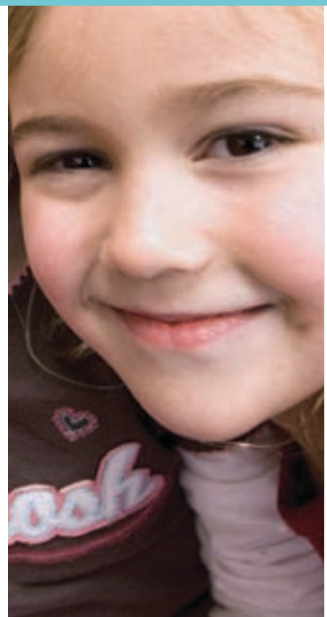
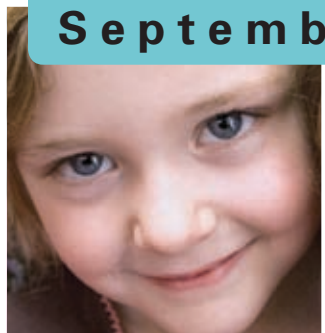


YMCA of Hamilton/Burlington/Brantford

PROGRAM GUIDE

September 12, 2009 - June 26, 2010



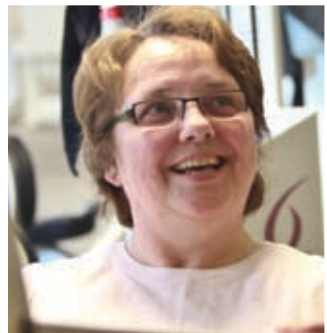
*Pick up your
Schedule-at-a-Glance
at your YMCA.*



Inside

Program information for:

- Brantford Family YMCA
- Flamborough Family YMCA
- Hamilton Downtown Family YMCA
- Les Chater Family YMCA
- Ron Edwards Family YMCA



Do It All Online!

- Find programs
- Download program schedules
- Register for events
- Read all the latest YMCA news
- Sign up at www.ymcahbb.ca for YMCA emails to be the first to know what's happening!

**NEW
web
address**

www.ymcahbb.ca

**Fall/Winter/Spring
2009-2010**

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Facility Hours

Monday – Friday	5:30 am – 10:00 pm
Saturday	7:00 am – 8:00 pm
Sunday	8:00 am – 6:00 pm
Holiday Hours*	8:00 am – 5:00 pm

*See your YMCA for your statutory holiday schedule.

PA Days

Special PA Day programs will be available in addition to our regular programs.

Winter Break and March Break

Children's programs will run on a modified schedule. Specialty programs will also be offered.

Visit www.ymcahbb.ca for all your program details.



Contact Information

Centres of the Community

Brantford Family YMCA

143 Wellington Street, Brantford, ON, N3S 3Y8
 Phone: 519-752-6568 • Fax: 519-759-8431
 Email: brantford_membership@ymca.ca

Flamborough Family YMCA

207 Parkside Drive, Waterdown, Ontario L0R 2H1
 Phone: 905-690-3555 • Fax: 905-690-7410
 Email: flamborough_membership@ymca.ca
 General Manager: Jacki Kostuk

Hamilton Downtown Family YMCA

79 James Street South, Hamilton, Ontario L8P 2Z1
 Phone: 905-529-7102 • Fax: 905-529-6682
 Email: hamilton_downtown@ymca.ca
 General Manager: Mike Braithwaite

Les Chater Family YMCA

356 Rymal Road East, Hamilton, Ontario L9B 1C2
 Email: leschater_info@ymca.ca
 Phone: 905-667-1515 • Fax: 905-667-5879
 General Manager: Lisa Roddie

Ron Edwards Family YMCA

500 Drury Lane, Burlington, Ontario L7R 2X2
 Phone: 905-632-5000 • Fax: 905-333-1767
 Email: burlington_membership@ymca.ca
 General Manager: Chris Burr

Career Development & Learning Centre

Burlington Region	905-681-1140
Hamilton Region	905-317-4934
Immigrant Settlement Services	519-752-4568
careerworx!	905-540-9679
International Development	905-681-1140

Camping & Outdoor Education

Day Camping	905-317-4929	YMCA Wanakita	1-800-387-5081
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Family & Children's Services

Pre-School Child Care	905-317-4942
School Age Child Care	905-317-4916
Community Outreach	905-317-4901

Association Services

905-529-7102

Financial Development Office

905-317-4945

Hamilton Downtown Residence

905-529-7102

All of our membership centres are accessible to the physically handicapped.



