



# Winter Program Programme d'hiver

January 8, 2012 - March 10, 2012

**YMCA of Greater Moncton**  
30 War Veterans Ave  
Moncton, NB, E1C 0B3  
Tel: 857-0606 Fax: 859-8198  
Email: info@ymcamoncton.com  
Web: www.ymcamoncton.com

**YMCA du Grand Moncton**  
30 Ave des Anciens Combattants  
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**Monday - Friday : 5:30 am - 10:00 pm**  
**Saturday - Sunday : 7:00 am - 8:00 pm**  
**Holidays : 9:00 am - 5:00 pm**

**Lundi - Vendredi : 5h30 - 22h00**  
**Samedi - Dimanche : 7h00 - 20h00**  
**Congés : 9h00 - 17h00**

## Adult Fitness - Forme Physique Adultes

	Sunday Dimanche	Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi
<b>Adult Open Gym</b> <i>Accès libre au gymnase pour adultes</i>	7:00a - 9:00a	7:00a - 8:45a Open 1:30p - 4:00p Basketball 8:15p - 10:00p Basketball	7:00a - 8:45a Open 1:30p - 4:00p Basketball 8:15p - 10:00p Badminton	7:00a - 8:45a Open 8:15p - 10:00p Basketball	7:00a - 7:45a Open 8:15p - 10:00p Badminton	7:00a - 8:45a Open 7:00p - 10:00p Youth Zone, (ages 12-17)	4:00p - 8:00p Open
<b>Bellyfit</b> <i>Bellyfit</i>							10:30a - 11:30a
<b>Boot Camp</b> <i>Boot Camp</i>	9:30a - 10:15a			7:15p - 8:00p			
<b>Cardio Combo</b> <i>Cardio Combo</i>						12:15p - 1:00p	
<b>Chair Yoga</b> <i>Yoga sur chaise</i>		10:45a - 11:15a		10:45a - 11:15a		10:45a - 11:15a	
<b>Cyclefit</b> <i>Véloforme</i>	10:15a - 11:15a 11:30a - 12:30p	12:15p - 1:00p 5:30p - 6:30p 6:45p - 7:45p	6:00a - 7:00a 9:00a - 10:00a 6:15p - 7:15p	5:30p - 6:30p	9:00a - 10:00a 6:15p - 7:15p	6:00a - 7:00a 12:15p - 1:00p 5:15p - 6:15p	7:45a - 8:45a 10:15a - 11:15a
<b>Cyclefit Express</b> <i>Véloforme Express</i>					12:15p - 12:45p		
<b>Focus on Healing - Healthy Steps</b> <i>Accent sur la guérison - Étapes de remise en forme</i>			7:30p - 8:30p	1:30p - 2:30p			
<b>Group Active</b> <i>Conditionnement de groupe</i>	5:00p - 6:00p	9:00a - 10:00a	12:15p - 1:15p		5:30p - 6:30p		
<b>Group Centergy</b> <i>Group Centergy</i>	12:00p - 01:00p	9:00a - 10:00a 7:15p - 8:15p	10:30a - 11:30a 12:15p - 1:15p	6:00a - 7:00a 7:15p - 8:15p	10:30a - 11:30a	9:00a - 10:00a	
<b>Group Power</b> <i>Group Power</i>		6:00a - 7:00a 5:30p - 6:30p	7:00p - 8:00p	9:00a - 10:00a 5:30p - 6:30p	12:15p - 1:15p 7:00p - 8:00p		7:45a - 8:45a 9:00a - 10:00a
<b>Hula Hooping</b> <i>Hula Hooping</i>					8:00a - 8:45a		
<b>Orientation Classes</b> <i>Orientation aux cours</i>	Saturday January 14 & Saturday February 4 (Group Power 1:00p, Group Centergy 1:45p, Cyclefit 2:30p, Y-Step 3:15p) <i>Samedi le 14 janvier &amp; Samedi le 4 février (Group Power 1:00p, Group Centergy 1:45p, Véloforme 2:30p, Y-Step 3:15p)</i>						
