

# Flamborough Family YMCA

# SCHEDULE

January 9, 2012 - June 30, 2012



## MONDAY

	Gyms			Multi-Purpose Room		Pool	
	1	2	3	Lower	Studio	Main	Leisure
5:30 am							
6:00 am							
6:30 am	Open Gym 5:30-9:00	Open Gym 5:30-9:00				Public Lane Swim 5:30-8:30	Public Open Swim 5:30-9:00
7:00 am							
7:30 am							
8:00 am							
8:30 am							
9:00 am							
9:30 am	Step 9:15-10:15	Step 9:15-10:15					
10:00 am							
10:30 am	Bodyflex 10:30-11:30	Bodyflex 10:30-11:30					
11:00 am							
11:30 am	Open Gym 11:45-12:45	Open Gym 11:45-12:45					
12:00 pm							
12:30 pm							
1:00 pm	Kindergarten & Swim (3-5 yrs)* 1:00-2:30	Kindergarten & Swim (3-5 yrs)* 1:00-2:30					
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm	Open Gym 2:30-5:45	Open Gym 2:30-5:45					
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm	Kindergarten & Swim* (3-5 yrs) 6:00-7:00	Y-Kids (6-12 yrs)* 6:00-7:00	Y-Kids* (3-5 yrs) 6:00-7:30				
6:30 pm							
7:00 pm	Bodyflex 7:00-8:00	Bodyflex 7:00-8:00					
7:30 pm							
8:00 pm							
8:30 pm	Open Gym 8:15-10:00	Open Gym 8:15-10:00	Open Gym 8:00-10:00				
9:00 pm							
9:30 pm							

## TUESDAY

	Gyms			Multi-Purpose Room		Pool	
	1	2	3	Lower	Studio	Main	Leisure
5:30 am							
6:00 am							
6:30 am							
7:00 am	Open Gym 5:30-9:00	Open Gym 5:30-9:00					
7:30 am							
8:00 am							
8:30 am							
9:00 am							
9:30 am	Cardio Challenge 9:15-10:15	Cardio Challenge 9:15-10:15					
10:00 am							
10:30 am	Indoor Playground (5 yrs & under-parented) 10:30-12:00	Indoor Playground (5 yrs & under-parented) 10:30-12:00	Open Gym 5:30-5:45				
11:00 am							
11:30 am							
12:00 pm	Open Gym 12:00-12:45	Open Gym 12:00-12:45					
12:30 pm							
1:00 pm	Kindergarten & Swim (3-5 yrs)* 1:00-2:30	Kindergarten & Swim (3-5 yrs)* 1:00-2:30					
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm	Open Gym 2:45-5:45	Open Gym 2:45-5:45					
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm	Y Kids (3-5 yrs)* 6:00-7:00	Y Kids (6-12 yrs)* 6:00-7:00	Y-Kids (6-12 yrs)* 6:00-8:00				
6:30 pm							
7:00 pm	Latin Funk 7:15-8:15	Latin Funk 7:15-8:15					
7:30 pm							
8:00 pm							
8:30 pm	Open Gym 8:15-10:00	Open Gym 8:15-10:00	Open Gym 8:00-10:00				
9:00 pm							
9:30 pm							

## WEDNESDAY

	Gyms			Multi-Purpose Room		Pool	
	1	2	3	Lower	Studio	Main	Leisure
5:30 am	Open Gym 5:30-6:00	Open Gym 5:30-6:00					
6:00 am	Bodyflex 6:00-6:45	Bodyflex 6:00-6:45					
6:30 am							
7:00 am							
7:30 am	Open Gym 7:00-9:00	Open Gym 7:00-9:00					
8:00 am							
8:30 am							
9:00 am							
9:30 am	Boot Camp 9:15-10:15	Boot Camp 9:15-10:15					
10:00 am							
10:30 am	Kindergarten & Swim (3-5 yrs)* 10:30-12:00	Kindergarten & Swim (3-5 yrs)* 10:30-12:00	Open Gym 5:30-5:45				
11:00 am							
11:30 am							
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm	Open Gym 12:00-5:45	Open Gym 12:00-5:45					
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm	Kindergarten & Swim* (3-5 yrs) 6:00-7:00	Y-Kids (6-12 yrs)* 6:00-7:00	Y-Kids* (3-5 yrs) 6:00-7:30				
6:30 pm							
7:00 pm	Body Flex 7:00-8:00	Body Flex 7:00-8:00					
7:30 pm							
8:00 pm							
8:30 pm	Open Gym 8:00-10:00	Open Gym 8:00-10:00	Open Gym 8:00-10:00				
9:00 pm							
9:30 pm							

