



Winter at the YMCA is jam packed with programs and services for all ages and stages. Read on to find out more.



Spend Family Day at the YMCA

Open Swim, Open Gym, Rock Painting, and Family Sports are just some of the fun drop-in activities we have planned to keep your family moving.

Monday, February 20
10am - 4pm

Locations: Flamborough Family YMCA, Laurier Brantford YMCA, Les Chater Family YMCA, Ron Edwards Family YMCA

Free to Members | Non-Members \$10 for the whole family.

FAMILY DAY ACTIVITIES

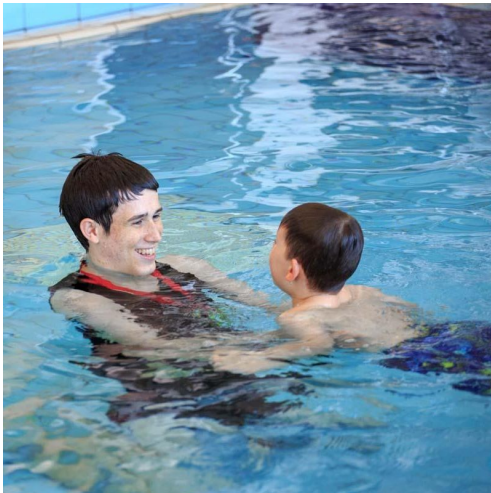
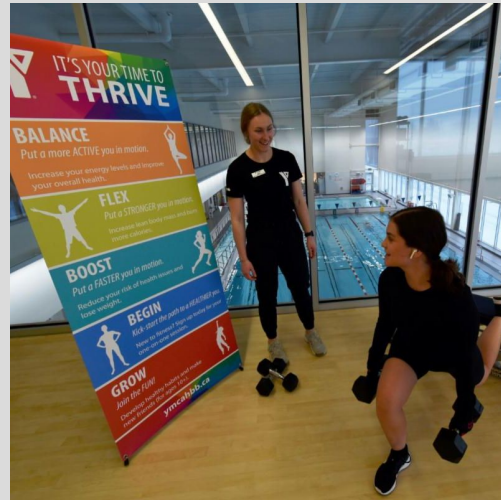
FAMILY DAY, FEBRUARY 20th

HOLIDAY HOURS

8am - 4pm

Which YThrive Program is Right for You?

YThrive features 5 unique streams of workouts for you to choose from based on your health and fitness goals. But which one is right for you? Take our YThrive Q to help you narrow down what stream is best for you. YThrive workout plans and Fitness Coaching is included in the price of your membership.

[YTHRIVE QUIZ](#)

Swim Lessons Still Available

It's not too late to sign up for children's swim lessons. We still have spaces available throughout Hamilton, Burlington and Brantford. Check availability and register today.

[Register Now](#)

Share this offer with a Friend!
Join the YMCA in February and they'll get the first 2 weeks free.

*Offer expires on March 15, 2023.

[SHARE OFFER](#)



Registration for Spring Child and Youth Programs!

Registration for Spring Programs opens February 13th. Choose from a variety of programs that cater to your child's interests:

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

[EXPLORE PROGRAMS](#)

Warm clothing needed to refill Vanessa's Closet

Vanessa's Closet was established in 2021 in memory of our beloved staff member, Vanessa Werstine. This initiative supports individuals who are exiting trafficking situations and our team is looking for clothing donations to support these vulnerable members of our community.

Requested items include winter boots, coats, socks, hand warmers, yoga pants/tights, and Walmart gift cards. All donations can be dropped off at the front desk of the YMCA Employment & Settlement Services Office located at 25 Main Street West, in Hamilton where they will be distributed. Thank you for your generosity and support in helping to keep this initiative going strong.



Help our vulnerable community keep warm this winter.

Looking for donations...

winter boots	hand warmers
coats	yoga pants/tights
socks	Walmart gift cards

[LEARN MORE VANESSA'S CLOSET](#)



Getting back on the ice after open heart surgery

Through our YMCA LiveWell programs, delivered in partnerships with Hamilton Health Sciences, we're able to help people like Mike recover from serious health events and get back to the activities they love.

[READ MIKE'S STORY](#)

[LIVEWELL PROGRAMS](#)

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



Lifeguarding Courses lead to future employment at your YMCA.

