



# Hamilton Downtown Family YMCA

# SCHEDULE

April 1, 2018 - June 30, 2018



## MONDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLE FIT	AEROBIC		
5:30 am						
6:00 am						
6:30 am						
7:00 am						Public Lane Swim 5:30-9:55
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am						AquaFit 10:00-10:45
10:30 am						
11:00 am						
11:30 am		Open Gym 5:30-6:00		Gentle Fit 11:15-12:00		Open Swim (2 lanes) 11:00-12:55
12:00 pm			12:15-1:00	Group Power* 12:15-1:15		
12:30 pm						
1:00 pm						
1:30 pm						Public Open Swim (1 lane) 1:00-2:55
2:00 pm						
2:30 pm						
3:00 pm		Open Gym 8:30-10:00				
3:30 pm						
4:00 pm						Lane Swim 3:00-5:55
4:30 pm						
5:00 pm			5:30-6:30	STRONG by Zumba 6:05-7:05		Community Rental 6:00-7:30
5:30 pm				Yoga 7:15-8:15	Y Kids 6:00-8:00	
6:00 pm		Y Kids 6:00-8:00				
6:30 pm						Public Open Swim (1 lane) 7:30-8:55
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm		Adult Sports (Soccer) 8:15-10:00				
9:00 pm						
9:30 pm						Lane Swim 9:00-10:00
10:00 pm						

\*TRX 11:30am-12:00pm Location: Fitness Floor (Starting May 7th • NEW time 12:15-12:45 pm)

## TUESDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLE FIT	AEROBIC		
5:30 am						
6:00 am						
6:30 am			6:00-6:45			
7:00 am						Public Lane Swim 5:30-9:25
7:30 am						
8:00 am						
8:30 am						
9:00 am						Hydrotherapy 9:30-10:15
9:30 am						
10:00 am						Child Care (1 lane) Swim 10:15-11:00
10:30 am						
11:00 am						
11:30 am		Open Gym 5:30-6:00		Balance+ 11:00-12:00		Lane Swim 11:00-12:00
12:00 pm			12:15-1:00	Zumba* 12:15-1:15		Masters Swim 12:00-12:55
12:30 pm						
1:00 pm						
1:30 pm		Open Gym 5:30-10:00				Public Open Swim (1 lane) 1:00-2:55
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm				Fit for Function 3:30-4:30		Lane Swim 3:00-4:30
4:00 pm						
4:30 pm						
5:00 pm						Open Swim (1 lane) 4:30-5:55
5:30 pm						
6:00 pm		Y Kids 6:00-8:00		Group Power* 6:05-7:05	Y Kids 6:00-8:00	Swim Lessons (Reg) 6:00-7:45
6:30 pm				Zumba* 7:15-8:15		
7:00 pm						Adult Swim Lessons 7:45-8:30
7:30 pm						
8:00 pm						
8:30 pm		Adult Sports (Volleyball) 8:30-10:00				
9:00 pm						Public Lane Swim 8:35-10:00
9:30 pm						
10:00 pm						

\*TRX 12:15-12:45pm Location: Fitness Floor

## WEDNESDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLE FIT	AEROBIC		
5:30 am						
6:00 am						
6:30 am						
7:00 am						Public Lane Swim 5:30-9:55
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am						AquaFit 10:00-10:45
10:30 am						
11:00 am		Open Gym 5:30-6:00				
11:30 am				Gentle Fit 11:15-12:00		Open Swim (2 lanes) 11:00-12:55
12:00 pm			12:15-1:00	Group Power* 12:15-1:15		
12:30 pm						
1:00 pm						
1:30 pm						Public Open Swim (1 lane) 1:00-2:55
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						Open Swim (1 lane) 3:00-5:00
4:00 pm						
4:30 pm						
5:00 pm						Lane Swim 5:00-5:55
5:30 pm	Leader Corps (meet in Hamilton Room) 6:00-7:00		5:30-6:30	Cardio Fit 6:05-7:05	Kid Fit 6:00-8:00	Public Open Swim (1 lane) 6:00-6:55
6:00 pm		Kid Fit 6:00-8:00		Yoga 7:15-8:15		Community Rental 7:00-8:30
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm		Adult Sports (Soccer) 8:15-10:00				
9:00 pm						Lane Swim 8:35-10:00
9:30 pm						
10:00 pm						

## THURSDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLE FIT	AEROBIC		
5:30 am						
6:00 am						
6:30 am						
7:00 am						Public Lane Swim 5:30-9:25
7:30 am						
8:00 am						
8:30 am						
9:00 am						Hydrotherapy 9:30-10:15
9:30 am						
10:00 am						Child Care (1 lane) Swim 10:15-11:00
10:30 am						
11:00 am						
11:30 am		Open Gym 5:30-6:00		Balance + 11:00-12:00		Lane Swim 11:00-12:00
12:00 pm			12:15-1:00	HITT 12:15-1:00		Masters Swim 12:00-12:55
12:30 pm						
1:00 pm						
1:30 pm						Public Open Swim (1 lane) 1:00-2:55
2:00 pm		Open Gym 5:30-10:00				
2:30 pm						
3:00 pm						
3:30 pm				Fit for Function 3:30-4:30		Lane Swim 3:00-4:30
4:00 pm						
4:30 pm						
5:00 pm						Open Swim (1 lane) 4:30-5:55
5:30 pm						
6:00 pm						Public Open Swim (1 lane) 6:00-6:55
6:30 pm		Y Kids 6:00-8:00		Group Power* 6:05-7:05	Y Kids 6:00-8:00	Swim Lessons (Reg) 6:00-7:45
7:00 pm				Zumba* 7:15-8:15		Adult Swim Lessons 7:45-8:30
7:30 pm						
8:00 pm						
8:30 pm		Adult Sports (Volleyball) 8:30-10:00				
9:00 pm						Public Lane Swim 8:35-10:00
9:30 pm						
10:00 pm						

## FRIDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLE FIT	AEROBIC		
5:30 am						
6:00 am						
6:30 am						
7:00 am						Public Lane Swim 5:30-9:55
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am						AquaFit 10:00-10:45
10:30 am						
11:00 am		Open Gym 5:30-5:30				Open Swim (2 lanes) 11:00-12:55
11:30 am			12:15-1:00	Group Power* 12:15-1:15		
12:00 pm						
12:30 pm						
1:00 pm						
1:30 pm						Public Open Swim (1 lane) 1:00-2:55
2:00 pm						
2:30 pm						
3:00 pm						Lane Swim 3:00-4:30
3:30 pm						
4:00 pm						
4:30 pm						Public Lane Swim 4:30-5:55
5:00 pm						
5:30 pm						
6:00 pm		Youth Sports (10-18) 5:30-7:30		Yoga 6:00-7:00		Public Open Swim (1 lane) 6:00-7:55
6:30 pm						
7:00 pm						
7:30 pm		Open Gym 7:30-8:30				
8:00 pm						
8:30 pm						
9:00 pm		Adult Volleyball 8:30-10:00				Lane Swim 8:00-10:00
9:30 pm						
10:00 pm						

\*Fit For Function Education 1:00-3:00pm Location: Hamilton Room

## SATURDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLE FIT	AEROBIC		
7:00 am						
7:30 am		Open Gym 7:00-9:00				Public Lane Swim 7:00-9:10
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am		Y Kids 9:00-12:00		Boot Camp 10:00-11:00	Y Kids 9:00-12:00	Swim Lessons (Reg) 9:15-11:00
10:30 am				Yoga 11:15-12:15		
11:00 am						
11:30 am						Open Swim (1 lane) 11:00-1:15
12:00 pm		YBA (6-9 yrs) 12:00-1:00				
12:30 pm						
1:00 pm		YBA (10-15 yrs) 1:00-2:00		Karate (Fundamentals) (Reg.) 1:00-1:45	Creative Club 1:00-3:00	
1:30 pm				Karate (Advanced) (Reg.) 2:00-2:45		Aquatic Leadership (Reg) (1 lane) 1:15-3:30
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm		Open Gym 2:00-8:00				Public Open Swim (1 lane) 3:30-6:55
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						Public Lane Swim 7:00-8:00
8:00 pm						

\*TRX 11:15-11:45am Location: Fitness Floor

## SUNDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLE FIT	AEROBIC		
8:00 am						
8:30 am		Open Gym 8:00-10:00				
9:00 am						Public Lane Swim 8:00-12:00
9:30 am						
10:00 am						
10:30 am				Zumba* 10:00-11:00	Kid Fit 10:00-12:30	
11:00 am		Kid Fit 10:00-12:30		Group Power* 11:15-12:15		
11:30 am				Barre 12:30-1:15		
12:00 pm						
12:30 pm		Open Gym 12:30-1				Public Open Swim (1 lane) 12:00-3:00
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm		Birthday Parties 1:00-3:30			Birthday Parties 1:00-3:30	
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm		Open Gym 3:30-6:00				Lane Swim 3:00-6:00
5:30 pm						
6:00 pm						

Legend:   Adult (13+) Program   Supervised Program



# Hamilton Downtown 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
- 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

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 under 7 must be supervised in the water by an adult or guardian (minimum 14 years of age). 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.

## 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	Monthly (+Tax)	Full Amount (+Tax)
Child & Youth* (up to 12 years)	\$32.75	\$393
Child & Youth Family*	\$24.50	\$294
Student (13 years +)	\$38	\$456
Student Family	\$28.50	\$342
Plus: Building Fee	\$30	\$30
Student (4 months)		\$166.50
Adult General	\$50.50	\$606
Adult General Family	\$38	\$456
Plus: Building Fee	\$100	\$100
Women's Adult Only (18+)	\$68.75	\$825
Adult Only (18+) Family	\$52	\$624
Plus: Building Fee	\$100	\$100
Men's Membership Plus (18+)**	\$71.25	\$855
Membership Plus (18+) Family**	\$52	\$624
Plus: Building Fee	\$100	\$100
Medical Membership (3 month) (call for intake appointment with Wellness Coach)		\$241.50

\*Tax does not apply to Child & Youth memberships

\*\* Hamilton Downtown only

## 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

Public Swim (taxes included)	
Child	\$3
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 monthly 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 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.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)

## 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

