

# WINTER SCHEDULE

## MONDAY

	Gym		Studio			Youth Zone	Pool	
	Single	Double	A	B	C		Lap Pool	Leisure Pool
5:30 am								Closed
6:00 am								5:30-7:00
6:30 am	Open Gym				Cycle Fit		Lane Swim (6)	Recreational Swim
7:00 am	5:30-8:45				6:30-7:15		5:30-9:00	7:00-10:00
7:30 am								
8:00 am								
8:30 am								
9:00 am	Kindergym			Muscle Fit		Kindergym	AquaFit	Splashers/Bubblers
9:30 am	3-5yrs			9:15-10:00		3-5yrs	9:15-10:00	(Parented)
10:00 am	9:00-10:30		Yoga			9:00-10:30		10:00-10:30
10:30 am							Lane Swim (6)	
11:00 am							10:00-12:00	
11:30 am	Indoor Playground			Balance +				
12:00 pm	(Parented)			11:00-12:00				
12:30 pm	11:00-12:30			Muscle Fit				Recreational Swim
1:00 pm				12:15-1:00			Lane Swim (2)	10:30-3:45
1:30 pm							12:00-3:45	
2:00 pm	Open Gym						Recreational Swim (3)	
2:30 pm	12:45-3:45							
3:00 pm								
3:30 pm								
4:00 pm								
4:30 pm	Y Kids	YHL**						
5:00 pm	(3-5yrs)	(6-9 & 10-12yrs)						
5:30 pm	4:00-8:00	4:00-5:00						Swim Lessons
6:00 pm	Y Kids	Youth Soccer**		HITT	Cycle Fit	Y Kids	Swim Lessons	Swim Lessons
6:30 pm	(6-12yrs)	(6-9 & 10-12yrs)		5:15-6:00	5:30-6:15	(6-12yrs)	4:00-7:00	4:00-7:00
7:00 pm	4:00-8:00	5:15-6:15		6:15-7:15		4:00-8:00		
7:30 pm	Y Kids	YBA**					Adult Swim Lessons(2)**	Recreational Swim
8:00 pm	(6-9 & 10-12yrs)	(6-9 & 10-12yrs)					7:00-7:45	7:00-9:00
8:30 pm	8:00-11:00	6:30-7:30		Barre			Lane Swim (3)	
9:00 pm		8:00-8:45					8:00-10:30	Recreational Swim
9:30 pm								7:00-9:00
10:00 pm								
10:30 pm								
11:00 pm								

Synergy Circuit (Fitness Floor) - 6:30-7:15pm

## TUESDAY

	Gym		Studio			Youth Zone	Pool	
	Single	Double	A	B	C		Lap Pool	Leisure Pool
5:30 am								Closed
6:00 am								5:30-7:00
6:30 am	Open Gym	Powderpuff		Muscle Fit			Lane Swim (6)	
7:00 am	5:30-8:45	Club Practice (LSO)		6:30-7:15			5:30-10:30	
7:30 am		Varsity Women's Soccer Practice (LSO)						
8:00 am		6:30-8:30						
8:30 am								
9:00 am	Movin & Grovin				Cycle Fit	Movin & Grovin		
9:30 am	(3-5yrs)				9:15-10:00	(3-5yrs)		
10:00 am	9:00-10:30			Barre		9:00-10:30		
10:30 am				9:30-10:15				
11:00 am								
11:30 am							Hydrotherapy	Recreational Swim
12:00 pm							10:45-11:30	7:00-3:45
12:30 pm	Open Gym						Lane Swim (6)	
1:00 pm	10:45-2:45			Healthy Hearts			11:30-1:30	
1:30 pm				12:00-3:00				
2:00 pm							Lane Swim (3)	Recreational Swim (3)
2:30 pm							1:30-3:45	
3:00 pm	Pickleball							
3:30 pm	3:00-4:00							
4:00 pm		Extramural Basketball Practice (LSO)						
4:30 pm		3:30-6:00						
5:00 pm	Y Kids					Y Kids		
5:30 pm	(3-5yrs)					(3-5yrs)		
6:00 pm	4:00-8:00					4:00-8:00		
6:30 pm	Y Kids				Cycle Fit	Y Kids		
7:00 pm	(6-12yrs)				6:00-6:45	(6-12yrs)		
7:30 pm	4:00-8:00					4:00-8:00		
8:00 pm		Adult Sport Leagues: Volleyball and Dodgeball**					AquaFit	Recreational Swim
8:30 pm		6:00-11:00					7:15-8:00	7:00-9:00
9:00 pm								
9:30 pm							Swim Club (2)	
10:00 pm							1: Lane Swim (2)	
10:30 pm							Recreational Swim (2)	
11:00 pm							8:00-9:00	