Pre-School, Child & Youth Program Information

YMCA Membership for Children Includes:

- Unlimited access to YMCA programs. Some programs require registration.
- One registered swim lesson (or one registered Explorers program which includes a swim lesson).*
- Reduced rate for special holiday / March Break branch programs.
- If your child has special requirements or special needs, please speak with one of our Children's Services Supervisors to help ensure that your child's YMCA experience is a positive one.

**Swim programs not included in memberships at the Brantford Family YMCA, but can be added for an additional fee.*

Rolling Registration

Participants can register at any time. Rolling Registration allows members the opportunity to sign up for registered land and swim lessons only once without having to re-register.

Supervision of Children

Children up to 10 years of age must be supervised by an adult or guardian (minimum 14 years of age), while participating in open gym and recreational swim times, as well as being signed in and out of instructional programs. Children are not permitted in the Fitness Centre or in the gym during fitness classes.

Sign In & Out Procedure

All children must be signed in and out of programs by a guardian who is over the age of 14.

Appropriate Footwear

For your child's safety, all activities require closed-toe running shoes as footwear. Please do not send your child with croc-style footwear, sandals, flip flops or boots.

For more information on Child & Youth Programs, please visit www.ymcahbb.ca

YMCA Birthday Parties

A Great Way to Celebrate!

Bring your child's birthday to the YMCA. Complete party packages are available for children ages 3-13.

Contact your branch for more information.



Child Minding

The child minding program gives toddlers, pre-schoolers and school age children the chance to play together in a supervised play area, while parents/guardians are in the building. Please see your YMCA Schedule-at-a-Glance for branch fees, days and times or go to www.ymcahbb.ca.



IT'S EVERYONE'S JOB

At the YMCA, it's everyone's job to play a positive role in the life of kids. Through careful planning, recruitment and training, the YMCA develops staff into adult role models – they are key to helping kids succeed in life.

Pre-School Programs (3 months-5 years)



Explorers

- *Toddler 18-36 months (30 minute Splasher/Bubbler swim lesson - parented)*
- *Pre-school 3-5 years (includes 45 minute swim lesson)*

Registration Required

Active play, circle time, theme-related craft, and swim lesson. Bring a nut-free snack.

Indoor Playground

Parented: 3 months to 5 years

Spend some free time with your toddler or pre-schooler. Various equipment is set-up each week to stimulate gross motor skills.

FOR SOME KIDS IT'S THEIR ONLY GIFT

Each year, the Hamilton Downtown YMCA hosts Santa's Ultimate Chill Zone, a one day Holiday event that gives over 500 Hamilton children in need a Holiday party to remember. For some it will be the only Holiday celebration they have.

Kinder Gym

Pre-School: 3 – 5 Years

Games and activities to keep moving. Includes a fun swim. Note: Swim portion included in Flamborough and Hamilton Downtown only.

Toddler Time

- *Toddler 18-36 months*

Active play, circle time and theme-related craft.

Tumble Tots

Parented: 18 Months - 3 Years

Registration Required

Children will work on balance, flexibility and coordination in a fun atmosphere. Parents will work hands-on with their toddlers in the parent and tot class.

Y Kids (YK)

Pre-school: 3-5 years

Participate in sports, crafts, organized games and other fun activities. Check www.ymcahbb.ca for monthly activities.

Y Kids weekly programs may include the following activities:

- **Arts and crafts**
- **Sports and active programs such as Basketball, Soccer and Floor Hockey**
- **Cooking programs**
- **Music and movement**



For program dates, times and locations, pick up your Schedule-at-a-Glance or visit: www.ymcahbb.ca

Child & Youth Programs (6 - 9 years)



Family Fitness

Designed for parents and children of all fitness levels. Family Fitness is an opportunity for you and your child to experience a combination of traditional and innovative ways to keep fit and have fun as a family.

Karate

Ages: 6 - 9 Years

Family: 6+ years - Learn Karate as a family

Registration Required

Learn self-defense, self-confidence and respect for yourself and others. A uniform is not necessary for beginners. Safety equipment is a must for sparring. YMCA Karate is for everyone, all ages and abilities.

Kids Action

Ages: 6 - 9 years

Rotate through exercise stations designed with kids in mind, improving gross motor skills and promoting a healthy lifestyle.

YBA (Youth Basketball Association)

Opportunity to develop basic basketball skills.

Y Kids (YK)

A variety of activities including active and creative options. Check www.ymcahbb.ca for monthly activities.

