



# Brantford Family YMCA

# SCHEDULE

April 1, 2018 - June 30, 2018



## MONDAY

	Gym	Multi-Purpose	Play Center	Studio
5:30 am				
6:00 am				
6:30 am				Cycle Fit** 6:30-7:15
7:00 am				
7:30 am				
8:00 am				
8:30 am				
9:00 am				
9:30 am			Child Minding 9:00-11:30	HIIT 9:30-10:30
10:00 am				
10:30 am				
11:00 am	Open Gym 6:30-5:00			Balance+ *(LiveWell) 11:00-12:00
11:30 am				Sculpt & Sweat 12:15-1:00
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	Leader Corps 5:00-6:30	Leader Corps 5:00-6:30	Child Minding 4:15-8:00	HIIT 5:15-6:15
5:30 pm				
6:00 pm				
6:30 pm	Y Kids 6:30-8:00			Yoga 6:30-7:30
7:00 pm				
7:30 pm				
8:00 pm				
8:30 pm	Open Gym 8:00-10:00			
9:00 pm				
9:30 pm				

## TUESDAY

	Gym	Multi-Purpose	Play Center	Studio
5:30 am				
6:00 am				
6:30 am				Cardio Fit 6:30-7:15
7:00 am				
7:30 am				
8:00 am				
8:30 am	Open Gym 6:30-12:00			
9:00 am				
9:30 am			Child Minding 9:00-11:30	Yoga 9:30-10:30
10:00 am				
10:30 am				
11:00 am				
11:30 am				
12:00 pm	Healthy Hearts* (LiveWell) 12:00-12:15			HIIT 12:15-1:00
12:30 pm	Open Gym 12:15-1:15			
1:00 pm	Healthy Hearts* (LiveWell) 1:15-1:45			
1:30 pm				
2:00 pm	Open Gym 1:45-2:45			
2:30 pm	Healthy Hearts* (LiveWell) 2:45-3:00			
3:00 pm				
3:30 pm	Open Gym 3:00-4:00			
4:00 pm				
4:30 pm				
5:00 pm	Community Rental 4:00-6:00			
5:30 pm		Y Kids 5:00-8:00	Child Minding 4:15-8:00	Cycle Fit** 5:15-6:15
6:00 pm				
6:30 pm	Y Kids 6:00-8:00			Yoga 6:30-7:30
7:00 pm				
7:30 pm				
8:00 pm				
8:30 pm	Open Gym 8:00-10:00			
9:00 pm				
9:30 pm				

## WEDNESDAY

	Gym	Multi-Purpose	Play Center	Studio
5:30 am				
6:00 am				
6:30 am				Cycle Fit** 6:30-7:15
7:00 am				
7:30 am				
8:00 am				
8:30 am				
9:00 am			Child Minding 9:00-11:30	
9:30 am				
10:00 am				
10:30 am				
11:00 am	Open Gym 6:30-5:00			
11:30 am				
12:00 pm				Core 12:15-1:00
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	Y Kids 5:00-8:00	Y Kids 5:00-8:00	Child Minding 4:15-8:00	Cycle & Strength 5:15-6:15
6:00 pm				Yoga 6:30-7:30
6:30 pm				
7:00 pm				
7:30 pm				
8:00 pm				
8:30 pm	Open Gym 8:00-10:00			
9:00 pm				
9:30 pm				

