



Brantford Family YMCA SCHEDULE

January 8, 2012 – July 1, 2012



MONDAY

	Gym	Multi -Purpose	Play Center	Studio		
5:30 am						
6:00 am						
6:30 am						
7:00 am	Open Gym 5:30-9:00					
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am	Y Kids (3-5 years) 9:00-11:30 *see monthly calendar	Y Kids (3-5 years) 9:00-11:30 *see monthly calendar	Child Minding 9:00-11:30	YogaFit 9:15-10:15		
10:00 am						
10:30 am						
11:00 am						
11:30 am						
12:00 pm				Total Body Tone 12:15-1:00		
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm	Open Gym 11:30-6:00					
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm				Latin Funk 5:30-6:30		
6:00 pm	Y Kids* (3-5 yrs, 6-9 yrs, 10-12 yrs) 6:00-8:00 *see monthly calendar	Y Kids* (3-5 yrs, 6-9 yrs, 10-12 yrs) 6:00-8:00 *see monthly calendar	Child Minding 5:00-8:00	Cyclefit 6:45-7:30		
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm	Open Gym 8:00-10:00					
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

TUESDAY

	Gym	Multi -Purpose	Play Center	Studio		
5:30 am						
6:00 am						
6:30 am						
7:00 am	Open Gym 5:30-9:00					
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am	Y Kids (3-5 yrs) 9:00-11:30 *see monthly calendar	Y Kids (3-5 years) 9:00-11:30 *see monthly calendar	Child Minding 9:00-11:30	Cardio Kick Box 9:15-10:15		
10:00 am						
10:30 am						
11:00 am						
11:30 am						
12:00 pm				Cyclefit 12:15-1:00		
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm	Open Gym 11:30-6:00					
2:30 pm				COPD Wellness Program (Registered) 2:00-4:00		
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm	Y Kids* (3-5 yrs, 6-9 yrs, 10-12 yrs) 6:00-8:00 *see monthly calendar	Y Kids* (3-5 yrs, 6-9 yrs, 10-12 yrs) 6:00-8:00 *see monthly calendar	Child Minding 5:00-8:00	Cyclefit 6:00-6:45		
6:30 pm						Total Body Tone 7:00-7:45
7:00 pm						
7:30 pm						
8:00 pm	Open Gym 8:00-10:00	Youth Action (10-13 yrs) 7:15-8:00 (Wellness Centre)				
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

WEDNESDAY

	Gym	Multi -Purpose	Play Center	Studio		
5:30 am						
6:00 am						
6:30 am						
7:00 am	Open Gym 5:30-9:00					
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am	Y Kids (3-5 years) 9:00-11:30 *see monthly calendar	Y Kids (3-5 years) 9:00-11:30 *see monthly calendar	Child Minding 9:00-11:30	Cyclefit 9:15-10:00		
10:00 am						
10:30 am						
11:00 am						
11:30 am						
12:00 pm				Total Body Tone 12:15-1:00		
12:30 pm						
1:00 pm						
1:30 pm						
2:00 pm	Open Gym 11:30-6:00					
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm				YogaFit 5:30-6:40		
6:00 pm	Y Kids* (3-5 yrs, 6-9 yrs, 10-12 yrs) 6:00-8:00 *see monthly calendar	Y Kids* (3-5 yrs, 6-9 yrs, 10-12 yrs) 6:00-8:00 *see monthly calendar	Child Minding 5:00-8:00	Latin Funk 6:50-7:50		
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm	Open Gym 8:00-10:00					
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

THURSDAY

	Gym	Multi -Purpose	Play Center	Studio		
5:30 am						
6:00 am						
6:30 am						
7:00 am	Open Gym 5:30-9:00					
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am	Y Kids (3-5 years) 9:00-11:30 *see monthly calendar	Y Kids (3-5 years) 9:00-11:30 *see monthly calendar	Child Minding 9:00-11:30	Total Body Tone 9:15-10:15		
10:00 am						
10:30 am						
11:00 am						
11:30 am						
12:00 pm				Cyclefit 12:15-1:00		
12:30 pm						
1:00 pm						
1:30 pm	Open Gym 11:30-6:00					
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm	Y Kids* (3-5 yrs, 6-9 yrs, 10-12 yrs) 6:00-8:00 *see monthly calendar	Y Kids* (3-5 yrs, 6-9 yrs, 10-12 yrs) 6:00-8:00 *see monthly calendar	Child Minding 5:00-8:00	Core Strength & Stability 6:00-7:00		
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm	Open Gym 8:00-10:00	Youth Action (10-13 yrs) 7:15-8:00 (Wellness Centre)				
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

