

## FAMILY OPEN GYM

Come use our facility for your family activities including recreational games, sports, health and fitness. Our facilities equipment will be provided for family fun.

### Age: 1 year and up

#### RUDDY FAMILY Y

67820	Sa-Su 5:30- 6:30PM	Sep 10	Classes: 30	CM/IM/PM \$0	NM \$107.25
67821	Sa-Su 5:30- 6:30PM	Jan 14	Classes: 24	CM/IM/PM \$0	NM \$85.80

#### TAGGART FAMILY Y

67535	W 4:00- 5:00PM	Sep 7	Classes: 15	CM/IM/PM \$0	NM \$107.25
67569	W 4:00- 5:00PM	Jan 11	Classes: 12	CM/IM/PM \$0	NM \$85.80

## FAMILY BADMINTON - RECREATIONAL

This program is offered to families. Racquets and shuttles are available to borrow; having your own is an asset. Court play is limited to 20 minutes at a time if other participants are waiting to play.

### Age: 9 years and up

#### RUDDY FAMILY Y

67060	Su 12:00- 2:00PM	Sep 11	Classes: 15	CM/IM/PM \$0	NM \$97.50
67677	Su 12:00- 2:00PM	Jan 15	Classes: 12	CM/IM/PM \$0	NM \$78

## FAMILY KARATE

For the whole family. Students learn respect, self-discipline, self-defense techniques and become more active.

### Age: 7 years and up

#### RUDDY FAMILY Y

66880	Tu, Sa 6:00- 7:30PM	Sep 6	Classes: 30	CM \$225	IM/PM \$0	NM \$292.50
67675	Tu, Sa 6:00- 7:30PM	Jan 10	Classes: 24	CM \$180	IM/PM \$0	NM \$234



## FAMILY TAE KWON DO - BEGINNER COURSE

Explore your potential with Tae E Lee Tae Kwon Do. This introductory course is for beginner children, teens, adults or families. No experience required. Benefits include increased self-confidence, discipline, focus, concentration, improved fitness, coordination and overall well being. Tae E Lee Tae Kwon Do is an official World Tae Kwon Do Federation program.

### Age: 6 years and up

#### CARLINGWOOD Y

66493	Su 11:30-12:30PM	Sep 11	Classes: 15	CM \$75	IM/PM \$0	NM \$97.50
66897	Su 11:30-12:30PM	Jan 15	Classes: 12	CM \$60	IM/PM \$0	NM \$78

#### CLARENCE-ROCKLAND Y

67664	W 6:00- 7:00PM	Sep 7	Classes: 15	\$75	IM/PM \$0	NM \$97.50
67665	W 6:00- 7:00PM	Jan 11	Classes: 12	\$60	IM/PM \$0	NM \$78

## FAMILY TAE KWON DO - INTERMEDIATE/ADVANCED

Explore your potential with Tae E Lee Tae Kwon Do. Benefits include increased self-confidence, discipline, focus, concentration, improved fitness, coordination and overall well being. Tae E Lee Tae Kwon Do is an official World Tae Kwon Do Federation program. Yellow, orange and green belts (Intermediate). Blue belts and above (Advanced).

### Age: 6 years and up

#### CARLINGWOOD Y

66494	Su 12:30- 1:30PM	Sep 11	Classes: 15	CM \$75	IM/PM \$0	NM \$97.50
66899	Su 12:30- 1:30PM	Jan 15	Classes: 12	CM \$60	IM/PM \$0	NM \$78

#### CLARENCE-ROCKLAND Y

67667	W 7:00- 8:00PM	Sep 7	Classes: 15	CM \$75	IM/PM \$0	NM \$97.50
67666	W 7:00- 8:00PM	Jan 11	Classes: 12	CM \$60	IM/PM \$0	NM \$78

## FAMILY ZUMBA

Zumba is a fusion of Latin and international music-dance themes creating a dynamic and effective fitness system. This session will review some basic rhythms that the whole family can participate.

### Age: 6 years and up

#### CARLINGWOOD Y

66495	Sa 10:15-11:15AM	Sep 17	Classes: 15	CM \$75	IM/PM \$0	NM \$97.50
66498	Sa 10:15-11:15AM	Jan 14	Classes: 12	CM \$60	IM/PM \$0	NM \$78

## CULTURAL STUDIES

Great for the entire family, this class allows for us all to learn about the country selected. We will learn of the history, culture, language and cuisine of a country or region. Ask your Child, Youth and Family Coordinator for the country you will be studying.

