

# Schedule

## MONDAY

|          | Gym                                | Multi -Purpose                    | Play Center                 | Studio                        |
|----------|------------------------------------|-----------------------------------|-----------------------------|-------------------------------|
| 5:30 am  |                                    |                                   |                             |                               |
| 6:00 am  |                                    |                                   |                             |                               |
| 6:30 am  |                                    |                                   |                             |                               |
| 7:00 am  | Camp Extended Care<br>6:45-9:00    |                                   |                             |                               |
| 7:30 am  |                                    |                                   |                             |                               |
| 8:00 am  |                                    |                                   |                             |                               |
| 8:30 am  |                                    |                                   |                             |                               |
| 9:00 am  | Preschool Explorers<br>9:00-11:30  | Preschool Explorers<br>9:00-11:30 | Child Minding<br>9:00-11:30 | YogaFit<br>9:15-10:15         |
| 10:00 am |                                    |                                   |                             |                               |
| 10:30 am |                                    |                                   |                             | Kick Boxing<br>10:30-11:15    |
| 11:00 am |                                    |                                   |                             |                               |
| 11:30 am | Registered Day Camp<br>11:30-5:00  |                                   |                             | Total Body Tone<br>12:15-1:00 |
| 12:00 pm |                                    |                                   |                             |                               |
| 12:30 pm |                                    |                                   |                             |                               |
| 1:00 pm  |                                    |                                   |                             |                               |
| 1:30 pm  |                                    |                                   |                             |                               |
| 2:00 pm  |                                    |                                   |                             |                               |
| 2:30 pm  |                                    |                                   |                             |                               |
| 3:00 pm  |                                    |                                   |                             |                               |
| 3:30 pm  |                                    |                                   |                             |                               |
| 4:00 pm  |                                    |                                   |                             |                               |
| 4:30 pm  |                                    |                                   |                             |                               |
| 5:00 pm  | C&Y Y-Kids Soccer<br>5:00-6:00     |                                   |                             | Hi/Lo<br>5:30-6:30            |
| 5:30 pm  |                                    | C&Y Y-Kids Crafts<br>6:00-7:00    | Child Minding<br>5:00-8:00  |                               |
| 6:00 pm  |                                    |                                   |                             |                               |
| 6:30 pm  | C&Y Y-Kids Basketball<br>7:00-7:30 |                                   |                             | YogaFit<br>6:45-8:00          |
| 7:00 pm  | C&Y Y-Kids Games 7:30-8:00         |                                   |                             |                               |
| 7:30 pm  |                                    |                                   |                             |                               |
| 8:00 pm  |                                    |                                   |                             |                               |
| 8:30 pm  |                                    |                                   |                             |                               |
| 9:00 pm  | Open Gym<br>8:00-10:00             |                                   |                             |                               |
| 9:30 pm  |                                    |                                   |                             |                               |
| 10:00 pm |                                    |                                   |                             |                               |

