

Schedule at a Glance

MONDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					Public Lane Swim 5:30-8:00
6:30 am					Water Walking (1 Lane) 7:30-8:00
7:00 am		Cyclefit** 7:00-7:45			
7:30 am					
8:00 am					Lane Swim 8:00-9:00
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	AquaFit 9:00-9:45
9:30 am					
10:00 am					Public Open Swim 10:00-10:45
10:30 am	Kinder Gym 10:30-12:00			Yoga 10:30-12:00	Swim Lessons (Reg.) 10:45-11:30
11:00 am					Splash./Bub. 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					
1:30 pm					AquaFit 1:30-2:15
2:00 pm					
2:30 pm					Public Open Swim 2:15-4:00
3:00 pm	Low Impact 3:00-4:00				
3:30 pm					
4:00 pm					Lane Swim 4:00-5:00
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	Judo (Reg.) (Intro) 6:45-8:00	
6:30 pm	Y Kids (3-12 yrs) 7:00-8:00	Cyclefit** 7:00-7:45			AquaFit 7:45-8:30
7:00 pm				Judo (Reg.) (Adv.) 8:00-9:30	Public Lane Swim 8:30-9:30
7:30 pm					
8:00 pm	Adult Volleyball League (Reg. - 18+) 8:00-10:00	Total Body Tone (Express) 8:00-8:30			
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			Public Lane Swim 5:30-6:40
6:00 am					
6:30 am					Lane Swim 6:30-7:35
7:00 am					Central Swim Team/Lane Swim (Jan 12 - Mar 30)
7:30 am					
8:00 am					Public Lane Swim 7:45-9:00
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					Open Swim 10:00-10:45
10:00 am					Swim Lessons (Reg.) 10:45-11:30
10:30 am					Splash./Bub. 11:00-11:30
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 Kinder Gym 1:00-3:00	East Gym Y Kids (6-12 yrs) 1:00-3:00			
1:30 pm					
2:00 pm				Y Kids (6-12 yrs) 2:00-3:00	Swim Lessons (Reg.) 2:00-2:45
2:30 pm					
3:00 pm					Open Swim 3:00-4:00
3:30 pm					
4:00 pm					Public Open Swim 4:00-5:00
4:30 pm					
5:00 pm					
5:30 pm					Swim Lessons (Reg.) 5:15-7:30
6:00 pm	Y Kids (3-12 yrs) 6:00-8:00	Cyclefit** 6:00-6:45	Y Kids (3-12 yrs) 6:00-8:00	Body Flex 6:00-7:00	
6:30 pm		Cardio Kickbox** 7:00-8:00			
7:00 pm					
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					Public Lane Swim 5:30-8:00
6:30 am					Water Walking (1 Lane) 7:30-8:00
7:00 am		Cyclefit** 7:00-7:45			
7:30 am					
8:00 am					Lane Swim 8:00-10:00
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	Public Open Swim 10:00-10:45
9:30 am					
10:00 am					Swim Lessons (Reg.) 10:45-11:30
10:30 am	Kinder Gym 10:30-12:00			Yoga Fit 10:30-11:30	Splash./Bub. 11:00-11:30
11:00 am					
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					
1:30 pm					AquaFit 1:30-2:15
2:00 pm			Total Bone & Joint Educ (Reg.) 2:00-3:00		Public Open Swim 2:15-3:30
2:30 pm					
3:00 pm			Gentle Fit (starts Feb.17) 3:15-4:15		Public Open Swim Central Swim (Jan 13 - Mar 31) 3:30-4:30
3:30 pm					
4:00 pm					Public Open Swim 4:30-5:15
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				AquaFit Boot Camp 7:45-8:30
7:30 pm					
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

THURSDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am		Cyclefit** 5:45-6:30			Public Lane Swim 5:30-6:40
6:00 am					
6:30 am					Lane Swim 6:30-7:35
7:00 am					Central Swim Team/Lane Swim (Jan 14 - Apr 1) 6:45-7:35
7:30 am					
8:00 am					Public Lane Swim 7:45-8:55
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					Lane Swim 10:00-10:45
10:00 am					Swim Lessons (Reg.) 10:45-11:30
10:30 am	Low Impact 10:30-11:30			Fusion Flow** 10:30-11:30	
11:00 am					
11:30 am					Public Lane Swim 11:35-12:55
12:00 pm					
12:30 pm					HydroTherapy 1:00-1:45
1:00 pm	West Gym Kinder Gym 1:00-3:00	East Gym Y Kids (6-12 yrs) 1:00-3:00		Y Kids (6-12 yrs) 2:00-3:00	
1:30 pm					
2:00 pm					Open Swim 2:00-4:00
2:30 pm					
3:00 pm					
3:30 pm					Public Open Swim 4:00-5:00
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					Karate (Reg.) (6-12 yrs) 4:45-7:35
6:00 pm		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	Y Kids (3-12 yrs) 7:00-8:00	Cyclefit** 7:00-7:45			
7:30 pm					Karate (Reg.) (13+) 7:45-8:45
8:00 pm					
8:30 pm	Open Basketball 8:00-10:00	Total Body Tone (Express) 8:00-8:30			AquaFit 7:45-8:30
9:00 pm					Lane Swim 8:30-9:30
9:30 pm					
10:00 pm					CLOSED

FRIDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					Public Lane Swim 5:30-8:00
6:30 am					Water Walking (1 Lane) 7:30-8:00
7:00 am				Body Flex 7:00-8:00	
7:30 am					
8:00 am					Lane Swim 8:00-10:00
8:30 am					
9:00 am					Public Open Swim 10:00-10:45
9:30 am	Cardio Challenge 9:15-10:15		Pre-School/Toddler Explorers (Reg.) 9:00-11:30	Movin' & Groovin' 9:00-10:30	
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				Splash./Bub. 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					
1:30 pm					AquaFit 1:30-2:15
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					Open Swim 2:15-6:15
5:00 pm					
5:30 pm					
6:00 pm	Leader Corps (Reg.) 5:30-7:30	Core Str. & Stab. 6:00-6:45	Leader Corps (Reg.) 5:30-7:30		H2O Leaders (Reg.) 6:30-7:30
6:30 pm					
7:00 pm					
7:30 pm	Youth Sports 7:30-8:30	Youth Night 7:45-8:30		Thowin' the Horns 5:30-11:30 (3rd Friday each month)	Youth Water Sports 7:30-8:30
8:00 pm					
8:30 pm					Public Open Swim 8:30-9:30
9:00 pm	Youth Basketball 8:30-10:00				
9:30 pm					
10:00 pm					CLOSED

SATURDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
7:00 am					Public Lane Swim 7:00-8:25
7:30 am					
8:00 am	Low Impact (Group Walk) 8:00-9:00	Cyclefit** 8:15-9:00 (runs until May 1/10)			
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	Cardio Challenge 9:30-10:30				
10:00 am				Y Kids (6-12 yrs) 10:30-11:30	Swim Lessons (Reg.) 9:15-12:15
10:30 am					Splash./Bub. 11:00-11:30
11:00 am					
11:30 am	YBA (Reg.) (6-9 yrs) 11:30-12:45				Public Open Swim 12:30-2:30
12:00 pm	YBA (Reg.) (10-12 yrs) 1:00-2:30	Y Kids (3-5 yrs) 1:00-2:00	Pre-School Explorers (Reg.) 1:00-3:30		Adult Swim Lessons 1:15-2:00
12:30 pm	YBA (Reg.) (13-16 yrs) 2:45-3:30	Y Kids (6-12 yrs) 2:00-3:00			
1:00 pm					Swim Lessons (Reg.) 2:45-3:30
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					Open Swim 3:30-5:00
4:30 pm					
5:00 pm					
5:30 pm	Birthdays Parties East Gym 5:00-6:00			Birthdays Parties 4:00-8:00	Public Open Swim 5:00-7:30
6:00 pm					
6:30 pm					
7:00 pm					
7:30 pm					
8:00 pm					CLOSED

Legend: Adult Group Fitness Class Supervised Program Open

** Limited space: Sign up for class at the Membership Desk up to 1 hour prior to class start.

Pool is closed as of 9:30pm Mon-Fri, 7:30pm Sat, and 4:30pm holiday schedule

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				Karate (6+) 10:00-11:45	
11:00 am					
11:30 am					
12:00 pm	Birthdays Parties 12:00-2:00	Triathlon (Reg.) (10-15 yrs & Adult/Student) 12:00-2:00	Birthdays Parties 12:00-4:00	Birthdays Parties 12:30-3:00	Triathlon (Reg.) (10-15 yrs & Adult/Student) 12:15-1:15
12:30 pm					Masters Swim 1:15-2:15
1:00 pm	Youth Volleyball (Reg.) 2:00-3:30				Public Family Open Swim 2:15-4:00
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm	Family Open Gym 3:30-5:00				Aquatic Leadership Certification (Reg.) 3:00-4:00
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					Aquatic Leadership Certification (Reg.) 4:00-6:00
5:30 pm					
6:00 pm					

PA Days Y Kids (3-5 years, 6-12 years) 1:00-3:00pm Community Room

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

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.

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 (photo ID required)	
Drop-In Day Pass (13 years +)	\$10
Kids Pass* (12 years and under)	\$5
Youth Centre Pass**	\$5

Public Swim	
Child	\$2.50
Student	\$2.50
Adult	\$3.50
Family (immediate family)	\$8

Aqua Passes (photo ID required)	
Aquafit (20 classes)	\$100
Adult Swim Card (12 swims)	\$36

* 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.

Fees: 1 session \$40/hour 5 sessions \$39/hour
10 sessions \$38/hour 20 sessions \$37/hour

Swim Lessons - Private & Semi-Private

All sessions are 45 minutes in length. Adults or Children.

Fees: Private - \$100/participant for 5 lessons
Semi-Private - \$75/participant for 5 lessons

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