



Ron Edwards Family YMCA • March 31, 2019 - June 29, 2019

# SPRING SCHEDULE

## MONDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					Lane Swim 5:30-8:00
6:00 am					Walking Lane 7:30-8:00
6:30 am					
7:00 am					
7:30 am					
8:00 am					Public Lane Swim 8:00-8:55
8:30 am					
9:00 am	Cardio Fit 9:15-10:15		Explorers (Reg.) 9:00-11:30	Core 9:15-10:15	AquaFit 9:00-9:45
9:30 am				Yoga 10:30-12:00	Open Swim 9:45-11:00
10:00 am					Swim Lessons (Reg.) 11-11:30 Lane Swim 11:00-11:30
10:30 am					
11:00 am	Walk Fit 11:45-12:30				Public Lane Swim 11:35-12:40
11:30 am					Hydrotherapy 12:45-1:30
12:00 pm					AquaFit 1:35-2:20
12:30 pm					Open Swim 2:20-4:00
1:00 pm					
1:30 pm					
2:00 pm	Pickle Ball 1:00-4:00				
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					
6:00 pm	Y-Kids (6-12 yrs) 6:00-8:00	Cycle Fit** 6:15-7:00	Y Kids (3-5yrs) 6:00-8:00	Yoga 6:00-7:00	Swim Lessons (Reg.) 5:15-7:30
6:30 pm					
7:00 pm					
7:30 pm	Youth Basketball 8:15-9:00	Open Basketball 8:15-9:00			AquaFit 7:45-8:30
8:00 pm					
8:30 pm					
9:00 pm	Pick-up Basketball 9:00-10:00				Public Lane Swim 8:30-10:00
9:30 pm					

## FRIDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					Lane Swim 5:30-8:00
6:00 am					Walking Lane 7:30-8:00
6:30 am					
7:00 am					
7:30 am					
8:00 am					Public Lane Swim 8:00-10:00
8:30 am					
9:00 am	Cardio Fit 9:15-10:15	Cycle Fit** 9:15-10:00	Explorers (Reg.) 9:00-11:30	Kinder Gym (3-5yrs) 9:00-10:30	Open Swim 10:00-11:00
9:30 am					
10:00 am					
10:30 am	Muscle Fit 10:30-11:30	Gentle Fit 10:30-11:30		Yoga 10:45-12:15	Swim Lessons (Reg.) 11-11:30 Lane Swim 11:00-11:30
11:00 am					
11:30 am					Public Lane Swim 11:35-12:40
12:00 pm					Hydrotherapy 12:45-1:30
12:30 pm					AquaFit 1:35-2:20
1:00 pm					
1:30 pm	Pickle Ball 12:00-3:00				
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	Kid Fit (6-12 yrs) 6:00-8:00		Leader Corps (Reg.) 5:30-7:30	Leader Corps (Reg.) 5:30-7:30	Lane Swim (1 Lane) 5:00-6:30
7:00 pm					H2O Leaders 6:30-7:30
7:30 pm					
8:00 pm					
8:30 pm	Open Sports 8:00-10:00	Open Basketball 8:00-10:00			Youth Night Public Open Swim 7:30-10:00
9:00 pm					
9:30 pm					

Queenax Circuit 9:00-10:00am Location: Fitness Floor

## TUESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					Lane Swim 5:30-8:00
6:00 am					
6:30 am					
7:00 am					
7:30 am					
8:00 am	Healthy Hearts (Reg.) 8:30-9:00				Public Lane Swim 8:00-8:55
8:30 am					
9:00 am	Body Fit 9:15-10:15	Cycle Fit** 9:15-10:00	Explorers (Reg.) 9:00-11:30	KinderGym (3-5yrs) 9:00-11:30	AquaFit 9:00-9:45
9:30 am					Open Swim 9:45-11:00
10:00 am					
10:30 am	Low Impact 10:30-11:30	Drop-in Line Dancing 11:00-12:00			Swim Lessons (Reg.) 11-11:30 Parent & Tot Swim 11-11:30
11:00 am					Public Lane Swim 11:35-12:40
11:30 am					
12:00 pm					
12:30 pm					
1:00 pm					
1:30 pm	Y Kids (6-12 yrs) 1:00-3:00				HydroTherapy 1:00-1:45
2:00 pm					Swim Lessons (Reg.) 2:00-2:45
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					
6:00 pm	Y-Kids (6-12 yrs) 6:00-8:00	Core 6:00-6:45	Y Kids (3-5yrs) 6:00-8:00	HIIT 6:15-7:15	Swim Lessons (Reg.) 4:30-7:30
6:30 pm					
7:00 pm					
7:30 pm					
8:00 pm					
8:30 pm	Youth Basketball 8:30-10:00	Open Basketball 8:30-10:00			Advanced Aquatics 7:30-8:30
9:00 pm					Adult/Teen Lessons 8:00-8:30
9:30 pm					Masters Swim 8:30-10:00

## SATURDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
7:00 am					Public Lane Swim 7:00-8:10
7:30 am					
8:00 am					
8:30 am					
9:00 am	Y Kids (3-5 yrs) 9:00-11:00	Y Kids (6-12 yrs) 9:00-11:00	Cycle & Strength** 9:00-10:00	Explorers (Reg.) 9:00-11:30	Aqua Boot Camp 8:15-9:00
9:30 am					Swim Lessons (Reg.) 9:15-10:45
10:00 am					
10:30 am					
11:00 am					
11:30 am					
12:00 pm					
12:30 pm	YBA (6-9 yrs) 12:00-1:15				Lane Swim 12:15-1:15
1:00 pm					Advanced Aquatics (1 lane) 12:15-1:15
1:30 pm					
2:00 pm	YBA (10-15 yrs) 1:30-3:00				Open Swim 1:15-2:30
2:30 pm					Advanced Aquatics (1 lane) 1:15-2:30
3:00 pm					Swim Lessons (Reg.) 2:45-3:30
3:30 pm					Advanced Aquatics (1 lane) 2:45-3:30
4:00 pm					
4:30 pm					
5:00 pm	Open Basketball 4:30-6:30				Community Rental 3:30-5:00
5:30 pm					
6:00 pm					
6:30 pm					
7:00 pm					
7:30 pm					

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.

## WEDNESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					Lane Swim 5:30-8:00
6:00 am					Walking Lane 7:30-8:00
6:30 am					
7:00 am					
7:30 am					
8:00 am					Public Lane Swim 8:00-8:55
8:30 am					
9:00 am	HIIT 9:15-10:15		Explorers (Reg.) 9:00-11:30	Livewell 9:00-10:00	Open Swim 9:45-11:00
9:30 am					
10:00 am					
10:30 am	Muscle Fit 10:30-11:15			Yoga 10:30-11:30	Swim Lessons (Reg.) 11-11:30 Lane Swim 11:00-11:30
11:00 am					
11:30 am	Walk Fit 11:45-12:30				Open Water Walking 11:45-12:30
12:00 pm					
12:30 pm					
1:00 pm					
1:30 pm					
2:00 pm	Pickle Ball 1:00-4:00				
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					
6:00 pm	Y-Kids (6-12 yrs) 6:00-8:00		Y Kids (3-5yrs) 6:00-8:00	Muscle Fit 6:15-7:00	Swim Lessons (Reg.) 4:30-7:30
6:30 pm					
7:00 pm					
7:30 pm	Youth Basketball 8:15-9:00	Open Basketball 8:15-9:00			Advanced Aquatics 7:30-8:30
8:00 pm					Adult/Teen Lessons 8:00-8:30
8:30 pm					
9:00 pm	Pick-up Basketball 9:00-10:00				Lane Swim (1 lane) 9:30-10:00
9:30 pm					

Queenax Circuit 6:00-7:00am Location: Fitness Floor

## 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	Karate (Reg.) 9:00-9:45	Cycle Fit** 9:00-9:45	Y Move (3-5yrs) 9:00-11:00	Muscle Fit* 9:30-10:30	Swim Lessons (Reg.) 9:15-12:15
10:00 am					
10:30 am					
11:00 am					
11:30 am					
12:00 pm	Open Basketball 12:00-1:30				
12:30 pm					
1:00 pm					
1:30 pm					
2:00 pm					
2:30 pm	Birthday Party 2:30-4:00	Open Basketball 2:30-4:00	Birthday Parties 2:00-4:00		Lane Swim 1:30-2:30
3:00 pm					Advanced Aquatics (1 lane) 1:30-2:30
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm	Open Basketball 4:00-6:00				Public Open Swim 4:00-5:00
5:30 pm					Advanced Aquatics (1 lane) 4:00-5:00

Whirlpool Closed for cleaning at 4:00

### Child Minding

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

### Hours of Service:

Mon-Sat	8:45 am - 11:45 am
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### The Underground (Youth Centre - 12-19 yrs)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-9:00	4:00-9:00	4:00-9:00	4:00-9:00	4:00-5:00 pm (12+ yrs = Free) 5:00-9:30 pm (10+ yrs = \$5 for non-members)	3:00-8:00 pm	2:00-6:00 pm (music program only)

## THURSDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					Lane Swim 5:30-8:00
6:00 am					
6:30 am					
7:00 am					
7:30 am					
8:00 am	Healthy Hearts (Reg.) 8:30-9:00				Public Lane Swim 8:00-8:55
8:30 am					
9:00 am	Body Fit 9:15-10:15	Cycle Fit** 9:15-10:00	Explorers (Reg.) 9:00-11:30		AquaFit 9:00-9:45
9:30 am					
10:00 am					
10:30 am	Low Impact 10:30-11:30				Open Swim 9:45-11:00
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	Y-Kids (6-12 yrs) 6:00-7:00	D Room 7:00-8:00	Cycle Fit** 6:00-6:45	Y Kids (3-5yrs) 6:00-8:00	Swim Lessons (Reg.) 4:30-7:30
6:00 pm					
6:30 pm					
7:00 pm	Zumba* 7:00-8:00	TRX ** 7:00-7:45			Karate (Reg.) 6:00-6:45
7:30 pm					7:00-7:45
8:00 pm					
8:30 pm	Youth Basketball 8:30-10:00	Open Basketball 8:30-10:00			AquaFit 7:45-8:30
9:00 pm					
9:30 pm					