Y Kids weekly programs may include the following activities:

- Arts & Crafts
- Sports and active programs such as Basketball, Floor Hockey, Soccer, Skipping, and Volleyball
- Cooking Programs
- Dance & Drama

FAMILIES WHO PLAY TOGETHER

When the whole family makes play a priority, you might not even notice how it all adds up to physical activity and healthy benefits. Check your YMCA branch schedule for the many activities we offer for families to participate together. Family time at the YMCA is essential to building a healthy family.



For program dates, times and locations, pick up your Schedule-at-a-Glance or visit: www.ymcahbb.ca

Youth & Teen Programs (10 - 15 years)

Family Fitness

Designed for parents and children of all fitness levels. Family Fitness is an opportunity for you and your child to experience a combination of traditional and innovative ways to keep fit and have fun as a family.

H2O Leaders

Registration Required

An aquatic leadership program for kids. Participants will improve their aquatic skills, learn the steps to become a lifeguard and enjoy a variety of games and leadership activities. Participants may complete their Star 5 & 6 swim levels during this dedicated pool time.

Pre-requisite: Star 4 and up

Youth Action

Ages: 10-13 years

Cross-training for youth. Boot camp activities, cycle/run, strength, speed/endurance swim and supervised access to the Fitness Centre may be included.



Why volunteer?

The YMCA believes that people enrich their own lives when they enrich the lives of others. All YMCA endeavours involve a partnership of volunteer and staff teams dedicated to creating healthy communities where individuals and families have opportunities to reach their potential. Visit www.ymcahbb.ca for all volunteer opportunities. Join the YMCA team and make a difference in your community.



Karate

Ages: 10-12 Years, 13+ years

Family: 6+ years - Learn Karate as a family

Registration Required

Learn self-defense, self-confidence and respect for yourself and others. A uniform is not necessary for beginners. Safety equipment is a must for sparring. YMCA Karate is for everyone, all ages and abilities.

Leader Corps

Ages: 10-18 years

Registration Required

Leader Corps is a values-based youth leadership program that helps participants develop skills useful for a lifetime. Training sessions, games, activities and initiatives prepare Leader Corps members for volunteer and future employment opportunities.

Y Kids

Ages: 10-12 years

A variety of activities including active and creative options. Check www.ymcahbb.ca for monthly activities.

Y Kids weekly programs may include the following activities:

- Arts & Crafts
- Sports and active programs such as Basketball, Floor Hockey, Soccer, Skipping, and Volleyball
- Cooking Programs
- Dance & Drama

For program dates, times and locations, pick up your Schedule-at-a-Glance or visit: www.ymcahbb.ca



YBA (Youth Basketball Association)

Ages: 10-13 years, 13-15 years

Registration Required

Come work on your basketball in a team environment. Learn new techniques and compete for the YBA trophy.

Youth Sports

- Basketball
- Soccer
- Volleyball
- Floor Hockey

An opportunity for youth to learn and participate in a variety of organized sports. A great way to keep fit, learn self-confidence and respect for yourself and others.

Youth Night

A chance for 10-15 year olds to come and hang out at the YMCA and be with friends. Try your hand at activities such as: foosball, air hockey, Guitar Hero, ping pong, or Dance Dance Revolution. Play Basketball or go for a swim. Activities vary by branch.

Youth Volleyball

Ages: 10-13 years

Registration Required

Set, serve and spike your way to learning the game of Volleyball.

Youth Water Sports

An opportunity for youth to learn and participate in a variety of aquatic sports. Activities and weekly games may include water polo, inner tube water polo, water volleyball and more.

EVERYONE IS INCLUDED

In partnership with Reach for the Rainbow, the YMCA provides one-to-one support to children with special needs to ensure they can participate fully in YMCA programs.

Certification Courses

Courses run based on minimum number of participants. Please see www.ymcahbb.ca for fees, dates, times and locations.

Babysitting Course

Ages: 11 years +

A certificate course teaching young people the skills and knowledge required to look after children. Participants will receive a certificate and wallet-card upon completion.

Bronze Medallion

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skills and fitness.

Pre-requisite: 13 years of age or 12 years of age with Bronze Star Certification.

Bronze Cross

Advanced life-saving award focusing on swimming, fitness and rescue skills.

Pre-requisite: Bronze Medallion, Emergency First Aid and CPR B Certifications.

Fitness Instructor Training

If you enjoy group fitness classes or strength training in the Fitness Centre and would like to motivate others to achieve a healthier lifestyle, become a nationally certified YMCA Fitness Leader. Please contact the Membership Desk for registration details.

