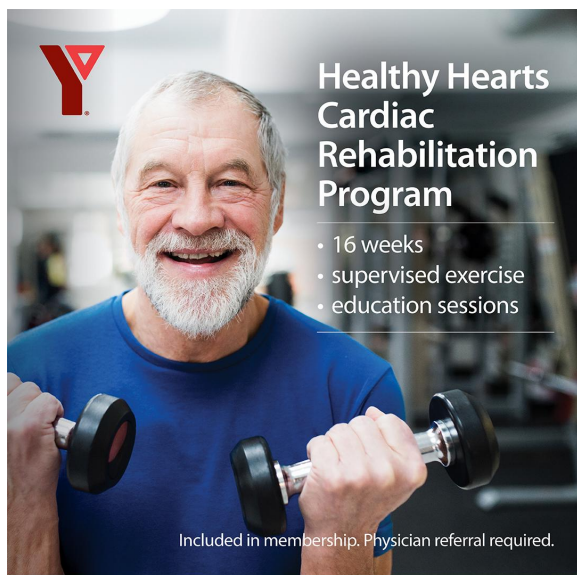




**Register now for Child and Youth Programs! Choose from a variety of programs that cater to your child's interests.**



## **Healthy Hearts Cardiac Rehabilitation Program**

Healthy Hearts is a rehabilitation program designed for individuals who have experienced a recent cardiac event. Participants enjoy group classes designed specifically for cardiac rehabilitation. Participants have the opportunity to work on their individualized fitness plans within a group setting.

Education sessions from Hamilton Health Sciences professionals will provide practical information on living and eating well with heart disease.

Included with membership:

- 16-week program
- Supervised exercise
- Education sessions
- Physician referral required

For more information or to schedule an intake appointment, please contact:  
Les Chater Family YMCA: 905-667-1515 x 8019  
Ron Edwards Family YMCA: 905-632-5000 x 6240

## YMCA Peace Medal Nominations are OPEN!

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

**NOMINATE A PEACEBUILDER**

\*Deadline for nominations is October 11th, 2022.



YMCA Peace Medal 2022  
**Do you know a **peacebuilder** in your community?**  
NOMINATIONS ARE OPEN.



The first  
**STEP**  
is the best  
**STEP**

Share this offer with a friend!

\$0  
JOIN FEE

## Share with a Friend! Join the Y and Pay \$0 Joiner Fee!

Do you know someone who is ready to take the first step? Share this limited-time offer with a friend and they'll save up to \$100 if they join the YMCA between now and September 30th.

**SHARE OFFER**

\*Promotion ends on September 30th, 2022.

Do you have a new email address? Moving? Remember to update your contact information and manage your YMCA account through [MY Y ACCOUNT](#).

## How to Become a Lifeguard

Open the door to employment and volunteer possibilities through our YMCA Aquatic Certifications programs. Certification as a lifeguard or swimming instructor can lead to employment opportunities at the YMCA and elsewhere. You will also develop leadership skills that can have a profound impact on your future success. [Discover our certifications programs today!](#)





