

# Schedule at a Glance

## MONDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	Cyclefit					
6:30 am	6:00-6:45					
7:00 am				Open Gym 5:30-9:00	Public Open 5:30-9:00	Public Lane 5:30-9:00
7:30 am						
8:00 am						
8:30 am						
9:00 am	Fusion Flow 9:15-10:00	Movin & Groovin 9:00-10:30		Stretch & Tone 9:15-10:15	L'il Dippers 9:00-10:30	AquaFit 9:15-10:00
9:30 am						Open
10:00 am	Calistenics 10:00-10:30			Kindergym 10:30-11:30	Open 10:30-11:30	10:00-10:45
10:30 am					Kindergym 11:30-12:00	HydroTherapy 10:45-11:30
11:00 am				Adult Basketball - 18+ 11:30-2:00	Open 12:00-2:00	Lane 11:30-2:00
11:30 am						
12:00 pm	Cyclefit 12:00-12:45	TBJH Education 12:00-1:00				
12:30 pm	Gentle Fit 1:15-2:15					
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm			Child Care 2:00-3:30	Open Gym 2:00-4:45	Public Open 2:00-4:00	Public Lane 2:00-4:00
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm		Y-Kids Action 4:45-5:30		P&C-Soccer 4:45-5:30	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:00 pm		P-Kids Action 5:30-6:15	C-Crafts 5:30-6:15	Y-Soccer 5:30-6:15		
5:30 pm				Hi/Lo 6:15-7:15	Open Swim 7:00-7:45	AquaFit Bootcamp 7:00-7:45
6:00 pm				C&Y-Basketball 7:15-8:00	Adult Lessons-B 7:45-8:30	Adult Lane Lessons Swim
6:30 pm	Core 6:15-7:00	C&Y-Y Kids 6:15-8:00	P-Movin & Groovin 6:15-8:00			
7:00 pm	YogaFit 7:15-8:15			Teen/Adult Badminton 8:00-10:00	Public Open 8:30-10:00	Public Lane 8:30-10:00
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

## TUESDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	Core 6:00-6:45					
6:30 am				Open Gym 5:30-9:00	Open 5:30-9:00	Lane 5:30-7:00
7:00 am						AquaFit 7:00-7:45
7:30 am						
8:00 am						
8:30 am						
9:00 am	Total Body Tone 9:15-10:00	Movin & Groovin 9:00-10:30	Toddler Time 9:00-10:30	Cardio Challenge 9:15-10:15	L'il Sharks 9:00-10:30	Lane 7:45-9:30
9:30 am				Walkfit 10:30-11:00	Child Care 10:30-11:30	AquaEase 9:30-10:15
10:00 am				Kindergym 10:30-11:00	Kindergym 11-11:30	Open 10:15-11:15
10:30 am						Hydrotherapy 11:15-12:00
11:00 am				Adult Badminton 11:30-1:30	Open 12:00-2:00	Lane 12:00-2:00
11:30 am						
12:00 pm						
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm				Open Gym 1:30-4:45	Public Open 2:00-4:00	Public Lane 2:00-4:00
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm		P-Music & Movement 4:45-5:30		C-Badminton 4:45-5:30	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:00 pm						
5:30 pm	Fusion Flow 5:30-6:15	C-Dance 5:30-6:15	P-Crafts 5:30-6:15	Y-Badminton 5:30-6:15		
6:00 pm						
6:30 pm	Cyclefit 6:30-7:15	C&Y-Y Kids 6:15-8:00	P-Movin & Groovin 6:15-8:00	Boot Camp 6:15-7:15	Open 7:00-8:30	Aqua Boot Camp 7:00-7:45
7:00 pm				C&Y-Floor Hockey 7:15-8:00		Adult Lane Lessons Swim
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm				Teen/Adult Basketball 8:00-10:00	Public Open 8:30-10:00	Public Open 8:30-10:00
9:30 pm						
10:00 pm						

## WEDNESDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	Cyclefit 6:00-6:45					
6:30 am				Open Gym 5:30-9:00	Public Open 5:30-9:00	Public Lane 5:30-9:00
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am	Fusion Flow 9:15-10:00	Movin & Groovin 9:00-10:30	Toddler Time 9:00-10:30	Low Impact 9:15-10:15	L'il Dippers 9:00-10:30	AquaFit 9:15-10:00
9:30 am						Open 10-10:45
10:00 am	Calistenics 10-10:30			Kindergym 10:30-11:30	Child Care 10:30-11:30	HydroTherapy 10:45-11:30
10:30 am						
11:00 am				Adult Basketball 18+ 11:30-2:00	Open 12:00-2:00	Lane 11:30-2:00
11:30 am						
12:00 pm	Cyclefit 12:00-12:45					
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm				Open Gym 2:00-4:45	Public Open 2:00-4:00	Public Lane 2:00-4:00
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm				C&Y-Volleyball 4:45-5:30	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm	Core 7:15-8:15			Leader Corps 6:15-7:00	Body Flex 6:00-7:00	H2O Leaders 7:00-7:45
7:30 pm				Education *7:15-8:15	Leader Corps 7:00-8:00	AquaFit 7:45-8:30
8:00 pm						
8:30 pm						
9:00 pm				Teen/Adult Volleyball 8:00-10:00	Public Open 8:00-10:00	Public Lane 8:30-10:00
9:30 pm						
10:00 pm						

