

Building assets...

*when children participate two or more times
a week in community programs*



Charitable Mission

The YMCA of Hamilton/Burlington is a charitable organization helping people achieve personal growth in spirit, mind and body through participation and service to the community.

Our Vision

Creating healthy communities in which individuals and families have opportunities to reach their potential.

Core Values

Caring, Honesty, Respect and Responsibility.

Membership Assistance

The YMCA strives to serve all segments of the community. 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.

FLAMBOROUGH FAMILY YMCA

207 Parkside Dr., Waterdown, ON L0R 2H1

Phone: 905-690-3555

Fax: 905-690-7410



YMCA

We build strong kids,
strong families, strong communities.

Y's Choices

A Family Centered Approach To Wellness

THE ONTARIO TRILLIUM FOUNDATION  LA FONDATION TRILLIUM DE L'ONTARIO



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Y's Choices

The YMCA of Hamilton/Burlington/Brantford and Hamilton Health Sciences have partnered to develop a family wellness program. Families will have access to a Registered Dietitian, Behaviour Specialist, Kinesiologist and trained YMCA staff. Families will meet with a member of the Wellness Team for an initial intake interview to help develop family goals. Families will have access to each health professional once a month and participate in programs as part of YMCA membership. Fun, monthly group sessions will include special fitness activities and nutrition education. In addition, families will learn about developmental assets and the impact they have on creating healthy kids, healthy families and healthy communities! Registration is required and families can join at any time.

Building assets...
when children are included in decisions at home and in the community

Program Schedule

TUESDAYS

12:00-7:00 pm Registered Dietitian on site
Kinesiologist/Behaviour Specialist on site (alternating)

THURSDAYS

12:00-7:00 pm Registered Dietitian on site
Kinesiologist/Behaviour Specialist on site (alternating)

6:00-7:00 pm Monthly Family Activity

** Family activity plan will be developed that includes YMCA programs*

Building assets...
when parents tell children it is important to have good health habits

Building assets...
when children receive support from adults other than their parents

Building assets...
when children are proud of themselves and like who they are

