



Flamborough Family YMCA • March 31, 2019 – June 29, 2019

SPRING SCHEDULE

MONDAY

	Gym		Multi-Purpose Room		Studio		Pool	
	Gym 1&2	Gym 3	Room A	Room B	A	B	Main	Leisure
5:30 am							Community Rental 5:30-7:30	Lane Swim 5:30-7:30
6:00 am								Pool Closed 5:30-8:00
6:30 am	Open Gym 5:30-9:00	Open Gym 5:30-8:45						
7:00 am								
7:30 am								
8:00 am					TRX (S) 8:30-9:00			Open Swim 8:00-9:30
8:30 am							AquaFit 8:30-9:15	
9:00 am	Cardio Fit 9:15-10:15	Y Move (R) (6-12 years) 9:00-10:45	Discover & Play (R) (3-5 years) 9:00-10:45	Child Minding (S)(S) 9:00-11:30	Yoga (S) 9:15-10:15		Open Swim 9:15-11:15	Lane Swim 9:15-11:15
9:30 am							Swim Lessons (R) (Bobber-Diver)	Splashes (R) 9:30-10:30
10:00 am	Body Fit 10:30-11:30							
10:30 am					Pilates (S) 10:30-11:30			
11:00 am							Hydrotherapy 11:15-12:00	
11:30 am	Open Gym 11:45-12:45						AquaFit 12:05-12:55	
12:00 pm					Gentle Fit 12:00-1:00			
12:30 pm							Lane Swim 12:55-3:00	Community Rental 12:55-3:00
1:00 pm	Advanced Pickle Ball 1:00-3:00		Family Play (0-12 years) 11:00-5:45					Open Swim 11:00-4:00
1:30 pm								
2:00 pm								
2:30 pm								
3:00 pm								
3:30 pm	Open Gym 3:15-5:15							
4:00 pm								
4:30 pm								
5:00 pm								
5:30 pm								Swim Lessons (R) 4:00-7:00
6:00 pm					Cardio Kickbox (S) 5:30-6:00			
6:30 pm	Karate (R) 5:30-8:30	Y Kids (6-12 years) 6:00-8:00	Y Kids (3-5 years) 6:00-8:00		Cycle Fit (S) 6:15-7:15			
7:00 pm							Aqua Bootcamp 7:15-8:00	Open Swim 7:00-8:00
7:30 pm					Zumba (S) 7:30-8:30	Yoga (S) 7:30-8:30		
8:00 pm								
8:30 pm	Open Gym 8:30-10:00	Open Gym 8:15-10:00	Advanced Karate (R) 8:30-9:30					Pool Closed 8:00-10:00
9:00 pm								
9:30 pm								
10:00 pm								

Queenax 7:30-8:15 pm Location: Fitness Floor

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	Open Gym 5:30-9:00	Open Gym 5:30-9:45					Cycle Fit (S) 5:45-6:30	Lane Swim 5:30-8:00
7:00 am								Pool Closed 5:30-8:00
7:30 am								
8:00 am							Community Rental 8:00-9:00	Open Swim 8:00-10:00
8:30 am								
9:00 am							AquaFit 9:00-9:45	
9:30 am	Body Flex 9:15-10:15		Music & Movement (R) (3-5 years) 9:00-10:45					Swim Lessons (R) (Bobber-Diver) 10:00-11:00
10:00 am	Stretch 10:30-11:00	Child Care 10:00-11:15			Child Minding (S)(S) 9:00-12:00			
10:30 am							Chair Yoga 10:30-11:30	Babies & Me 10:30-11:15
11:00 am								
11:30 am								
12:00 pm								
12:30 pm					Balance + (R) 11:30-12:30			AquaFit 12:00-12:45
1:00 pm								Open Swim 11:30-1:00
1:30 pm	Beginner Pickle Ball 1:00-3:00							Swim Lessons (R) (Surfer/Swimmer) 1:00-2:00
2:00 pm								
2:30 pm								
3:00 pm								
3:30 pm	Open Gym 3:15-4:45							
4:00 pm								
4:30 pm								
5:00 pm								
5:30 pm	YHL (R) 5:00-5:45							Swim Lessons (R) 4:00-7:00
6:00 pm	Muscle Fit 6:15-7:00	Y Kids (6-12 years) 6:00-8:00	Y Kids (3-5 years) 6:00-8:00					
6:30 pm								
7:00 pm	Zumba 7:15-8:15							
7:30 pm								
8:00 pm								
8:30 pm	Volleyball (14+ years) 8:15-9:55	Open Gym 8:15-10:00			Ping Pong 8:15-9:30			Master Swim 8:00-9:15
9:00 pm								Pool Closed 8:00-10:00
9:30 pm								
10:00 pm								