## TUESDAY

|          | Gym                                | Multi -Purpose                              | Play Center                 | Studio                       |
|----------|------------------------------------|---------------------------------------------|-----------------------------|------------------------------|
| 5:30 am  |                                    |                                             |                             |                              |
| 6:00 am  |                                    |                                             |                             |                              |
| 6:30 am  |                                    |                                             |                             |                              |
| 7:00 am  | Camp Extended Care<br>6:45-9:00    |                                             |                             |                              |
| 7:30 am  |                                    |                                             |                             |                              |
| 8:00 am  |                                    |                                             |                             |                              |
| 8:30 am  |                                    |                                             |                             |                              |
| 9:00 am  | Preschool Explorers<br>9:00-11:30  | Preschool Explorers<br>9:00-11:30           | Child Minding<br>9:00-11:30 |                              |
| 9:30 am  |                                    |                                             |                             |                              |
| 10:00 am |                                    |                                             |                             |                              |
| 10:30 am |                                    |                                             |                             |                              |
| 11:00 am | Registered Day Camp<br>11:30-5:00  |                                             |                             |                              |
| 11:30 am |                                    |                                             |                             |                              |
| 12:00 pm |                                    |                                             |                             |                              |
| 12:30 pm |                                    |                                             |                             |                              |
| 1:00 pm  |                                    |                                             |                             |                              |
| 1:30 pm  |                                    |                                             |                             |                              |
| 2:00 pm  |                                    |                                             |                             |                              |
| 2:30 pm  |                                    |                                             |                             |                              |
| 3:00 pm  |                                    |                                             |                             |                              |
| 3:30 pm  |                                    |                                             |                             |                              |
| 4:00 pm  |                                    |                                             |                             |                              |
| 4:30 pm  |                                    |                                             |                             |                              |
| 5:00 pm  | C&Y Y-Kids Hockey<br>5:00-6:00     |                                             |                             | Step<br>5:30-6:30            |
| 5:30 pm  |                                    |                                             |                             |                              |
| 6:00 pm  |                                    | C&Y Jr Chefs<br>6:00-6:30                   | Child Minding<br>5:00-8:00  |                              |
| 6:30 pm  | C&Y Games 6:30-7:00                |                                             |                             |                              |
| 7:00 pm  | C&Y Y-Kids Volleyball<br>7:00-8:00 |                                             |                             | Total Body Tone<br>6:45-7:30 |
| 7:30 pm  |                                    |                                             |                             |                              |
| 8:00 pm  |                                    | Youth Action<br>7:30-8:15 (Wellness Centre) |                             |                              |
| 8:30 pm  |                                    |                                             |                             |                              |
| 9:00 pm  | Open Gym<br>8:00-10:00             |                                             |                             |                              |
| 9:30 pm  |                                    |                                             |                             |                              |
| 10:00 pm |                                    |                                             |                             |                              |

## WEDNESDAY

|          | Gym                                 | Multi -Purpose                      | Play Center                 | Studio                     |
|----------|-------------------------------------|-------------------------------------|-----------------------------|----------------------------|
| 5:30 am  |                                     |                                     |                             |                            |
| 6:00 am  |                                     |                                     |                             |                            |
| 6:30 am  |                                     |                                     |                             |                            |
| 7:00 am  | Camp Extended Care<br>6:45-9:00     |                                     |                             |                            |
| 7:30 am  |                                     |                                     |                             |                            |
| 8:00 am  |                                     |                                     |                             |                            |
| 8:30 am  |                                     |                                     |                             |                            |
| 9:00 am  | Preschool Explorers<br>9:00-11:30   | Preschool Explorers<br>9:00-11:30   | Child Minding<br>9:00-11:30 | Hi/Lo<br>9:15-10:15        |
| 9:30 am  |                                     |                                     |                             |                            |
| 10:00 am |                                     |                                     |                             |                            |
| 10:30 am |                                     |                                     |                             |                            |
| 11:00 am | Registered Day Camp<br>11:30-5:00   |                                     |                             | Fusion Flow<br>10:30-11:15 |
| 11:30 am |                                     |                                     |                             |                            |
| 12:00 pm |                                     |                                     |                             |                            |
| 12:30 pm |                                     |                                     |                             |                            |
| 1:00 pm  |                                     |                                     |                             |                            |
| 1:30 pm  |                                     |                                     |                             |                            |
| 2:00 pm  |                                     |                                     |                             |                            |
| 2:30 pm  |                                     |                                     |                             |                            |
| 3:00 pm  |                                     |                                     |                             |                            |
| 3:30 pm  |                                     |                                     |                             |                            |
| 4:00 pm  |                                     |                                     |                             |                            |
| 4:30 pm  |                                     |                                     |                             |                            |
| 5:00 pm  | C&Y Y-Kids Basketball<br>5:00-6:00  |                                     |                             | Boot Camp<br>5:30-6:30     |
| 5:30 pm  |                                     | C&Y Y Kids Craft<br>6:00-6:30       | Child Minding<br>5:00-8:00  |                            |
| 6:00 pm  | Open Gym<br>6:00-7:00               |                                     |                             |                            |
| 6:30 pm  |                                     | C&Y Y Kids Board games<br>6:30-7:00 |                             |                            |
| 7:00 pm  | C&Y Y-Kids Scooter Hockey 7:00-7:30 |                                     |                             |                            |
| 7:30 pm  | C&Y Kids Action 7:30-8:00           |                                     |                             | Kick Boxing<br>7:00-8:00   |
| 8:00 pm  |                                     |                                     |                             |                            |
| 8:30 pm  |                                     |                                     |                             |                            |
| 9:00 pm  | Open Gym<br>8:00-10:00              |                                     |                             |                            |
| 9:30 pm  |                                     |                                     |                             |                            |
| 10:00 pm |                                     |                                     |                             |                            |

