

# Program Guide



YMCA-YWCA of  
Northeast Avalon  
**MOUNT PEARL Y**

*The charity where  
you belong.*

## HOURS OF OPERATION

Updated April 2010

<b>Mon-Thurs</b>	8:00am-9:00pm
<b>Friday</b>	8:00am-6:00pm
<b>Friday</b>	6:00pm-10:00pm (Teen Night)
<b>Sat-Sun</b>	9:00am-6:00pm

**Holiday Hours**  
9am - 2pm

**Session Dates**  
June 25, 2010 - Sept. 6, 2010

Continuous programs  
(Holiday Exceptions)

For more information contact:  
**YMCA-YWCA of  
Northeast Avalon**

Mount Pearl Y  
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Mount Pearl, NL  
A1N 3G9

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[www.ynortheastavalon.com](http://www.ynortheastavalon.com)

### Mission Statement:

The YMCA-YWCA is a charity that provides opportunities for all to grow in spirit, mind, and body.

**YMCA-YWCA  
Core Values**

## Monthly Membership Rates

Older Adults	55 +	\$32.00
Adults	19 - 54	\$39.00
Full Time Student	15 + Student ID Required	\$29.00
Youth	6-14	\$19.00
Child	0-5	\$19.00
Family	1 Adult Family	\$62.00
	2 Adult Family	\$72.00
Couple	19 +	\$67.00
Day Pass	All Ages	\$10.00
Evening Pass	All Ages (after 7pm)	\$7.00

All fees are subject to HST where applicable.

**Continuous Membership**  
YMCA- YWCA membership is automatically renewed yearly from the day you join.

**Membership Assistance**  
No one is ever refused a YMCA-YWCA membership due to an inability to pay the full fee. Ask at membership services desk.

**Supervision**  
Supervision of children under the age of 12 is required in all areas of the building unless in a program.

Caring - Honesty - Respect  
Responsibility - Health - Inclusiveness

## Child Minding Services

We offer child minding services for children 0 - 11 yrs included in family membership at no additional cost. Parents must stay in the facility while their child is in the child minding service.

Monday - Thursday 5:30 - 7:30pm  
Saturday - Sunday 9:00 - 11:00am

## Conditioning Centre

Cardio equipment, selectorized strength, free weights, benches and more. Free beginner program and orientation for members 12+. Call member services to book your appointment time.

## Children's Birthday Parties

Saturday bookings 11am - 1pm, 1:30-3:30pm and 4 - 6pm; Sunday bookings 12 - 2pm and 2:30 - 4:30pm for members, non-members and children's services families. Ask at the membership services desk.

## Y50+

Y50+ members who have been a part of the program since 2006 or prior can register under the new Y program fees. Any new member to the Y50+ program needs to sign up as a Y older adult member.

## Cancellation Policy

Memberships may be cancelled with written request and upon surrender of existing membership cards. At least 7 days notice prior to payment date is required. \$25.00 cancellation fee.

# Child & Youth Member Programs

ages 0-5 & 6-8



Day	0-5 Years	Time/Room	6-8 Years	Time/Room	Program Description
Monday	Indoor Playground*	10:00 - 11:00am MPYG	Summer Day Camp†		<b>Indoor Playground</b> A fun-filled indoor playground that keeps children active while sharing and playing with other children. *Some days will include the inflated bouncer castle. Parental/Guardian supervision is required.
			Indoor Playground*	10:00 - 11:00am	
			Y World of Sports	3:00 - 5:00pm MPYG	
			Kids Climb	3:00 - 4:00pm MPYG	
Tuesday	Head, Shoulders Knees and Toes (0-2)	9:00 - 9:30am MPYG	Summer Day Camp†		<b>Head, Shoulders, Knees and Toes</b> Stretching and exercising every part of the body from the top of your head to the tips of your toes. A relaxing laid back atmosphere where kids can stretch and grow, while improving their flexibility. Staff Supervised.
	Head, Shoulders Knees and Toes (3-5)	9:30 - 10:00am MPYG	Basketball	3:00 - 5:00pm MPYG	
Wednesday	Indoor Playground*	10:00 - 11:00am MPYG	Summer Day Camp†		<b>Mini Bootcamp</b> Up, down, over and under! Children will be moving in this high energy action packed class. Staff Supervised.
			Indoor Playground*	10:00 - 11:00am	
			Y World of Sports	3:00 - 5:00pm MPYG	
			Kids Climb	3:00 - 4:00pm MPYG	
Thursday	Jumping Beans (0-2)	9:00 - 9:30am MPYG	Summer Day Camp†		<b>Jumping Beans</b> Children will improve their balance, coordination and flexibility in this class, while jumping and moving. Staff Supervised.
	Jumping Beans (3-5)	9:30 - 10:00am MPYG	Soccert†	3:00 - 5:00pm MPYG	
Friday	Mini Bootcamp (0-2)	9:00 - 9:30am MPYG	Summer Day Camp†		
	Mini Bootcamp (3-5)	9:30 - 10:00am MPYG	Y World of Sports	3:00 - 5:00pm MPYG	
Saturday	Indoor Playground*	9:00 - 10:00am MPYG	Indoor Playground*	9:00 - 10:00am MPYG	
Sunday	Indoor Playground*	9:00 - 10:00am MPYG	Indoor Playground*	9:00 - 10:00am MPYG	

## Room Codes

MPYG = Mount Pearl Y Gym  
 RCG = Reid Centre Gym  
 MPP = Mount Pearl Pool  
 MPR = Multi-purpose Room MPY  
 CC = Conditioning Centre, Mount Pearl Y

† Program starts June 28th

### Do you want to be a volunteer leader?

**YMCA FITNESS LEADERSHIP PROGRAM**  
 Train to lead group fitness classes or individuals in personal fitness programs. Courses are free to members who want to volunteer. For more information contact Membership Services.

