



Hamilton Downtown Family YMCA • June 30, 2019 - August 31, 2019

# SUMMER SCHEDULE

## MONDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	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			GERAS Dance 10:00-11:00			AquaFit 10:00-10:45
10:30 am						
11:00 am			Gentle Fit 11:15-12:00			Open Swim (1 lane) 11:00-11:55
11:30 am		Open Gym 5:30-6:00				
12:00 pm			12:15-1:00 Muscle Fit 12:15-1:00	Queenax Circuit 12:15-1:00		Lane Swim 12:00-12:55
12:30 pm						
1:00 pm						
1:30 pm						Aquatic Leadership (reg.) (1 lane) 1:00-3:00
2:00 pm						
2:30 pm						
3:00 pm						Public Open Swim (1 lane) 3:00-4:25
3:30 pm						
4:00 pm						
4:30 pm						Lane Swim 4:30-5:55
5:00 pm						
5:30 pm						
6:00 pm						
6:30 pm		Y Kids 6:00-8:15			Y Kids 6:00-8:15	Public Open Swim (1 lane) 6:00-8:30
7:00 pm			Yoga 7:15-8:15			
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm		Open Gym 8:30-10:00				Lane Swim 8:35-10:00
9:30 pm						
10:00 pm						

## TUESDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
5:30 am						
6:00 am						
6:30 am						Public Lane Swim 5:30-9:25
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am						Hydrotherapy 9:30-10:15
9:30 am						
10:00 am						Open Swim (1 lane) 10:20-10:55
10:30 am						
11:00 am			Balance+ 11:00-12:00			Lane Swim 11:00-12:00
11:30 am		Open Gym 5:30-6:00				
12:00 pm			12:15-1:00 Zumba* 12:15-1:15	TRX 12:15-12:45		Masters Swim 12:00-12:55
12:30 pm						
1:00 pm						
1:30 pm						Aquatic Leadership (reg.) (1 lane) 1:00-3:00
2:00 pm		Open Gym 5:30-10:00				
2:30 pm						
3:00 pm						Lane Swim 3:00-4:30
3:30 pm						
4:00 pm						
4:30 pm						Open Swim (1 lane) 4:35-5:55
5:00 pm						
5:30 pm						
6:00 pm			Boot Camp 6:05-6:50			Swim Lessons (Reg) 6:00-7:45
6:30 pm		Y Kids 6:00-8:15	Zumba* 7:15-8:15		Y Kids 6:00-8:15	Adult Swim Lessons 7:45-8:30
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm		Adult Sports (Volleyball) 8:30-10:00				Public Lane Swim 8:35-10:00
9:00 pm						
9:30 pm						
10:00 pm						

## WEDNESDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	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						Open Swim (1 lane) 11:00-11:55
11:00 am			Gentle Fit 11:15-12:00			
11:30 am		Open Gym 5:30-6:00				
12:00 pm			Muscle Fit 12:15-1:00	Queenax Circuit 12:15-1:00		Lane Swim 12:00-12:55
12:30 pm						
1:00 pm						Aquatic Leadership (reg.) (1 lane) 1:00-3:00
1:30 pm						
2:00 pm		Open Gym 5:30-10:00				
2:30 pm						
3:00 pm						Public Open Swim (1 lane) 3:00-4:25
3:30 pm						
4:00 pm						
4:30 pm						Lane Swim 4:30-5:55
5:00 pm						
5:30 pm						
6:00 pm			5:30-6:30		Queenax Circuit 6:00-7:00	Y Move 6:00-6:45
6:30 pm		Y Move 6:00-6:45				Public Open Swim (1 lane) 6:00-8:30
7:00 pm		Y Kids 6:45-8:15		Yoga 7:15-8:15		
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm		Open Gym 8:30-10:00				Lane Swim 8:35-10:00
9:30 pm						
10:00 pm						

## THURSDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
5:30 am						
6:00 am						
6:30 am						Public Lane Swim 5:30-9:25
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am						Hydrotherapy 9:30-10:15
9:30 am						
10:00 am						Open Swim (1 lane) 10:20-10:55
10:30 am						
11:00 am						Lane Swim 11:00-12:00
11:30 am		Open Gym 5:30-6:00				
12:00 pm			12:15-1:00			Masters Swim 12:00-12:55
12:30 pm						
1:00 pm						Aquatic Leadership (reg.) (1 lane) 1:00-3:00
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						Lane Swim 3:00-4:30
3:30 pm						
4:00 pm						
4:30 pm						Open Swim (1 lane) 4:30-5:55
5:00 pm						
5:30 pm						
6:00 pm						Swim Lessons (Reg) 6:00-7:45
6:30 pm		Y Kids 6:00-8:15			Y Kids 6:00-8:15	Adult Swim Lessons 7:45-8:30
7:00 pm			Muscle Fit 6:05-6:50			
7:30 pm			Zumba* 7:15-8:15			
8:00 pm						
8:30 pm						
9:00 pm		Adult Sports (Volleyball) 8:30-10:00				Public Lane Swim 8:35-10:00
9:30 pm						
10:00 pm						

## FRIDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	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						Open Swim (1 lane) 11:00-11:55
11:00 am						
11:30 am			GERAS Dance 11:00-12:00 (March 2019)			
12:00 pm			12:15-1:00 Muscle Fit 12:15-1:00	Queenax Circuit 12:15-1:00		Lane Swim 12:00-12:55
12:30 pm						
1:00 pm						Aquatic Leadership (reg.) (1 lane) 1:00-3:00
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						Public Open Swim (1 lane) 3:00-4:25
4:00 pm						
4:30 pm						Lane Swim 4:30-5:55
5:00 pm						
5:30 pm						
6:00 pm						
6:30 pm			Yoga 6:00-7:00			Public Open Swim (1 lane) 6:00-8:30
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm		Adult Sports (Volleyball) 8:30-10:00				Lane Swim 8:35-10:00
9:30 pm						
10:00 pm						

## SATURDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
7:00 am						
7:30 am						
8:00 am		Open Gym 7:00-9:30				Public Lane Swim 7:00-9:10
8:30 am						
9:00 am						
9:30 am						
10:00 am						Swim Lessons (Reg) 9:15-11:00
10:30 am		Y Kids 9:30-12:30			Y Kids 9:30-12:30	Open Swim 11:00-11:55
11:00 am						
11:30 am				TRX 11:15-11:45		
12:00 pm						Public Lane Swim 12:00-1:25
12:30 pm						
1:00 pm		Open Gym 7:00-8:00				
1:30 pm			Karate (Fundamentals) (Reg.) 1:00-1:45			Open Swim (1 lane) 1:30-3:30
2:00 pm						
2:30 pm			Karate (Advanced) (Reg.) 2:00-2:45			
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						Public Open Swim (1 lane) 3:30-6:55
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						Lane Swim 7:00-8:00
8:00 pm						

## SUNDAY

	Main Gym	Auxiliary Gym	Studios	Fitness Floor	Community Room	Pool
			CYCLE FIT AEROBIC			
8:00 am						
8:30 am						
9:00 am						
9:30 am						Public Lane Swim 8:00-12:00
10:00 am						
10:30 am		Open Gym 8:00-1:30				
11:00 am						
11:30 am			Muscle Fit 11:15-12:00			
12:00 pm			Yoga 12:15-1:15			
12:30 pm						Public Open Swim (1 lane) 12:00-3:00
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm		Open Gym 8:00-6:00				
3:00 pm						
3:30 pm		Open Gym 3:30-4:30				
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm		Adult Sports (Volleyball) 4:30-6:00				
6:00 pm						

Legend:  Adult (13+) Program  Supervised Program  Open

## SWIM LESSON INFORMATION

Registration & Membership Required

Lessons are 30 minutes in length with 5 minute transition times between lessons.

### Children Under 10 years of age

- Adult or guardian (min. 14 yrs), must be in facility
- Must be signed in and out of Swim Lesson by adult or guardian (min. 14 yrs)

For a complete Swim Lesson Schedule, please visit the YMCA Membership Desk or visit [ymcahbb.ca](http://ymcahbb.ca).

**Reporting Abs**



# 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

### 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 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
Women's Adult Only (18+)	\$31.73	\$825
Adult Only (18+) Family	\$24	\$624
Plus: Building Fee		\$100
Men's Membership Plus (18+)**	\$32.88	\$855
Membership Plus (18+) Family**	\$24	\$624
Plus: Building Fee		\$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 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](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)

### 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 - 8 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 @ymcahbb

