



# Flamborough Family YMCA

## SCHEDULE

September 4, 2018 - December 23, 2018



### MONDAY

	Gym		Multi-Purpose Room		Studio		Pool		
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure	
5:30 am							Master Swim 5:30-7:30	Lane Swim 5:30-7:30	Pool Closed 5:30-8:00
6:00 am									
6:30 am	Open Gym 5:30-9:00	Open Gym 5:30-8:45							
7:00 am									
7:30 am									
8:00 am									
8:30 am									
9:00 am	Cardio Fit 9:15-10:15	Y-Kids 9:00-11:00 (Reg)	Kinder Gym (Reg) 9:00-11:00	Child Minding 9:00-12:00	TRX* 8:30-9:00	Yoga* 9:15-10:15	Open Swim 8:30-9:30	Lane Swim 8:30-9:30	Open Swim 8:00-9:30
9:30 am	BodyFit* 10:30-11:30								
10:00 am									
10:30 am									
11:00 am									
11:30 am	Open Gym 11:45-12:45								
12:00 pm									
12:30 pm									
1:00 pm									
1:30 pm	Pickle Ball 1:00-3:00								
2:00 pm									
2:30 pm									
3:00 pm									
3:30 pm									
4:00 pm	Open Gym 3:15-5:45	Parented Play (Drop-in) 4:00-5:30							
4:30 pm									
5:00 pm									
5:30 pm									
6:00 pm	Explorers (Reg) 6:00-8:00	Rock Wall & Swim (Reg) (6-9 yrs) 6:00-8:00	Karate Fundamentals (Reg) 6:45-7:30	Advanced (Reg) 7:45-8:30	Cycle Fit* 6:15-7:15	Zumba** 7:30-8:30	Aqua Bootcamp 7:15-8:00	C & Y Programing 7:00-8:00	
6:30 pm									
7:00 pm	Group Power* 7:15-8:15	Rock Wall (Reg) (10-12 yrs) 7:00-8:00							
7:30 pm									
8:00 pm									
8:30 pm									
9:00 pm	Open Gym 8:45-10:00	Open Gym 8:45-10:00							
9:30 pm									
10:00 pm									

### TUESDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
5:30 am								
6:00 am								
6:30 am								
7:00 am	Open Gym 5:30-9:00							
7:30 am								
8:00 am								
8:30 am								
9:00 am								
9:30 am	Group Power* 9:15-10:15		Kinder Gym (Reg) 9:00-11:00	Child Minding 9:00-12:00	Cycle Fit* 9:15-10:15	Queenax 7:00-7:45		
10:00 am								
10:30 am	Featured Program 10:30-11:30							
11:00 am								
11:30 am	Balance + (Livewell) 11:30-12:30							
12:00 pm								
12:30 pm								
1:00 pm								
1:30 pm								
2:00 pm	Open Gym 12:45-4:45							
2:30 pm								
3:00 pm								
3:30 pm								
4:00 pm								
4:30 pm	Youth Hockey League (Reg) 5:00-5:45							
5:00 pm								
5:30 pm	Montano Taekwon-Do (Advanced) (Reg) 6:00-7:00							
6:00 pm								
6:30 pm								
7:00 pm	Zumba* 7:15-8:15	Y-Kids (Drop-in) 6:00-8:30	Kinder Gym (Drop-in) 6:00-8:30		Yoga* 6:00-7:00	Youth Action* 6:00-7:00		
7:30 pm								
8:00 pm								
8:30 pm								
9:00 pm	Open Gym 8:45-10:00	Open Gym 8:45-10:00						
9:30 pm								
10:00 pm								

### WEDNESDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
5:30 am								
6:00 am								
6:30 am	Open Gym 5:30-9:00	Open Gym 5:30-8:45						
7:00 am								
7:30 am								
8:00 am								
8:30 am								
9:00 am								
9:30 am	HIIT 9:15-10:15	Y-Kids 9:00-11:00 (Reg)	Kinder Gym (Reg) 9:00-11:00	Child Minding 9:00-12:00	Yoga* 9:15-10:15			
10:00 am								
10:30 am	BodyFit* 10:30-11:30							
11:00 am								
11:30 am	Open Gym 11:45-12:45	Open Gym 11:15-2:45						
12:00 pm								
12:30 pm								
1:00 pm								
1:30 pm	Pickle Ball 1:00-3:00							
2:00 pm								
2:30 pm								
3:00 pm	Open Gym 3:15-4:45	Parented Play (Drop-in) 3:00-5:00						
3:30 pm								
4:00 pm								
4:30 pm	Youth Basketball Assoc. (Reg) 5:00-5:45							
5:00 pm								
5:30 pm								
6:00 pm	Explorers (Reg) 6:00-8:00	Rock Wall & Swim (Reg) (6-9 yrs) 6-8	Karate Fundamentals (Reg) 5:30-6:15	Advanced (Reg) 7:30-8:15	Cycle Fit* 6:30-7:15	Queenax 6:15-7:00		
6:30 pm								
7:00 pm	Group Power* 7:15-8:15	Rock Wall (Reg) (10-12 yrs) 7-8						
7:30 pm								
8:00 pm								
8:30 pm								
9:00 pm	Open Gym 8:30-10:00	Open Gym 8:15-10:00						
9:30 pm								
10:00 pm								

### THURSDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
5:30 am								
6:00 am								
6:30 am	Open Gym 5:30-9:00							
7:00 am								
7:30 am								
8:00 am								
8:30 am								
9:00 am	Group Power* 9:15-10:15		Kinder Gym (Reg) 9:00-11:00	Child Minding 9:00-12:00	Cycle Fit* 9:15-10:15			
9:30 am								
10:00 am								
10:30 am	Featured Program 10:30-11:30							
11:00 am								
11:30 am	Balance + (Livewell) 11:30-12:30							
12:00 pm								
12:30 pm								
1:00 pm								
1:30 pm	Open Gym 12:45-4:45							
2:00 pm								
2:30 pm								
3:00 pm								
3:30 pm								
4:00 pm	Youth Hockey League (Reg) 5:00-5:45							
4:30 pm								
5:00 pm								
5:30 pm	Montano Taekwon-Do (Beginner) (Reg) 6:00-7:00	Y Kids (Drop-in) 6:00-8:30	Kinder Gym (Drop-in) 6:00-8:30		Yoga 6:00-7:00	Barre* 6:15-7:00		
6:00 pm								
6:30 pm								
7:00 pm								
7:30 pm	Boot Camp 7:15-8:15							
8:00 pm								
8:30 pm								
9:00 pm	Open Gym 8:30-10:00	Open Gym 8:45-10:00						
9:30 pm								
10:00 pm								

### FRIDAY

	Gym		Multi-Purpose Room		Studio		Pool		
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure	
5:30 am									
6:00 am									
6:30 am	Open Gym 5:30-9:00								
7:00 am									
7:30 am									
8:00 am									
8:30 am									
9:00 am									
9:30 am	Zumba* 9:15-10:00		Kinder Gym (Reg) 9:00-11:00	Child Minding 9:00-12:00	Yoga* 9:15-10:15				
10:00 am									
10:30 am	BodyFit* 10:30-11:30								
11:00 am									
11:30 am	Open Gym 11:45-12:45	Open Gym 5:30-5:50							
12:00 pm									
12:30 pm									
1:00 pm									
1:30 pm	Pickle Ball 1:00-3:00								
2:00 pm									
2:30 pm									
3:00 pm									
3:30 pm	Open Gym 3:15-5:45								
4:00 pm									
4:30 pm									
5:00 pm									
5:30 pm	Montano Taekwon-Do (Adult) (Reg) 6:00-7:00	Leader Corps (Reg) (10-18 yrs) 5:30-7:15	Leader Corps (Reg) (10-18 yrs) 5:30-7:15	Leader Corps (Reg) (10-18 yrs) 5:30-7:15	TRX* 6:00-6:30	Cycle & Strength* 6:45-7:15	Swim Team 5:00-6:00	Private Lessons 4:00-7:00	
6:00 pm									
6:30 pm									
7:00 pm									
7:30 pm									
8:00 pm									
8:30 pm	Youth Night (Drop-in) 7:30-9:30								
9:00 pm									
9:30 pm									
10:00 pm									

### SATURDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
7:00 am								
7:30 am	Open Gym 7:00-9:00	Open Gym 7:00-8:45						
8:00 am								
8:30 am								
9:00 am	Cardio Fit 9:15-10:15	Rock Wall (Reg) (6 yrs+) 9:00-10:45	Kinder Gym (Drop-in) 9:00-11:00	Child Minding 9:00-12:00	Cycle Fit* 9:15-10:45			
9:30 am								
10:00 am								
10:30 am	Karate Fundamentals & Advanced (Reg) 10:30-11:15	Parented Play (Drop-in) 11:00-12:30						
11:00 am								
11:30 am	Bo Karate 11:15-12							
12:00 pm								
12:30 pm	Open Gym 12:15-12:45							
1:00 pm								
1:30 pm	Kinder Soccer (Reg) 1:00-2:00							
2:00 pm								
2:30 pm	Kinder Soccer (Reg) 2:00-3:00	Birthday Parties 12:30-6:00						



# Flamborough 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. Monthly 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.cdnnpay.ca](http://www.cdnnpay.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)

## 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: \$114 for 5 lessons

Semi-Private: \$81/participant for 5 lessons

## 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 @ymcahbb