### Age: 6 years and up

#### TAGGART FAMILY Y

67562	Sa 1:30- 2:30PM	Sep 10	Classes: 8	CM \$52	IM/PM \$0	NM \$40
67594	Sa 1:30- 2:30PM	Jan 14	Classes: 8	CM \$52	IM/PM \$0	NM \$40

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member

## CONDITIONING FOR YOUTH

This fun course focuses on improving agility, increasing speed and strength and making friends by incorporating fitness, team building and sports.

### Age: 14 to 17 years

#### CARLINGWOOD Y

67290	Sa	10:30-11:30AM	Sep 10	Classes: 8	CM/IM/PM \$0	NM \$52
67291	Sa	10:30-11:30AM	Jan 14	Classes: 8	CM/IM/PM \$0	NM \$52

## Y KIDS ACADEMY NEW

Y Kids Academy is a 4 week program designed to encourage activity, promote sensible physical conditioning and help shape healthier kids. Participants will learn about their health through interactive theory sessions on topics such as muscle mechanics, healthy weight and well balanced eating complimented by active training and conditioning sessions.

### Age: 10 to 13 years

#### CARLINGWOOD Y

68036	Tu	5:30-7:00PM, Sa 10:30-12:00PM	Sep 27	Classes: 8	CM/IM/PM/NM \$0
67283	Th, Sa	5:30-7:00PM	Sep 29	Classes: 8	CM/IM/PM/NM \$0
68037	Tu	5:30-7:00PM, Sa 10:30-12:00PM	Oct 25	Classes: 8	CM/IM/PM/NM \$0
67883	Th, Sa	5:30-7:00PM	Oct 27	Classes: 8	CM/IM/PM/NM \$0
68038	Tu	5:30-7:00PM, Sa 10:30-12:00PM	Nov 22	Classes: 8	CM/IM/PM/NM \$0
67887	Th, Sa	5:30-7:00PM	Nov 24	Classes: 8	CM/IM/PM/NM \$0
68039	Tu	5:30-7:00PM, Sa 10:30-12:00PM	Jan 10	Classes: 8	CM/IM/PM/NM \$0
67285	Th, Sa	5:30-7:00PM	Jan 12	Classes: 8	CM/IM/PM/NM \$0
68040	Tu	5:30-7:00PM, Sa 10:30-12:00PM	Feb 7	Classes: 8	CM/IM/PM/NM \$0
67888	Th, Sa	5:30-7:00PM	Feb 9	Classes: 8	CM/IM/PM/NM \$0
68041	Tu	5:30-7:00PM, Sa 10:30-12:00PM	Mar 6	Classes: 8	CM/IM/PM/NM \$0
67889	Th, Sa	5:30-7:00PM	Mar 8	Classes: 8	CM/IM/PM/NM \$0

#### CLARENCE-ROCKLAND Y

67809	M, W	6:00-7:30PM	Sep 26	Classes: 8	CM/IM/PM/NM \$0
68058	Tu, Th	6:00-7:30PM	Sep 27	Classes: 8	CM/IM/PM/NM \$0
67810	M, W	6:00-7:30PM	Oct 24	Classes: 8	CM/IM/PM/NM \$0
68059	Tu, Th	6:00-7:30PM	Oct 25	Classes: 8	CM/IM/PM/NM \$0
67811	M, W	6:00-7:30PM	Nov 21	Classes: 8	CM/IM/PM/NM \$0
68060	Tu, Th	6:00-7:30PM	Nov 22	Classes: 8	CM/IM/PM/NM \$0
68061	M, W	6:00-7:30PM	Jan 9	Classes: 8	CM/IM/PM/NM \$0
67680	Tu, Th	6:00-7:30PM	Jan 10	Classes: 8	CM/IM/PM/NM \$0
68062	M, W	6:00-7:30PM	Feb 6	Classes: 8	CM/IM/PM/NM \$0
67681	Tu, Th	6:00-7:30PM	Feb 7	Classes: 8	CM/IM/PM/NM \$0
68063	M, W	6:00-7:30PM	Mar 5	Classes: 8	CM/IM/PM/NM \$0
67814	Tu, Th	6:00-7:30PM	Mar 6	Classes: 8	CM/IM/PM/NM \$0

