro Cycle Joe		
7:15 – 8:15 Enduro Cycle Tara	6:30 – 9:30 F.I.T.	6:00 – 7:00 Enduro Cycle Randall	7:00 – 8:00 Benefit Curcuit Training Marion			

Gentle Classes						
	10:00 – 11:00 Aqua-Arthritis Loretta	10:00 – 11:00 Low Impact ☺ Tracy		10:00 – 10:30 Low Impact ☺ Sheila		
	10:00 – 11:15 Yoga & Meditation Debra	11:15 – 12:00 Toning ○ Margot/Donna		10:00 – 11:00 Aqua-Arthritis Claudette		
1:00 – 2:00 Aqua-Arthritis Donna L.	2:00 – 3:00 Yoga ○ Sharan	1:00 – 2:00 Aqua-Arthritis Margot	2:00 – 3:00 Yoga ○ Sharan	10:30 – 11:10 Functional Toning ☺ Sheila		
6:00 – 6:55 Pilates ● Nancy R.			7:00 – 8:00 Yoga ○ Lara	12:45 – 1:30 Aqua-Arthritis Rosemary		

Preschool, Children, Youth, Family Programs, Drop In Childcare

Consult the CHILD, YOUTH, and FAMILIES board in the front lobby for up to date activities, events, and programs. See GYM and POOL sections for additional activities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 – 12:00 Nursery School	9:00 – 12:00 Nursery School	9:00 – 12:00 Nursery School	9:00 – 12:00 Nursery School	9:00 – 12:00 Nursery School	8:30 – 10:00 Sports & Games (6-11) (S)	9:00 – 10:00 Badminton (6-11) (S)
12:00 – 2:00 Preschoolers à la carte programs* (3-5)	12:00 – 2:00 Preschoolers à la carte programs* (3-5)	12:00 – 2:00 Preschoolers à la carte programs* (3-5)	12:00 – 2:00 Preschoolers à la carte programs* (3-5)	12:00 – 2:00 Preschoolers à la carte programs* (3-5)	8:30 – 1:00 Weekend Combo (3-5) (S) Club (6-11) (S) Mix of active and passive activities (Classrooms)	
10:30 – 11:30 Aero Parent & Baby	11:30 – 1:00 Badminton for all ☺	10:30 – 11:30 Aero Parent & Baby	11:30 – 1:00 Badminton for all ☺	11:30 – 12:30 Parent & Baby Yoga	10:00 – 11:00 Martial Arts (6-11) (S)	10:00 – 11:00 Family Badminton
11:00 – 11:30 Splashtime (0-5)	11:00 – 11:45 Aqua Parent & Baby		11:00 – 11:45 Aqua Parent & Baby		11:00 – 1:00 Family Gym	
	11:30 – 12:30 Parent & Baby Functional Toning			12:00 – 4:00 Family Gym	11:00 – 2:30 Kindergym (1-5)	
12:00 – 2:00 Kindergym (1-5)	12:00 – 2:00 Kindergym (1-5)	12:00 – 2:00 Kindergym (1-5)	12:00 – 2:00 Kindergym (1-5)	12:00 – 5:00 Kindergym (1-5)	1:00 – 2:00 Dance (6-11) (S)	1:00 – 2:30 Basketball (12+)
3:30 – 5:30 Sports & Games (6-11) (S)	3:30 – 5:30 Sports & Games (6-11) (S)	3:30 – 5:30 Sports & Games (6-11) (S)	3:30 – 5:30 Sports & Games (6-11) (S)	4:00 – 5:30 Open Swim	1:30 – 4:00 Open Family Swim	1:30 – 4:00 Open Family Swim
4:00 – 6:30 Open Gym (12-17)	4:00 – 6:30 Open Gym (12-17)	4:00 – 6:00 Open Gym/Diversion (12-17)	4:00 – 6:30 Basketball (12-17)	4:00 – 6:00 Y-Pod (10-12) (514) 630-9864 #326	3:00 – 5:00 Open Gym (12+)	2:30 – 4:00 Cosom Hockey (12-14)
	6:30 – 8:00 Martial Arts (6-11) (S)	6:00 – 8:00 Youth Soccer (12-17)	5:00 – 5:45 Yoga (6-11) (S)	6:35 – 7:30 Family Aerobox Clinton	5:00 – 7:40 Family Badminton	4:30 – 6:00 Cosom Hockey (15+)

WEST ISLAND CENTRE

230 Brunswick blvd.
Pointe-Claire, Québec H9R 5N5
Tel.: (514) 630-9622
www.ymcaquebec.org

Opening Hours

Monday to Friday
6:00 a.m. to 11:00 p.m.