### **Bronze Cross**

Date: September 18th - October 23rd

Time: 2:00pm - 6:00pm

Location: Les Chater Family YMCA

Date: October 7 - December 9th

Time: 5:00pm - 7:00pm

Location: Les Chater Family YMCA

### **Bronze Medallion & Emergency First Aid**

Date: September 18th - October 23rd

Time: 2:00pm - 6:00pm

Location: Les Chater Family YMCA

Date: November 6th - December 4th

Time: 2:00pm - 6:00pm

Location: Les Chater Family YMCA

### **Standard First Aid Kit & CPR**

Date: October 29th - October 30th

Time: 9:30am - 5:00pm

Location: Les Chater Family YMCA

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

Date: November 6th - December 4th

Time: 9:30am - 6:00pm

Location: Les Chater Family YMCA

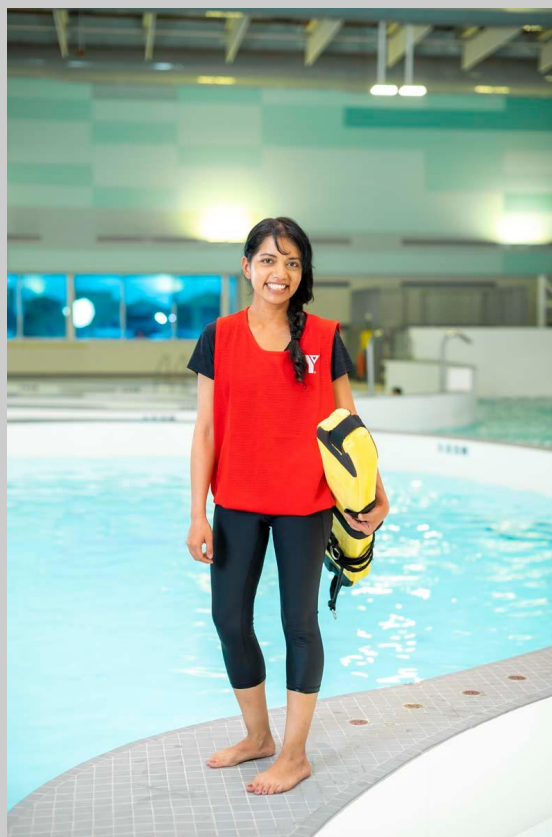
### **National Lifeguard Recertificate**

Date: October 30th

Time: 2:00pm - 6:00pm

Location: Les Chater Family YMCA

**REGISTER NOW**



**Take the plunge! Registration for Fall Swim Lessons is open.**



### **Pop-up Yoga Classes**

Mark your calendar! Join us this Fall once a month for workshop-style in-depth Yoga Classes at the Hamilton Downtown Family YMCA.

Classes include:

- Intro to Yoga (All levels)
- Arm Balance (Intermediate)
- Backbends (Intermediate)
- Yoga Salutations (All levels)

View our [Pop-up Yoga schedule](#) for more information.

**SEE SCHEDULE**

## 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!

A variety of opportunities exist, including:

- Lifeguards (Full Time & Part Time)
- Health and Wellness Coach
- Membership Associate (Full & Part Time)
- Housekeeping Supervisor
- Corporate Health and LiveWell Program Development and Business Strategy
- Group Fitness Instructor (Yoga, Aquafit & Zumba)
- General Manager
- Registered Early Childhood Educator Before & After School Age
- Child Care Workforce Coordinator
- Beyond the Bell Educator
- Beyond the Bell Supervisor
- Youth Outreach Worker
- Employment Placement Counsellor Power of Trades
- Registered Early Childhood Educator
- Administrative Support & Data Integrity
- Settlement Work in Schools [and more!](#)

[VIEW JOB POSTINGS](#)



**Parenting is complicated.  
We're all still learning, so let's learn together!**

Families with children between 2-6 are invited to participate in our study to access free services

**About the Study**

- Families will receive 1 of 3 parenting support programs
- Families receive gift cards as reimbursement for study participation
- Research visits will be completed 6 and 12 months after parenting program completion

**Programs will**

- Provide support to parents and improve family relationships
- Promote healthy child development
- Manage behaviour and provide parenting tips

Interested families can contact the research team by  
phone 833-511-2628 (toll free) or email [raisingstrongkids@gmail.com](mailto:raisingstrongkids@gmail.com)

Parenting programs are offered through four agencies in Ontario:

Pathstone Children First lumenus Community Services McMaster University

This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project # 1924

## Participate in the Oxford Centre's Parenting Program Study!

Are you the primary caregiver of a child aged 2-6 years of age? If so, the Strong Families team at Oxford Centre for Child Studies and McMaster University invites YOU to participate in a study to access FREE parenting services.

For more information please email Principal Investigator, Dr. Andrea Gonzalez at [gonzal@mcmaster.ca](mailto:gonzal@mcmaster.ca) or (905)-510-1652.

## 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**

Don't miss any event details, join our Alumni  
Mailing List today.

[JOIN 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

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