## THURSDAY

|          | Gym                               | Multi -Purpose                    | Play Center                 | Studio                   |
|----------|-----------------------------------|-----------------------------------|-----------------------------|--------------------------|
| 5:30 am  |                                   |                                   |                             |                          |
| 6:00 am  |                                   |                                   |                             |                          |
| 6:30 am  |                                   |                                   |                             |                          |
| 7:00 am  | Camp Extended Care<br>6:45-9:00   |                                   |                             |                          |
| 7:30 am  |                                   |                                   |                             |                          |
| 8:00 am  |                                   |                                   |                             |                          |
| 8:30 am  |                                   |                                   |                             |                          |
| 9:00 am  | Preschool Explorers<br>9:00-11:30 | Preschool Explorers<br>9:00-11:30 | Child Minding<br>9:00-11:30 | Cyclefit<br>9:15-10:15   |
| 9:30 am  |                                   |                                   |                             |                          |
| 10:00 am |                                   |                                   |                             |                          |
| 10:30 am |                                   |                                   |                             |                          |
| 11:00 am | Registered Day Camp<br>11:30-5:00 |                                   |                             |                          |
| 11:30 am |                                   |                                   |                             |                          |
| 12:00 pm |                                   |                                   |                             |                          |
| 12:30 pm |                                   |                                   |                             |                          |
| 1:00 pm  |                                   |                                   |                             |                          |
| 1:30 pm  |                                   |                                   |                             |                          |
| 2:00 pm  |                                   |                                   |                             |                          |
| 2:30 pm  |                                   |                                   |                             |                          |
| 3:00 pm  |                                   |                                   |                             |                          |
| 3:30 pm  |                                   |                                   |                             |                          |
| 4:00 pm  |                                   |                                   |                             |                          |
| 4:30 pm  |                                   |                                   |                             |                          |
| 5:00 pm  | Tumble Time<br>5:00-6:00          |                                   |                             |                          |
| 5:30 pm  |                                   |                                   |                             | Fusion Flow<br>5:30-6:30 |
| 6:00 pm  |                                   | C&Y Y-Kids Craft<br>6:00-6:30     | Child Minding<br>5:00-8:00  |                          |
| 6:30 pm  | C&Y Boys Night<br>6:30-7:30       |                                   |                             |                          |
| 7:00 pm  |                                   | C&Y Girls Night<br>6:30-7:30      |                             |                          |
| 7:30 pm  | Y-Kids Games<br>7:30-8:00         |                                   |                             |                          |
| 8:00 pm  |                                   |                                   |                             |                          |
| 8:30 pm  |                                   |                                   |                             |                          |
| 9:00 pm  | Open Gym<br>8:30-10:00            |                                   |                             |                          |
| 9:30 pm  |                                   |                                   |                             |                          |
| 10:00 pm |                                   |                                   |                             |                          |