<b>Prime Time</b> <i>Heures prioritaires</i>				10:15a - 10:45a		10:15a - 10:45a	
<b>Prime Time Cyclefit</b> <i>Véloforme Heures prioritaires</i>				9:00a - 9:45a			
<b>Super Flex &amp; Tone</b> <i>Flexi-tonification avancée</i>		12:15p - 1:00p			6:00a - 7:00a	09:00a - 10:00a	
<b>Tai Chi</b> <i>Tai Chi</i>			1:30p - 2:30p		1:30p - 2:30p		
<b>YMCA Express - Core</b> <i>Série Express YMCA - Core</i>	11:20a - 11:45a	6:45p - 7:10p		6:45p - 7:10p	12:50p - 1:15p		
<b>Y-Step</b> <i>Step aérobique Y</i>	10:30a - 11:00a Level 1 - Niveau 1 4:00p - 4:45p Level 2 - Niveau 2		5:30p - 06:30p Level 2 - Niveau 2	12:15p - 1:00p Level 1 - Niveau 1	9:00a - 10:00a Level 3 - Niveau 3	5:15p - 5:45p Level 1 - Niveau 1	
<b>Yoga (All levels)</b> <i>Yoga (Tous les niveaux)</i>	6:30p - 7:30p		5:00p - 5:45p 7:00p - 8:00p	12:15p - 1:15p	7:00p - 8:00p		
<b>Zumba</b> <i>Zumba</i>		7:15p - 8:00p	9:00a - 10:00a		8:15p - 9:00p		12:30p - 1:30p
<b>Zumba Gold</b> <i>Zumba Gold</i>		10:15a - 10:45a					
<b>Adult Therapy Swim</b> <i>Natation thérapeutique adulte</i>	7:00a - 8:00p	5:30a - 10:00p	5:30a - 11:00a 12:00p - 10:00p	5:30a - 10:30a 11:00a - 10:00p	5:30a - 11:00a 12:00p - 10:00p	5:30a - 9:00p	7:00a - 8:00p
<b>Adult Swim Lessons</b> <i>Cours de natation pour adultes</i>	3:30p - 4:00p						
<b>Advanced Aquatics</b> <i>Natation Avancé</i>	Bronze Cross from January 8 to February 26 and Bronze Medallion from March 5 to March 9 <i>Bronze Cross du 8 janvier au 26 février et Bronze Medallion du 5 mars au 9 mars</i>						
<b>Ai Chi</b> <i>Ai Chi</i>			11:00a - 11:30a	10:30a - 11:00a	11:00a - 11:30a		
<b>Aquafitness</b> <i>Aquaforme</i>		9:00a - 10:00a 7:30p - 8:30p	9:00a - 10:00a 7:30p - 8:30p	9:00a - 10:00a 7:30p - 8:30p	9:00a - 10:00a 7:30p - 8:30p	9:00a - 10:00a	9:00a - 10:00a
<b>Aquamoves</b> <i>Mouvements dans l'eau</i>	1:30p - 2:00p		11:30a - 12:00p		11:30a - 12:00p		
<b>Member Lane Swim</b> <i>Natation en couloirs pour membres</i>	7:00a - 9:00a 4:00p - 8:00p	5:30a - 5:00p 7:30p - 10:00p	5:30a - 5:00p 7:30p - 10:00p	5:30a - 5:00p 7:30p - 10:00p	5:30a - 5:00p 7:30p - 10:00p	5:30a - 9:00p	7:00a - 10:00a 4:00p - 8:00p
<b>Member / Public Swim</b> <i>Natation publique / membres</i>	4:00p - 8:00p	1:30p - 3:30p	1:30p - 3:30p	1:30p - 3:30p	1:30p - 3:30p	6:00p - 9:00p	4:00p - 8:00p
<b>Water in Motion</b> <i>En mouvement dans l'eau</i>		11:00a - 11:30a		11:00a - 11:30p		11:00a - 11:30a	

