



## Register now for Fall Child and Youth Programs!

Choose from a variety of programs that cater to your child's interests:

- Sports
- Arts & Science
- Health & Fitness
- Leadership Development

[EXPLORE PROGRAMS](#)



## YMCA Peace Medal Nominations Deadline **EXTENDED!**

Do you know someone in your local community who demonstrates peace? Nominate them today to receive a YMCA Peace Medal.

### Nomination Categories

- Youth Awards (ages 25 and under)
- Adult Awards (ages 26 and up)
- International Award

Nomination Deadline: Monday, October 17th

**NOMINATE A PEACEBUILDER**



YMCA Peace Medal 2022

Do you know a **peacebuilder**  
in your community?

NOMINATIONS ARE OPEN.

✳ The deadline for nominations has been **EXTENDED** to  
October 17th, 2022.



## National Day for Truth and Reconciliation

On September 30th, the YMCA reaffirmed our commitment to building strong communities where every child matters, and to the ongoing process of reconciliation with Indigenous Peoples in Canada.

We are honoured to share that as part of our reconciliation efforts, YMCAs across Canada are making a donation of more than \$31,000 to the Orange Shirt Society, which represents the entire proceeds from the sale of YMCA Orange T-Shirts.

Read the YMCA Canada Statement for National Day for Truth and Reconciliation and Orange Shirt Day at the link below.

**READ MORE**

**Try something new this October! [Check out the new MuscleFit release.](#)**

## Advanced Aquatic Certifications lead to employment

Pools and aquatics programs across the country are facing lifeguard shortages. Though lifeguard shortages were a concern prior to the pandemic, the recruitment challenge has been exacerbated by two years of rolling closures resulting in limited certification programs to train guards.

Many pool operators, including your YMCA, continue to face recruitment challenges to fully

staff our pools.

Though we are actively recruiting and training staff, you may experience this labour shortage in the form of temporarily reduced swim times and intermittent program cancellations at your Y.

So, how can you help? Whether you are a student, a parent looking for part-time work, or someone searching for a new opportunity, lifeguarding can lead to future employment at your YMCA and elsewhere. [Discover our Aqua Certification programs today!](#)

