

RECREATION & SPORT

BOXING – ALL LEVELS NON CONTACT

Learn the basics of boxing in this exciting yet challenging class using heavy bags, speed bags, focus mitts and many drills used by boxers themselves.

Dates	Day	Time	Member	Non-Member
September 9-October 28	Monday &	6:30-7:45 pm &	14/\$51	14/\$92
November 1-December 16	Thursday	5:30-6:30 pm	13/\$48	13/\$86

INSTANT SQUASH

Squash BC's Instant Squash 3 week program. Registration includes a rule book. Equipment is available to purchase for an extra fee.

Dates	Day	Time	Member	Non-Member
September 7-September 21	Tuesday	7:30-9:00 pm	3/\$25	3/\$45
November 2-November 16				

RUNNING CLINIC

This clinic is geared for runners of all abilities. Join experienced run leaders while you build your running endurance. Class format: 5:30 – 6:00pm lecture, 6:00-7:15pm group run.

Dates	Day	Time	Member	Non-Member
September 13-December 13	Monday	5:30-7:00 pm	Included	14/\$40

TRIATHLON CLUB – FALL MAINTENANCE

Maintain your fitness level and improve your technique with our Y Tri Club Fall Maintenance program. Select either morning or evening swim times and a Saturday swim time.

Dates	Day	Time	Member	Non-Member
September 7-December 16	Tuesday, Thursday	6:00-7:00 am or 6:30-7:30 pm	30/\$48	30/\$96
September 11-December 18	Saturday	7:30-8:30 am or 8:30-9:30 am	Included	15/\$0

TRIATHLON CLUB AND CLINIC – INFORMATION SESSION

Are you thinking of trying a triathlon? Join our coach and coordinator for an information session outlining the training commitments of the Y Triathlon Club and Clinic programs starting in January.

Dates	Day	Time	Member	Non-Member
September 9	Thursday	6:30-7:30 pm	Included	1/\$0

VOLLEYBALL

Improve your skills and game. Play in our league and have fun without heavy competition.

Dates	Day	Time	Member	Non-Member
September 9-December 16	Thursday	6:30-8:25 pm	Included	14/\$72

REGISTRATION FOR SEPTEMBER 9 TO OCTOBER 31 SESSION STARTS AUGUST 9
REGISTRATION FOR NOVEMBER 1 TO DECEMBER 19 SESSION STARTS OCTOBER 4

Classes will be cancelled 48 hours prior to start date if insufficient registration is received.

Don't delay — register today!

No classes on statutory holidays

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

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