NLS

Nationally recognized certification for life-guarding. Learn to work with a guard team, using specialized rescue techniques.

Pre-requisite: 16 years of age, Bronze Cross and Standard First Aid and CPR C Certification.

Standard First Aid and CPR Certification

Pre-requisite: Emergency First Aid and CPR B is an asset.

Fitness Classes (13+ years)

Your YMCA Adult or Student Membership entitles you to:

- Fitness Centre
- Unlimited Fitness & Aqua Classes
- Open Gym
- Open and Lane Swim
- All Recreational Sports
- 2 free Personal Exercise Programs (PEP) each year

Aquatic Programs

For Aquatic programming, please refer to page 14.

Cardio Classes

Boot Camp

A high intensity cardio and circuit workout.

Cardio Challenge

A variety of aerobic workouts such as sport conditioning, step, high/low and kickboxing.

Cardio Kickboxing

Kick and punch your way to full body fitness. May include the use of equipment. First 15 min of each class includes warm-up and kickbox basics.

Cyclefit

Indoor bike class set to music.

Family Fitness

Designed for parents and children of all fitness levels. Family Fitness is an opportunity for you and your child to experience a combination of traditional and innovative ways to keep fit and have fun as a family. May involve use of the Sportwall.

High/Low

A combination of high and low impact aerobic moves followed by a short strength training, abs and relaxation segment.

Low Impact

A low impact, gentle toning class designed for those new to fitness, older adults or those recovering from injuries.

Step

A high energy class. Interval muscle conditioning may be used.

Some classes have space limitations and some are seasonal (October to April). Please check your Schedule-at-a-Glance for details.

Core Classes

Core Strength & Stability

Focus on abdominal and back muscles to improve posture, balance and core strength.

Fusion Flow

Components of Pilates, Yoga and core conditioning to help you develop and maintain a stronger back and abs, increased flexibility and long, lean muscles.

Yoga Fit

A dynamic fitness class utilizing Yoga techniques, postures and positions. Designed to develop strength and flexibility, reduce stress and tensions, and increase overall health and vitality.

Resistance & Toning Classes

Body Flex

Weight training program using hand weights and barbells.

Gentle Fit

A gentle exercise class using a chair, therabands and hand weights. Appropriate for those with a chronic condition and or limited mobility.

Stretch & Tone

A focus on gentle toning and flexibility exercises. Seated modifications will be offered.



Total Body Tone

Resistance training class using a variety of equipment.

Women and Weights

An opportunity for women to learn proper strength training techniques in a group setting.

For program dates, times and locations, pick up your Schedule-at-a-Glance or visit: www.ymcahbb.ca



Specialty Programs

In partnership with Hamilton Health Sciences and McMaster University, the YMCA is pleased to provide a series of health rehabilitation, prevention and education programs designed for individuals with a variety of conditions or illness.



CanWell

Registration Required

In partnership with HHS, McMaster University and Juravinski Cancer Centre, this is a 12 week supervised exercise and education program designed for individuals who are cancer survivors.

Healthy Hearts

Registration Required

This exercise and education maintenance program is designed for individuals who have completed their rehabilitative program at the hospital or at risk of developing heart disease. A doctor's referral is required. Education topics may include heart health, stress management, diabetes, blood pressure, working with a health care team and nutrition. Educational sessions will occur monthly.

Total Bone and Joint Health Program

Registration Required

Designed for individuals suffering from chronic joint or bone issues such as osteoporosis and osteoarthritis. The program is ideal for those wanting to optimize their health pre and post surgically for a hip and/or knee replacement.

Educational components include nutrition; working with a health care team; preparing for surgery; bone health and pain management.

Y's Choices

Registration Required

In this 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 and for help developing family goals.

Creating Balance

Registration Required

Creating Balance is a Weight Management Program designed to assist you with the behavioral changes needed to maintain a healthy lifestyle. Our program is designed to provide practical weight management techniques in a supportive and safe environment. Our focus is on fun, healthy habits and long term success. It is not just LOSING inches, it is GAINING back your own health & wellness!

Karate

Learn self-defense, self-confidence and respect for yourself and others. A uniform is not necessary for beginners. Safety equipment is a must for sparring. YMCA Karate is for everyone, all ages and abilities.

Triathlon/Duathlon Training Group

Registration Required

Offered seasonally at the Flamborough Family YMCA and Ron Edwards Family YMCA.