## THURSDAY

	Gym	Multi-Purpose	Play Center	Studio
5:30 am				
6:00 am				
6:30 am				
7:00 am				
7:30 am				
8:00 am	Open Gym 6:00-12:00			
8:30 am				
9:00 am			Child Minding 9:00-11:30	Rock Bottom 9:30-10:30
9:30 am				
10:00 am				
10:30 am				
11:00 am				
11:30 am				
12:00 pm	Healthy Hearts* (LiveWell) 12:00-12:15			Cycle Fit** 12:15-1:00
12:30 pm	Open Gym 12:15-1:15			Body Flex 1:15-2:00
1:00 pm	Healthy Hearts* (LiveWell) 1:15-1:45			
1:30 pm				
2:00 pm	Open Gym 1:45-2:45			
2:30 pm	Healthy Hearts* (LiveWell) 2:45-3:00			
3:00 pm				
3:30 pm	Open Gym 3:00-5:00			
4:00 pm				
4:30 pm				
5:00 pm				
5:30 pm	Y Kids 5:00-8:00	Y Kids 5:00-8:00	Child Minding 4:15-8:00	Body Fit 5:15-6:15
6:00 pm				Yoga 6:30-7:30
6:30 pm				
7:00 pm				
7:30 pm				
8:00 pm				
8:30 pm	Open Gym 8:00-10:00			
9:00 pm				
9:30 pm				

## FRIDAY

	Gym	Multi-Purpose	Play Center	Studio
5:30 am				
6:00 am				
6:30 am				Cycle Fit** 6:30-7:15
7:00 am				
7:30 am				
8:00 am				
8:30 am				
9:00 am				
9:30 am			Child Minding 9:00-11:30	Pilates 9:30-10:30
10:00 am				
10:30 am				Balance +* (LiveWell) 11:00-12:00
11:00 am				Core 12:15-1:00
11:30 am				
12:00 pm				
12:30 pm				
1:00 pm	Open Gym 6:00-10:00			
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			Child Minding 5:00-7:00	
6:00 pm				
6:30 pm				
7:00 pm				
7:30 pm				
8:00 pm				
8:30 pm				
9:00 pm				
9:30 pm				

## SATURDAY

	Gym	Multi-Purpose	Play Center	Studio
7:00 am				
7:30 am	Open Gym 7:00-9:30			
8:00 am				
8:30 am				Cycle and Strength 8:45-10:00
9:00 am				Yoga 10:30-11:30
9:30 am	Karate 9:30-10:30	Creative Club 9:30-11:00	Child Minding 8:30-12:00	
10:00 am				
10:30 am	Y Kids 10:45-12:00			
11:00 am				
11:30 am	Birthday Parties 12:00-2:00			
12:00 pm				
12:30 pm	Birthday Parties 2:00-3:00			
1:00 pm				
1:30 pm	Open Gym 2:00-3:00			
2:00 pm				
2:30 pm	Birthday Parties 3:00-5:00	Birthday Parties 12:30-6:30	Birthday Parties 12:30-5:30	
3:00 pm				
3:30 pm				
4:00 pm				
4:30 pm				
5:00 pm				
5:30 pm				
6:00 pm	Open Gym 5:00-8:00			
6:30 pm				
7:00 pm				
7:30 pm				

Legend:  Adult Group Fitness Class  Supervised Program  
 Open \* Registered Program

\*\* Limited space: Tag system in place to reserve your spot. Tags can be picked up at the Membership Desk up to 1 hour prior to class start.

## SUNDAY

	Gym	Multi-Purpose	Play Center	Studio
8:00 am				
8:30 am				
9:00 am				
9:30 am	Open Gym 8:00-12:00		Child Minding 9:00-11:30	
10:00 am				
10:30 am				
11:00 am				
11:30 am				
12:00 pm	Birthday Parties 12:00-2:00			
12:30 pm				
1:00 pm				
1:30 pm		Birthday Parties 10:30-6:00	Birthday Parties 11:30-6:00	
2:00 pm	Open Gym 2:00-3:00			
2:30 pm				
3:00 pm	Birthday Parties 3:00-5:00			
3:30 pm				
4:00 pm				
4:30 pm				
5:00 pm				
5:30 pm				

**CHILD MINDING:** Child Minding program gives toddlers and pre-schoolers the chance to play together in a supervised area, while parents/guardians are in the building.

