

Schedule

MONDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					Public Lane Swim
6:30 am					Water Walking (1 Lane) 7:30-8:00
7:00 am		Cyclefit** 7:00-7:45	Day Camps 7:00-8:30		
7:30 am					
8:00 am					AquaFit 8:00-8:45
8:30 am					
9:00 am	Cardio Challenge 9:15-10:15	Fusion Flow** 9:15-10:15	Pre-School/Toddler Explorers (Reg.) 9:00-11:30	Movin' & Groovin' 9:00-10:30	Aquatic Skills Development 9:00-10:30
9:30 am					Day Camps Swim 9:45-10:45
10:00 am					
10:30 am	Kinder Gym 10:30-12:00	Y Kids (6-12yrs) 10:30-12:00		Yoga 10:30-12:00	Swim Lessons (Reg.) 10:45-11:30
11:00 am					Splashers 11:00-11:30
11:30 am					
12:00 pm					Lane Swim 11:35-12:40
12:30 pm					Aqua Ease 12:45-1:30
1:00 pm					AquaFit 1:30-2:15
1:30 pm	Day Camps 1:30-3:00				
2:00 pm					
2:30 pm	Low Impact 3:00-4:00			Day Camps 3:00-4:00	Open Swim 2:00-5:00
3:00 pm					Soccer Camp 2:30-3:30
3:30 pm					
4:00 pm				Day Camps 4:00-5:30	
4:30 pm					
5:00 pm					
5:30 pm				Yoga Fit 5:30-6:30	Swim Lessons (Reg.) 5:15-7:30
6:00 pm	Step 6:00-7:00	Cyclefit** 6:00-6:45	Y Kids (3-12 yrs) 6:00-8:00		
6:30 pm					
7:00 pm	Y Kids (3-12 yrs) 7:00-8:00	Cyclefit** 7:00-7:45			
7:30 pm					AquaFit 7:45-8:30
8:00 pm	Open Volleyball (18 years+) 8:00-10:00	Total Body Tone (Express) 8:00-8:30			Public Lane Swim 8:30-9:30
8:30 pm					
9:00 pm					
9:30 pm					
10:00 pm					CLOSED

TUESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am		Cyclefit** 5:45-6:30			
6:00 am					
6:30 am					
7:00 am			Day Camps 7:00-8:30		Public Lane Swim 5:30-8:55
7:30 am					
8:00 am					
8:30 am					
9:00 am	Total Body Tone 9:15-10:15	Cyclefit** 9:15-10:00	Pre-School Explorers (Reg.) 9:00-11:30	Indoor Playground 9:30-11:00	AquaFit 9:00-9:45
9:30 am					Day Camp 9:45-10:45
10:00 am					Swim Lessons (Reg.) 10:45-11:30
10:30 am					
11:00 am	Stretch and Tone 11:00-12:00				
11:30 am					
12:00 pm					Lane swim 11:35-12:55
12:30 pm					HydroTherapy 1:00-1:45
1:00 pm	West Gym 1:00-3:00	East Gym Y Kids (6-12 yrs) 1:00-3:00		Day Camps 1:30-3:30	Swim Lessons (Reg.) 2:00-2:45
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					Soccer Camp 2:45-3:45
3:30 pm	Day Camps 3:30-4:30				Open Swim 2:45-5:00
4:00 pm			Day Camps 4:00-5:30		
4:30 pm					
5:00 pm					
5:30 pm					Swim Lessons (Reg.) 5:15-7:30
6:00 pm				Body Flex 6:00-7:00	
6:30 pm	Y Kids (3-12 yrs) 6:00-8:00	Cyclefit** 6:00-6:45	Y Kids (3-12 yrs) 6:00-8:00	Youth Action (Reg.) 7:00-8:00	
7:00 pm		Cardio Kickbox** 7:00-8:00			
7:30 pm				Yoga 7:30-9:00	Lane Swim 7:30-8:30
8:00 pm					Masters Swim 8:30-9:30
8:30 pm	Open Basketball 8:00-10:00				
9:00 pm					
9:30 pm					
10:00 pm					CLOSED

WEDNESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					
6:30 am					
7:00 am		Cyclefit** 7:00-7:45	Day Camps 7:00-8:30		Public Lane Swim 5:30-8:55
7:30 am					Water Walking (1 Lane) 7:30-8:00
8:00 am					
8:30 am					
9:00 am	Cardio Challenge 9:15-10:15	Bodyflex 9:15-10:15	Pre-school/Toddler Explorers (Reg.) 9:00-11:30	Movin' & Groovin' 9:00-10:30	Aquatic Skills Development 9:00-10:30
9:30 am					Day Camps 9:45-10:45
10:00 am					
10:30 am	Kinder Gym 10:30-12:00	Y Kids (6-12yrs) 10:30-12:00		Yoga Fit 10:30-11:30	Swim Lessons (Reg.) 10:45-11:30
11:00 am					Splashers 11:00-11:30
11:30 am					
12:00 pm					Lane Swim 11:35-12:40
12:30 pm		Line Dancing 12:15-1:15			Aqua Ease 12:45-1:30
1:00 pm					AquaFit 1:30-2:15
1:30 pm					
2:00 pm				In Motion (Reg.) 2:00-3:00	Swim Lessons (Reg.) 2:30-3:30
2:30 pm					
3:00 pm	Day Camps 3:00-4:00			Gentle Fit 3:15-4:15	Open Swim 2:30-5:00
3:30 pm					
4:00 pm			Day Camps 4:00-5:30		
4:30 pm					
5:00 pm					
5:30 pm					Swim Lessons (Reg.) 5:15-7:30
6:00 pm	Low Impact 6:00-7:00	Cyclefit** 6:00-6:45	Y Kids (3-12 yrs) 6:00-8:00	Total Body Tone (Express) 6:00-6:30	Adult Swim Lessons 6:45-7:30
6:30 pm					
7:00 pm	Y Kids 7:00-8:00			Leader Corps (Reg.) 6:30-8:30	
7:30 pm					AquaFit Boot Camp 8:30-9:30
8:00 pm					
8:30 pm	Open Basketball 8:15-10:00				Masters Swim 8:30-9:30
9:00 pm					
9:30 pm					
10:00 pm					CLOSED

THURSDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am		Cyclefit** 5:45-6:30			
6:00 am					
6:30 am					
7:00 am					Public Lane Swim 5:30-8:55
7:30 am			Day Camps 7:00-8:30		
8:00 am					
8:30 am					
9:00 am	Total Body Tone 9:15-10:15	Cyclefit** 9:15-10:00	Pre-School Explorers (Reg.) 9:00-11:30		AquaFit 9:00-9:45
9:30 am					Open Swim/Day Camp 9:45-10:45
10:00 am					
10:30 am	Low Impact 10:30-11:30			Fusion Flow** 10:30-11:30	Swim Lessons (Reg.) 10:45-11:30
11:00 am					
11:30 am					
12:00 pm					Lane Swim 11:35-12:55
12:30 pm					Hydro Therapy 1:00-1:45
1:00 pm		Y Kids - Intro to Sports (6-12 yrs) 1:00-3:00		Y Kids Crafts 1:00-3:00	Day Camps 1:15-3:15
1:30 pm	Kinder Gym 1:00-3:00				
2:00 pm					Soccer Camp 2:30-3:30
2:30 pm					
3:00 pm					Open Swim 2:00-5:00
3:30 pm	Day Camps 3:15-4:15				
4:00 pm			Day Camps 4:00-5:30		
4:30 pm					
5:00 pm					
5:30 pm					Karate (Reg.) (6-12 yrs) 4:45-7:35
6:00 pm	Y Kids (3-12 yrs) 6:00-7:00	Cyclefit** 6:00-6:45	Y Kids (3-12 yrs) 6:00-8:00		Swim Lessons (Reg.) 5:15-7:30
6:30 pm					
7:00 pm	Latin Funk 7:00-8:00				
7:30 pm					AquaFit 7:45-8:30
8:00 pm					Public Lane Swim 8:30-9:30
8:30 pm	Open Basketball 8:15-10:00				
9:00 pm					
9:30 pm					
10:00 pm					CLOSED

FRIDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					
6:30 am					
7:00 am			Day Camps 7:00-8:30	Body Flex 7:00-8:00	Public Lane Swim 5:30-9:30
7:30 am					Water Walking (1 Lane) 7:30-8:00
8:00 am					
8:30 am					
9:00 am					
9:30 am	Cardio Challenge 9:15-10:15		Pre-School/Toddler Explorers (Reg.) 9:00-11:00	Movin' & Groovin' 9:00-10:30	Open Swim/Day Camp 9:45-10:45
10:00 am					
10:30 am	Kinder Gym 10:30-11:00			Yoga 10:30-12:00	Swim Lessons (Reg.) 10:45-11:30
11:00 am	Stretch & Tone 11:00-12:00				
11:30 am					
12:00 pm					Lane Swim 11:35-12:40
12:30 pm					Aqua Ease 12:45-1:30
1:00 pm					AquaFit 1:30-2:15
1:30 pm					
2:00 pm	Day Camp 1:30-4:00			Day Camp 1:30-4:00	Soccer Camp 2:30-3:30
2:30 pm					
3:00 pm					Open Swim 2:30-5:00
3:30 pm					
4:00 pm					
4:30 pm			Day Camps 4:00-5:30		
5:00 pm					Public Water Sports 5:15-6:15
5:30 pm	Youth Sports (10-16 yrs) 5:00-7:00				H2O Leaders (Reg.) 6:30-7:30
6:00 pm		Core Str. & Stab. 6:00-6:45			
6:30 pm					
7:00 pm					
7:30 pm		Youth Action (Reg.) 7:30-8:30			Open Swim 7:30-9:30
8:00 pm	Youth Basketball 7:00-10:00				
8:30 pm					
9:00 pm					
9:30 pm					
10:00 pm					CLOSED

SATURDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
7:00 am					
7:30 am					Public Lane Swim 7:00-8:20
8:00 am	Low Impact (Group Walk) 8:00-9:00				
8:30 am					
9:00 am		Cyclefit** 9:15-10:00	Pre-School/Toddler Explorers (Reg.) 9:00-11:30		AquaFit Boot Camp 8:25-9:10
9:30 am	Adult Fitness (TBA) ++ 9:30-10:30			Y Kids (6-12 yrs) 10:30-11:30	Swim Lessons (Reg.) 9:15-12:15
10:00 am					
10:30 am					
11:00 am					
11:30 am					
12:00 pm	YBA (Reg.) (6-9 yrs) 11:30-12:45				Open Swim 12:15-1:15
12:30 pm					
1:00 pm	YBA (Reg.) (10-12 yrs) 1:00-2:30		Pre-School Explorers (Reg.) 1:00-3:30		Open Swim 1:15-2:30
1:30 pm					Adult Swim Lesson 1:15-2:00
2:00 pm					
2:30 pm					Swim Lessons (Reg.) 2:45-3:30
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm		Birthdays Parties East Gym 5:00-6:00		Birthdays Parties 4:00-8:00	Public Open Swim 3:45-7:30
5:30 pm					
6:00 pm					
6:30 pm					
7:00 pm	Open Basketball 6:00-8:00				
7:30 pm					
8:00 pm					CLOSED

SUNDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
8:00 am					Public Lane Swim 8:00-9:00
8:30 am					
9:00 am					
9:30 am	Step 9:30-10:30	Cyclefit** 9:30-10:30			Swim Lessons (Reg.) 9:15-12:15
10:00 am					
10:30 am	Latin Funk 10:30-11:30			Karate (6+) 10:00-11:45	
11:00 am					
11:30 am					
12:00 pm					
12:30 pm					Y Masters Swim 12:30-1:30
1:00 pm	Birthdays Parties 1:00-2:00		Birthdays Parties 12:00-3:30	Birthdays Parties 1:00-2:00	
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					Public Open Swim 1:30-5:30
3:30 pm	Family Open Gym 3:30-5:00				
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					
6:00 pm					CLOSED

HOLIDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
8:00 am					
8:30 am					Lane Swim 8:00-10:00
9:00 am					
9:30 am					
10:00 am					Open Swim 10:00-12:00
10:30 am					
11:00 am					
11:30 am					
12:00 pm					
12:30 pm					Public Lane Swim 12:00-2:00
1:00 pm		</			

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 and aquatics classes
- Access to programs at all YMCA of Hamilton/Burlington/Brantford facilities
- Free drop-in classes
- Discounted specialty program rates
- 2 free Personal Exercise Program (PEP) sessions
- Open gym time
- Open and lane swims
- All recreational sports
- Sauna & whirlpool
- Use of day lockers and General Change Rooms
- Unlimited guest passes (photo ID for guest required)
- Canada-wide YMCA usage

Memberships for Children include:

- Unlimited access to YMCA programs. Some programs require registration.
- One registered swim lesson (or one registered Explorers program which includes a swim lesson). Register for a time slot when you join and no need to register again.
- Recreational swim and gym times
- Member's discount on certification programs
- Reduced rate for special branch programs

Membership Rates

Membership	Monthly (+Tax)	Full Amount (+Tax)
Child & Youth (up to 12 years)	\$30.50	\$330
Child & Youth Dependent	\$21.50	\$258

Student (13 years +)	\$35.50	\$390
Student Dependent	\$25.50	\$306
Plus: Building Fee	\$30	\$30
Student 4 Month		\$156

Adult General	\$47.00	\$528
Adult General Spousal	\$35.00	\$420
Plus: Building Fee	\$100	\$100

Adult Only (18+)	\$64.00	\$732
Adult Only (18+) Spousal	\$54.00	\$648
Plus: Building Fee	\$100	\$100

Medical Membership (3 month) (call for intake appointment)		\$225
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Building Your Family Membership Package

The first adult on the account pays the regular membership price (Adult Only or Adult General), while additional family members from the same household (spouse, children) pay the spousal and dependant rates.

Adult Only Membership (18+)

The Adult Only Change Room includes steam room, towel service and health and beauty supplies.

General Change Rooms

General Change Rooms are for members of the same gender and for opposite gendered children up to age 3.

Family/Special Needs Change Room

The Family/Special Needs Change Room is for:

- Mothers with sons
- Fathers with daughters
- Members with special needs

Bathing suits are worn in the shower.

Building Fee

A one-time fee provided membership is continuous and does not lapse for more than six months. Non-refundable. One fee per family. Tax extra. The Building Fee is for the building and maintenance of high quality, YMCA facilities through capital improvements and refurbishment.

Payment Options

- Pre-Authorized Debit (PAD) from a bank account (void cheque is required), VISA or MasterCard
- Payment in full - cash, cheque, debit card, VISA or MasterCard

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 a prepaid membership. Please allow 2 – 3 weeks for processing.

Other Ways to Access the YMCA

Price Change Notice - Effective July 1, 2010

Day Passes (photo ID required)	
Drop-In Day Pass (13 years +)	\$10.75
Kids Pass* (12 years and under)	\$5
Youth Centre Pass**	\$5

Public Swim	
Child	\$2.50
Student	\$2.75
Adult	\$3.75
Family (immediate family)	\$8.50

Aqua Passes (photo ID required)	
Aquafit (20 classes)	\$108
Adult Swim Card (12 swims)	\$38.75

* Valid for Open Gym, Open Swim times, and programs not requiring registration

** Access to YMCA Youth Nights only

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 this 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. I will use the sign up board provided and monitored by YMCA staff.
- 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.

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.

Price Change Notice - Effective July 1, 2010

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

Swim Lessons - Private & Semi-Private

All sessions are 45 minutes in length. Adults (plus HST) or Children (no HST).

Fees: Private - \$100/participant for 5 lessons

Semi-Private - \$75/participant for 5 lessons

Ron Edwards Family YMCA
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