Saturday and Sunday
7:00 a.m. to 8:00 p.m.

Statutory Holidays

Good Friday: April 2
Victoria Day: May 24
7:00 a.m. to 7:00 p.m.

LEVELS

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

✍ Registration required

\$ Additional payment required

Ⓜ Mind & Body Reservationcard available at membership services 30 minutes before the start of each class.

Instructors are subject to change without notice.

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.

S = SUPERVISED DROP OFF PROGRAM

* **Preschool à la carte programs:** schedule & fees available from the membership service counter

Family Programs:

Programs and activities for parents and/or guardians who would like to spend quality time with their children or enjoy a workout while the children take part in a supervised scheduled activity **as indicated by an (S)** (membership required). Children 6-11 must be accompanied by an adult if not participating in a supervised activity or while in transition.

Preschool (up to 5 yrs):

Children must be accompanied by an adult at all times unless in a specialized registered program. (Ask about our weekday and weekend Nursery School, a la carte and aquatics programs for children under 5 years)

Children (6-11 yrs):

PLEASE NOTE: Children 11 years of age and under must be accompanied by an adult **at all times unless signed into a supervised activity as indicated by an (S)** (Sign-in and sign out required; Parent(s) must remain in the building).

Youth (12-17 yrs):

A teen fitness orientation is **mandatory** for all youth wishing to use the Cardio or the Atlantis Circuit machines. Access in both these areas is limited to members 12 years of age and older. The large conditioning room is accessible to youths 15 years or older who have completed the teen orientation. For further information and to sign up for an orientation, see us at our member services counter.

Combo (3-5) / Club (6-11): mix of active and passive activities. Gym/play, games, crafts, cooking etc... (S)

DROP IN CHILDCARE: 6 wks to 6 years (\$) **Weekdays:** Mon.-Fri. 8:30 to 1:00 pm

Weekends: Sat. 8:00 to 12:30 pm **Diversion:** Activity and social skills group 12-17 yrs (514) 630-9864, #326.

Y-POD: Transition to high school group 10-12 yrs (514) 630-9864, #326.

Preschool, Children, Youth, Family Programs, Drop In Childcare...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30 – 8:30 Family Open Swim	6:30 – 7:30 Tennis (6-11) (S)			
		6:30 – 7:15 Basketball Instruction (6-11)				
		7:15 – 8:00 Basketball Instruction (12-17)		7:30 – 10:00 Youth Night (12-17)		
Y-PLANET II Exer-gaming arcade for children, youth and families. See the programs board for detailed schedule and more information. Dance Dance Revolution - Wii - SSX Snowboard - Espresso Cycle						

Birthday Parties @ the Y! Celebrate your child with a cool gym or swim party. Call (514) 630-9864 ext 265 for more details.

De-Zone Youth Drop In Centre for ages 12-17. There is an annual fee of \$20 for non-members of the Y. (Y members are considered De-Zone members.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 – 8:00 Homework Help	4:00 – 8:00 Homework Help	4:00 – 8:00 Homework Help	4:00 – 9:00 Drop In	4:00 – 7:00 Girlz Night	1:00 – 3:00 \$ Graffiti Art Group	
			4:00 – 5:00 De-Zone Teen Boxing Shady	7:00 – 10:00 Youth Night*	4:00 – 6:00 Guitar Lessons	
			6:00 – 9:00 De-Zone Dinner	10:00 – 11:00 Drop In	7:00 – 9:00 Movie Night	