Whether you are new to the sport of Triathlon/Duathlons or want to improve on your current time or fitness level this training group is for you. Led by NCCP triathlon certified coach, Nancy Hastings, you will get a customized weekly training program, unlimited access to your coach and race simulation days. This program is offered free of charge to all YMCA members.



STRONGER TOGETHER

Through innovative partnerships with other leading organizations in the community, like Hamilton Health Sciences, we pool resources and expertise to ensure more people in the community can benefit from YMCA programs.

Health and Wellness Services



Contact your branch for fees and appointments.
Brantford Family YMCA: 519-752-6568 x 111
Flamborough Family YMCA: 905-690-3555 x 7043
Hamilton Downtown Family YMCA: 905-317-4910
Les Chater Family YMCA: 905-667-1515 x 8015
Ron Edwards Family YMCA: 905-632-5000 x 6254

Body Composition Analysis

A non-invasive test will provide percent body fat, lean weight, fat weight, basal metabolic rate, total body water and target recommendations. By appointment only.

Fitness Assessments

Includes body composition, cardiovascular fitness, muscle endurance, flexibility testing, an interpretation of results and fitness counseling by a Certified Fitness Appraiser. By appointment only.

Medical Membership

This membership is designed for those with medical conditions such as osteopenia, osteoporosis, osteoarthritis, joint replacements, post cardiac conditions, chronic pain, and obesity. Doctor referral and medical screening with our staff are required. You will be partnered with one of our Wellness Coaches for the duration of your Medical Membership.

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.

Recreational Sports

Youth & Teen

- Basketball
- Floor Hockey
- Racquetball-Please call the Membership Desk to book a court.
- Soccer
- Squash-Please call the Membership Desk to book a court.
- Volleyball

Adult

- Basketball
- Racquetball-Please call the Membership Desk to book a court.
- Squash-Please call the Membership Desk to book a court.
- Soccer
- Volleyball

For Racquetball and Squash Court bookings, please phone the Membership Desk:

Hamilton Downtown Family YMCA: 905-529-7102

Ron Edwards Family MCA: 905-632-5000

For program dates, times and locations, pick up your Schedule-at-a-Glance or visit: www.ymcahbb.ca

DO YOU NEED A PEP TALK?

Give your workout a boost through a Personal Exercise Program (PEP). You receive two free sessions annually with your membership. Book your appointment at the Membership Desk today.



Aquatics Programs (Not available in Brantford)

Aquatics at the YMCA Take a Deeper Look

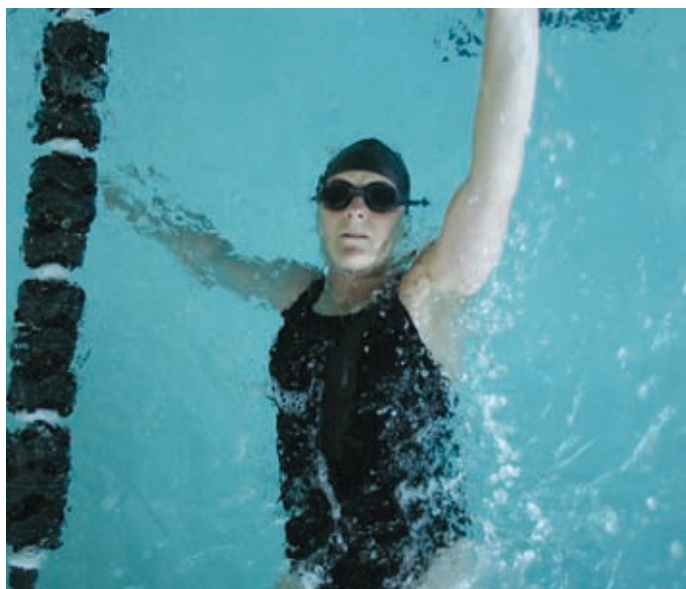
Since 1931, the YMCA has been a leader in aquatics in Canada. That year the YMCA developed the first nationally recognized aquatics program and has continued to train aquatic leaders ever since.

The facts about swimming...

- Comfort in the water opens doors to a wide range of skills, opportunities and activities such as canoeing in Canada's beautiful lakes, water slides with friends, snorkeling on a tropical reef, fishing on a sunny afternoon, or becoming a lifeguard to teach others.
- Swimming is an essential safety skill. Drowning is the second leading cause of preventable death for children under 10 years of age.
- Participating in swimming lessons gives children and adults the opportunity to accomplish new skills and build self confidence.

Why swim at the YMCA?