#### KANATA Y

67985	M, W	6:30-8:00PM	Sep 26	Classes: 8	CM/IM/PM/NM \$0
67986	M, W	6:30-8:00PM	Oct 24	Classes: 8	CM/IM/PM/NM \$0
67987	M, W	6:30-8:00PM	Nov 21	Classes: 8	CM/IM/PM/NM \$0
67988	Th 6:30-8:00 PM, Sa 10:00-11:30AM	Sep 29	Classes: 8	CM/IM/PM/NM \$0	
67989	Th 6:30-8:00 PM, Sa 10:00-11:30AM	Oct 27	Classes: 8	CM/IM/PM/NM \$0	
67990	Th 6:30-8:00 PM, Sa 10:00-11:30AM	Nov 24	Classes: 8	CM/IM/PM/NM \$0	
67991	M, W	6:30-8:00PM	Jan 9	Classes: 8	CM/IM/PM/NM \$0
67992	M, W	6:30-8:00PM	Feb 6	Classes: 8	CM/IM/PM/NM \$0
67993	M, W	6:30-8:00PM	Mar 5	Classes: 8	CM/IM/PM/NM \$0
67994	Th 6:30-8:00 PM, Sa 10:00-11:30AM	Jan 12	Classes: 8	CM/IM/PM/NM \$0	



67995	Th 6:30-8:00 PM, Sa 10:00-11:30AM	Sep 9	Classes: 8	CM/IM/PM/NM \$0
67996	Th 6:30-8:00 PM, Sa 10:00-11:30AM	Mar 8	Classes: 8	CM/IM/PM/NM \$0

#### NEPEAN Y

68030	M, W 6:15-7:45PM	Sep 26	Classes: 8	CM/IM/PM/NM \$0
67895	W 6:15-7:15 PM, Sa 8:30-10:00AM	Sep 28	Classes: 8	CM/IM/PM/NM \$0
68031	M, W 6:15-7:45PM	Oct 24	Classes: 8	CM/IM/PM/NM \$0
67896	W 6:15-7:15 PM, Sa 8:30-10:00AM	Oct 26	Classes: 8	CM/IM/PM/NM \$0
68032	M, W 6:15-7:45PM	Nov 21	Classes: 8	CM/IM/PM/NM \$0
67898	W 6:15-7:15 PM, Sa 8:30-10:00AM	Nov 23	Classes: 8	CM/IM/PM/NM \$0
68033	M, W 6:15-7:45PM	Jan 9	Classes: 8	CM/IM/PM/NM \$0
67900	W 6:15-7:15 PM, Sa 8:30-10:00AM	Jan 11	Classes: 8	CM/IM/PM/NM \$0
68034	M, W 6:15-7:45PM	Feb 6	Classes: 8	CM/IM/PM/NM \$0
67901	W 6:15-7:15 PM, Sa 8:30-10:00AM	Feb 8	Classes: 8	CM/IM/PM/NM \$0
68035	M, W 6:15-7:45PM	Mar 5	Classes: 8	CM/IM/PM/NM \$0
67903	W 6:15-7:15 PM, Sa 8:30-10:00AM	Mar 7	Classes: 8	CM/IM/PM/NM \$0

#### RUDDY FAMILY Y

67753	M, W 4:00-5:30PM	Sep 26	Classes: 8	CM/IM/PM/NM \$0
67762	Tu, Th 6:00-7:30PM	Sep 27	Classes: 8	CM/IM/PM/NM \$0
67754	M, W 4:00-5:30PM	Oct 24	Classes: 8	CM/IM/PM/NM \$0
67763	Tu, Th 6:00-7:30PM	Oct 25	Classes: 8	CM/IM/PM/NM \$0
67755	M, W 4:00-5:30PM	Nov 21	Classes: 8	CM/IM/PM/NM \$0
67764	Tu, Th 6:00-7:30PM	Nov 22	Classes: 8	CM/IM/PM/NM \$0
67756	M, W 4:00-5:30PM	Jan 9	Classes: 8	CM/IM/PM/NM \$0
67759	Tu, Th 6:00-7:30PM	Jan 10	Classes: 8	CM/IM/PM/NM \$0
67757	M, W 4:00-5:30PM	Feb 6	Classes: 8	CM/IM/PM/NM \$0
67760	Tu, Th 6:00-7:30PM	Feb 7	Classes: 8	CM/IM/PM/NM \$0
67758	M, W 4:00-5:30PM	Mar 5	Classes: 8	CM/IM/PM/NM \$0
67761	Tu, Th 6:00-7:30PM	Mar 6	Classes: 8	CM/IM/PM/NM \$0

