

## RUN, WALK, HIKE, BIKE

### MAINTENANCE RUN CLINIC

A comprehensive program that includes expert training tips, weekly training lectures and much more. Visit [www.victoriay.com](http://www.victoriay.com) for more information..

All levels	Dates	Day	Time	Location	Member	Non-Member
	April 28-June 16	Monday	5:30-7:00pm	DTY	included	\$40

### Triathlon Programs

A progressive program that develops all components required to complete triathlons. Includes: experienced coaches/leaders, training information for running, cycling and swimming, and much more. Approved cycling helmets mandatory.

### TRIATHLON CLUB

For those moving up from the clinic or who have competed in triathlons. Coached swim sessions, occasional guest speakers.


Intermediate to Advanced	Dates	Location	Member	Non-Member
	January 7-December 21	DTY	\$200	\$385
	Swim options♦:	Day	Time	
		Monday & Wednesday	6:00-7:00am	
		or Tuesday & Thursday	6:15-7:15pm	
		and Saturday	7:30-8:30am	
		or Saturday	8:30-9:30am	
	Activities:	Day		
	Bike sessions	Wednesday & Saturday evening		
	Runs	Tuesday & Thursday evening		
	♦ Swims May and June only			

## BIKING

### COWICHAN VALLEY BIKE TOUR

Visit vineyards, working farms and a cheese factory in the beautiful Cowichan Valley. The support van follows you along the way to give you a lift or to carry your purchases. Meet at Francis Kelsey School in Cobble Hill.

Dates	Day	Time	Member	Non-Member
July 6	Sunday	10:00am-4:00pm	1/\$40	1/\$50
July 27	Sunday	10:00am-4:00pm	1/\$40	1/\$50

 Sometimes we have to cancel great programs led by great instructors because everyone waited until the last minute to register. Please register at least one week in advance to avoid disappointment.

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

[www.victoriay.com](http://www.victoriay.com)

Charitable Registration No. 10822-5566-RR0001

Downtown Y  
 851 Broughton Street, Victoria BC V8W 1E5  
**Phone:** 250.386.7511 **Fax:** 250.380.1933

Vic West Y  
 521 Craigflower Road, Victoria BC V9A 6Z5  
**Phone:** 250.388.6120 **Fax:** 250.388.6455

## HIKING AND WALKING

### SUNDAY HIKING

We meet outside the Victoria West Community Y every Sunday ■ where we arrange car pooling. Bring water, a snack, your hiking shoes and a smile. Call 388-6120 for a hike schedule.

Moderate

Dates	Day	Time	Location	Fee
Ongoing	Sunday	9:00am-1:30pm	VWY	\$4 drop-in

■ Excludes holiday weekends and program breaks

**Walking Clubs** No formal registration at the Y. Money is collected annually for each group.

### HAPPY WANDERERS

Couples only Wednesday Group. Contact Bill Boughey at 479-4830.

### Y WALKERS

Women's Tuesday Group. Phone 386-7511, ext. 501.

## COURSE REGISTRATION GUIDELINES

- We will issue credits or refunds before the second lesson. Sorry, no refunds or credits for dates of classes that have passed.
- A \$5 administration charge plus the cost of one class applies to all refunds unless accompanied by a medical note.
- Classes with insufficient registration will be cancelled and a full refund or credit will be issued.

**PLEASE NOTE:**

- We reserve the right to change schedules and prices.
- All applicable taxes applied on registration completion.
- Programs do not run on statutory holidays.

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

[www.victoriay.com](http://www.victoriay.com)

Charitable Registration No. 10822-5566-RR0001

Downtown Y  
851 Broughton Street, Victoria BC V8W 1E5  
**Phone:** 250.386.7511 **Fax:** 250.380.1933

Vic West Y  
521 Craigflower Road, Victoria BC V9A 6Z5  
**Phone:** 250.388.6120 **Fax:** 250.388.6455