\* Education: Creating Balance - registered 9 week program Jan. 13-March 10, 2010

## THURSDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	Core 6:00-6:45					
6:30 am				Open Gym 5:30-9:00	Open 5:30-9:00	Lane 5:30-7:00
7:00 am						AquaFit 7:00-7:45
7:30 am						
8:00 am						
8:30 am						
9:00 am	Total Body Tone 9:15-10:00	Movin & Groovin 9:00-10:30	Toddler Time 9:00-10:30	Cardio Challenge 9:15-10:15	Family Swim 9-10:30	Lil Dippers 9-10:30
9:30 am						
10:00 am	Gentle Fit 10:00-11:00			P-Soccer 10:30-11:30		AquaEase 9:30-10:15
10:30 am						Water Walking 10:30-11:00
11:00 am						Hydrotherapy 11:15-12
11:30 am						
12:00 pm						
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm	Fusion Flow 5:30-6:15	C-Drama 5:30-6:15	P-Crafts 5:30-6:15	P&C-Basketball 4:45-5:30	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
6:00 pm				Y-Basketball 5:30-6:15		
6:30 pm	Cyclefit 6:30-7:15	C&Y-Y kids 6:15-8:00	P-Movin & Groovin 6:15-8:00	Boot Camp 6:15-7:15		AquaFit 7:00-7:45
7:00 pm				C&Y Soccer 7:15-8:00	Open 7:00-8:30	Adult Lane Lessons Swim
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

\*Women in Weights -registered 8 week program - Jan 7-Feb 25, 1:00-2:00 pm Thurs. Meet in Stretch Area

## FRIDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	Cyclefit 6:00-6:45					
6:30 am				Open Gym 5:30-9:00	Public Open 5:30-9:00	Public Lane 5:30-9:00
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am	Fusion Flow 9:15-10:00	Indoor Playground 9:00-10:30	Movin & Groovin 9:00-10:30	Step 9:15-10:15	L'il Dippers 9:00-10:30	AquaFit 9:15-10:00
9:30 am						Open
10:00 am	Calistenics 10:00-10:30			Kindergym 10:30-11:30	Open 10:30-11:30	10:00-10:45
10:30 am					Kindergym 11:30-12:00	Hydrotherapy 10:45-11:30
11:00 am						
11:30 am						
12:00 pm						
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

Teen Beat - 6:00-7:00 pm; Teen Strength - 7:30-8:30 pm - register at membership-meet outside studio

## SATURDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
7:00 am						
7:30 am				Open Gym 7:00-9:00	Public Open 7:00-9:00	Public Lane 7:00-9:00
8:00 am	Cyclefit 8:00-8:45					
8:30 am						
9:00 am						
9:30 am						
10:00 am						
10:30 am	Gentle Fit 10:15-11:15	C&Y-Y Kids 9:00-11:15	Movin & Groovin 9:00-11:15	Body Flex 9:15-10:15	Swim Lessons 9:00-12:00	Swim Lessons 9:00-12:00
11:00 am				Y Kids 10:15-11:15		
11:30 am				C&Y-Basketball 11:15-12:00		
12:00 pm						
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						

Teen Beat - 1:00-2:00 pm; Teen Strength - 2:00-3:00 pm - register at membership - meet outside studio

Legend:  Adult Group Fitness Class  Supervised Program  
 Open  
 P-Preschool (3-5) C-Child (6-9) Y-Youth (10-12)  
 B-Beginner I-Intermediate A-Advance

## SUNDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
8:00 am						
8:30 am				Open Gym 8:00-9:30	Open 8:00-9:00	Lane 8:00-9:00
9:00 am						
9:30 am	Total Body Tone 9:30-10:15			Floor Hockey 9:30-10:30	Swim Lessons 9:00-12:00	Swim Lessons 9:00-12:00
10:00 am						
10:30 am						
11:00 am		</				

# 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
- Group Orientation and Personalized Exercise Program (PEP)
- Open gym time
- Open and lane swims
- All recreational sports
- Whirlpool
- Use of day lockers and General Change Rooms
- Unlimited guest passes
- Canada-wide YMCA usage

## Memberships for Children include:

- Unlimited drop-in programs
- One registered 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 holiday / March Break / PA Day 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

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

\*Tax does not apply to Child & Youth memberships

## Building Your Family Membership Package

The first adult on the account pays regular membership price (Adult General/Adult Only) while other adults and children (same household) pay the dependent 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, 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.

### 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.

#### Holidays: Facility open 8:00-5:00 pm

- *Family Day* - Monday, February 15th
- *Easter Friday* - April 2nd
- *Easter Sunday* - April 4th
- *Victoria Day* - Monday, May 24th

#### PA Days

Friday, January 29  
Monday, April 19  
Friday, June 11

## Other Ways to Access the YMCA

Day Passes	
Drop-In Day Pass	\$10
Kids Pass*	\$5
Youth Centre Pass**	\$5

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

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

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

\*\* Access to YMCA Youth Nights only

## 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. For those who are under 13 and interested in using the fitness center please see staff for assistance.

## Personal Training

Personal Training at the YMCA is exclusive to YMCA Personal Trainers. Our Certified Personal Trainer can help you achieve the results you want, regardless of 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