

Les Chater Family YMCA

SCHEDULE

April 1, 2018 - June 30, 2018

MONDAY

	Studio	Community Room"A"	Community Room"B"	Gymnasium	Small Pool	Large	Pool	
5:30 am		110011171	1.00 2					
6:00 am	Cycle Fit				Closed			
6:30 am	6:00-6:45							
7:00 am				Open Gym 5:30-9:00		Public 5:30-		
7:30 am				3.30-9.00	Dulette Our en	3.30-	9.03	
8:00 am	111/1				Public Open 7:00-10:00			
8:30 am	8:15-8:45				7.00 10.00			
9:00 am	Body Fit			Group Power®		Aqu	aFit	
9:30 am	9:15-10:15	Kinder Gym		9:15-10:15	Swim Lessons	9:15-	10:00	
10:00 am	Culistricines	9:00-11:00		5.15 10.15	10:00-10:30	Open	(2) Lane	
10:30 am	10:20-10:50			Kinder Gym		10:00-10:45	10:00-10:45	
11:00 am	Pilates			10:30-11:00		Hydrotherap		
11:30 am				Open Gym 11:15-1:00		10:45-	11:30	
12:00 pm			In Motion		Open	Open	(2) Lane	
12:30 pm			Education (LiveWell)		10:30-2:30	11:30-12:00		
	Gentle Fit (LiveWell)		12:00-1:00	Y Kids Homeschool				
1:30 pm	1:15-2:15			1:15-2:15		La		
2:00 pm						12:00		
2:30 pm				Balance+ (LiveWell)	Public Open	Public Open	(3) Public	
3:00 pm				2:30-3:30	2:30-4:00	2:30-4:00	Lane 2:30-4:00	
3:30 pm				Open Gym			2:30-4:00	
4:00 pm				3:45-4:45				
4:30 pm								
5:00 pm	Cycle Fit 5:15-6:00			Soccer	Swim Lessons	Swim L		
5:30 pm				(6-12 yrs) 5:00-6:00	4:00-7:00	4:00-	7:00	
6:00 pm	Zumba® 6:15-7:00	Y Kids 5:00-8:15	Y Kids 5:00-8:15					
6:30 pm		5:00-8:15	5:00-8:15	Group Power® 6:15-7:15			F1.	
7:00 pm	Yoga 7:15-8:15			Kid Fit		AquaFit 7:00-7:45		
7:30 pm				7:30-8:15	Public Open		7.45	
8:00 pm 8:30 pm					7:00-10:00	Adult Lessons 7:50-8:30	(2) Public	
9:00 pm				Adult Sports (Badminton)	7.00-10.00		Lane	
9:00 pm				8:30-10:00		8:30-10:00	olic Open 7:50-10:00	
9.50 pm				0.50 10.00		0.30-10.00		