*Active De-Zone members are eligible for half price rates during Youth Night

Gymnasium

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gym 1	9:00 – 10:30 Pre-School	9:00 – 11:30 Pre-School	9:00 – 10:30 Pre-School	9:00 – 11:30 Pre-School	9:00 – 12:00 Pre-School	8:30 – 10:00 Sports & Games (6-11)	9:00 – 10:00 Badminton (6-11)
Gym 2	9:00 – 12:00 Pre-School	9:00 – 12:00 Pre-School	9:00 – 12:00 Pre-School	9:00 – 12:00 Pre-School	9:00 – 12:00 Pre-School	9:00 – 10:00 Club (6-11)	9:00 – 10:00 Badminton (12-17)
Gym 1	10:30 – 11:30 Aero Parent & Baby	11:30 – 1:00 Badminton for all ☺	10:30 – 11:30 Aero Parent & Baby	11:30 – 1:00 Badminton for all ☺	12:00 – 4:00 Open Family gym	10:00 – 11:00 Martial Arts (6-11) (S)	10:00 – 11:00 Family Badminton
Gym 2	12:00 – 1:00 Kindergym (1-5)	12:00 – 1:00 Kindergym (1-5)	12:00 – 1:00 Kindergym (1-5)	12:00 – 1:00 Kindergym (1-5)		10:00 – 2:30 Kindergym (1-5)	10:00 – 1:00 Badminton (18+)
Gym 1	12:00 – 1:00 Open Gym		12:00 – 1:00 Open Gym			11:00 – 1:00 Open Family Gym	11:00 – 1:00 Badminton (18+)
Gym 2	1:00 – 2:00 Pre-School	1:00 – 2:00 Pre-School	1:00 – 2:00 Pre-School	1:00 – 2:00 Pre-School			1:00 – 2:30 Open Gym
Gym 1	1:00 – 4:00 Sport éducation program	1:00 – 4:00 Sport éducation program	1:00 – 4:00 Sport éducation program	1:00 – 4:00 Sport éducation program			
Gym 2	2:00 – 3:00 Rental	2:00 – 3:00 Rental	2:00 – 3:00 Rental	2:00 – 3:00 Rental		3:00 – 4:00 Birthday Parties	3:00 – 4:00 Birthday Parties
Gym 1	4:00 – 6:30 Open Gym (12-17)	4:00 – 6:30 Open Gym (12-17)	4:00 – 6:00 Diversions & Open Gym (12-17)	4:00 – 6:30 Basketball (12-17)	4:00 – 6:00 Y-Pod	3:00 – 5:30 Open Gym (12+)	1:00 – 2:30 Basketball (12+)
Gym 2	3:30 – 5:30 Sports & Games (6-11) (S)	3:30 – 5:30 Sports & Games (6-11) (S)	3:30 – 5:30 Sports & Games (6-11) (S)	3:30 – 5:30 Sports & Games (6-11) (S)	5:30 – 6:30 Birthday Parties	4:30 – 5:30 Open Gym	
Gym 1	6:30 – 8:00 Soccer (18+)	6:30 – 8:00 Aikido (16+)	6:00 – 8:00 Teen Soccer (12-17)	6:30 – 8:00 Aikido (16+)	7:30 – 10:00 Youth Night	5:00 – 7:40 Badminton beg. ●	2:30 – 4:00 Cosom Hockey (12-14)
Gym 2	[5:30 – 6:30 Rental] 6:30 – 8:00 Soccer (18+)	[5:30 – 6:30 Rental] 6:30 – 8:00 Martial Arts (6-11) (S)	[5:30 – 6:30 Rental] 6:30 – 7:15 Basket (6-11) 7:15 – 8:00 Basket (12-17)	[5:30 – 6:30 Rental] 6:30 – 7:30 Tennis (6-11) (S)	7:30 – 10:00 Youth Night	5:30 – 7:40 Family Badminton	4:30 – 6:00 Cosom Hockey (15+) Full Gym
Gym 1	8:00 – 10:40 Volleyball (16+)	8:00 – 10:40 Lakeshore Badminton	8:00 – 10:40 Badminton (18+)	8:15 – 10:40 Basketball (18+)	10:00 – 10:40 Open Gym		6:00 – 7:40 Soccer (15+)
Gym 2	8:00 – 10:40 Volleyball (16+)	8:00 – 10:40 Lakeshore Badminton	8:00 – 10:40 Badminton beg. ● (12+) 1 court	8:15 – 10:40 Basketball (18+)	10:00 – 10:40 Open Gym		6:00 – 7:40 Soccer (15+)