- YMCA lessons are designed with busy families in mind. All children within a family can take their lesson at the same time, regardless of their swim level. Once you're registered for that time, it's yours as your little ones progress, unless you need to switch.
- At the YMCA we focus on helping people develop. Each swimmer is challenged to grow and improve while the levels are a tool to help parents understand progress on different items. Children will be continually challenged and not limited to completing a level before being introduced to new skills.
- YMCA staff are trained beyond aquatics on topics such as Healthy Child Development. They not only teach swim skills but also help children understand and live the YMCA Core Values - Caring, Honesty, Respect and Responsibility.



SWIM EQUIVALENCY CHART

YMCA	Red Cross Society	Lifesaving Society
Splashers	Starfish	AquaTots 1
Bubblers	Duck	AquaTots 2, 3
Bobbers	Sea Turtle	Preschool A
Floater	Salamander	Preschool B
Gliders	Sunfish	Preschool C
Divers	Crocodile	Preschool D
Surfers	Whale	Preschool E
Dippers	Whale	Preschool E
Otter	Level 1	Swimmer 1
Seal	Level 2	Swimmer 1
Dolphin	Level 3	Swimmer 2
Swimmer	Level 4	Swimmer 3
Star 1	Level 5	Swimmer 3
Star 2	Level 6	Swimmer 4
Star 3	Level 7	Swimmer 4
Star 4	Level 8	Swimmer 5
Star 5	Level 9	Swimmer 6
Star 6	Level 10	Swimmer 6

GIFTS THAT KEEP GROWING

The YMCA reaches out to children, teens and families who are unable to afford the full cost of participation in a YMCA program or activity. Invest in a child today. Make your gift at www.ymcastrongkids.ca.



Swim Lessons (Not available in Brantford)



Parented Swim Lessons

Splashers (3 – 18 months with parent)

Bubblers (18 – 36 months with parent)

The program introduces YMCA values to infants and the adults who accompany them in a wide range of leader-guided water activity in a fun, safe atmosphere.

Family Swim Lessons - Bobbers to Star 6

Registration Required

One stop shopping. Register one child or the whole family at once for swim lessons. Our family-friendly approach is designed to accommodate multiple levels at the same time.

See Swim Lesson Schedules on page 13.

Private Lessons & Semi-Private Lessons

Registration Required

All sessions are 45 minutes in length.

Call your YMCA branch to book your lessons.

- Flamborough: 905-690-3555 x 7011
- Hamilton Downtown: 905-317-4922
- Ron Edwards: 905-632-5000 x 6351
- Les Chater: 905-667-1515 x 8017

See your YMCA Membership Desk for fees and registration information.

L'il Sharks

Ages: 3 years +

Registration Required

In-water teaching to develop and improve swim skills for special-needs children age 3 and up. An assessment will be required prior to registration.

Teen and Adult Swim Lessons

Group lessons that allow learners to develop their swimming ability. Lessons offer an initial evaluation followed by progressive instruction. All levels and abilities welcome. Registration required. Times are listed on your branch Schedule-at-a-Glance and on the Swim Lesson Schedule on page 13.

SKILLS THAT SAVE LIVES

Each year, 1,800 Grade 3 students from the Hamilton community learn crucial life-saving water skills at the YMCA through the Swim to Survive program.

Aquatic Progress Reports

Every child will receive a progress report highlighting areas of achievement as well as those requiring a bit more practice. Your Aquatic Team Leader can assist you with further feedback if required.



SWIM LESSON SCHEDULES

Flamborough YMCA							
Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Splashers & Bubblers	4:45 – 5:30 pm 6:15 – 7:00 pm	10:00 – 10:45 pm 5:00 – 5:45 pm 6:30 – 7:15 pm	4:00 – 4:45 pm 5:30 – 6:15 pm			9:00 – 9:45 am 10:30 – 11:15 am	9:45 – 10:30 am 11:15 – 12:00 am
Bobbers to Dippers		10:00 – 10:45 am 10:45 – 11:30 am	9:00 – 9:45 am 9:45 – 10:30 am				
Bobbers to Star 6	4:00 – 4:45 pm 4:45 – 5:30 pm 5:30 – 6:15 pm 6:15 – 7:00 pm	5:00 – 5:45 pm 5:45 – 6:30 pm 6:30 – 7:15 pm 7:15 – 8:00 pm	4:00 – 4:45 pm 4:45 – 5:30 pm 5:30 – 6:15 pm 6:15 – 7:00 pm	4:00 – 4:45 pm 4:45 – 5:30 pm 5:30 – 6:15 pm Private Lessons 6:15 – 7:00 pm		9:00 – 9:45 am 9:45 – 10:30 am 10:30 – 11:15 am 11:15 – 12:00 pm	9:00 – 9:45 am 9:45 – 10:30 am 10:30 – 11:15 am 11:15 – 12:00 pm
H2O Leaders				7:00 – 8:00pm			
Teen/Adult Lessons				7:00 – 7:45 pm			

