

YMCA of North Bay

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YMCA Specialty Programs

September - December 2009

Advanced Aquatics Cont'd

Six Steps to Becoming a Lifeguard/Swimming Instructor

All advanced aquatics course fees include manual and exam.

Note: Prices are subject to change.

Step 6 - YMCA & LSS Swimming Instructors

Pre-requisites: Minimum 16 years old, Bronze Cross and Standard First Aid

Members: \$120.00

Non Members: \$180.00

Course Dates: January 7th - March 11th

Wed 6:00-10:00pm

Adult Youth & Teen Specialized Aquatics



Recertification Courses

Standard First Aid Recertification

Members: \$50.00

Non Members: \$60.00

Course Dates: October 3rd & December 5th

Sat 1:00-5:00pm

National Lifeguarding Service Recertification

Members: \$50.00

Non Members: \$60.00

Course Dates: October 10th & December 12th

Sat 4:00-7:00pm

** All programs are subject to minimum enrollment.

Adult

Tai Chi

Based on the Yang family Tai Chi Chaun forms, this course will start with an easy to learn 8 movement set, eventually progressing through the 26, 24 and 108 sets along with the Fan and Sword set. Each session will begin with a brief Qigong warm-up. (September 22nd - November 24th)

Tue 7:00-8:00pm

Belly Dancing

Perform beautiful dance movements to Middle Eastern music while challenging your core muscles at the same time. Please bring a hip scarf or optional veil. (September 22nd - November 24th)

Tue 6:00-7:00pm

Zumba

Experience an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements. Don't miss this wonderful Latin-based fitness dance class with Mabel from Dance Obsessed Studio. Members: \$35.00 (September 21st - November 30th)

Mon 7:30-8:30pm

Learn to Power Walk/Run

Challenge yourself by learning to power walk first & then graduate to a running program (optional). Discuss different strategies to combat motivation problems, proper footwear and different training techniques. (September 24th - November 26th)

Thu 6:00-7:00pm

Post Natal

This class is designed specifically to help moms get fit. Classes combine strength-training exercises with cardiovascular drills. Abdominal exercises help improve core strength. The stroller, resistance tubes (and even your child) are used as an integral part of the workout. (September 25th - November 27th)

Fri 9:00-10:00am

Stress Management & Relaxation

Learn how to relax the mind and body while coping with stress. Develop a positive attitude and learn how to laugh again! Bring a light blanket and a small pillow. (October 20th)

Tue 7:15-9:15pm

Kick Start

A great way for first time exercisers to meet and learn in a comfortable environment. Sessions will introduce members to a variety of exercise options and help participants become comfortable with all the North Bay Y has to offer. Contact Membership Services for course dates and times.

YMCA

Family, Youth & Teen

Family Zumba

Can you feel the rhythm and music? Zumba is a hot new craze that combines Latin and international music with easy to follow dance steps. Bring the family together and enjoy as Mable takes your family to the exciting world of Zumba!!

Members: \$5.00

September 20th - November 29th

Sun 1:00-2:00pm

On My Own

Prepare your pre-teen for the responsibility of staying at home alone while gaining self-confidence, learning to conduct a home-safety check and more! Members: \$45.00 Non-Members: \$75.00 November 11th - December 16th

Wed 6:00-8:00pm

Babysitting Course

Learn the basic skills required to care for young children. Earn your CPR Level C and Basic First Aid certificates. Also provides experience supervising children within our Parent's Night Out program. Members: \$55.00 Non-Members: \$85.00 September 23rd - November 4th

Wed 6:00-8:00pm

Halloween Maze

Dress up, drop in and roam around in our haunted maze. Participate in several Halloween activities such as spooky bingo, witches brew, and several ghoulish crafts. Are you brave enough to tour through our haunted maze? Treat Grab Bags will be handed out. Available to participants ages 2 and up. Members: \$2.00 Non Members: \$5.00 October 30th (Register by October 28th)

Fri 6:00-8:00pm

Christmas Day Trippers Camp

Looking for something for your kids to do over the Christmas Break? Join up for the YMCA's Christmas Day Trippers Camp for games, crafts, several fun trips and much more fun. Scheduled Trips will be posted when confirmed. Members: \$29.50/day Non Members: \$34.50/day December 21st - December 31st

Ages 7-12 9:00-5:00pm

Specialty

Advanced Aquatics

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Step 1 - Aquatic/Teen Leader Corps

Pre-requisites: Minimum 12 years old and Star 3

This is a wet & dry combination program between the Aquatic Leader Corps which includes Star 4, 5, 6, Bronze Star and the Teen Leader Corps program. Course Dates: September 25th - June 25th

Fri 6:00-8:00pm

Step 2 - Lifesaving Society Bronze Medallion

Pre-requisites: Minimum 13 years old or completion of Bronze Star Members Fee: \$80.00 Non Members Fee: \$115.00 Course Dates: September 24th - October 29th

Thu 7:00-10:00pm

Step 3 - Lifesaving Society Bronze Cross

Pre-requisites: Completion of Bronze Medallion Members Fee: \$80.00 Non Members Fee: \$115.00 Course Dates: November 5th - December 17th

Thu 7:00-10:00pm

Step 4 - Lifesaving Society Standard First Aid

Pre-requisites: Minimum 12 years of age Members Fee: \$85.00 Non Members Fee: \$105.00 Course Dates: September 26th & 27th, November 28th & 29th

Sat & Sun 9:00-5:00pm

Step 5 - National Lifeguarding Service

Pre-requisites: Minimum 16 years old, Bronze Cross and Standard First Aid Members Fee: \$120.00 Non Members Fee: \$160.00 Course Dates: October 1st - December 3rd

Thu 6:00-10:00pm

**All Courses are available to Members Only unless otherwise indicated.

Programs