

Laurier Brantford YMCA • September 1, 2019 – October 19, 2019

FALL SCHEDULE

MONDAY

		Gym			Studio		Youth Zone		Pool	
	Single	Double A	Double B	Α	В	C		Lap	Pool	Leisure Poo
5:30 am									Lane Swim (6) 5:30-9:00	
6:00 am										
6:30 am	Open Gym					Cycle Fit		I and G		
7:00 am	5:30-8:45					6:30-7:15				
7:30 am										Swim 7:00-10:00
8:00 am										7:00-10:00
8:30 am										Splashers/
9:00 am	Kindergym			Yoga	Muscle Fit		Kinder Gym	Aqu	uafit	Bubblers
9:30 am	(3-5yrs)			9:15-10:15	9:15-10:00		(3-5yrs)	9:15-	10:00	(Parented 10:00-10:3
0:00 am	9:00-11:00						9:00-11:00			10.00-10.3
0:30 am			all Club**						wim (6)	
1:00 am		10:00)-12:00	Balance +				10:00	-12:00	
1:30 am	open ojiii			11:00-12:00						
2:00 pm	11:00-1:00				Muscle Fit					Recreational Swim 10:30-3:45
2:30 pm					12:15-1:00					
1:00 pm	Y Kids				HIIT			Lane Swim (2) 12:00-3:45	Recreational	
1:30 pm	(3-5/6-12)				1:15-2:00				Swim (4)	
2:00 pm	1:00-3:00								5 12:00-3:45	
2:30 pm										
3:00 pm	Open Gym									
3:30 pm	3:00-4:15									
4:00 pm			Youth Soccer**							
4:30 pm	Y Kids		(6-9yrs) 4:30-5:30					Sw	vim .	Swim
5:00 pm	(3-5yrs)	Y Kids			HITT 5:15-6:00				sons	Lessons
5:30 pm	4:30-6:45	(6-12yrs) 4:30-6:45	Youth Soccer**		5:15-0:00	Cycle Fit 5:30-6:15		4:00	-7:00	4:00-7:00
6:00 pm	V Kide	T.30 U.T3	(10-13yrs) 5:45-6:45	Yoga 6:15-7:15		3.30-0.13				
6:30 pm	(0-12yrs)		5115 0115	0.15-7.15			Y Kids			
7:00 pm	6:45-8:00				Zumba 7:00-7:45		(3-5yrs) 6:30-8:00	Adult/Youth Swim Lessons	h20 leaders	Recreationa
7:30 pm 8:00 pm			Drop In Basketball		7.00-7.43		3.30 0.00	7:00-7:45	7:00-8:00	Swim
8:30 pm			6:45-9:30	Barre 8:00-8:45				. 100 71 15		7:00-9:00
9:00 pm			3.13 3.30	0.00 0.73						
	DIOP III							Lane Swim	Recreational Swim (3)	
9:30 pm	8:15-11:00							(3) 8:00- 10:30	Swim (3) 8:00-10:30	Closed
0:00 pm 0:30 pm	5.15 11.00							10.50	5.00 10.50	9:00-11:00
1:00 pm	1. (=1.	= 1	2:15-12:45pr	/	_					

FRIDAY

		Gym			Studio		Youth Zone		Pool		
	Single	Double A	Double B	Α	В	С		Lap	Pool	Leisure Pool	
5:30 am										Closed	
6:00 am										5:30-7:00	
6:30 am	Open Gym				Core			Lano S	wim (6)	3.30 7.00	
7:00 am	5:30-8:45				6:30-7:15				-9:00		
7:30 am											
8:00 am											
8:30 am											
9:00 am	V: d						Kinder Gvm	Aqı	uafit		
9:30 am	Kindergym (3-5yrs)			Yoga	HIIT		(3-5yrs)	9:15-	-10:00		
10:00 am	9:00-11:00		lkfit	9:30-10:30	9:15-10:00		9:00-11:00				
10:30 am		10:00	-11:00								
11:00 am					Balance +						
11:30 am					11:00-12:00						
12:00 pm					Core				wim (6)	Recreational Swim	
12:30 pm	Y Kids				12:15-1:00			10:1:	5-2:45	7:00-5:45	
1:00 pm	(3-5yrs)										
1:30 pm	1:00-3:00										
2:00 pm	Y Kids										
2:30 pm	(6-12yrs)										
3:00 pm	1:00-3:00										
3:30 pm	Drop In										
4:00 pm	Badminton										
4:30 pm	3:00-4:45										
5:00 pm	Y Kids		Youth Sports								
5:30 pm	(3-5yrs) 5:00-7:00		5:00-6:30		HIIT						
6:00 pm	5:00-7:00 Y Kids		3.00 0.50		5:30-6:15			Lane Swim (3)	Recreational Swim (3)		
6:30 pm	(6-12yrs)	Drop In Basketball						3:00-9:30	3:00-9:30	Family Swim	
7:00 pm	5:00-7:00	6:00-8:00						3.00 3.50	.00-5.30	6:00-8:00	
7:30 pm											
8:00 pm										Recreational	
8:30 pm	Open Gym									Swim 8-9	
9:00 pm	7:15-10:00										
9:30 pm											
10:00 pm											