## FRIDAY

|          | Gym                               | Multi -Purpose                    | Play Center                 | Studio                      |
|----------|-----------------------------------|-----------------------------------|-----------------------------|-----------------------------|
| 5:30 am  |                                   |                                   |                             |                             |
| 6:00 am  |                                   |                                   |                             |                             |
| 6:30 am  |                                   |                                   |                             |                             |
| 7:00 am  | Camp Extended Care<br>6:45-9:00   |                                   |                             |                             |
| 7:30 am  |                                   |                                   |                             |                             |
| 8:00 am  |                                   |                                   |                             |                             |
| 8:30 am  |                                   |                                   |                             |                             |
| 9:00 am  | Preschool Explorers<br>9:00-11:30 | Preschool Explorers<br>9:00-11:30 | Child Minding<br>9:00-11:30 | Step<br>9:15-10:15          |
| 9:30 am  |                                   |                                   |                             |                             |
| 10:00 am |                                   |                                   |                             |                             |
| 10:30 am |                                   |                                   |                             |                             |
| 11:00 am | Registered Day Camp<br>11:30-5:00 |                                   |                             | Gentle Fit<br>10:30-11:15   |
| 11:30 am |                                   |                                   |                             |                             |
| 12:00 pm |                                   |                                   |                             |                             |
| 12:30 pm |                                   |                                   |                             |                             |
| 1:00 pm  |                                   |                                   |                             |                             |
| 1:30 pm  |                                   |                                   |                             |                             |
| 2:00 pm  |                                   |                                   |                             |                             |
| 2:30 pm  |                                   |                                   |                             |                             |
| 3:00 pm  |                                   |                                   |                             |                             |
| 3:30 pm  |                                   |                                   |                             |                             |
| 4:00 pm  |                                   |                                   |                             |                             |
| 4:30 pm  |                                   |                                   |                             |                             |
| 5:00 pm  | C&Y Y Kids Sports<br>5:00-6:00    |                                   |                             |                             |
| 5:30 pm  |                                   |                                   |                             | Pump and Pedal<br>5:45-6:45 |
| 6:00 pm  | Open Gym<br>6:00-7:00             | C&Y Crafts<br>6:00-7:00           | Child Minding<br>5:00-8:00  |                             |
| 6:30 pm  |                                   |                                   |                             |                             |
| 7:00 pm  | C&Y Games<br>7:00-8:00            |                                   |                             |                             |
| 7:30 pm  |                                   |                                   |                             |                             |
| 8:00 pm  |                                   |                                   |                             |                             |
| 8:30 pm  |                                   |                                   |                             |                             |
| 9:00 pm  | Open Gym<br>8:00-10:00            |                                   |                             |                             |
| 9:30 pm  |                                   |                                   |                             |                             |
| 10:00 pm |                                   |                                   |                             |                             |

## SATURDAY

|          | Gym                    | Multi -Purpose                 | Play Center                                      | Studio                      |  |
|----------|------------------------|--------------------------------|--------------------------------------------------|-----------------------------|--|
| 7:00 am  |                        |                                |                                                  |                             |  |
| 7:30 am  | Open Gym<br>7:00-9:00  |                                |                                                  |                             |  |
| 8:00 am  |                        |                                |                                                  |                             |  |
| 8:30 am  |                        |                                |                                                  | Pump and Pedal<br>8:30-9:45 |  |
| 9:00 am  | Y Kids<br>9:00-11:30   |                                | Child Minding<br>8:30-12:00                      |                             |  |
| 9:30 am  |                        |                                |                                                  |                             |  |
| 10:00 am |                        |                                |                                                  |                             |  |
| 10:30 am |                        |                                |                                                  |                             |  |
| 11:00 am |                        | Y Kids<br>11:00-11:30          | Youth Action<br>11:00-12:00<br>(Wellness Centre) |                             |  |
| 11:30 am | Open Gym<br>11:30-8:00 | Birthday Parties<br>12:30-6:30 |                                                  |                             |  |
| 12:00 pm |                        |                                |                                                  |                             |  |
| 12:30 pm |                        |                                |                                                  |                             |  |
| 1:00 pm  |                        |                                |                                                  |                             |  |
| 1:30 pm  |                        |                                |                                                  |                             |  |
| 2:00 pm  |                        |                                |                                                  |                             |  |
| 2:30 pm  |                        |                                |                                                  |                             |  |
| 3:00 pm  |                        |                                |                                                  |                             |  |
| 3:30 pm  |                        |                                |                                                  |                             |  |
| 4:00 pm  |                        |                                |                                                  |                             |  |
| 4:30 pm  |                        |                                |                                                  |                             |  |
| 5:00 pm  |                        |                                |                                                  |                             |  |
| 5:30 pm  |                        |                                |                                                  |                             |  |
| 6:00 pm  |                        |                                |                                                  |                             |  |
| 6:30 pm  |                        |                                |                                                  |                             |  |
| 7:00 pm  |                        |                                |                                                  |                             |  |
| 7:30 pm  |                        |                                |                                                  |                             |  |
| 8:00 pm  |                        |                                |                                                  |                             |  |