Youth Action 6:00-7:00 pm Location: Fitness Floor

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					Community Rental 5:30-7:30	Lane Swim 5:30-7:30
7:00 am								Pool Closed 5:30-8:00
7:30 am								
8:00 am								
8:30 am								
9:00 am								
9:30 am	HIIT 9:15-10:15	Y Move (R) (6-12 years) 9:00-10:45	Discover & Play (R) (3-5 years) 9:00-10:45					Open Swim 8:00-9:30
10:00 am								
10:30 am	Body Fit 10:30-11:30							
11:00 am								
11:30 am								
12:00 pm	Walk Fit 11:45-12:45							Child Care 9:30-10:30
12:30 pm								
1:00 pm	Advanced Pickle Ball 1:00-3:00							Open Swim 10:30-10:30
1:30 pm								
2:00 pm								
2:30 pm								
3:00 pm								
3:30 pm	Open Gym 3:15-4:30							
4:00 pm								
4:30 pm	YBA (R) 4:30-5:15							
5:00 pm								Swim Lessons (R) 4:00-7:00
5:30 pm								
6:00 pm								
6:30 pm	Karate (R) 5:30-8:30	Y Kids (6-12 years) 6:00-8:00	Y Kids (3-5 years) 6:00-8:00					
7:00 pm								
7:30 pm								
8:00 pm								
8:30 pm								
9:00 pm	Open Gym 8:30-10:00	Open Gym 8:15-10:00						Pool Closed 8:00-10:00
9:30 pm								
10:00 pm								

Queenax 6:15-7:00 pm Location: Fitness Floor

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	Open Gym 5:30-9:45						Lane Swim 5:30-8:00
7:00 am								Pool Closed 5:30-8:00
7:30 am								
8:00 am								
8:30 am								Community Rental 8:00-9:00
9:00 am	Muscle Fit 9:15-10:00							Open Swim 8:00-11:00
9:30 am								
10:00 am								
10:30 am	Stretch 10:30-11:00	Child Care 10:00-11:15						
11:00 am								
11:30 am								
12:00 pm								
12:30 pm								
1:00 pm	Advanced Pickle Ball 1:00-3:00							Open Swim 11:00-11:30
1:30 pm								
2:00 pm								
2:30 pm								
3:00 pm								
3:30 pm	Open Gym 3:15-4:45							
4:00 pm								
4:30 pm								
5:00 pm	YHL (R) 5:00-5:45							Swim Lessons (R) 4:00-7:00
5:30 pm								
6:00 pm	Zumba 6:15-7:15	Y Kids (6-12 years) 6:00-8:00	Y Kids (3-5 years) 6:00-8:00					
6:30 pm								
7:00 pm								
7:30 pm								
8:00 pm								
8:30 pm								
9:00 pm	Adult Sports (R) (14+ years) 8:15-9:55	Open Gym 8:15-10:00						Master Swim 8:00-9:15
9:30 pm								Pool Closed 8:00-10:00
10:00 pm								

Youth Action 6:00-7:00 pm Location: Fitness Floor

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	Open Gym 5:30-10:30					Community Rental 5:30-7:30	Lane Swim 5:30-7:30
7:00 am								Pool Closed 5:30-8:00
7:30 am								
8:00 am								
8:30 am								
9:00 am								
9:30 am	Zumba 9:15-10:15							
10:00 am								
10:30 am	Body Fit 10:30-11:30	Y Sports (R) (3-5 years) 10:45-12:00						
11:00 am								
11:30 am	Open Gym 11:45-12:45							
12:00 pm								
12:30 pm								
1:00 pm								
1:30 pm	Advanced Pickle Ball 1:00-3:00							



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

*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.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)

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 for dates and programs.

Certification Programs

Please see Membership Desk or visit ymcahbb.ca for dates.

Volunteer Opportunities

All YMCA endeavours involve a partnership of staff and volunteers. For volunteer opportunities and application, visit ymcahbb.ca.

Keep posted on the most up to date information by following us online. Visit our website ymcahbb.ca to sign up for our member newsletter.

YMCA of Hamilton/Burlington/Brantford @ymcahbb