TUESDAY

		Gym			Studio		Youth Zone	Pool			
	Single	Double A	Double B	Α	В	С		Lap	Pool	Leisure Pool	
5:30 am								Triathalon	Triathalon Swim** (3) 5:45-6:45 Lane Swim (3) 5:45-6:45		
6:00 am											
6:30 am	Open Gvm				Muscle Fit			Lane Swim	(3) 5:45-6:45		
7:00 am	5:30-8:45				6:30-7:15						
7:30 am									Lane Swim (6) 7:00-10:30		
8:00 am				Healthy				Lane S			
8:30 am				Hearts 8:00-9:30							
9:00 am 9:30 am	Kindergym			0.00 5.50		Cycle Fit 9:15-10:00	Kindergym				
9:30 am	(3-5yrs)			9:30-10:15		5.13-10.00	(3-5yrs)			Recreational	
10:00 am	9:00-11:00			Pilates			9:00-11:00			Swim 7:00-200	
11:00 am				10:30-11:15					therapy	7:00-200	
11:30 am					HIIT			10:45	i-11:30		
12:00 pm					12:15-12:45						
12:30 pm					Healthy				wim (6)		
1:00 pm	Drop In			Yoga	Hearts			11:3	0-2:00		
1:30 pm	Basketball			1:15-2:00	12:30-2:00						
2:00 pm	11:00-4:15							Lane		Recreational Swim 2:00-3:45	
2:30 pm								Swim (3)			
3:00 pm								2:00-3:45			
3:30 pm											
4:00 pm											
4:30 pm	Y Kids	Y Kids									
5:00 pm	(3-5yrs)	(6-12yrs)			Boot Camp				Swim Lesson	5	
5:30 pm	4:30-6:00	4:30-6:00			5:00-5:45				4:00-7:00		
6:00 pm	Y Kids				Muscle Fit	Cycle Fit	Y Kids				
6:30 pm	(6-12vrs)				6:00-6:45	6:00-6:45	(3-5yrs)				
7:00 pm	6:00-8:00			Yoga			6:00-8:00	Aqua Bo	oot Camp 5-8:00	Recreational	
7:30 pm				7:00-8:00				7:1:	5-8:00	Swim	
8:00 pm		Pickleba 7:30				Cycle Fit 8:15-9:00		Swim Club*	*(3) 8:15-9:45	7:00-9:00	
8:30 pm		7:50	2.30			0.13-5.00		Rec Swim	(2) 8:15-9:45		
9:00 pm 9:30 pm	Drop In Basketball							Lane Swim	Lane Swim (1) 8:15-9:45		
10:00 pm	8:15-11:00							Lance	Swim (6)	Closed	
10:30 pm	· · · · · ·								-10:30	9:00-11:00	
11:00 pm											
	ps (Meeting	g Room B) -	6:00-8:00p	m							

SATURDAY

	Gym			Studio		Youth Zone	Pool				
	Single	Double A	Double B	Α	В	С		Lap	Pool	Leisure Poo	
7:00 am											
7:30 am	Open Gym							Lane S	Lane Swim (6)		
8:00 am	7:00-8:45							7:00-9:00		7:00-9:00	
8:30 am					Musclefit	Cycle &					
9:00 am	Y Kids				8:45-9:30	Strength					
9:30 am	(3-5yrs)					8:45-10:00	Y Kids	Swim Lessons			
10:00 am	8:30-11:45						(3-5yrs)				
10:30 am	Y Kids			Yoga			8:30-11:45	9:00-12:30		S	
11:00 am	(6-12yrs) 8:30-11:45			10:30-11:30							
11:30 am	0.30-11.43										
12:00 pm											
12:30 pm											
1:00 pm											
1:30 pm											
2:00 pm	Birthday						Birthday			Recreational	
2:30 pm	Parties						Parties		Danastianal		
3:00 pm	12:30-5:30						12:00-6:00	Lane Swim			
3:30 pm								(2)	Swim	Swim	
4:00 pm								12:45-7:30	12:45-7:30	12:45-7:30	
4:30 pm											
5:00 pm											
5:30 pm											
6:00 pm	Drop In										
6:30 pm	Basketball										
7:00 pm	5:45-8:00										
7:30 pm											
8:00 pm											