## SUNDAY

|          | Gym                      | Multi -Purpose                 | Play Center                 | Studio                          |
|----------|--------------------------|--------------------------------|-----------------------------|---------------------------------|
| 8:00 am  | Open Gym<br>8:00-9:00    |                                |                             |                                 |
| 8:30 am  |                          |                                |                             |                                 |
| 9:00 am  | Family Gym<br>9:00-11:30 |                                | Child Minding<br>9:00-11:30 | Cardio Kickboxing<br>9:30-10:30 |
| 9:30 am  |                          |                                |                             |                                 |
| 10:00 am |                          |                                |                             |                                 |
| 10:30 am |                          |                                |                             |                                 |
| 11:00 am | Open Gym<br>11:30-6:00   | Birthday Parties<br>10:30-6:00 |                             | Cyclefit<br>10:30-11:30         |
| 11:30 am |                          |                                |                             |                                 |
| 12:00 pm |                          |                                |                             |                                 |
| 12:30 pm |                          |                                |                             |                                 |
| 1:00 pm  |                          |                                |                             |                                 |
| 1:30 pm  |                          |                                |                             |                                 |
| 2:00 pm  |                          |                                |                             |                                 |
| 2:30 pm  |                          |                                |                             |                                 |
| 3:00 pm  |                          |                                |                             |                                 |
| 3:30 pm  |                          |                                |                             |                                 |
| 4:00 pm  |                          |                                |                             |                                 |
| 4:30 pm  |                          |                                |                             |                                 |
| 5:00 pm  |                          |                                |                             |                                 |
| 5:30 pm  |                          |                                |                             |                                 |
| 6:00 pm  |                          |                                |                             |                                 |

## HOLIDAY

|          | Gym                   | Multi -Purpose | Play Center                 | Studio                           |
|----------|-----------------------|----------------|-----------------------------|----------------------------------|
| 8:00 am  |                       |                |                             |                                  |
| 8:30 am  |                       |                |                             |                                  |
| 9:00 am  |                       |                |                             |                                  |
| 9:30 am  |                       |                | Child Minding<br>9:00-11:30 | Instructors Choice<br>9:15-10:15 |
| 10:00 am |                       |                |                             |                                  |
| 10:30 am |                       |                |                             |                                  |
| 11:00 am |                       |                |                             |                                  |
| 11:30 am |                       |                |                             |                                  |
| 12:00 pm |                       |                |                             |                                  |
| 12:30 pm | Open Gym<br>8:00-5:00 |                |                             |                                  |
| 1:00 pm  |                       |                |                             |                                  |
| 1:30 pm  |                       |                |                             |                                  |
| 2:00 pm  |                       |                |                             |                                  |
| 2:30 pm  |                       |                |                             |                                  |
| 3:00 pm  |                       |                |                             |                                  |
| 3:30 pm  |                       |                |                             |                                  |
| 4:00 pm  |                       |                |                             |                                  |
| 4:30 pm  |                       |                |                             |                                  |
| 5:00 pm  |                       |                |                             |                                  |

Legend:  Adult Group Fitness Class  Supervised Program  Open

**PLAY CENTER:**  
Child Minding program gives toddlers and pre-schoolers the chance to play together in a supervised area, while parents/guardians are in the building.