TUESDAY

	Studio	Community Room"A"	Community Room"B"	Gymnasium	Small Pool	Large Pool	
5:30 am						Public Lane	
6:00 am				Group Power® 5:45-6:45	Closed	5:30-7:00	
6:30 am 7:00 am				5:45-0:45		A F: (4) B I II	
7:00 am 7:30 am				0		AquaFit (1) Public 7:00-7:45 Lane 7-7:45	
8:00 am	Healthy Hearts/ LiveWell with			Open Gym 7:00-9:00	Public Open	Public Open (2) Public Lane	
8:30 am	Diabetes/CanWell			7.00 3.00	7:00-10:00	7:45-9:05 7:45-9:05	
9:00 am	(LiveWell) 8:00-9:20			Cardio Fit	7100 10100	AquaFit	
9:30 am	Cvcle Fit	Kinder Gym		9:15-10:15		9:15-10:00	
10:00 am	9:30-10:30	9:00-11:00		Kinder Gym	Swim Lessons	Open (2) Lane	
10:30 am	Healthy Hearts /			10:30-11:00	10:00-10:30	10:00-10:45 10:00-10:45	
11:00 am	LiveWell with				Child Care	Hydrotherapy (LiveWell)	
11:30 am	Diabetes/CanWell	Y Discover			10:30-11:30	10:45-11:30	
12:00 pm	(LiveWell)	11:30-12:30				Open (2) Lane	
12:30 pm	10:40-12:00				Open	11:30-12:00 11:30-12:00	
1:00 pm					11:30-2:30	1130 12100	
1:30 pm				Open Gym		Lane	
2:00 pm				11:15-4:45		12:00-2:30	
2:30 pm					Public Open	Public (3) Public	
3:00 pm	ELC E U				2:30-4:00	Open Lane 2:30-4:00 2:30-4:00	
3:30 pm 4:00 pm	Fit for Function (LiveWell) 3:30-4:30					2.30 4.00 2.30 4.00	
4:30 pm	(LIVEVVCII) 3.30 4.30						
5:00 pm	Yoga			YBA	Swim Lessons	Swim Lessons	
5:30 pm	5:15-6:00			5:00-6:00	4:00-7:00	4:00-7:00	
6:00 pm	Cycle & Strength	Y Kids	Y Kids	Bootcamp			
6:30 pm	6:15-7:15	5:00-8:00	5:00-8:00	6:15-7:15			
7:00 pm	TRX			Y Kids		AquaFit	
7:30 pm	7:30-8:00			7:30-8:00		7:00-7:45	
8:00 pm	Adult Karate				Public Open	Adult Lessons (2) Dule lie	
8:30 pm	8:15-9:00			Open Basketball	7:00-10:00	7:50-8:30 (2) Public	
9:00 pm				8:15-10:00		Public Open 7-50-10:00	
9:30 pm						8:30-10:00	

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

WEDNESDAY

	Studio	Community Room"A"	Community Room"B"	Gymn	asium	Small Pool	Large	Pool
5:30 am								
6:00 am						Closed		
6:30 am				Open	Cum		Public	-l ano
7:00 am				5:30-				-9:05
7:30 am				5.50	2.00	Public Open	5.50	2.03
8:00 am	Cycle Fit					7:00-10:00		
8:30 am	8:00-8:45					7.00 10.00		
9:00 am	Body Fit			Group	Power®		Aqu	ıaFit
9:30 am	9:15-10:15			9:15-	10:15	Swim Lessons	9:15-	10:00
10:00 am	Calisthenics			Open	Gym	10:00-10:30	Open	(2) Lane
10:30 am	10:20-10:50	Kinder Gym		10:30	-11:15	Child Care	10:00-10:45	10:00-10:45
11:00 am	Pilates	10:00-12:00		Kinde	r Gym	10:30-11:30	Hydrothera	py (LiveWell)
11:30 am	11:00-12:00			11:30	-12:00	10.50 11.50	10:45	-11:30
12:00 pm				Walk Fit (Open	(2) Lane
12:30 pm				12:15	i-1:00	0	11:30-12:00	11:30-12:00
1:00 pm				Open	Cum	Open 11:30-2:30		ne
1:30 pm				1:15-		11.30-2.30)-2:30
2:00 pm				1.13	2.13		12.00	7-2.30
2:30 pm				Balance+		Dublic Onco	Public	(3) Public
3:00 pm				2:30	-3:30	Public Open 2:30-4:00	Open	Lane
3:30 pm				Open	Gym	2.30-4.00	2:30-4:00	2:30-4:00
4:00 pm				3:45	-4:45			
4:30 pm								
5:00 pm	Cycle Fit			YE 5:00-		Swim Lessons	Swim L	essons
5:30 pm	5:15-6:00			5:00-	-0:00	4:00-7:00	4:00-	-7:00
6:00 pm	Zumba®	Y Kids	Y Kids	Group	Power®			
6:30 pm	6:10-6:55	5:00-8:15	5:00-8:15	6:15	-7:15			
7:00 pm	Yoga			ΥK	ids		Agu	ıaFit
7:30 pm	7:15-8:15			7:30-	-8:15		7:00-	-7:45
8:00 pm				Adult	Adult	Public Open	Public	(2) Public
8:30 pm				Sports	Sports	7:00-10:00	Open	Lane
9:00 pm				(Volleyball)			7:50-	7:50-
9:30 pm				8:30-10	8:30-10		10:00	10:00