Adult Group Fitness Class Laurier Students Only (LSO)

* Sign in procedure for program/class in effect. Members can sign in 1 hour in person prior to class at the Membership desk. ** Pre registration Required

WEDNESDAY

		Gym			Studio Youth Zone			Pool			
	Single	Double A	Double B	Α	В	С		Lap	Pool	Leisure Poo	
5:30 am								·		cı ı	
6:00 am										Closed 5:30-7:00	
6:30 am					Cardio &				(a)	3.30-7.00	
7:00 am	Open Gym 5:30-8:45				Strength				iwim (6)	Recreation	
7:30 am	3.30-0.43				6:30-7:15			3.30	5:30-9:00		
8:00 am										Swim 7:00-10:00	
8:30 am										Splashers	
9:00 am					Muscle Fit			Aa	uafit	Bubblers	
9:30 am	Kindergym				9:15-10:00		Kinder Gym		9:15-10:00		
10:00 am	(3-5yrs) 9:00-11:00						(3-5yrs) 9:00-11:00		Lane Swim (6) 10:00-12:00		
10:30 am	2.00-11.00	Pickleb	all Club**	Yoga			2.00-11.00	Lane S			
11:00 am			0-12:00	10:15-11:15	Gentlefit						
11:30 am	Open Gym				11:00-12:00						
12:00 pm	11:00-12:45				Core						
12:30 pm					12:15-1:00					Recreation	
1:00 pm	Y Kids			Boot Camp						Swim	
1:30 pm	(3-5yrs) 1:00-3:00			1:15-2:00				Lane	Recreational	10:30-3:4	
2:00 pm								Swim (3) 12:00-3:45	Swim (3) 12:00-3:45		
2:30 pm	Y Kids (6-12yrs)							12.00-3.43			
3:00 pm	1:00-3:00										
3:30 pm	Open Gvm										
4:00 pm	3:00-4:15										
4:30 pm	Y Kids	Y Kids						Ç,	vim		
5:00 pm	(3-5vrs)	(6-12)							sons	Swim	
5:30 pm	4:30-6:00	4:30-6:00		Yoga	Core			4:00)-7:00	Lessons 4:00-7:00	
6:00 pm				5:15-6:15	Strength					4.00-7.00	
6:30 pm	Y Kids		Volleyball	Barre	5:30-6:15	Cycle &	Y Kids	Adult/Vout	h Lessons (2)		
7:00 pm	(6-12yrs) 6:00-8:00		& Dogeball	6:30-7:15		Strength	(3-5yrs) 6:00-8:00)-8:00		
7:30 pm	0:00-6:00		Intramurals**			6:30-7:30	0.00-6.00	Triathalor	Swim** (4)	Recreation	
8:00 pm			5:30-9:30	Zumba				7:00	00:8-0	Swim 7:00-9:00	
8:30 pm				8:00-8:45						7:00-9:00	
9:00 pm	Drop In							l ano 9	Swim (3)		
9:30 pm	Basketball								nal Swim (3)		
10:00 pm	8:15-11:00							8:00-10:30		Closed	
10:30 pm										9:00-11:00	
11:00 pm											

SUNDAY

	Gym			Studio	Studio Youth Zone			Pool					
	Single	Double A	Double B	Α	В	C		Lap	Pool	Leisure Pool			
8:00 am									wim (6)				
8:30 am								8:00	-9:00				
9:00 am	YBA**					Cycle Fit			uafit				
9:30 am	(6-9yrs)		(3-5yrs) 11:30			9:15-10:00		9:15-10:00					
10:00 am	9:30-10:30			Yoga									
10:30 am	YBA** (10-12yrs)		6-12yrs) 11:30	10:15-11:15					wim (4) Courses** (2)				
11:00 am	10:45-11:45								.eadership Courses** (2) 10:00-12:00				
11:30 am	YBA**							10.0	12.00	Recreational Swim 8:00-430			
12:00 pm	(13-16yrs)							Lane Swim (3)	Recreational				
12:30 pm	12:00-1:00												
1:00 pm													
1:30 pm	Birthday Parties							12:00-3:00					
2:00 pm	1:00-3:00	Drop in Basketball					Birthday Parties	.=	Swim (3)				
2:30 pm		11:30-5:00					11:30-5:00		12:00-4:30				
3:00 pm		11150 5100					11150 5100						
3:30 pm	Drop In												
4:00 pm	Badminton												
4:30 pm	3:00-5:00												
5:00 pm													

Annual Pool Shut Down October 13 to October 20th. Pool Deck (including Sauna & Whirlpool) will be closed during this time. Pool Deck will reopen October 20th at 8:00am.