#### TAGGART FAMILY Y

67861	M, W 5:30-7:00PM	Sep 26	Classes: 8	CM/IM/PM/NM \$0
67863	Th, Sa 5:30-7:00PM	Sep 29	Classes: 8	CM/IM/PM/NM \$0
67864	M, W 5:30-7:00PM	Oct 24	Classes: 8	CM/IM/PM/NM \$0
67865	Th, Sa 5:30-7:00PM	Oct 27	Classes: 8	CM/IM/PM/NM \$0
67866	M, W 5:30-7:00PM	Nov 21	Classes: 8	CM/IM/PM/NM \$0
67867	Th, Sa 5:30-7:00PM	Nov 24	Classes: 8	CM/IM/PM/NM \$0
67868	M, W 5:30-7:00PM	Jan 9	Classes: 8	CM/IM/PM/NM \$0
67869	Th, Sa 5:30-7:00PM	Jan 12	Classes: 8	CM/IM/PM/NM \$0
67870	M, W 5:30-7:00PM	Feb 6	Classes: 8	CM/IM/PM/NM \$0
67871	Th, Sa 5:30-7:00PM	Feb 9	Classes: 8	CM/IM/PM/NM \$0
67872	M, W 5:30-7:00PM	Mar 5	Classes: 8	CM/IM/PM/NM \$0
67873	Th, Sa 5:30-7:00PM	Mar 8	Classes: 8	CM/IM/PM/NM \$0

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member



## HOME SCHOOL EXPRESSIONS

Opportunity for creative expression. Various projects that involve art, drama, movement and dance.

### Age: 6 to 13 years

#### RUDDY FAMILY Y

66946	Th	1:00- 2:30PM	Sep 8	Classes: 15	CM \$150	IM/PM \$0	NM \$150
66950	Th	1:00- 2:30PM	Jan 12	Classes: 12	CM \$120	IM/PM \$0	NM \$156

## HOMESCHOOL GYM AND SWIM

Children will enjoy 1 hour of play in the gym, followed by a 3/4 hour swim lesson.

### Age: 6 to 13 years

#### RUDDY FAMILY Y

66886	W	1:00- 3:00PM	Sep 7	Classes: 15	CM \$150	IM/PM \$0	NM \$195
67676	W	1:00- 3:00PM	Jan 11	Classes: 12	CM \$120	IM/PM \$0	NM \$156

#### TAGGART FAMILY Y

67999	Th	11:00- 1:00PM	Sep 8	Classes: 15	CM \$150	IM/PM \$0	NM \$195
68000	Th	11:00- 1:00PM	Jan 12	Classes: 12	CM \$120	IM/PM \$0	NM \$156

## HOME SCHOOL PHYSICAL EDUCATION

This program is for kids who receive their education at home. Physical activity sessions based on movement, skill development and fun in a supportive group setting.

### Age: 6 to 13 years

#### CLARENCE-ROCKLAND Y

67656	Th	11:00- 1:00PM	Sep 8	Classes: 15	CM/IM/PM \$0	NM \$195
67657	Th	11:00- 1:00PM	Jan 12	Classes: 12	CM/IM/PM \$0	NM \$156

#### NEPEAN Y

66720	Tu	1:30- 3:30PM	Sep 6	Classes: 15	CM/IM/PM \$0	NM \$195
66721	Tu	1:30- 3:30PM	Jan 10	Classes: 12	CM/IM/PM \$0	NM \$156

## MOTHER AND DAUGHTER DANCE EXPRESSIONS

Spend some quality time while learning and being physically active to Zumba, belly dancing, yoga, salsa and much more!

### Age: 6 years and up

#### TAGGART FAMILY Y

67251	Tu	4:30- 5:30PM	Sep 6	Classes: 15	CM \$82.50	IM/PM \$0	NM \$107.25
67566	Tu	4:30- 5:30PM	Jan 10	Classes: 12	CM \$66	IM/PM \$0	NM \$85.80

## CAN DO SPORTS

Meaningful sports and active play opportunities for young people who have special needs.

### Age: 13 to 17 years

#### RUDDY FAMILY Y

66936	Th	7:00- 8:00PM	Sep 8	Classes: 15	CM \$75	IM/PM \$0	NM \$97.50
66937	Th	7:00- 8:00PM	Jan 12	Classes: 12	CM \$60	IM/PM \$0	NM \$78

## FAMILY YOGA

Move your body through a series of seated and standing postures designed to increase flexibility, balance and range of motion. The whole family can be involved.

### Age: 6 years and up

#### CARLINGWOOD Y

66502	Su	10:15- 11:15AM	Oct 16	Classes: 6	CM \$30	IM/PM \$0	NM \$39
66503	Su	10:15- 11:15AM	Jan 15	Classes: 6	CM \$30	IM/PM \$0	NM \$39

#### RUDDY FAMILY Y

66807	Sa	11:00- 12:00PM	Sep 10	Classes: 6	CM \$30	IM/PM \$0	NM \$39
67750	Sa	11:00- 12:00PM	Jan 7	Classes: 6	CM \$30	IM/PM \$0	NM \$39

## LEADERS CORPS

Y core values form the basis of this 10 week leadership development program. Topics include communication, teamwork, problem solving, planning and organizing, health and fitness, philanthropy, group dynamics and volunteerism. During the second weekly session, leaders will apply the theory as they develop and lead programming and or special events to benefit other children and families (day and time to be determined in consultation with Leader).