## THURSDAY

	Gyms			Multi-Purpose Room		Pool	
	1	2	3	Lower	Studio	Main	Leisure
5:30 am							
6:00 am							
6:30 am							
7:00 am	Open Gym 5:30-9:00	Open Gym 5:30-9:00					
7:30 am							
8:00 am							
8:30 am							
9:00 am							
9:30 am	Bodyflex 9:15-10:15	Bodyflex 9:15-10:15					
10:00 am							
10:30 am	Kindergarten & Swim (3-5 yrs)* 10:30-12:00	Kindergarten & Swim (3-5 yrs)* 10:30-12:00	Open Gym 5:30-7:00				
11:00 am							
11:30 am							
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm	Open Gym 12:00-5:45	Open Gym 12:00-5:45					
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm	Y Kids (3-5 yrs)* 6:00-7:00	Y Kids (3-5 yrs)* 6:00-7:00	Y Kids (6-12 yrs)* 6:00-8:00				
6:30 pm							
7:00 pm	Bootcamp 7:00-8:00	Bootcamp 7:00-8:00					
7:30 pm							
8:00 pm							
8:30 pm	Open Gym 8:15-10:00	Open Gym 8:15-10:00	Open Gym 8:00-10:00				
9:00 pm							
9:30 pm							

## FRIDAY

	Gyms			Multi-Purpose Room		Pool	
	1	2	3	Lower	Studio	Main	Leisure
5:30 am							
6:00 am							
6:30 am	Open Gym 5:30-9:00	Open Gym 5:30-9:00					
7:00 am							
7:30 am							
8:00 am							
8:30 am							
9:00 am							
9:30 am	Latin Funk 9:15-10:15	Latin Funk 9:15-10:15					
10:00 am							
10:30 am	Kindergarten & Swim (3-5 yrs)* 10:30-12:00	Kindergarten & Swim (3-5 yrs)* 10:30-12:00	Open Gym 5:30-5:30				
11:00 am							
11:30 am							
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm	Open Gym 12:00-5:30	Open Gym 12:00-5:30					
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm	Open Gym 12:00-10:00	Open Gym 12:00-10:00					
5:00 pm							
5:30 pm							
6:00 pm	Leader Corps (R) 5:30-7:30	Leader Corps (R) 5:30-7:30	Leader Corps (R) 5:30-7:30				
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm							
9:30 pm							

## SATURDAY

	Gyms			Multi-Purpose Room		Pool	
	1	2	3	Lower	Studio	Main	Leisure
7:00 am							
7:30 am							
8:00 am	Open Gym 7:00-9:00	Open Gym 7:00-9:00	Open Gym 7:00-9:00				
8:30 am							
9:00 am	Cardio Challenge 9:15-10:15	Cardio Challenge 9:15-10:15	YBA Skills & Drills (R) 9:00-9:45 or 9:45-10:30 (6-12 years)				
9:30 am							
10:00 am							
10:30 am	Karate (R) (6-12 yrs) 10:30-11:15	Karate (R) (6-12 yrs) 10:30-11:15	Y Kids (3-5 yrs) 10:30-11:00				
11:00 am							
11:30 am	Open Gym 11:15-11:45	Open Gym 11:15-11:45					
12:00 pm							
1:00 pm							
1:30 pm							
2:00 pm	Birthday Parties 12:00-5:00	Birthday Parties 12:00-5:00	Birthday Parties 12:00-5:00				
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm	Open Gym 5:00-8:00	Open Gym 5:00-8:00	Open Gym 5:00-8:00				
6:30 pm							
7:00 pm							
7:30 pm							

Legend:   Adult Group Fitness Class   Small lane is available for lane swimming

\* Sign in procedure for program/class in effect. Members can sign in 1 hour in person prior to class at the Membership desk.

(R) Program requires pre-registration. Program included in the cost of membership. Programs subject to change based on participation.