Child Minding (ages 0-3yrs)

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

Hours of Service:

	Mon - Fri	9:00 - 11:00am				
	Mon & Wed	1:00-3:00pm				
ŀ	Mon - Thurs	4:30 - 8:00pm				
	Sat & Sun	8:30 - 11:45am				

THRIVE

COMING

THURSDAY

		Gym			Studio		Youth Zone		Pool	
	Single	Double A	Double B	Α	В	С		Lap	Pool	Leisure Poo
5:30 am								Triathalo	n Swim (3)	Closed
6:00 am									5:45-6:45 Lane Swim (3) 5:45-6:45	
6:30 am	Open Gvm			Yoga				Lane Swim	(3) 5:45-6:45	5:30-7:00
7:00 am	5:30-8:45			6:30-7:15						
7:30 am	5.50 0.15									
8:00 am				Healthy				1	Lane Swim (6) 7:00-10:30	
8:30 am				Hearts						
9:00 am				8:00-9:30	Core	Cycle Fit		7.00-	10.30	
9:30 am	Kindergym (3-5vrs)				Strength	9:15-10:00	Kindergym			
10:00 am	9:00-11:00				9:15-10:00		9:00-11:00			
10:30 am	2.00 11.00							Hvdrot	herapy	
11:00 am									10:45-11:30	
11:30 am										
12:00 pm						Cvcle Fit				
12:30 pm	Open Gym 10:45-3:45			Healthy		12:15-12:45			. (=)	
1:00 pm				Hearts	HIIT				wim (6) 1-2:45	
1:30 pm				12:30-2:00	1:15-2:00			11.30	J-2. 4 3	Recreationa Swim
2:00 pm										7:00-9:00
2:30 pm										7.00-5.00
3:00 pm										
3:30 pm										
4:00 pm										
4:30 pm	Y Kids	Y Kids						Lane Swim	Recreational	
5:00 pm	(3-5yrs)	(6-12yrs)	Drop in		Muscle Fit			(3) 3:00-7:00	Swim (3) 3:00-7:00	
5:30 pm	4:30-6:00	4:30-6:00	Basketball	Core	5:00-5:45				3.00-7.00	
6:00 pm			4:15-7:30	Strength						
6:30 pm	Y Kids			6:00-6:45	Zumba		Y Kids			
7:00 pm	(6-12yrs) 6:00-8:00			Cardio	6:30-7:15		(3-5yrs) 6:00-8:00	Agi	uafit	
7:30 pm	0.00-0.00			Kickbox			0.00-0.00		-8:15	
8:00 pm		Pickleha	all Club**	7:00-7:30						
8:30 pm		7:30-9:30								
9:00 pm									wim (3)	
9:30 pm	Open Gym								al Swim (3) 10:30	
10:00 pm	8:15-11:00							δ:3U-	10:30	Closed
10:30 pm										9:00-11:00
11:00 pm										

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.

Reporting Absences: Please notify us if your child will be absent for more than 3 consecutive weeks in a row. Three missed classes will result in withdrawal from the class. Absences can be reported by email: laurierbrantford.absence@ymcahbb.ca

Recreational Swimming - Aquatic Admission Criteria

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.

100 Water Street Brantford, ON N3T 0P1 p: 519.512.4891 | f: 519.753.5898 laurierbrantford.membership@ymcahbb.ca laurierbrantford.absence@ymcahbb.ca www.ymcahbb.ca

Facility Hours: M - T: 5:30am - 11:00pm Friday: 5:30am - 10:00pm Saturday: 7:00am - 8:00pm Sunday: 8:00am - 5:00pm Holidays 8:00am - 5:00pm

Swim Club begins October 22, 2019 Pickleball Club begins October 7, 2019

Laurier Brantford 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 quardian (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

Day Passes (taxes included) (photo ID required)

Other Ways to Access the YMCA

\$11.50
\$5.25
\$3.00
\$3.25
\$4.50
\$9.25
\$115.50
\$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 guality, 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 preauthorized 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.

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