### Age: 13 to 15 years

#### CARLINGWOOD Y

66490	Th	6:00- 8:00PM	Oct 13	Classes: 10	CM/IM/PM \$0	NM \$216
-------	----	--------------	--------	-------------	--------------	----------

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member

## BASICS OF TEEN POWERLIFTING

Are you a teenager between the ages of 13 and 17? Have you seen powerlifting and wondered about the 'how to's' of these exercises? Have you wondered about the training benefits of these exercises that all professional athletes seem to be familiar with? Join us and we'll show you how to safely execute exercises that can add some serious power to your performance.

### Age: 13 to 17 years

#### TAGGART FAMILY Y

67309	Sa	1:00- 2:00PM	Sep 24	Classes: 6	CM \$54	IM/PM \$0	NM \$72
67325	Sa	1:00- 2:00PM	Jan 21	Classes: 6	\$54	IM/PM \$0	NM \$72

#### RUDDY FAMILY Y

67256	Tu	4:15- 5:15PM	Nov 1	Classes: 6	CM \$54	IM/PM \$0	NM \$72
67257	Tu	4:15- 5:15PM	Jan 24	Classes: 6	CM \$54	IM/PM \$0	NM \$72

## BABYSITTING COURSE

This Y certificate program helps young people learn and develop the necessary skills to supervise children responsibly. Topics include age characteristics of children, entertaining, creating a caring and safe environment and handling challenging children. This program is also valuable for young people who are sometimes home alone.

### Age: 11 to 14 years

#### CARLINGWOOD Y

67315	Sa, Su	9:00- 2:00PM, F 6:00- 8:00PM	Oct 15	Classes: 3	CM \$60	IM/PM \$0	NM \$78
67317	Sa, Su	9:00- 2:00PM, F 6:00- 8:00PM	Dec 10	Classes: 3	CM \$60	IM/PM \$0	NM \$78
67320	Sa, Su	9:00- 2:00PM, F 6:00- 8:00PM	Feb 4	Classes: 3	CM \$60	IM/PM \$0	NM \$78

#### CLARENCE-ROCKLAND Y

67668	Sa, Su	1:00- 6:00PM, F 6:00- 8:00PM	Oct 15	Classes: 3	CM \$60	IM/PM \$0	NM \$78
67669	Sa, Su	1:00- 6:00PM, F 6:00- 8:00PM	Feb 18	Classes: 3	CM \$60	IM/PM \$0	NM \$78

#### RUDDY FAMILY Y

67057	Sa, Su	12:00- 5:00PM, F 6:00- 8:00PM	Oct 15	Classes: 3	CM \$60	IM/PM \$0	NM \$78
67056	Sa, Su	12:00- 5:00PM, F 6:00- 8:00PM	Feb 11	Classes: 3	CM \$60	IM/PM \$0	NM \$78

## BASKETBALL TEAM TIME

Wanting to make your high school basketball team or play a more structured brand of basketball? Come to the YMCA-YWCA's Team time. This time allows you to practice in a structured environment. Youth in this program will leave with discipline and a greater understanding of the game.

### Age: 13 to 17 years

#### CARLINGWOOD Y

66613	F	7:00- 8:30PM	Sep 9	Classes: 15	CM/IM/PM \$0	NM \$146.25
66614	F	7:00- 8:30PM	Jan 13	Classes: 12	CM/IM/PM \$0	NM \$117

#### TAGGART FAMILY Y

67556	F	6:00- 7:30PM	Sep 9	Classes: 15	CM/IM/PM \$0	NM \$146.25
67586	F	6:00- 7:30PM	Jan 13	Classes: 12	CM/IM/PM \$0	NM \$117

## PICK UP BASKETBALL FOR YOUTH

Come and join us for a fun and competitive game of pick-up basketball.

### Age: 13 years and up

#### NEPEAN Y

66712	F	6:30- 8:30PM	Jan 13	Classes: 12	CM/IM/PM \$0	NM \$60
68053	F	6:30- 8:30PM	Sep 9	Classes: 15	CM/IM/PM \$0	NM \$75

*Youth and Adult Drop-In* **Sports Leagues** *at the Ruddy Family Y*

For more information please contact the Ruddy Family Y  
613.830.4199