# Youth Member Programs

ages 9-12 & 13-17



Day	9-12 Years	Time/Room	13-17 Years	Time/Room	Program Description
Monday	Summer Day Camp†		Y World of Sports	5:00 - 6:00pm MPYG	<p><b>Youth Strength Training</b> This class is a great way to introduce older kids &amp; teens to proper strength training techniques for their age group. By focusing on form and safety, teens will learn how these exercises affect various muscle groups. Staff supervised.</p> <p><b>Basketball and Ball Hockey</b> Come join us for a pick up game, develop your skills and meet some friends. No previous experience or equipment needed. Staff supervised.</p> <p><b>Teen Night</b> Here's a great opportunity to get together with old friends, or meet tons of new ones on a Friday night. We've got a rock climbing wall, sports, social activities and games. There are no in &amp; out privileges. These events are well supervised for your safety.</p> <p><b>Y World of Sports</b> Children will play a variety of sports and learn the importance of teamwork. The different sports that will be played are soccer, basketball, and more. Staff supervised.</p>
	Y World of Sports	3:00 - 5:00pm MPYG			
	Kids Climb	3:00 - 4:00pm MPYG			
Tuesday	Summer Day Camp†		Youth Strength Training	5:00 - 6:00pm CC	
	Basketball	3:00 - 5:00pm MPYG			
Wednesday	Summer Day Camp†		Basketball	5:00 - 6:00pm MPYG	
	Y World of Sports	3:00 - 5:00pm MPYG			Teen Climb
	Kids Climb	3:00 - 4:00pm MPYG			
Thursday	Summer Day Camp†		Ball Hockey	5:00 - 6:00pm MPYG	
	Ball Hockey	3:00 - 5:00pm MPYG			Teen Climb
	Soccer	3:00 - 5:00pm MPYG			
Friday	Summer Day Camp†		Youth Strength Training	5:00 - 6:00pm CC	
	Y World of Sports	3:00 - 5:00pm MPYG			Teen Night
	Kids Climb	6:00 - 7:00pm MPYG			
Saturday	Indoor Playground*	10:00 - 11:00am MPYG			
Sunday	Indoor Playground*	10:00 - 11:00am MPYG			

## Open Gym Schedule MPYG

Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00pm 8:00-8:30pm	5:00-6:45pm 8:00-8:30pm	12:00-1:00pm	7:00-8:30pm	12:00-1:00pm 5:00-6:00pm

Drop in, shoot some hoops, kick around the soccer ball, or play some floor hockey. Parental / guardian supervision required for ages 12 and under.

† Program starts June 28th



## Climbing Wall Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-11:00 am	Family Climb		Open Climb				
11:00 am-12:00 pm						Birthdays	
12:00-1:00 pm		Adult Climb		Adult Climb		Birthdays	Birthdays
1:00-2:00 pm						Birthdays	Birthdays
2:00-3:00 pm						Birthdays	Birthdays
3:00-4:00 pm	Kids Climb		Kids Climb			Birthdays	Birthdays
4:00-5:00 pm						Birthdays	Birthdays
5:00-6:00 pm						Birthdays	Open Climb
6:00-7:00 pm	Teen Climb		Family Climb	Teen Climb	Kids Climb	Closed at 6pm	Closed at 6pm
7:00-8:00 pm	Adult Climb	Open Climb			Teen Night		
8:00-10:00 pm							

## June 25, 2010 - Sept. 6, 2010

The indoor bouldering wall stands 10 feet high and is equipped for 6 climbers at one time. The walls are small enough that safety ropes are not required. Matting and trained Y staff spotters are used instead. Routes are set with artificial climbing holds to challenge every climber. Participants can traverse the length of the wall or vertically on different routes including small overhangs.

### Program Descriptions:

Open Climb	participants of all ages are welcome to use the climbing wall. Staff supervised.
Kids Climb	ages 6-12 Staff supervised.
Adult Climb	ages 18+
Family Climb	ages 0-5 with parental/guardian accompaniment. Staff supervised.
Teen Climb/Teen Night	ages 13-17 staff supervised. Teen night will include other activities.
Birthday Parties	Including climbing wall \$82.50 member/\$110 non-member plus HST. Staff supervised.

## Student, Adult and Older Adult Group Programs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Trail Walk*	9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am	
Ball Fit						9:00-10:00am MPYG
Y-ise Weights		10:00-11:00am CC	6:00-7:00pm CC	10:00-11:00am CC		
Afternoon Trail Walk*	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	
Adult Ball Hockey			7:30-9:00pm MPYG			

\* Meet at Mount Pearl Y



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