**Main Gym** Gymnase principale    **Studio Gym** Studio    **Other Rooms** Autres salles    **Main Pool** Piscine principale    **Therapy Pool** Piscine thérapeutique    **Play Pool** Pataugeuse

Parental Participation - Participation Parentale    Additional cost - Coûts additionnels    Sign-up required - Pré-Inscription





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## Child & Youth Programs - Programmes pour jeunes

	Sunday Dimanche	Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi
<b>S</b> Childminding (6 months to age 5) Garde d'enfants (6 mois à 5 ans)	9:30a - 1:30p	8:30a - 1:30p	8:30a - 1:30p	8:30a - 1:30p	8:00a - 1:30p	8:30a - 1:30p	8:30a - 2:00p
<b>All Sorts of Sports (ages 4 - 12)</b> Toutes sortes de sports (âges 4-12)	2:30p - 3:30p	4:30p - 5:15p		4:30p - 5:15p	4:30p - 5:15p		
<b>Arts &amp; Crafts (ages 2 - 5)</b> Art & bricolage (âges 2 - 5)			5:15p - 6:15p		5:15p - 6:15p		
<b>Arts &amp; Crafts (ages 5 - 12)</b> Art & bricolage (âges 5 - 12)							10:30a - 12:00p
<b>P</b> <b>Bob N' Bounce (ages 2-5)</b> Patauger et bondir (âges 2-5)				9:00a - 10:30a 10:30a - 11:45a		9:00a - 10:30a 10:30a - 11:45a	
<b>Healthy Actions (ages 8 - 12)</b> Activités santé (âges 8 - 12)							12:00p - 1:30p
<b>Jr. Bootcamp (ages 8 - 12)</b> Bootcamp Jr. (âges 8 - 12)	2:30p - 3:30p						
<b>S</b> <b>Karate (ages 7+)</b>	6:00p - 7:30p			6:45p - 8:00p		6:45p - 8:00p	
<b>Kiddy Creations (ages 4 - 7)</b> Créations de gamin (âges 4 - 7)							12:00p - 1:30p
<b>Kids in Motion (ages 8 - 12)</b> Enfants en mouvement (8 - 12)		5:30p - 6:30p		5:30p - 6:30p			
<b>Leaders in Action (ages 12 - 16)</b> Leaders en action (âges 12 - 16)					6:30p - 8:00p		
<b>Leaders in Training (ages 9 - 13)</b> Leaders en formation (âges 9 - 13)		6:30p - 7:30p					
<b>P</b> <b>Play Pals (0 to 5)</b> Copains jeu (0 à 5 ans)		10:30a - 12:00p					10:30a - 12:00p
<b>SuperKid (ages 4 - 12)</b> SuperEnfant (âges 4-12)	1:30p - 2:30p 2:30p - 3:30p						1:30p - 2:30p
<b>S</b> <b>Red Cross Babysitting Course</b> Cours de gardiennage Croix-Rouge	Choose from one of the following : January 28, February 25 from 9:00a - 4:00p Choisir parmi l'une des dates suivantes: le 28 janvier, 25 février de 9:00a - 4:00p						
<b>Teen Wellness Centre Orientation (ages 13 - 14)</b> Orientation Centre mieux-être ados (âges 13 - 14)						7:00p - 8:00p	
<b>S</b> <b>Tween Zone (ages 8 - 11)</b> Zone des pré-ados (âges 8 - 11)						4:00p - 9:00p 9:00p - 10:00p	
<b>Youth Game Night (ages 5 - 12)</b> Soirée de jeux pour les jeunes		5:15p - 7:15p	6:15p - 8:00p	5:15p - 7:15p	6:15p - 8:00p		
<b>Y Soccer Kickers (ages 3 - 4)</b> Y Soccer Kickers (âges 3 - 4)			4:30p - 5:15p				3:00p - 3:45p
<b>Y Soccer Stars (ages 5 - 8)</b> Y Soccer Stars (âges 5 - 8)			4:30p - 5:15p				3:00p - 3:45p
<b>S</b> <b>Youth Zone (ages 12 - 17)</b> La zone jeunesse (âges 12 - 17)				4:00p - 8:00p	4:00p - 8:00p	4:00p - 10:00p 9:00p - 10:00p	2:00p - 6:00p
<b>Advanced Aquatics</b> Cours de natation avancé	Bronze Cross from January 8 to February 26 and Bronze Medallion from March 5 to March 9 Bronze Cross du 8 janvier au 26 février et Bronze Medallion du 5 mars au 9 mars						
<b>AquaSharks</b> Requins Aqua	Contact Aquatics Director for more information Pour obtenir de plus amples renseignements, voir la directrice des sports aquatiques						
<b>Member / Public Swim</b> Natation publique / membres	4:00p - 8:00p	1:30p - 3:30p	1:30p - 3:30p	1:30p - 3:30p	1:30p - 3:30p	6:00p - 9:00p	4:00p - 8:00p
<b>P</b> <b>Parent &amp; Tot Swim</b> Natation parents et tout-petits	3:00p - 8:00p	9:00a - 10:30a 12:00p - 3:30p	12:00p - 3:30p 4:30p - 7:30p	9:00a - 10:30a 12:30p - 3:30p	12:00p - 3:30p 4:30p - 7:30p	9:00a - 10:30a 12:00p - 09:00p	3:00p - 8:00p
<b>Pre-School Swim Lessons</b> Cours de natation pré-maternelle	See Membership Services or www.ymcamoncton.com for the list of available courses Voir le service aux membres ou le www.ymcamoncton.com pour la liste des cours disponibles						
<b>Youth Lane Swim (ages 10+)</b> Natation en couloir pour jeunes		3:30p - 5:00p	3:30p - 5:00p	3:30p - 5:00p	3:30p - 5:00p	3:30p - 5:00p	
<b>Youth Swim Lessons</b> Cours de natation pour les jeunes	See Membership Services or www.ymcamoncton.com for the list of available courses Voir le service aux membres ou le www.ymcamoncton.com pour la liste des cours disponibles						

## Community Programs - Programmes communautaires

<b>S</b> <b>Adult Day Program</b> Programme de jour pour adultes			9:00a - 3:00p	9:00a - 3:00p	9:00a - 3:00p	9:00a - 3:00p	
<b>Caring Community Food Bank</b> Alimentation Communautaire		10:00a - 1:00p		10:00a - 1:00p		10:00a - 1:00p	
<b>S</b> <b>Language Instruction</b> Ateliers de langues	English Additional Language Classes every Monday and Wednesday from 6:30p - 8:30p (January 16 to February 22) Anglais langue seconde les lundis et mercredis de 6:30p - 8:30p (16 janvier au 22 février)						
<b>S</b> <b>Y Café / Café du Y</b>		8:00a - 5:00p	8:00a - 5:00p	8:00a - 5:00p	8:00a - 5:00p	8:00a - 5:00p	

Building Healthy Communities

Plein de vies



<b>Main Gym</b> Gymnase principale	<b>Studio Gym</b> Studio	<b>Other Rooms</b> Autres salles	<b>Main Pool</b> Piscine principale	<b>Therapy Pool</b> Piscine thérapeutique	<b>Play Pool</b> Pataugeuse
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**P** Parental Participation - Participation Parentale    **S** Additional cost - Coûts additionnels    **✓** Sign-up required - Pré-Inscription