



# Camp Wapomeo

## Register Now For Camp Wapomeo!

Experience the magic of overnight camp...canoeing, swimming, kayaking, archery, campfires, overnight camping trips, crafts, skit nights, drama, and more!

### One Week Sessions

Ages 7 -14 ..... \$365

- Session 1: Jul 05 - Jul 11
- Session 2: Jul 12 - Jul 18
- Session 3: Jul 19 - Jul 25
- Session 4: Jul 26 - Aug 01
- Session 5: Aug 02 - Aug 08
- Session 6: Aug 09 - Aug 15

### Junior Camp

Ages 7 - 9 ..... \$185

- Jr. Camp A: Jul 05 - Jul 08
- Jr. Camp B: Aug 02 - Aug 05

### Leadership Training

Ages 15 - 16 ..... \$1150

- Highlanders (Leadership 1) - July 26 - Aug 15
- Voyagers (Leadership 2) - July 05 - July 25



- To register, mail, fax, or bring form to YMCA.
- Sponsored camperships available.

Check out our camp website at [www.ymcayarmouth.ns.ca/camp](http://www.ymcayarmouth.ns.ca/camp)



# All Ages

## Eskwea Fun Run

- Monday June 22, 2009
- Maple Grove Education Centre
- All ages

You decide the distance 2.5 km or 5 km...have the entire family participate in this annual Fun Run.

### Facility Hours

June 1 to August 31, 2008

- Monday to Friday 6:00 am - 9:00 pm
- Saturday 7:00 am - 7:00 pm
- Sunday Closed

## Membership Fees

| Membership        | Annual     | Continuous |                   |
|-------------------|------------|------------|-------------------|
|                   | Yearly     | 1st Mnth   | Subsequent Months |
| Youth/Teens 6-15  | \$231.00   | \$45.40    | \$20.40           |
| Students 16+      | \$330.00   | \$53.60    | \$28.60           |
| Adult             | \$561.00   | \$72.85    | \$47.85           |
| Couples           | \$991.00   | \$108.75   | \$83.75           |
| One Parent Family | \$685.00   | \$83.25    | \$58.25           |
| Family            | \$1,030.00 | \$112.00   | \$87.00           |
| Seniors           | \$530.00   | \$70.55    | \$45.55           |

| User Fees         | Daily   |
|-------------------|---------|
| Youth/Teens 6-15  | \$5.60  |
| Students 16+      | \$6.90  |
| Adult             | \$8.95  |
| Couples           | \$15.90 |
| One Parent Family | \$13.90 |
| Family            | \$17.85 |
| Seniors           | \$8.50  |

- \* Fees effective July 1, 2009
- \* Prices include HST
- \* Prices subject to change

For additional information and complete program descriptions contact the YMCA Yarmouth

# YMCA Yarmouth



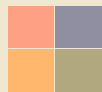
## Summer Programs 2009

P. O. Box 86  
275 Main Street  
Yarmouth, N.S.  
B5A 4B1

Tel: (902) 742-7181  
Fax: (902) 742-7676

[www.ymcayarmouth.ns.ca](http://www.ymcayarmouth.ns.ca)





## Adult



### YMCA Yarmouth Triathlon ...Give it a Tri!

- Sunday, August 16, 2009
- Ellenwood Provincial Park
- Individual or Teams
- Pre-registration required

1 km swim  
33 km cycle  
12 km run

Challenge yourself to this popular triathlon...if you are not certain you want to try it alone put a team together and take the plunge!

### Duathlon

- Sunday, August 16, 2009
- Ellenwood Provincial Park 8:30am

5 km run  
33 km cycle  
12 km run

Stay dry and do the Du! This is a great event to test your speed, endurance and strength.

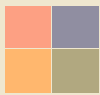
### Digital Scavenger Hunt!

- Saturday, July 25, 2009
- 9:30 am - 4:00 pm

Picture yourself a Winner!  
Earn cash & prizes taking pictures & having fun.  
Bring your sense of adventure. Ages 18 & older.

### Fitness Centre and Classes

Our fitness centre is equipped with cardiovascular machines, free weights and circuit machines to help you maintain a healthy lifestyle. DVD workout available in the Aerobic Studio and racquetball courts are available daily.



## Aquatics



### Water Fitness Classes

Aquabox Tuesday's 7pm - 8pm  
Aquafit Thursday's 7pm - 8pm

### Pool Parties

Package includes one hour of pool time with a lifeguard. Use of a party room and kitchen for two hours. Fee \$125.

**The pool will be closed for maintenance  
August 22 to September 7  
Re-opening September 8, 2009**



## All Ages

### Check out the Funhouse!

**Nintendo Wii** - Become part of the action with this active video game. Try it out...Wii is for everyone.

**Dance Dance Revolution Machine** - The ultimate dancing game combines fun, excitement, competition, choreography and a great workout.

**Recumbent Bike** - Do a road race or chase a dragon. Lean back & peddle, increase the challenge as you improve.

**Freedom Climber** - Have fun on your own or with a friend on our Spinning Climbing Wall. The wall can be locked in place but if a challenge is what you are looking for it can be unlocked and set at a variety of speeds.

### Funhouse Parties

If you want to have a party but don't want to get wet...Come join us in the Funhouse. Chase dragons, climb the wall or dance a marathon! Package includes one hour in the funhouse and use of a party room and kitchen. Fee \$125.



## Youth



### Summer Day Camp

- June 29 to August 28
- Monday to Friday
- 8:00am - 5:15pm
- Children 5 to 12 years of age

Action packed adventure for the summer...Activities throughout summer camp include crafts, swimming, bowling, beach trips, theatre, games, dance dance revolution and more!!

### Weekly Fees

Y- Member ..... \$63  
Non-Member ..... \$79

### Daily Fees

Y- Member ..... \$16  
Non-Member ..... \$21



### Kids Triathlon... Swim Bike Run

- Saturday, August 8, 2009
- Ellenwood Provincial Park
- Children ages 14 and younger

This is a great opportunity for kids to challenge themselves physically and have fun! Distances are age appropriate. Pre-registration is required.