THURSDAY

	Studio	Community Room"A"	Community Room"B"	Gymnasium	Small Pool	Large	Pool	
5:30 am	Boot Camp					Public	Lano	
6:00 am	5:45-6:30				Closed	5:30-		
6:30 am				Open Gym		5.50	7.00	
7:00 am				5:30-9:00		AquaFit	(1) Public	
7:30 am	Healthy Hearts/			5.50 5.00	Public Open	7:00-7:45	Lane 7-7:45	
8:00 am	LiveWell with				7:00-10:00	Public Open	(=)	
8:30 am	Diabetes/CanWell				7.00 10.00	7:45-9:05	7:45-9:05	
9:00 am	(LiveWell) 8:00-9:20			Cardio Fit		Aqu		
9:30 am	Cycle Fit	Kinder Gym		9:15-10:15	Swim Lessons	9:15-	10:00	
10:00 am	9:30-10:30	9:00-11:00		3113 10113	10:00-10:30	Open	(2) Lane	
10:30 am	Healthy Hearts /			Kinder Gym		10:00-10:45	10:00-10:45	
11:00 am	LiveWell with			10:30-11:00		Hydrothe		oy (LiveWell)
11:30 am	Diabetes/CanWell	Y Discover				10:45-	-11:30	
12:00 pm	(LiveWell) 10:40-12:00	11:30-12:30		Open Gym	Open 10:30-2:30	Open	(2) Lane	
12:30 pm	10:40-12:00					11:30-12:00	(=) ==:::=	
1:00 pm						11150 12100		
1:30 pm				11·15-3·45		Lane		
2:00 pm				11.13 3.13		12:00	1-2:30	
2:30 pm					Public Open 2:30-4:00	Public	(3) Public	
3:00 pm						Open	Lane	
3:30 pm	Fit for Function				2.50 1.00	2:30-4:00	2:30-4:00	
4:00 pm	(LiveWell) 3:30-4:30			Kinder Soccer				
4:30 pm				4:00-4:45				
5:00 pm	Barre			Soccer (6-12 yrs)	Swim Lessons	Swim L		
5:30 pm	5:15-6:00			5:00-6:00	4:00-7:00	4:00-	-7:00	
6:00 pm	Cycle Fit	Y Kids	Y Kids	5.00 0.00				
6:30 pm	6:15-7:15	5:00-8:00	5:00-8:00	Bootcamp				
7:00 pm	Core			6:15-7:15		Aqua Bo		
7:30 pm	7:30-8:00			Y Kids 7:30-8:00		7:00-	-7:45	
8:00 pm	TRX				Public Open	H2O Leaders	(2) Public	
8:30 pm	8:15-8:45			Open Basketball	7:00-10:00	7:45-8:45	(2) Public Lane	
9:00 pm				8:15-10:00		Public Open	7:50-10:00	
9:30 pm						8:45-10:00	70,00	