#### [Bronze Medallion & Emergency First Aid](#)

Date: November 6th - December 4th

Time: 2:00pm - 6:00pm

Location: Les Chater Family YMCA

Fee: \$155 for YMCA members | \$165 for Non-members

#### [National Lifeguard \(NL\)](#)

Date: November 6th - December 4th

Time: 9:30am - 6:00pm

Location: Les Chater Family YMCA

Fee: \$265 for YMCA members | \$280 for Non-member

#### [National Lifeguard Recertificate](#)

Date: October 30th

Time: 2:00pm - 6:00pm

Location: Les Chater Family YMCA

Fee: \$75 for YMCA members | \$85 for Non-members

#### [Standard First Aid Kit & CPR](#)

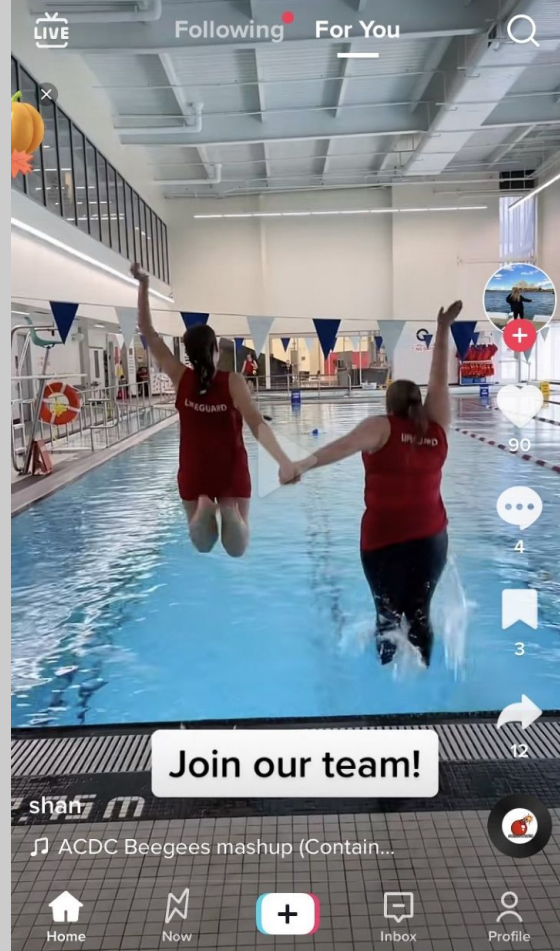
Date: October 29th - October 30th

Time: 9:30am - 5:00pm

Location: Les Chater Family YMCA

Fee: \$115 for YMCA members | \$125 for Non-members

**REGISTER NOW**



### Steps to Becoming a Lifeguard

There are a series of course steps to take in order to become a lifeguard. You can start taking these courses when you are 13 years old.

#### **Bronze Medallion**

Prerequisite: 13 years of age

#### **Bronze Cross**

Prerequisite: Bronze Medallion + Emergency First Aid certifications

#### **National Lifeguard (NL)**

Prerequisite: 15 years of age + Bronze Cross + Standard First Aid certifications

**The new YThrive Workout Program release is here!**  
All new workouts to help you reach your fitness goals. Head to [MY Y ACCOUNT](#) to





## Reach your fitness goals.

FREE Workout Programs for Members  
*Ask us how to sign up for free!*

book your appointment today. It's  
your time to thrive!



### Learn to Cope with Stress with Y Mind - FREE Mental Wellness Program

Everyone feels overwhelmed sometimes. If anxiety is holding you back from doing the things you really want to do, some additional support may be helpful. Y Mind is a FREE four-week group program that uses Acceptance and Commitment Therapy and mindfulness techniques to support you to cope with feelings of stress, and anxiety.

To learn more about this opportunity, join us in November for a drop-in session for teens ages 13-17. Stay tuned for more details.

### We're Hiring! Find Your Y.

Gain work experience in a safe environment, working at the Y. We offer an array of total rewards such as competitive remuneration, comprehensive extended health and benefits plan, a free YMCA membership, and a fun atmosphere. Apply today!

For a complete list of job postings view our website.

[VIEW JOB POSTINGS](#)



### Kickstart healthy exercise habits with our 21-Day Fitness Challenge

Log into your FREE [Y@HOME+](#) account and take part in our [21 Day Fitness Challenge](#). Choose a stream based on your exercise habits and



experience: beginner, experienced or gentle.

Don't have a Y@HOME+ account yet? Get your personal access code at the YMCA Membership Desk. It's included in your membership.

[TAKE THE CHALLENGE](#)

## Looking for Host Homes for Ukrainian Settlement Support

The YMCA is proud to be a service provider that connects newcomers and refugees to a wide range of community services when they arrive in Canada. Our attention is focused on the needs of Ukrainians. We are working with our community partners to help ensure the supports they will need are in place quickly. Immediate needs will include information about safe housing, settlement, and employment opportunities.

If you are willing and able to support settlement efforts in housing please complete an interest form.

[APPLY TO BE A HOST](#)



## Play now to win big in the Harvest 50/50!

Share the harvest, spread the love. Every ticket supports the YMCA Men's Residence. PLUS Early Bird prizes to be won. Grand Prize Deadline is October 27 at 11:59pm.

[BUY TICKETS](#)

## Save the Date - Celebrate 70 Years of Wanakita!

Calling all alumni and campers of all decades. Renew old friendships and create new memories as we celebrate 70 years of Wanakita together!

Save the Date  
April 29th, 2023

Carmen's Banquet Centre, Hamilton

Interested in volunteering? Complete an interest form.

[JOIN ALUMNI MAILING LIST](#)



### Our Charitable Mission

The YMCA of Hamilton | Burlington | Brantford is a charitable organization helping people achieve personal growth in spirit, mind and body.

[YMCAHBB.CA](http://YMCAHBB.CA)

YMCA of Hamilton | Burlington | Brantford  
Charitable Registration #10808 3825 RR0001



YMCA of Hamilton/Burlington/Brantford | 79 James St. S, Hamilton, L8P 2Z1 Canada

[Unsubscribe katherine.walton@ymcahbb.ca](mailto:katherine.walton@ymcahbb.ca)

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