

# Hamilton Downtown Family YMCA

# SCHEDULE

January 9, 2012 - July 1, 2012



## MONDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool
			CYCLEFIT AEROBIC		
5:30 am					
6:00 am			6:00-6:45		
6:30 am					Public Lane Swim
7:00 am					5:30-10:00
7:30 am					
8:00 am					
8:30 am					
9:00 am					
9:30 am					
10:00 am			Gentle Fit 10:00-10:45		AquaFit * 10:00-10:45
10:30 am					
11:00 am					
11:30 am					Open/2 Lane Swim 11:00-1:00
12:00 pm	Open Gym 5:30-7:00	Open Gym 5:30-6:00	12:15-1:00	Total Body Tone 12:15-1:00	
12:30 pm					
1:00 pm					
1:30 pm					† Swim to Survive School Program * 1:00-3:00
2:00 pm					
2:30 pm					
3:00 pm					Lane Swim 3:00-4:30
3:30 pm					
4:00 pm					
4:30 pm					Public Lane Swim 4:30-6:00
5:00 pm					
5:30 pm					
6:00 pm			6:00-6:45	Y Kids 5:30-8:00	Youth Water Sports * 6:00-7:30
6:30 pm		Y Kids 6:00-7:30	6:00-6:45		
7:00 pm			6:00-6:45	Y Kids 5:30-8:00	
7:30 pm	Teen Soccer 7:00-8:30				Open Swim 7:30-8:55
8:00 pm					
8:30 pm		Open Gym 7:30-10:00			
9:00 pm	Adult Soccer 8:30-10:00				
9:30 pm					Lane Swim 9:00-10:00
10:00 pm					

## TUESDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool
			CYCLEFIT AEROBIC		
5:30 am					
6:00 am			6:00-6:45		
6:30 am					Public Lane Swim 5:30-9:30
7:00 am					
7:30 am					
8:00 am	Open Gym 5:30-12:00				
8:30 am			Total Body Tone 8:00-8:45		
9:00 am					Hydrotherapy * 9:30-10:15
9:30 am					
10:00 am					Child Care/1 Lane Swim 10:15-11:00
10:30 am					
11:00 am			Stretch & Tone 10:30-11:15		
11:30 am		Open Gym 5:30-6:00			Lane Swim 11:00-12:00
12:00 pm					Masters Swim * 12:00-12:55
12:30 pm	Adult Basketball 12:00-2:00		12:15-1:00		
1:00 pm					† Swim to Survive School Program * 1:00-3:00
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					Lane Swim 3:00-4:30
3:30 pm					
4:00 pm					
4:30 pm					Open/1 Lane Swim 4:30-6:00
5:00 pm					
5:30 pm	Open Gym 2:00-10:00				Family Swim Lessons * 6:00-7:30
6:00 pm		Y Kids 6:00-7:30	6:00-6:45	Y Kids 5:30-8:00	Adult & Teen Swim Lessons * 7:30-8:15
6:30 pm			6:00-6:45		
7:00 pm			6:00-6:45		
7:30 pm		Open Gym 7:30-8:30	6:00-6:45		
8:00 pm			6:00-6:45		
8:30 pm			6:00-6:45		
9:00 pm			6:00-6:45		
9:30 pm		Adult Volleyball 8:30-10:00			Public Lane Swim 8:30-10:00
10:00 pm					

## WEDNESDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool
			CYCLEFIT AEROBIC		
5:30 am					
6:00 am					
6:30 am					
7:00 am					Public Lane Swim 5:30-10:00
7:30 am		Open Gym 5:30-10:00			
8:00 am					
8:30 am					
9:00 am					
9:30 am					
10:00 am		Explorers 10:00-11:00	Gentle Fit 10:00-10:45	Explorers - Parented 10:00-12:00	Aqua Ease * 10:00-10:45
10:30 am				Swim Portion 11:00-12:00	
11:00 am					Open/1 Lane Swim & Explorers 11:00-12:00
11:30 am	Open Gym 5:30-7:00				Open/2 Lane Swim 12:00-1:00
12:00 pm					
12:30 pm			12:15-1:00		Body Flex 12:15-1:00
1:00 pm					
1:30 pm					† Swim to Survive School Program * 1:00-3:00
2:00 pm					
2:30 pm		Open Gym 11:00-6:00			
3:00 pm					Lane Swim 3:00-4:30
3:30 pm					
4:00 pm					
4:30 pm					Public Lane Swim 4:30-7:00
5:00 pm					
5:30 pm					
6:00 pm		Y Kids 6:00-7:30	6:00-6:45	Y Kids 5:30-8:00	
6:30 pm			6:00-6:45		
7:00 pm			6:00-6:45		
7:30 pm	Teen Soccer 7:00-8:30		6:00-6:45		
8:00 pm			6:00-6:45		
8:30 pm		Open Gym 7:30-10:00			
9:00 pm	Adult Soccer 8:30-10:00				Public Lane Swim 8:30-10:00
9:30 pm					
10:00 pm					

## THURSDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool
			CYCLEFIT AEROBIC		
5:30 am					
6:00 am					
6:30 am					
7:00 am					Public Lane Swim 5:30-9:30
7:30 am					
8:00 am	Open Gym 5:30-12:00				
8:30 am					Total Body Tone 8:00-8:45
9:00 am					
9:30 am					Hydrotherapy * 9:30-10:15
10:00 am					Child Care/1 Lane Swim 10:15-11:00
10:30 am					
11:00 am		Open Gym 5:30-5:30			Stretch & Tone 10:30-11:15
11:30 am					
12:00 pm					Masters Swim * 12:00-12:55
12:30 pm	Adult Basketball 12:00-2:00		12:15-1:00		Core Strength 12:15-12:45
1:00 pm					
1:30 pm					† Swim to Survive School Program * 1:00-3:00
2:00 pm					
2:30 pm					
3:00 pm					Lane Swim 3:00-4:30
3:30 pm					
4:00 pm					
4:30 pm					Leader Corps 4:30-5:30
5:00 pm					Open/1 Lane Swim 4:30-6:00
5:30 pm	Open Gym 2:00-10:00	Leader Corps 5:30-6:00			
6:00 pm		Y Kids 6:00-7:30	6:00-6:45	Y Kids 5:30-8:00	Family Swim Lessons * 6:00-7:30
6:30 pm			6:00-6:45		
7:00 pm			6:00-6:45		
7:30 pm		Open Gym 7:30-8:30	6:00-6:45		Adult & Teen Swim Lessons * 7:30-8:15
8:00 pm			6:00-6:45		
8:30 pm			6:00-6:45		
9:00 pm			6:00-6:45		
9:30 pm		Adult Volleyball 8:30-10:00			Public Lane Swim 8:30-10:00
10:00 pm					

## FRIDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool
			CYCLEFIT AEROBIC		
5:30 am					
6:00 am					
6:30 am					
7:00 am					Public Lane Swim 5:30-10:00
7:30 am					
8:00 am					
8:30 am					
9:00 am					
9:30 am					
10:00 am					AquaFit * 10:00-10:45
10:30 am					
11:00 am					Open/2 Lane Swim 11:00-1:00
11:30 am					
12:00 pm					
12:30 pm					
1:00 pm	Open Gym 5:30-10:00	Open Gym 5:30-8:30	12:15-1:00		
1:30 pm					† Swim to Survive School Program * 1:00-3:00
2:00 pm					
2:30 pm					
3:00 pm					Lane Swim 3:00-4:30
3:30 pm					
4:00 pm					
4:30 pm					Public Lane Swim 4:30-6:00
5:00 pm					
5:30 pm					
6:00 pm			6:00-6:45		
6:30 pm			6:00-6:45		
7:00 pm			6:00-6:45		
7:30 pm			6:00-6:45		
8:00 pm			6:00-6:45		
8:30 pm			6:00-6:45		
9:00 pm			6:00-6:45		
9:30 pm		Adult Volleyball 8:30-10:00			Lane Swim 9:00-10:00
10:00 pm					

## SATURDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool
			CYCLEFIT AEROBIC		
7:00 am					
7:30 am	Open Gym 7:00-9:00				Public Lane Swim 7:00-9:15
8:00 am					
8:30 am					
9:00 am					
9:30 am	Movin' and Groovin' 9:00-10:00	Y Kids 9:30-11:00			Family Lessons * 9:30-11:00
10:00 am				Movin' and Groovin' 10:00-11:00	Y Kids * 11:15-12:00
10:30 am					† Making Waves Program * 12:00-1:30
11:00 am					
11:30 am					
12:00 pm	Open Gym 11:00-2:00				
12:30 pm		Open Gym 7:00-8:00			Open/1 Lane Swim 1:30-3:00
1:00 pm					
1:30 pm					
2:00 pm					
2:30 pm	Birthday Parties 2:00-5:00				Birthday Parties 2:00-5:00pm
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					Public Open Swim 3:00-7:00
5:30 pm					
6:00 pm					
6:30 pm	Open Gym 5:00-8:00				
7:00 pm					
7:30 pm					Lane Swim 7:00-8:00
8:00 pm					

Legend:  Adult (13+) Program  Supervised Program  Open \* Whirlpool not open during these times

## SUNDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool
			CYCLEFIT AEROBIC		
8:00 am					
8:30 am					
9:00 am					
9:30 am					
10:00 am			</		

# Hamilton Downtown 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
Women's Adult Only (18+)	\$64	\$732
Adult Only (18+) Spousal	\$54	\$648
Plus: Building Fee	\$100	\$100
Men's Membership Plus (18+)**	\$66.50	\$762
Membership Plus (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

\*\* Hamilton Downtown only

## Other Ways to Access the YMCA

Day Passes (taxes included) (photo ID required)	
Drop-In Day Pass (13+ years)	\$10.75
Kids Pass* (3-12 years)	\$5

## Public Swim (taxes included)

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).