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

FRIDAY

	Studio	Community Room"A"	Community Room"B"	Gymnasium	Small Pool	Large	Pool
5:30 am							
6:00 am					Closed		
6:30 am				Open Gym		Dubli	Lane
7:00 am				5:30-9:00			-9:05
7:30 am				3.30 3.00	Public Open	3.50	5.05
8:00 am					7:00-10:00		
8:30 am					7.00 10.00		
9:00 am	Yoga			Group Power®			ıaFit
9:30 am	9:15-10:15	Kinder Gym		9·15-10·15	Swim Lessons	9:15-	10:00
10:00 am	Calisthenics	9:00-11:00		2.13 10.13	10:00-10:30	Open	(2) Lane
10:30 am	10:20-10:50			Kinder Gym		10:00-10:45	10:00-10:45
11:00 am	Pilates			10:30-11:00			py (LiveWell)
11:30 am	11:00-12:00					10:45	-11:30
12:00 pm					Open	Open	(2) Lane
12:30 pm					10:30-2:30		11:30-12:00
1:00 pm	Gentle Fit					11150 12100	11150 12100
1:30 pm	(LiveWell)			Open Gym			ne
2:00 pm	1:15-2:15			11:15-4:45		12:00)-2:30
2:30 pm					Public Open	Public Onen	(3) Public Lane
3:00 pm					2:30-4:00	2:30-4:00	2:30-4:00
3:30 pm					2.50 1.00		
4:00 pm							
4:30 pm				Kinder Soccer		Swim I	_essons
5:00 pm				5:00-5:45	Swim Lessons		-7:00
5:30 pm			Leader Corps		4:00-7:00		
6:00 pm	Yoga		5:00-7:00	Leader Corps			
6:30 pm	6:00-7:00			6:00-7:00		H2O	Private Swim
7:00 pm				YHL	Youth Night	Leaders	Lessons 7:00-8:00
7:30 pm		Youth Night	Youth Night	7:30-8:30	7:00-8:00	7:00-8:00	
8:00 pm		7:00-9:00	7:00-9:00	Youth Night			Night
8:30 pm				8:30-9:00	Public Open		-9:00
9:00 pm 9:30 pm					8:00-10:00	Public Open 9:00-10:00	(2) Public Lane 9:00-10:00
Fit for Function (LiveWell) - 2:00-3:00pm, Fitness Floor							

SATURDAY

	Studio	Community Room"A"	Community Room"B"	Gymnasium	Small Pool	Large	Pool	
7:00 am 7:30 am				Open Gym 7:00-8:00	Public Open		: Lane -7:55	
8:00 am 8:30 am	Cycle Fit 8:15-9:00			HIIT 8:15-9:00	7:00-9:00	Aquafit 8:00-8:45		
9:00 am 9:30 am	Cycle Fit 9:15-10:15	Y Kids	Y Kids	Group Power® 9:15-10:15				
10:00 am 10:30 am	Yoga	9:00-11:00	9:00-11:00	Y Kids 10:30-11:00	Swim Lessons 9:00-12:25		essons	
11:00 am 11:30 am	10:30-11:30			YBA	9:00-12:25 9:00-12		12.23	
12:00 pm 12:30 pm	Barre 12:00-12:45			11:00-11:45 12:00-12:45		Private	Swim	
1:00 pm 1:30 pm	TRX 1:00-1:30				Open	Lessons 1	12:30-1:30	
2:00 pm 2:30 pm						12:30-3:00	La	ne -3:00
3:00 pm		Birthday Parties 12:00-6:30	Birthday Parties 12:00-6:30	Birthday Parties 1:00-5:45				
3:30 pm 4:00 pm				1.00-3.43				
4:30 pm 5:00 pm					Public Open	Public Open	(2) Public Lane	
5:30 pm 6:00 pm					3:00-8:00	3:00-8:00		
6:30 pm 7:00 pm				Open Gym 6:00-8:00				
7:30 pm								

HOLIDAY SCHEDULE

Group Fitness Class (Contact	Small Pool: 8:00am-1:00pm Open	Large Pool: 8:00-11:00am Lane
Branch for details)- 9:15-10:15am	1:00-5:00pm Public Open	11:00am-1:00pm Open
Open Gym 10:30am-5:00pm		