## WEDNESDAY

	Gym		Studio			Youth Zone	Pool	
	Single	Double	A	B	C		Lap Pool	Leisure Pool
5:30 am								Closed
6:00 am								5:30-7:00
6:30 am	Open Gym			KAOS Club Practice (LSO)	Cycle Fit		Lane Swim (6)	Recreational Swim
7:00 am	5:30-8:45			6:00-9:00	6:30-7:15		5:30-9:00	7:00-10:00
7:30 am								
8:00 am								
8:30 am								
9:00 am	Kindergym			Muscle Fit		Kindergym	AquaFit	Splashers/Bubblers
9:30 am	3-5yrs			9:15-10:00		3-5yrs	9:15-10:00	(Parented)
10:00 am	9:00-10:30					9:00-10:30		10:00-10:30
10:30 am							Lane Swim (6)	
11:00 am							10:00-12:00	
11:30 am	Open Gym			Geras Dance**				
12:00 pm	10:30-12:45			(March 2019)				
12:30 pm								
1:00 pm	Y Kids (3-5yrs)						Lane Swim (6)	Recreational Swim
1:30 pm	1:00-3:00						10:00-12:00	10:30-3:45
2:00 pm	Y Kids (6-12yrs)						Lane Swim (3)	
2:30 pm	1:00-3:00						12:00-4:00	
3:00 pm								
3:30 pm								
4:00 pm								
4:30 pm	Y Crafts & Games (3-5yrs)	Kindersoccer**				Y Crafts & Games (3-5yrs)	Swim Lessons	Swim Lessons
5:00 pm	4:00-8:00	(3-5yrs)				4:30-8:00	4:00-7:00	4:00-7:00
5:30 pm	Y Move**	4:30-5:15				Y Move** (3-9yrs)		
6:00 pm	Y Kids	5:30-6:15		Yoga		Y Kids (6-12yrs)		
6:30 pm	(6-12yrs)	5:30-6:15		5:15-6:15		4:00-8:00		
7:00 pm	4:00-8:00	6:30-7:15		Barre			Masters Swim**	Adult Lessons**
7:30 pm		6:30-7:15					(3) 7:00-8:00	(2) 7:00-8:00
8:00 pm	Adult Drop-in Volleyball							
8:30 pm	8:00-9:30							
9:00 pm							Lane Swim (3)	
9:30 pm							8:00-10:30	
10:00 pm	Open Gym							
10:30 pm	9:30-11:00							
11:00 pm								

Synergy Circuit 10:45am/6:30-7:15pm-Fitness Floor Whirlpool Closed for weekly cleaning and maintenance 8:00am-4:00pm

## THURSDAY

	Gym		Studio			Youth Zone	Pool	
	Single	Double	A	B	C		Lap Pool	Leisure Pool
5:30 am								Closed
6:00 am								5:30-7:00
6:30 am	Open Gym			Yoga			Lane Swim (6)	
7:00 am	5:30-8:45			6:00-6:45			5:30-10:30	
7:30 am								
8:00 am								
8:30 am								
9:00 am	Movin & Grovin					Movin & Grovin		
9:30 am	(3-5yrs)					(3-5yrs)		
10:00 am	9:00-10:30			Core Strength		9:00-10:30		
10:30 am				9:15-10:00				
11:00 am							Hydrotherapy	
11:30 am							10:45-11:30	
12:00 pm							Lane Swim (6)	
12:30 pm	Open Gym						11:30-1:30	
1:00 pm	10:45-4:00			Healthy Hearts				
1:30 pm				12:00-3:00				
2:00 pm							Lane Swim (3)	Recreational Swim (3)
2:30 pm							1:30-7:00	1:30-7:00
3:00 pm								
3:30 pm								
4:00 pm								
4:30 pm	Y Kids (3-5yrs)					Y Kids (3-5yrs)		
5:00 pm	4:00-8:00					4:00-8:00		
5:30 pm	Y Kids					Y Kids		
6:00 pm	(6-12yrs)					(6-12yrs)		
6:30 pm	4:00-8:00			Core Strength		4:00-8:00		
7:00 pm				6:00-6:45			AquaFit	
7:30 pm							7:00-7:45	
8:00 pm								
8:30 pm							Lane Swim (3)	Recreational Swim (3)
9:00 pm							8:00-10:30	
9:30 pm								
10:00 pm								
10:30 pm								
11:00 pm								

## FRIDAY

	Gym		Studio			Youth Zone	Pool	
	Single	Double	A	B	C		Lap Pool	Leisure Pool
5:30 am								Closed
6:00 am								5:30-7:00
6:30 am	Open Gym				Musclefit		Lane Swim (6)	Recreational Swim
7:00 am	5:30-8:45				6:30-7:15		5:30-1:30	7:00-10:00
7:30 am								
8:00 am								
8:30 am								
9:00 am	Kindergym					Kindergym	Lane Swim (6)	
9:30 am	3-5yrs					3-5yrs	5:30-1:30	
10:00 am	9:00-10:30			Yoga		9:00-9:45		

### 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. 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)

### 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](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