Hamilton YMCA							
Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Splashers & Bubblers				10:00 – 10:45 am			
Bobbers to Star 6		6:00 – 6:45 pm 6:45 – 7:30 pm				9:30 – 10:15 am 10:15 – 11:00 am	
H2O Leaders		6:45 – 7:30 pm				10:15 – 11:00 am	
Teen/Adult Lessons		7:30 – 8:15 pm (A)	7:00 – 8:00 pm (T)				

Ron Edwards YMCA							
Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Splashers & Bubblers	11:00 – 11:30 am		11:00 – 11:30 am		11:00 – 11:30 am	11:00 – 11:30 am	
Bobbers to Star 6	5:15 – 6:00 pm 6:00 – 6:45 pm 6:45 – 7:30 pm	2:00 – 2:45 pm 5:15 – 6:00 pm 6:00 – 6:45 pm 6:45 – 7:30 pm	5:15 – 6:00 pm 6:00 – 6:45 pm	5:15 – 6:00 pm 6:00 – 6:45 pm 6:45 – 7:30 pm		9:15 – 10:00 am 10:00 – 10:45 am 11:30 – 12:15 pm	9:15 – 10:00 am 10:00 – 10:45 am 10:45 – 11:30 am 11:30 – 12:15 pm
H2O Leaders					6:30 – 7:30 pm		
L'il Sharks		4:30 – 5:15 pm	4:30 – 5:15 pm				
Teen/Adult Lessons						1:15 – 2:00 pm	

Les Chater Family YMCA							
Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Splashers and Bubblers	9:45-10:30am 4:00-4:45pm		9:00-9:45am	4:45-5:30pm	9:45-10:30am	9:00-9:45am 10:30-11:15am	9:45-10:30am
L'il Sharks		9:00-9:45 am 9:45-10:30 am					
Bobbers to Dippers	9:00-9:45 am 9:45-10:30 am		9:00-9:45am 9:45-10:30am		9:00-9:45am 9:45-10:30am		
Bobbers to Star 6	4:00-4:45 pm 4:45-5:30 pm 5:30-6:15 pm 6:15-7:00 pm	4:00-4:45 pm 4:45-5:30 pm 5:30-6:15 pm 6:15-7:00 pm	4:00-4:45pm 4:45-5:30pm 5:30-6:15pm 6:15-7:00pm	4:00-4:45pm 4:45-5:30pm 5:30-6:15pm 6:15-7:00pm		9:00-9:45am 9:45-10:30am 10:30-11:15am 11:15-12:00pm	9:00-9:45am 9:45-10:30am 10:30-11:15am 11:15-12:00pm
H2O Leaders			6:45-7:45 pm				
Teen/Adult Lessons	7:45-8:30 pm (A-B)	7:45-8:30 pm (A-A)		7:45-8:30 pm (A-I)			12:00-1:00 pm (T)

Adult and Student Aquatics Programs

Recreational Swimming

Aquatic Admission Criteria

Admission criteria for all YMCA pools in Hamilton and Burlington exist to help ensure member safety and enjoyment.

Under 7 years	<ul style="list-style-type: none">• Must be supervised by an adult or guardian (minimum 14 years) in the water.• Maximum 2:1 ratio.
7-10 years	<ul style="list-style-type: none">• If able to successfully demonstrate comfort in the water and pass the facility swim test, children may swim independently. Adult or guardian-minimum 14 years, must be in the facility.• If unable to pass the facility swim test, children must be supervised by an adult or guardian (minimum 14 years) in the water.• Maximum 2:1 ratio.
Whirlpool Spa	<ul style="list-style-type: none">• MUST be 12 years of age or accompanied by an adult or guardian (minimum 16 years of age)• Overexposure may cause fainting. 10-15 minutes may be excessive for some individuals.
Individuals with serious medical conditions	<ul style="list-style-type: none">• Are at greater risk while swimming.• Should be accompanied by another individual knowledgeable about their condition(s) and responsible for their supervision.• Please report any serious medical conditions to the lifeguard on duty.

Open & Lane Swim Options

Please refer to the Schedule at a Glance for specific times.

Open Swim-A recreational opportunity for members of all ages to enjoy a leisurely swim in our pool.