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

SUNDAY

	Studio	Community Room"A"	Community Room"B"	Gymnasium	Small Pool	Large	e Pool
8:00 am				Open Gym	Open	Lá	ane
8:30 am	TRX 8:30-9:00			8:00-9:00	8:00-9:00	8:00)-9:00
9:00 am	Cycle Fit			Cardio Fit			
9:30 am	9:15-10:00	Y Kids	Y Kids	9:15-10:15			
10:00 am		9:00-11:00	9:00-11:00	Y Kids	Swim Lessons	Curim	Lessons
10:30 am				10:30-11:00	9:00-12:25		-12:25
11:00 am	Karate (Advanced)			YBA	2.00 12.23	2.00	12.23
11:30 am	11:00-11:45			11:00-11:45			
12:00 pm	Karate (Fundamentals)			12:00-12:45			
12:30 pm	12:00-12:45			12.00 12.15		H2O	Private
1:00 pm				Karate (Fundamentals)		Leaders	Swim Lessons
1:30 pm				1:00-1:45	Public Open	12:45-1:45	12:30-1:30
2:00 pm				Karate (Fundamentals)	12:30-2:45	(Public	(2) Public
2:30 pm				2:00-2:45		Open	Lane
3:00 pm		Indoor		Karate (Advanced)		1:45-2:45	1:45-2:45
3:30 pm		Playground (Parented)		3:00-3:45			
4:00 pm		2:30-5:00		Karate (Fundamentals)	Continue I account	Continue	
4:30 pm				4:00-4:45	Swim Lessons 2:45-5:35	Swim Lessons 2:45-5:35	
5:00 pm				Karate (Fundamentals)	2.15 5.55		
5:30 pm				5:00-5:45			

Whirlpool Closed 9:00am-4:00pm for weekly cleaning and maintenance

NEW THIS SPRING... BARRE | TRX | Small Group Training / Queenax

Play Centre

Child Minding - Ages 0-6 years

Fees:

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

Hours of Service:

MON-FII	9:00 am – 12:00 pm
Mon,Wed,Th	5:00 pm – 8:30 pm
Tu	5:00 pm – 8:00 pm
Sat	9:00 am – 12:00 pm
Sun	9:00 am – 12:00 pm
Holidays	9:00 am – 12:00 pm

SWIM LESSON SCHEDULE

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**.

Program Break:

- Sunday, March 11 to Saturday, March 17, 2018

Reporting Absences: Please notify us if your child will be absent for more than 2 weeks in a row. Three missed classes will result in withdrawal from the class. Absences can be reported by email: leschater.absence@ymcahbb.ca

Whirlpool Spa Admission Criteria

MUST be 12 years of age or accompanied by an adult or guardian (minimum 16 years of age). Under 10 years of age, parent or guardian must supervise in water. Not recommended for children under 5 years of age. The Whirlpool and Sauna may be closed during Family Swim Lesson times. Please contact branch for details.

Recreational Swimming - Aquatic Admission Criteria¹

Under 7 yrs - Must be supervised by an adult or guardian (min. 14 yrs) in the water. *Max 2:1 ratio* **7-9 yrs** - If able to pass swim test, child may swim independently. Adult or Guardian (min. 14 yrs), must be in facility. If unable to pass swim test, must be supervised in the water by adult or guardian (min. 14 yrs). *Max 2:1 ratio*

356 Rymal Road East Hamilton, ON L9B 1C2 phone: 905-667-1515 fax: 905-667-5879 leschater.membership@ymcahbb.ca www.ymcahbb.ca Facility Hours: M - F: 5:30 am - 10:00 pm Saturday: 7:00 am - 8:00 pm Sunday: 8:00 am - 6:00 pm Holidays 8:00 am - 5:00 pm (unless otherwise stated)



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

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. 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 12 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
Adult Only (18+)	\$68.75	\$825
Adult Only (18+) Family	\$52	\$624
Plus: Building Fee	\$100	\$100
Medical Membership (3 month) (call for intake appointment with Fitness Coach)		\$241.50

^{*}Child & Youth membership fees are tax exempt

Day Passes (taxes included) (photo ID required)

Other Ways to Access the YMCA

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 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. Nonrefundable. One fee per family. Tax extra.

Cancellation & Refund Policy

Membership may be cancelled at any time. There is no cancellation fee. Monthly preauthorized 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.

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.

5 sessions: \$47/session (\$235) 1 session: \$50 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



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