Bronze Medallion & Emergency First Aid

Date: February 26th - April 2nd

Time: 2:00pm - 6:00pm

Location: Les Chater Family YMCA

Bronze Cross

Date: February 26th - April 2nd

Time: 2:00pm - 6:00pm

Location: Les Chater Family YMCA

National Lifeguard (NL)

Date: February 26 to March 26, 2023

Time: 9:00am - 5:30pm

Location: Laurier Brantford YMCA

Date: March 5 to April 9, 2023

Time: 9:00am to 5:30 pm

Location: Flamborough Family YMCA

Date: March 13 - March 17, 2023

Time: 10:30am - 7:00pm

Location: Les Chater Family YMCA

National Lifeguard Re-certificate

Date: Sunday, February 19, 2023

Time: 2:00pm to 7:00pm

Location: Les Chater Family YMCA

Date: Sunday, April 9, 2023

Time: 2:00pm to 7:00pm

Location: Les Chater Family YMCA

Standard First Aid Kit & CPR

Date: February, 18th - February 19th, 2023

Time: 9:00am - 5:30pm

Location: Les Chater Family YMCA


Lifesaving Society - SFA & CPR C Re-certificate

Date: Sunday April 9, 2023

Time: 9:00am - 5:30pm

Location: Les Chater Family YMCA

REGISTER TODAY



Y Mind

18-30?
Learn to cope with
stress and anxiety

Join our **FREE**
Mental Wellness Program

ymcahbb.ca/y-mind

Do you or a friend need some help managing stress and anxiety?

Our free Y Mind program teaches effective coping strategies for managing worries and anxiety in a safe, supportive environment led by mental health professionals.

The next session begins March 9th for ages 18 - 30.

REGISTER NOW

Conference and job fair for BIPOC youth offers connections to employers and mentorship

The Youth of Tomorrow Conference & Job Fair is being held on February 23rd from 9am - 3pm. This is a great opportunity for BIPOC youth to connect with industry professionals, explore job opportunities and build important career skills.

Registration is FREE.

Visit our Website



YOUTH of Tomorrow
CONFERENCE & JOB FAIR • 2023

DATE: Feb 23, 2023 **TIME:** 9:00 am - 3:00 pm
LOCATION: CIBC Hall (1280 Main Street W, Hamilton)
REGISTRATION LINK: YouthofTomorrow.ca



RBC
Foundation



Funded by:
Immigration, Refugees
and Citizenship Canada

Finance par:
Immigration, Réfugiés
et Citoyenneté Canada



NOW RECRUITING (aged 65+)
ENROLLMENT IS FREE



For questions or to participate,
please contact Geras Centre
Research at 905-521-2100 ext.
12437

Are you an older adult who wants to improve your health and maintain strength?

The Optimal Fitness Study is looking for older adults (aged 65+) who have lost energy/strength (e.g. difficulty climbing stairs or slow walking speed) and want to improve physical function. Enrollment is FREE!

Your participation will involve:

- Eligibility assessment (15 mins)
- Clinical pre-assessment (1-hour)
- Study participation for 4 months
- Clinical post-assessment (1-hour)

Join our YMCA Day Camp Team

We're looking for seasonal employees for our variety of urban and outdoor camps in Hamilton, Burlington and Brantford. We look for staff who will be positive role models to campers of all ages.

[APPLY TODAY](#)



YMCA Day Camp Registration for Children ages 6 - 13, opens on Monday, March 20th at 8:30am.

We're Hiring!

The YMCA has a bold and compelling vision to build stronger, more vibrant and healthy communities. We're looking for innovative, collaborative and motivated individuals looking to make a difference in their local community.

Whether you're seeking your first employment opportunity or looking to make a career change, we offer a range of opportunities, including:

- [Head Lifeguard](#) (Full-Time)
- [Lifeguard/Swim Instructor](#) (Full-time contract and part-time positions available)
- [Health and Wellness Supervisor](#) (Full-Time)
- [Health & Wellness Coach](#) (Full-time)
- [Facility Services Mechanic](#) (Full-time)
- [Manager of Membership Sales & Services](#) (Full-time) [and more!](#)

[VIEW JOB POSTINGS](#)



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](#)

[DONATE NOW](#)

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