## SUNDAY

	Gyms			Multi-Purpose Room		Pool	
	1	2	3	Lower	Studio	Main	Leisure
8:00 am							
8:30 am							
9:00 am	Open Gym 8:00-10:00	Open Gym 8:00-10:00	Open Gym 8:00-12:00				
9:30 am							
10:00 am							
10:30 am	Indoor Playground (5 yrs & under-parented) 10:30-12:00	Indoor Playground (5 yrs & under-parented) 10:30-12:00					
11:00 am							
11:30 am							
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm	Birthday Parties 12:00-5:00	Birthday Parties 12:00					

# Flamborough Family YMCA MEMBERSHIP INFORMATION



## 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:

- Complimentary YMCA Health and Wellness Coaching. Our coaches will help ease your entry into fitness, assist you in setting realistic wellness goals and provide basic equipment instruction designed to help you succeed.
- Unlimited drop-in adult fitness and aquatics classes
- Access to programs at all YMCA of Hamilton/Burlington/Brantford facilities and guest privileges at all Canadian YMCA's
- Member's discount on certification programs
- Complimentary exercise program reviews
- Open gym time and recreational sports
- Open and lane swims
- Sauna
- Use of day lockers and General Change Rooms
- Unlimited guest passes (Must be 13 years or older/2 passes per guest per year)

## Memberships for Children include:

- Unlimited drop-in programs
- One registered swim lesson (or one registered Explorers program which includes a swim lesson)
- Recreational swim and gym times
- Member's discount on certification programs
- Reduced rate for special holiday / March Break / PA Day branch programs

## 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.

## Building Your Family Membership Package

The first adult pays the regular membership rate. Family discounts (dependent rates) apply when one or more family members join.

## 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 months)		\$156
Adult General	\$47	\$528
Adult General Spousal	\$35	\$420
Plus: Building Fee	\$100	\$100
Adult Only (18+)	\$64	\$732
Adult Only (18+) Spousal	\$54	\$648
Plus: Building Fee	\$100	\$100
Medical Membership (3 month) (call for intake appointment with Wellness Coach)		\$225

\*Child & Youth membership fees are tax exempt

## Other Ways to Access the YMCA

Day Passes (taxes included) (photo ID required)	
Drop-In Day Pass (13+ years)	\$10.75
Kids Pass* (0-12 years)	\$5

Public Swim (taxes included) (photo ID required)	
Child	\$2.50
Student	\$2.75
Adult	\$3.75
Family (immediate family)	\$8.50

Aqua Passes (taxes included) (photo ID required)	
Aquafit (20 classes)	\$108
Adult Swim Card (12 swims)	\$39

\* Valid for Open Gym, Open Swim times, and Drop-In programs not requiring registration

## Payment Options

Membership fees can be paid through monthly Pre-Authorized Debit (PAD) from a bank account or credit card or can be paid in full.



## Building Fee

The Building Fee is for the building and maintenance of high quality, YMCA facilities through capital improvements and refurbishment. 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.

## Cancellation & Refund Policy

Membership may be cancelled at any time. There is no cancellation fee. Monthly pre-authorized memberships must be cancelled in writing 5 days prior to your withdrawal date. For prepaid memberships, refunds are completed upon written notification for any unused portion. Please return membership card and allow 2 - 3 weeks for processing.

You have certain recourse rights if any debit does not comply with this agreement. For example, you have the right to receive reimbursement for any debit that is not authorized or is not consistent with this PAD Agreement. To obtain more information on your recourse rights, you may contact your financial institution or visit [www.cdnpay.ca](http://www.cdnpay.ca).

## Administration

An administrative fee is included in all individual monthly membership rates or one per family.

## Personal Training

Personal training at the YMCA is exclusive to YMCA Personal Trainers.

### Single Fees, taxes included (one on one):

1 session: \$43  
10 sessions: \$410 (\$41/hour)  
5 sessions: \$210 (\$42/hour)  
20 sessions: \$800 (\$40/hour)

### Partner Training (2+ people for 1 hour, rates are per person, taxes included):

1 session: \$30  
10 sessions: \$280 (\$28/hour)  
5 sessions: \$145 (\$29/hour)  
20 sessions: \$540 (\$27/hour)

### Swim Lessons - Private & Semi-Private

Participant must have an active membership. All sessions are 45 minutes in length. Please call for Adult private/semi private swim lesson rates and to book lessons.

Fees (taxes included):

Private: \$100 for 5 lessons

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

## Holidays & PA Days

Please see Membership Desk or visit [www.ymcahbb.ca](http://www.ymcahbb.ca) for dates and programs.

## Certification Programs

Please see Membership Desk or visit [www.ymcahbb.ca](http://www.ymcahbb.ca) for dates.

## Volunteer Opportunities

All YMCA endeavours involve a partnership of staff and volunteers. For volunteer opportunities and application, visit [www.ymcahbb.ca](http://www.ymcahbb.ca).

**YMCA VOLUNTEERS MAKE  
A DIFFERENCE**