

Charitable Mission

The YMCA of Hamilton/Burlington/Brantford is a charitable organization helping people achieve personal growth in spirit, mind and body through participation and service to the community.

Our Vision

Creating healthy communities in which individuals and families have opportunities to reach their potential.

Core Values

Caring, Honesty, Respect and Responsibility.

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 this possible. If financial circumstances are limiting your ability to participate, assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.

Brantford Family YMCA

143 Wellington Street, Brantford, ON N3S 3Y8
Phone: 519-752-6568 • Fax: 519-759-8431

Flamborough Family YMCA

207 Parkside Dr., Waterdown, ON L0R 2H1
Phone: 905-690-3555 • Fax: 905-690-7410

Hamilton Downtown Family YMCA

79 James St. Hamilton, ON L8P 2Z1
Phone: 905-529-7102 • Fax: 905-529-6682

Les Chater Family YMCA

356 Rymal Rd. E., Hamilton, ON L9B 1C2
Phone: 905-667-1515 • Fax 905-667-5879

Ron Edwards Family YMCA

500 Drury Lane, Burlington, Ontario L7R 2X2
Phone: 905-632-5000 • Fax: 905-333-1767

www.ymcahbb.ca



YMCA



Hamilton Health Sciences



Ontario



McMaster University



Live Well

Strengthening lives together



YMCA



Hamilton Health Sciences



McMaster University



In Motion

for Healthy Bones and Joints



In Motion

for Healthy Bones and Joints

The YMCA of Hamilton/Burlington/Brantford, Hamilton Health Sciences and McMaster University are working together to improve bone and joint health. This program is for individuals wanting to improve their health before and after having surgery for a hip or knee replacement.

This program can also help if you are suffering from chronic joint problems such as osteoporosis and osteoarthritis. These conditions often cause bone loss, loss of mobility and strength, pain and even disfigurement. This program will help you feel better, so you can do the things that you enjoy!



This is a registered program that is included in YMCA membership. All participants are required to meet with a YMCA Staff for an intake interview to discuss medical history. A physician's approval is strongly recommended for the program.

Trained YMCA staff and health care providers from Hamilton Health Sciences are with you all the way to becoming more active.

Weekly education sessions will provide practical information on:

- Osteoporosis Bone Health
- Nutrition and Weight Management
- Pain Management
- Meditation and Relaxation
- Safety
- Energy Conservation and Work Simplification
- Working with your Health Care Team
- Post Surgery Precautions/Hospital Recovery
- Inflammatory Arthritis and Osteoarthritis
- Exercise Precautions and Recommendations
- The importance of Physical Activity

You may join the program at anytime. The education sessions are delivered weekly on a rotating basis.

Program Schedule:

Branches	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brantford		10:00-12:00 Fitness Centre			10:30-11:15 Gentlefit 11:30-12:30 Education	
Flamborough	10:30-11:15 Hydrotherapy		10:30-11:15 Hydrotherapy 12:00-1:00 Education 1:15-2:15 Gentlefit		10:30-11:15 Gentlefit 10:00-12:00 Fitness Centre	
Hamilton Downtown	10:00-10:45 Gentlefit	10:00-10:45 Hydrotherapy	10:00-10:45 Gentlefit 11:00-12:00 Education 12:00-1:30 Fitness Centre	10:00-10:45 Hydrotherapy 11:00-12:30 Fitness Centre		
Les Chater	10:45-11:30 Hydrotherapy 12:00-1:00 Education 1:15-2:15 Gentlefit	10:30-11:00 Walkfit 11:15-12:00 Hydrotherapy	10:45-11:30 Hydrotherapy 12:00-2:00 Fitness Centre	10:00-11:00 Gentlefit 10:30-11:00 Waterwalking 11:15-12:00 Hydrotherapy	10:45-11:30 Hydrotherapy 12:00-12:30 Walkfit 12:00-2:00 Fitness Centre	10:15-11:15 Gentlefit
Ron Edwards		1:00-1:45 Hydrotherapy	12:00-2:00 Fitness Centre 2:00-3:00 Education 3:15-4:15 Gentlefit	1:00-1:45 Hydrotherapy	12:00-2:00 Fitness Centre	