Single Child Card (8 hours): \$32  
 Family Card- 2 or more children (8 hours): \$44

Sun to Fri. 9:00am - 11:30am • Sat 8:30am - 12:00pm  
 Mon to Thurs 4:15 - 8:00pm • Fri 5:00 - 7:00pm

## HOLIDAY

	Gym	Multi-Purpose	Play Center	Studio
8:00 am				
8:30 am				
9:00 am				
9:30 am				Instructor's Choice 9:30-10:30
10:00 am			Child Minding 9:00-11:30	
10:30 am				
11:00 am				
11:30 am				
12:00 pm	Open Gym 8:00-5:00			
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				

143 Wellington Street,  
 Brantford, ON N3S 3Y8  
 Phone: 519-752-6568  
 Fax: 519-759-8431  
 brantford.membership@ymcahbb.ca  
 www.ymcahbb.ca

Facility Hours:  
 M - F: 5:30am - 10:00pm  
 Saturday: 7:00am - 8:00pm  
 Sunday: 8:00am - 6:00pm  
 Holidays 8:00am - 5:00pm  
 (unless otherwise stated)



# Brantford 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 Fitness 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 YMCAs
- 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)
- Hold your membership for up to 5 months and 3 weeks at no charge

### Memberships for Children include:

- Unlimited drop-in programs
- Recreational gym times
- Member's discount on certification programs
- Reduced rate for specialty branch programs (i.e. Babysitting Course)

### 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

The YMCA is a shared experience for everyone to enjoy. The YMCA's core values of belonging, caring, honesty, respect and responsibility are the basis of our interactions with children and families.

### Supervision of Children

Children up to 10 years of age must be supervised by an adult or guardian (minimum 14 years of age) unless they are participating in a YMCA program. Children must be signed in and out of instructional programs. For the best experience for the children we ask that children do not access the fitness centre or fitness classes to watch parents. Children between the ages of 10 and 13 may use the fitness centre when directly supervised by a guardian and/or in a program.

### Membership Rates

Membership	Monthly (+Tax)	Full Amount (+Tax)
Family*	\$78	\$936
Adult (18 +)	\$43.25	\$519
Student (13 +)	\$36	\$432
Child (12 years & under)**	\$25	\$300
Medical Membership (3 month) (call for intake appointment)		\$241.50

\* Family Memberships include up to 2 adult partners living in the same household (Spouse, Common Law Spouse, Partner Spouse) and their dependent children under 18 years of age or full time students under 22 years with student ID cards.

\*\*Child & Youth membership fees are tax exempt.

### Membership Upgrades

Adult only:	\$22 per month
Swim lessons:	\$11.50 per child per month (one lesson per week at the YMCA branch of your choice)

### Other Ways to Access the YMCA

Day Passes (taxes included) (photo ID required)	
Drop-In Day Pass (13+ years)	\$11.50
Kids Pass* (3-12 years)	\$5.25

\* Valid for Open Gym 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.



### 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.cdnipay.ca](http://www.cdnipay.ca).

### Personal Training

Personal training at the YMCA is exclusive to YMCA Personal Trainers.

### Individual Personal Training Fees (Tax not included):

Sessions are 1 hour in length.

1 session: \$50      5 sessions: \$47/session (\$235)      10 sessions: \$45/session (\$450)

### Monthly Personal Training (Membership Add-On)

4 sessions per month: \$46/session (\$184/month)

8 sessions per month: \$46/session (\$368/month)

### Small Group Training Fee (Tax not included): 2 - 6 people for 1 hour session.

Fee is per person

1 session: \$21

### Monthly Small Group Training (Membership Add-On)

4 sessions per month: \$19.75/session (\$79 per month)

### Holidays & PA Days

Please see Membership Desk or visit [ymcahbb.ca](http://ymcahbb.ca) for dates and programs.

### Certification Programs

Please see Membership Desk or visit [ymcahbb.ca](http://ymcahbb.ca) for dates.

### Volunteer Opportunities

All YMCA endeavours involve a partnership of staff and volunteers. For volunteer opportunities and application, visit [ymcahbb.ca](http://ymcahbb.ca).

Keep posted on the most up to date information by following us online. Visit our website [ymcahbb.ca](http://ymcahbb.ca) to sign up for our member newsletter.

YMCA of Hamilton/Burlington/Brantford

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