

YMCA Aboriginal Active Life PROGRAM INFO

ACTIVITIES

Strength Training | Cardio Training | Swimming | Basketball | Climbing Wall

DAY	LOCATION	AGE RANGE	ACCESS TIMES
TUES	Eau Claire YMCA 101 3 Street SW Tel: 403-269-6701	Ages 14 – 29 (in partnership with USAY) (youth under the age of 14 must be accompanied by an adult and must be within arms length at all times) (adults over 29 must be accompanied by youth under the age of 18)	7 – 8pm sign-in 7 – 10pm program
WED	South YMCA 11 Haddon Road SW Tel: 403-255-8131	Family Access/All Ages (adults over 24 must be accompanied by youth under the age of 18)	6 – 9pm Traditional Drum & Dance program: 6 – 8pm (Sept – June)
THURS	YMCA Bishop McNally 5700 Falconridge Blvd NE Tel: 403-285-7444	Family Access/All Ages (adults over 24 must be accompanied by youth under the age of 18)	7:30 – 9:00pm Drop-In Basketball only

REGISTER

1st Time User: Sign in at Member Services to receive your free Aboriginal Active Life access card. **After 1st Time:** Scan your card at the Entry counter and check the facility schedule for area access. * Bishop McNally School doors will only be opened until 8:00pm to access the facility and at that time manual sign in will be required.

GENERAL INFO

Photo ID: We request photo ID at the Entry desk for the safety and security of all members. Remember to bring a piece of photo ID with you. **Locks & Lockers:** You can borrow a lock free-of-charge by submitting a piece of photo ID at Entry. **Basketballs:** Aboriginal Active Life has a supply of basketballs. You can borrow these free-of-charge by submitting photo ID at Entry. **Weight Floor Orientation:** Is mandatory for youth under 17-years-of-age and is available to all drop-in users by booking an appointment with weight floor staff. **Use of Space:** During Aboriginal Active Life, you may access any of the available facility space free-of-charge. This includes the pool, gym, weight floor, racquetball/squash courts and studios.

RULES OF CONDUCT

Entrance will not be permitted if we suspect participants are under the influence of drugs or alcohol. Facility re-entry is not permitted. Please wear appropriate gym clothes while using the facilities, including non-scaff runners. Bring your own towel for the pool, or rent one for \$2. In addition, the following behaviour will not be tolerated: loitering or wandering the facility, yelling between floors, dribbling basketballs outside the gym, running on the stairs or in undesignated areas, entering areas where classes are in session, improper use of weight-floor equipment.

GYM ETIQUETTE

Elevator Access Elevators are reserved for persons with disabilities. If you do not have a disability, you are required to take the stairs. **Change Rooms:** Since the change rooms are used by many, please tidy up after yourself and your kids. **Pool Lanes:** Our pool is very popular and very busy — please respect the swimming lanes and follow them accordingly. See the Gym & Pool Schedule for 'open swim' times if you do not wish to lane swim. **Smoking:** In the interest of others' healthy choices, if you choose to smoke, please do so away from our doors. **Shared Experience:** The YMCA is a shared experience for everyone to enjoy. Please treat each other and our facility in accordance with YMCA's four Core Values: Honesty, Respect, Responsibility and Caring.

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YMCA ABORIGINAL PROGRAMS & SERVICES

SPRING & SUMMER DAY CAMPS

Offered to Aboriginal children ages 7 – 13, during Spring Break and for 2-week sessions throughout the summer. Phone 403-531-1652 for registration information.

ABORIGINAL BUDDIES

Aboriginal elementary school students meet once a week with junior high school mentors to learn about their culture.

Y7G LEADERSHIP

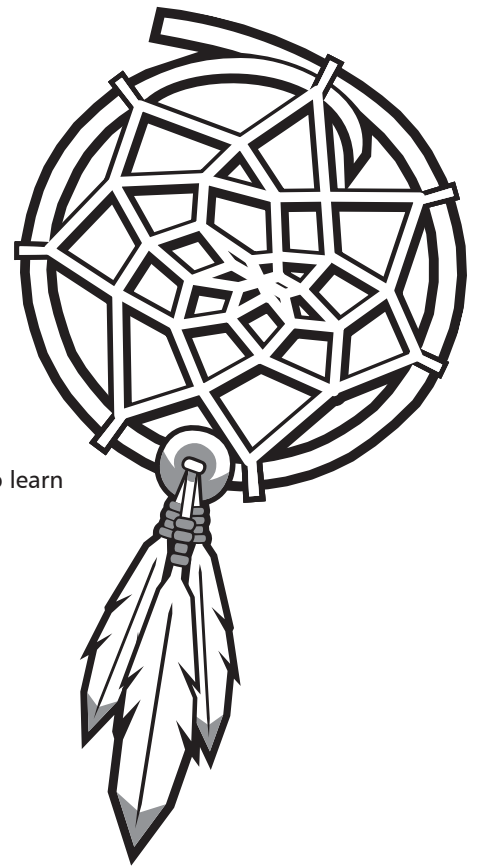
A leadership program for Aboriginal High School students. Meetings are weekly and offer personal, academic, employment and career skills training. Phone 403-215-5349 for information or to register.

ABORIGINAL YOUTH HOOPS

An Annual 3 on 3 basketball tournament, held July 1st, for youth ages 16 – 29. Go to www.ymcacalgary.org for more information or call 403-531-1650.

TRADITIONAL DRUMMING & DANCING INSTRUCTION

Offered on Wednesday evenings at the South YMCA from 7:00 – 8:30pm.



ABORIGINAL ACTIVE LIFE AT EAU CLAIRE YMCA

Tuesdays 7 – 10pm, Ages 14 – 29

This is the busiest of all program times and locations, therefore children under 14 are not granted access on Tuesday nights.

HIP-HOP DANCE INSTRUCTION

Weekly from 7:45 – 8:45pm in studio C/D. Registration is required.

GIRLS INTRODUCTION TO THE WEIGHT FLOOR

Weekly from 8:30 – 9:00pm. Max 5 girls per night. Sign up at the entry desk.

During the busy season (fall-spring), we offer a calendar of activities at Eau Claire YMCA: including food nights, door prizes and bus ticket giveaways.



YMCA GIVING

YMCA STRONG KIDS CAMPAIGN

YMCA Calgary is a non-profit, charitable organization that believes everyone should have the opportunity to take part in our programs and enjoy our facilities and services. Assistance is made available through our Opportunity Fund — which is supported in part by dollars raised through our YMCA Strong Kids Campaign. For more information about giving to the YMCA Strong Kids Campaign or applying for subsidy, please see Membership Services.

VOLUNTEERING AT THE YMCA

Volunteers are the strength of the YMCA. Become a volunteer today by picking up an application at the entry desk.

For more information contact YMCA Calgary's Aboriginal Community Outreach Director at 403-531-1652 or visit www.ymcacalgary.org



We build strong kids,
strong families, strong communities.