## SWIM LESSON SCHEDULE

Registration & Membership Required

Lessons are 30 minutes in length with 5 minute transition times between lessons. For a complete Swim Lesson Schedule, please visit the YMCA Membership Desk or visit [ymcahbb.ca](http://ymcahbb.ca).

### Recreational Swimming - Aquatic Admission Criteria<sup>1</sup>

**0-6 yrs** - Must be supervised by an adult or guardian (min. 14 yrs) in the water. *Max 2:1 ratio*

**7-9 yrs** - If unable to pass a facility swim test, must be supervised by a guardian (min. 14 yrs of age) in the water (2:1 ratio). If able to successfully pass the facility swim test, children may swim independently. Adult or guardian (min. 14 years of age) must be on pool deck.

**10+ yrs** are welcome to use the pool, subject to their swimming abilities.

### Whirlpool Spa Admission Criteria</



# Ron Edwards 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)

## Memberships for Children include:

- Unlimited drop-in programs
- One registered swim lesson (or one registered Explorers program which includes a swim lesson)
- Recreational swim and gym times
- Member's discount on certification programs

## 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.

## 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

### Land Programs:

Children up to 9 years of age must be supervised by an adult or guardian (minimum 14 years of age) unless they are participating in a YMCA program. Fitness Centre access and fitness classes are for individuals 13 years or older. Individuals between the ages of 10 and 12 may access the Fitness Centre if directly supervised by a guardian (minimum 14 years of age) and/or in program.

### Aquatics Programs:

- Children 0-6 years of age must be supervised by an adult or guardian (minimum 14 years of age) in the water within arm's reach at all times (2:1 ratio).
- Children ages 7 to 9 years of age, if unable to pass a facility swim test, must be supervised by a guardian (minimum 14 years of age) in the water (2:1 ratio). 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 of age) must be on pool deck.

## Building Your Family Membership Package

The first adult pays the regular membership rate. Family discounts apply when one or more family members join.

## Membership Rates

Membership	Bi-weekly (+Tax)	Full Amount (+Tax)
Child & Youth * (up to 12 years)	\$15.12	\$393
Child & Youth Family*	\$11.31	\$294
Student (13 years +)	\$17.54	\$456
Student Family	\$13.15	\$342
Plus: Building Fee		\$30
Student (4 months)		\$166.50
Adult General	\$23.31	\$606
Adult General Family	\$17.54	\$456
Plus: Building Fee		\$100
Adult Only (18+)	\$31.73	\$825
Adult Only (18+) Family	\$24	\$624
Plus: Building Fee		\$100
Medical Membership (3 month) (call for intake appointment with Fitness Coach)		\$241.50

\*Child & Youth membership fees are tax exempt

## Other Ways to Access the YMCA

Day Passes (taxes included) (photo ID required)	
Drop-In Day Pass (13+ years)	\$11.50
Kids Pass* (18months -12years)	\$5.25
Public Swim (taxes included)	
Child	\$3.00
Student	\$3.25
Adult	\$4.50
Family (immediate family)	\$9.25
Aqua Passes (taxes included) (photo ID required)	
AquaFit (20 classes)	\$115.50
Adult Swim Card (12 swims)	\$43.75

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

## Payment Options

Membership fees can be paid through bi-weekly Pre-Authorized Debit (PAD) from a bank account or credit card or can be paid in full.



## Building Fee

The Building Fee is for the building and maintenance of high quality, YMCA facilities through capital improvements and refurbishment. 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.

## Cancellation & Refund Policy

Membership may be cancelled at any time. There is no cancellation fee. Bi-weekly pre-authorized memberships must be cancelled in writing 14 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.cdnpay.ca](http://www.cdnpay.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)

## Personal Training (Membership Add-On)

1 session per week: \$46/session (\$92/bi-weekly)

2 sessions per week: \$46/session (\$184/bi-weekly)

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

1 session: \$21

## Small Group Training (Membership Add-On)

1 session per week: \$19.75/session (\$39.50/bi-weekly)

## Swim Lessons - Private & Semi-Private

Participant must have an active membership. All sessions are 30 minutes in length. Please call for private/semi private swim lesson rates and to book lessons.

## Fees (taxes included):

Private: \$22.80 per 30 minute lesson

Semi-Private: \$16.20 per 30 minute lesson

## 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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