Public Open Swim-Open swim time for both our members and non members.

Lane Swim-Members only lane swim.

Public Lane Swim-Lane swim time for both members and non members.



Aquatic Fitness & Sports Programs

Aqua Ease

Great for anyone who is new to aquafit or who suffers from chronic health conditions.

Aquafit

A low impact class that can be done in shallow or deep water.



Aquafit Boot Camp

High intensity cardio workout mixed with intervals of total body toning and core strength focus. Extra water equipment may be used for this cross-training class.

Family Water Sports

An opportunity for your family to learn and participate in a variety of aquatic sports. Activities and weekly games include water polo, inner tube water polo, water volleyball and more.

H2O Leaders

Pre-requisite: Star 4

An aquatic leadership program for kids. Participants will improve their aquatic skills, learn the steps to become a lifeguard and enjoy a variety of games and leadership activities. Participants may complete their Star 5 & 6 swim levels during this dedicated pool time.

HydroTherapy

Rehabilitative exercises at your own pace. Anyone with hip, knee or bone/joint conditions is welcome to participate. Ideal for hip, knee, bone/joint and other medical conditions.

Masters Swim

Stroke correction, technique tips, skills and drills with a trained swim coach. Appropriate for competitive and non-competitive swimmers, triathletes wanting to improve their times and intermediate swimmers focusing on skills.

Water Walking

A gentle water walking class appropriate for those with a chronic condition or limited mobility.

Youth Water Sports

An opportunity for youth to learn and participate in a variety of aquatic sports. Activities and weekly games include water polo, inner tube water polo, water volleyball and more.

Membership Information

Membership Fees

Please visit www.ymcahbb.ca, contact your YMCA branch, or see your Schedule-at-a-Glance for Membership Fees.

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.
- I will help maintain a high standard of cleanliness for everyone by using the spray bottles provided to wipe down equipment after each use.
- I will return free weights to their stands after each use.
- I will 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.

Supervision of Children

Your child's health and safety is important to us. Children 10 years of age and under must be supervised by an adult or guardian (minimum 14 years of age) while participating in open gym and recreational swim times. Children must be signed in and out of instructional programs.



Other Services

The YMCA offers a number of services:

- School Age Child Care
- Licensed Child Care Employment Services
- YMCA Wanakita – Residential and year round outdoor centre for children and families
- Day Camping
- Tutoring
- Newcomer Services
- Employment Services
- Volunteering

For more information on program areas visit www.ymcahbb.ca

Child's Fitness Tax Credit

Your child's YMCA membership qualifies for the Government of Canada's Children's Fitness Tax Credit (CFTC). The CFTC lets parents claim up to \$500 for children 16 and under who are enrolled in a supervised program of prescribed physical activity.

For additional details on how to claim the CFTC, please visit the Canada Revenue Agency (CRA) website at: www.cra-arc.gc.ca/fitness.

FINANCIAL ASSISTANCE AT THE YMCA

Last year, the YMCA awarded financial assistance to 26,472 people, enabling them to participate in a variety of YMCA programs and services. Whether your circumstances are short or long term, the YMCA provides financial assistance to individuals and families to take part. Don't let your financial situation stop you from leading a healthy lifestyle. Talk to our Membership Desk and we'll see how we can help.



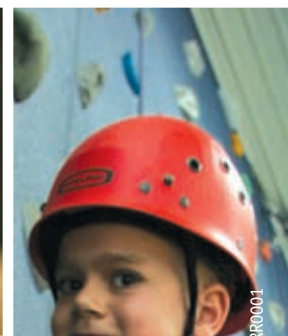
Charitable Mission: The YMCA of Hamilton/ Burlington/Brantford is a charitable organization helping people achieve personal growth in spirit, mind and body through participation and service to the community.

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

Core Values: Caring, Honesty, Respect & Responsibility.

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.



Brantford Family YMCA

143 Wellington Street, Brantford, ON N3S 3Y8
Phone: 519-752-6568

Flamborough Family YMCA

207 Parkside Drive, Waterdown, ON L0R 2H1
Phone: 905-690-3555

Hamilton Downtown Family YMCA

79 James Street South, Hamilton, ON L8P 2Z1
Phone: 905-529-7102

Les Chater Family YMCA

356 Rymal Road East, Hamilton, ON L9B 1C2
Phone: 905-667-1515

Ron Edwards Family YMCA

500 Drury Lane, Burlington, ON L7R 2X2
Phone: 905-632-5000



Charitable Registration #10808 3825 RR0001