(S) = SUPERVISED DROP OFF

Pool Schedule (Bathing cap is mandatory)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua-Fitness						
9:00 – 10:00 Aqua Fitness Kim	9:00 – 10:00 Aqua Fitness Loretta	9:00 – 10:00 Aqua Fitness Mirella	9:00 – 10:00 Aqua Fitness Donna W.	9:00 – 10:00 Aqua Fitness Leslie	8:00 – 9:00 Aqua Fitness TBA/Loretta/Leslie	
10:00 – 11:00 Aqua Fitness Donna W.	10:00 – 11:00 Aqua-Arthritis Loretta			10:00 – 11:00 Aqua-Arthritis Claudette		
1:00 – 2:00 Aqua-Arthritis Donna L.	11:00 – 11:45 Aqua Parent & Baby Loretta	1:00 – 2:00 Aqua-Arthritis Margot	11:00 – 11:45 Aqua Parent & Baby Lynn V./Jenn/Joanne	12:45 – 1:30 Aqua-Arthritis Rosemary		
5:30 – 6:30 Aqua Fitness Loretta	5:30 – 6:15 Aqua-Natal Loretta	5:30 – 6:30 Aqua Fitness Leslie	5:30 – 6:15 Aqua-Natal Loretta			
	6:15 – 7:15 Aqua Fitness Loretta		6:15 – 7:15 Aqua Fitness Loretta			
Free Swim						
6:30 – 8:55 Lane Swim	6:30 – 7:55 Lane Swim	6:30 – 8:55 Lane Swim	6:30 – 8:55 Lane Swim	6:30 – 8:55 Lane Swim	7:00 – 7:55 Lane Swim	7:00 – 8:55 Lane Swim
11:30 – 1:00 Lane Swim	11:45 – 1:30 Lane Swim	11:30 – 1:00 Lane Swim	11:45 – 1:30 Lane Swim	11:30 – 12:40 Lane Swim	12:30 – 1:30 Birthday Parties	12:30 – 1:30 Birthday Parties
2:00 – 4:00 Lane Swim	2:30 – 4:00 Lane Swim	2:00 – 4:00 Lane Swim	2:30 – 4:00 Lane Swim	2:00 – 4:00 Lane Swim	1:30 – 4:00 Open Swim Family (M)	1:30 – 4:00 Open Swim Family (M)
				4:00 – 5:30 Open Swim	4:00 – 5:00 Birthday Parties	4:00 – 5:00 Birthday Parties
	7:15 – 8:30 Triathlon Club	6:30 – 8:30 Open Swim Family (M)	7:15 – 8:30 Open Swim	5:30 – 6:30 Birthday Parties	5:00 – 7:30 Lane Swim (1)	5:00 – 7:30 Lane Swim (1)
8:30 – 9:30 Lane Swim	8:30 – 9:30 Lane Swim (2)	8:30 – 9:30 Lane Swim	8:30 – 9:30 Lane Swim	8:00 – 9:30 Youth Night		
Swimming Lessons						
4:00 – 5:30 Lessons	1:30 – 2:30 Lessons	10:00 – 11:30 Pre-school Lessons		11:00 – 11:30 Lessons	9:00 – 12:30 Lessons	9:00 – 12:30 Lessons
6:30 – 7:30 Lessons & Private	4:00 – 5:30 Private Lessons	4:00 – 5:30 Lessons	4:00 – 5:30 Lessons	1:30 – 2:00 Lessons	5:00 – 7:30 Private lessons	5:00 – 7:30 Private Lessons
7:30 – 8:15 Adult Lessons ●	8:30 – 9:15 Adult Lessons ◆		7:15 – 8:00 Adult Lessons ■	6:30 – 8:00 Lessons	5:00 – 7:30 Bronze Medallion	

(0-5) must be accompanied by an adult in the water. Please check the schedule on the aquatics bulletin board for times.

Note: The beach is open to parents and children (0-3) during lane swim and aqua-fit.

(M) - Members Only.