



Les Chater Family YMCA

SCHEDULE

September 4, 2018 - December 23, 2018



MONDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am					Closed	
6:00 am	Cycle Fit 6:00-6:45					Public Lane 5:30-9:05
6:30 am						
7:00 am				Open Gym 5:30-9:00		
7:30 am						
8:00 am	TRX 8:15-9:00				Public Open 7:00-10:00	
8:30 am						
9:00 am	Body Fit 9:15-10:15	Kinder Gym 9:00-11:00		Group Power* 9:15-10:15	Swim Lessons 10:00-10:30	AquaFit 9:15-10:00
9:30 am						
10:00 am	Calisthenics 10:20-10:50			Kinder Gym 10:30-11:00	Open (2) Lane 10:00-10:45	Open (2) Lane 10:00-10:45
10:30 am						
11:00 am	Pilates 11:00-12:00				Hydrotherapy (LiveWell) 10:45-11:30	
11:30 am				Open Gym 11:15-1:00	Open 10:30-2:30	
12:00 pm						
12:30 pm		In Motion Education (LiveWell) 12:00-1:00		Y Kids Homeschool 1:15-2:15	Open (2) Lane 11:30-12:00	Open (2) Lane 11:30-12:00
1:00 pm	Gentle Fit (LiveWell) 1:15-2:15					
1:30 pm						
2:00 pm						
2:30 pm				Balance+ (LiveWell) 2:30-3:30	Public Open 2:30-3:50	Public Open (3) Public Lane 2:30-3:50
3:00 pm						
3:30 pm				Open Gym 3:45-4:45		
4:00 pm						
4:30 pm						
5:00 pm	Cycle Fit 5:15-6:00			Soccer (6-12 yrs) 5:00-6:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:30 pm						
6:00 pm	Zumba* 6:15-7:00	Y Kids 5:00-8:15	Y Kids 5:00-8:15	Group Power* 6:15-7:15		
6:30 pm						
7:00 pm	Yoga 7:15-8:15					AquaFit 7:00-7:45
7:30 pm				Kid Fit 7:30-8:15	Public Open 7:00-10:00	Adult Lessons 7:50-8:30
8:00 pm						Triathlon Club 7:45-8:15
8:30 pm				Adult Sports (Badminton) 8:30-10:00		Public Open (2) Public Lane 8:30-10:00
9:00 pm						
9:30 pm						

FRIDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am					Closed	
6:00 am						Public Lane 5:30-9:05
6:30 am				Open Gym 5:30-9:00		
7:00 am						
7:30 am						
8:00 am					Public Open 7:00-10:00	
8:30 am						
9:00 am	Yoga 9:15-10:15	Kinder Gym 9:00-11:00		Group Power* 9:15-10:15	Swim Lessons 10:00-10:30	AquaFit 9:15-10:00
9:30 am						
10:00 am	Calisthenics 10:20-10:50			Kinder Gym 10:30-11:00	Open (2) Lane 10:00-10:45	Open (2) Lane 10:00-10:45
10:30 am						
11:00 am	Pilates 11:00-12:00				Hydrotherapy (LiveWell) 10:45-11:30	
11:30 am						
12:00 pm					Open 10:30-2:30	
12:30 pm						
1:00 pm	Gentle Fit (LiveWell) 1:15-2:15				Open (2) Lane 11:30-12:00	Open (2) Lane 11:30-12:00
1:30 pm						
2:00 pm						
2:30 pm					Public Open 2:30-3:50	Public Open (3) Public Lane 2:30-3:50
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm				Kinder Soccer 5:00-5:45	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:30 pm						
6:00 pm	Yoga 6:00-7:00			Leader Corps 6:00-7:00		
6:30 pm						
7:00 pm				Y Sports 7:30-8:30	Youth Night 7:00-8:00	H2O Leaders 7:00-8:00
7:30 pm						
8:00 pm		Youth Night 7:00-9:00	Youth Night 7:00-9:00	Youth Night 8:30-9:00		Youth Night 8:00-9:00
8:30 pm					Public Open 8:00-10:00	Public Open (2) Public Lane 9:00-10:00
9:00 pm						
9:30 pm						

TUESDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						Public Lane 5:30-7:00
6:00 am					Group Power* 5:45-6:45	
6:30 am						
7:00 am						
7:30 am	Healthy Hearts/ LiveWell with Diabetes/CanWell (LiveWell) 8:00-9:20			Open Gym 7:00-9:00	Public Open 7:00-10:00	AquaFit 7:00-7:45 (1) Public Lane 7-7:45
8:00 am						Public Open (2) Public Lane 7:45-9:05
8:30 am						
9:00 am				Strong by Zumba* 9:15-10:15		AquaFit 9:15-10:00
9:30 am		Kinder Gym 9:00-11:00			Swim Lessons 10:00-10:30	Open (2) Lane 10:00-10:45
10:00 am	Cycle Fit 9:30-10:30			Kinder Gym 10:30-11:00	Child Care 10:30-11:30	Hydrotherapy (LiveWell) 10:45-11:30
10:30 am						
11:00 am	Healthy Hearts / LiveWell with Diabetes/CanWell (LiveWell) 10:40-12:00	Y Discover 11:30-12:30			Open 11:30-12:00	Open (2) Lane 11:30-12:00
11:30 am						
12:00 pm	Barre 12:15-1:00				Open 11:30-12:00	Open (2) Lane 11:30-12:00
12:30 pm						
1:00 pm						
1:30 pm					Open Gym 11:15-4:45	Lane 12:00-2:30
2:00 pm						
2:30 pm					Public Open 2:30-3:50	Public Open (3) Public Lane 2:30-3:50
3:00 pm						
3:30 pm	Fit for Function (LiveWell) 3:30-4:30					
4:00 pm						
4:30 pm						
5:00 pm	Yoga 5:15-6:00			YBA 5:00-6:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:30 pm						
6:00 pm	Cycle & Strength 6:15-7:15	Y Kids 5:00-8:00	Y Kids 5:00-8:00	Bootcamp 6:15-7:15		
6:30 pm						
7:00 pm	TRX 7:30-8:00			Y Kids 7:30-8:00		AquaFit 7:00-7:45
7:30 pm						
8:00 pm	Adult Karate 8:15-9:00				Open Basketball 8:15-10:00	Adult Lessons 7:50-8:30
8:30 pm						Public Open (2) Public Lane 8:30-10:00
9:00 pm						
9:30 pm						

Mobility+ (LiveWell) 1:00-3:00pm, Fitness Centre Y Fit 4 U (LiveWell) 5:00-7:00pm - Fitness Centre

SATURDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
7:00 am				Open Gym 7:00-8:00	Public Open 7:00-9:00	Public Lane 7:00-7:55
7:30 am						
8:00 am	Cycle Fit 8:15-9:00			HIT 8:15-9:00		AquaFit 8:00-8:45
8:30 am						
9:00 am				Group Power* 9:15-10:15		
9:30 am	Cycle Fit 9:15-10:15	Y Kids 9:00-11:00	Y Kids 9:00-11:00	Y Kids 10:30-11:00	Swim Lessons 9:00-12:25	Swim Lessons 9:00-12:25
10:00 am						
10:30 am	Yoga 10:30-11:30					
11:00 am						
11:30 am				YBA 11:00-11:45		
12:00 pm				12:00-12:45		
12:30 pm					H2O Leaders 12:30-1:30	
1:00 pm						
1:30 pm					Open 12:30-3:00	Lane 1:30-3:00
2:00 pm						
2:30 pm						
3:00 pm		Birthday Parties 12:00-6:30	Birthday Parties 12:00-6:30	Birthday Parties 1:00-5:45		Public Open 3:00-6:00
3:30 pm						(2) Public Lane 3:00-6:00
4:00 pm						
4:30 pm						
5:00 pm					Public Open 3:00-8:00	
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						

Legend: Adult Group Fitness Class Supervised Program Open

HOLIDAY SCHEDULE

Group Fitness Class (Contact Branch for details) 9:15-10:15am Open Gym 10:30am-5:00pm	Small Pool: 8:00am-1:00pm Open 1:00-5:00pm Public Open	Large Pool: 8:00-11:00am Lane 11:00am-1:00pm Open 1:00-5:00pm Public Open
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Statutory Holiday/Long Weekend Schedule: Fitness Class Schedule may be reduced over Statutory Holiday/Long weekends. Please contact branch for details or visit ymcahbb.ca

WEDNESDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am					Closed	
6:30 am						
7:00 am				Open Gym 5:30-9:00		Public Lane 5:30-9:05
7:30 am						
8:00 am	Cycle Fit 8:00-8:45				Public Open 7:00-10:00	
8:30 am						
9:00 am	Body Fit 9:15-10:15			Group Power* 9:15-10:15	Swim Lessons 10:00-10:30	AquaFit 9:15-10:00
9:30 am						
10:00 am	Calisthenics 10:20-10:50	Kinder Gym 10:00-12:00		Open Gym 10:30-11:15	Open (2) Lane 10:00-10:45	Open (2) Lane 10:00-10:45
10:30 am						
11:00 am	Pilates 11:00-12:00			Kinder Gym 11:30-12:00	Child Care 10:30-11:30	Hydrotherapy (LiveWell) 10:45-11:30
11:30 am						
12:00 pm				Walk Fit (LiveWell) 12:15-1:00	Open (2) Lane 11:30-12:00	Open (2) Lane 11:30-12:00
12:30 pm						
1:00 pm					Open Gym 11:30-2:30	Lane 12:00-2:30
1:30 pm						
2:00 pm						
2:30 pm				Balance+ (LiveWell) 2:30-3:30	Public Open 2:30-3:50	Public Open (3) Public Lane 2:30-3:50
3:00 pm						
3:30 pm				Open Gym 3:45-4:45		
4:00 pm						
4:30 pm						
5:00 pm	Cycle Fit 5:15-6:00			YBA 5:00-6:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:30 pm						
6:00 pm	Zumba* 6:10-6:55	Y Kids 5:00-8:15	Y Kids 5:00-8:15	Group Power* 6:15-7:15		
6:30 pm						
7:00 pm	Yoga 7:15-8:15			Y Kids 7:30-8:15		AquaFit 7:00-7:45
7:30 pm						
8:00 pm				Adult Sports (Volleyball) 8:30-10	Public Open 7:00-10:00	H2O Leaders 7:45-8:45 (2) Public Lane 7:50-10:00
8:30 pm						
9:00 pm						
9:30 pm						

THURSDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am	Boot Camp 5:45-6:45				Closed	Public Lane 5:30-7:00
6:00 am						
6:30 am				Open Gym 5:30-9:00		
7:00 am						
7:30 am	Healthy Hearts/ LiveWell with Diabetes/CanWell (LiveWell) 8:00-9:20				Public Open 7:00-10:00	AquaFit 7:00-7:45 (1) Public Lane 7-7:45
8:00 am						Public Open (2) Public Lane 7:45-9:05
8:30 am						
9:00 am	Cycle Fit 9:30-10:30	Kinder Gym 9:00-11:00		Bootcamp 9:15-10:15	Swim Lessons 10:00-10:30	AquaFit 9:15-10:00
9:30 am						
10:00 am				Kinder Gym 10:30-11:00	Open (2) Lane 10:00-10:45	Open (2) Lane 10:00-10:45
10:30 am						
11:00 am	Healthy Hearts / LiveWell with Diabetes/CanWell (LiveWell) 10:40-12:00	Y Discover 11:30-12:30			Open 10:30-2:30	Open (2) Lane 11:30-12:00
11:30 am						
12:00 pm						
12:30 pm						
1:00 pm					Open Gym 11:15-3:45	Lane 12:00-2:30
1:30 pm						
2:00 pm						
2:30 pm					Public Open 2:30-3:50	Public Open (3) Public Lane 2:30-3:50
3:00 pm						
3:30 pm	Fit for Function (LiveWell) 3:30-4:30					
4:00 pm				Kinder Soccer 4:00-4:45		
4:30 pm						
5:00 pm	Barre 5:15-6:00			Soccer (6-12 yrs) 5:00-6:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:30 pm						
6:00 pm	Cycle Fit 6:15-7:15	Y Kids 5:00-8:00	Y Kids 5:00-8:00	Bootcamp 6:15-7:15		
6:30 pm						
7:00 pm	TRX 7:30-8:15			Y Kids 7:30-8:00		Aqua Bootcamp 7:00-7:45
7:30 pm						
8:00 pm						
8:30 pm				Open Basketball 8:15-10:00	Public Open 7:00-10:00	H2O Leaders



Les Chater 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
Medical Membership (3 month) (call for intake appointment with Fitness Coach)		\$241.50

*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.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 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