# YMCA Memberships

## Benefits of YMCA Membership:

YMCA Membership is about total health in spirit, mind and body. As a member at one of Canada's leading charitable organizations, adults and students can also look forward to these membership benefits:

- Unlimited adult fitness classes
- Access to programs at all YMCA of Hamilton/Burlington/Brantford facilities
- Free drop-in classes
- Discounted specialty program rates
- Personalized Exercise Program (2 per year)
- Open gym time
- All recreational sports
- Use of day lockers and General Change Rooms
- Unlimited guest passes
- Canada-wide YMCA usage

## Memberships for Children include:

- Unlimited drop-in programs
- Recreational gym times
- Member's discount on certification programs
- Reduced rate for special holiday / March Break / PA Day branch programs

## Membership Rates

| Membership                  | Monthly (+Tax) | Full Amount (+Tax) |
|-----------------------------|----------------|--------------------|
| Family*                     | \$73.00        | \$876.00           |
| Adult (18 +)                | \$37.00        | \$444.00           |
| Student (13 +)              | \$30.48        | \$365.76           |
| Child (12 years & under) ** | \$20.00        | \$240.00           |

| Membership Upgrades |                                                                                |
|---------------------|--------------------------------------------------------------------------------|
| Adult only:         | \$20.00 per month extra                                                        |
| Swim Lessons:       | \$10.00 Per child per month (one lesson per week at the branch of your choice) |

\* Family Memberships include up to 2 adult partners living in the same household (Spouse, Common Law Spouse, Partner Spouse) and their dependent children under 18 years of age or full time students under 22 years with student ID card.

\*\* Tax does not apply to Child Memberships

A \$3.00 admin charge will be applied to all monthly memberships.

## Payment Options

Your YMCA membership fees can be paid through monthly pre-authorized chequing directly from a bank account or VISA or MasterCard. Membership can also be paid in full by cash, cheque, debit, VISA or MasterCard.

*Note: All monthly YMCA memberships will be automatically renewed annually through a pre-authorized plan.*

## Cancellation & Refund Policy

There is no cancellation fee, however, written notification and your membership cards must be returned 5 days before your withdrawal date in order to cancel a membership. Refunds are completed upon written notification for any unused portion of prepaid membership. Please allow 2 – 3 weeks for processing.

## Other Ways to Access the YMCA

| Day Passes               |      |
|--------------------------|------|
| Child (0-12 years)       | \$5  |
| Adults (13 years and up) | \$10 |
| Family                   | \$15 |

## Medical Membership

This membership is designed for those with medical conditions such as osteopenia, osteoporosis, osteoarthritis, joint replacements, post cardiac conditions, chronic pain, and obesity.

Doctor referral and medical screening with YMCA staff are required. You will be partnered with one of our Wellness Coaches for the duration of your Medical Membership. 3 Month Medical Membership: \$225 + Tax. To book an appointment, phone: 519-752-6568.

## Membership Assistance

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make it possible.

If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.

## Member Etiquette

As a YMCA member, I will help make the YMCA experience better for all by being considerate of others. I accept the responsibility to treat all people with caring, honesty, and respect.

## Fitness Centre Etiquette

As a YMCA member, I will...

- Ensure that all members have access to equipment by limiting my use to 30 minutes per piece of fitness equipment.
- Help maintain a high standard of cleanliness for everyone by using the spray bottles provided to wipe down equipment after each use.
- Return free weights to their stands after each use.
- Offer to share strength conditioning equipment in between sets, when others are waiting to use it.

Fitness Centre access and fitness classes are for individuals 13 years of age or older. Upon completion of an education program youth between the ages of 10-12 will be able to access the fitness centre independently.

## Personal Training

Personal training at the YMCA is exclusive to YMCA Personal Trainers. Our Certified Personal Trainers can help you achieve the results you want, regardless of your fitness level, by creating a program specifically for you.

Fees: 1 session \$43/hour 5 sessions \$42/hour  
10 sessions \$41/hour 20 sessions \$40/hour

## Holidays: Facility open 8:00-5:00 pm

- *Canada Day* - Thursday, July 1st
- *Civic Holiday* - Monday, August 2nd
- *Labour Day* - Monday, September 6th



YMCA

We build strong kids,  
strong families, strong communities.