FRIDAY

	Gym	Multi -Purpose	Play Center	Studio		
5:30 am						
6:00 am						
6:30 am						
7:00 am	Open Gym 5:30-9:00					
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am	Y Kids (3-5 years) 9:00-11:30 *see monthly calendar	Y Kids (3-5 years) 9:00-11:30 *see monthly calendar	Child Minding 9:00-11:30	YogaFit 9:15-10:15		
10:00 am						
10:30 am						
11:00 am						
11:30 am						
12:00 pm						
12:30 pm						
1:00 pm						
1:30 pm	Open Gym 11:30-5:30					
2:00 pm				COPD Wellness Program (Registered) 2:00-4:00		
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm	Youth Night (10-16 yrs) 5:30-8:00	Youth Night (10-16 yrs) 7:00-8:00	Youth Night (10-16 yrs) 7:00-8:00			
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

SATURDAY

	Gym	Multi -Purpose	Play Center	Studio	
7:00 am					
7:30 am	Open Gym 7:00-9:00				
8:00 am					
8:30 am					
9:00 am	Youth Basketball Association (Registered) 6-9 yrs - 9:00-10:00 10-12 yrs - 10:15-11:15			Pump and Pedal 8:45-10:00	
9:30 am					
10:00 am				Child Minding 8:30-12:00	
10:30 am				Karate (Registered) (6-12 yrs & Families) 10:15-11:15	
11:00 am					
11:30 am	Open Gym 11:30-12:30				
12:00 pm					
12:30 pm	Birthday Parties 12:30-1:30				
1:00 pm					
1:30 pm	Open Gym 1:30-3:00				
2:00 pm					
2:30 pm	Birthday Parties 3:00-4:00				
3:00 pm					
3:30 pm	Open Gym 4:00-8:00	Birthday Parties 12:30-6:30			
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					
6:00 pm					
6:30 pm					
7:00 pm					
7:30 pm					
8:00 pm					

Legend: Adult Group Fitness Class Supervised Program Open

SUNDAY

	Gym	Multi -Purpose	Play Center	Studio
8:00 am	Open Gym 8:00-9:00			
8:30 am				
9:00 am				
9:30 am	Family Open Gym 9:00-11:30		Child Minding 9:00-11:30	
10:00 am				
10:30 am				
11:00 am	Birthday Parties 11:30-12:30			
11:30 am				
12:00 pm	Open Gym 12:30-2:00			
12:30 pm				
1:00 pm	Birthday Parties 2:00-3:00			
1:30 pm				
2:00 pm	Open Gym 3:00-6:00	Birthday Parties 10:30-6:00		
2:30 pm				
3:00 pm				
3:30 pm				
4:00 pm				
4:30 pm				
5:00 pm				
5:30 pm				
6:00 pm				

HOLIDAY

	Gym	Multi -Purpose	Play Center	Studio	
8:00 am					
8:30 am					
9:00 am					
9:30 am				Instructors Choice 9:15-10:15	
10:00 am	Open Gym 8:00-5:00		Child Minding 9:00-11:30		
10:30 am					
11:00 am					
11:30 am					
12:00 pm					
12:30 pm					
1:00 pm					
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					

PLAY CENTER: Child Minding program gives toddlers and pre-schoolers the chance to play together in a supervised area, while parents/guardians are in the building.

Punch Card - \$25.00 for 12hrs or \$2.50/hour/child

Sun to Fri. 9:00am – 11:30am • Sat 8:30am – 12:00pm

Mon to Thurs 5:00pm – 8:00pm • Fri 5:00 – 7:00 pm

143 Wellington Street,
Brantford, ON N3S 3Y8

Phone: 519-752-6568

Fax: 519-759-8431

brantford_membership@ymca.ca

www.ymcahb.ca

Facility Hours:

M - F: 5:30am - 10:00pm

Saturday: 7:00am - 8:00pm

Sunday: 8:00am - 6:00pm

Holidays 8:00am - 5:00pm
(unless otherwise stated)

Brantford 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 Health and Wellness 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 YMCA's
- 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
- Recreational gym times
- Member's discount on certification programs
- Reduced rate for specialty branch programs (i.e. Babysitting Course)

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 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

As a YMCA member, I will help make the YMCA experience better for all by being considerate of others. I accept the responsibility to treat all people with caring, honesty, and respect.

Membership Rates

Membership	Monthly (+Tax)	Full Amount (+Tax)
Family*	\$76.00	\$876.00
Adult (18 +)	\$40.00	\$444.00
Student (13 +)	\$33.48	\$365.76
Child (12 years & under)**	\$23.00	\$240.00
Medical Membership (3 month) (call for intake appointment)		\$225

* Family Memberships include up to 2 adults partners living in the same household (Spouse, Common Law Spouse, Partner Spouse) and their dependent children under 18 years of age or full time students under 22 years with student ID cards.

**Child & Youth membership fees are tax exempt.

Membership Upgrades

Adult only:	\$20 per month
Swim lessons:	\$10 per child per month (one lesson per week at the YMCA branch of your choice)

Other Ways to Access the YMCA

Day Passes (taxes included) (photo ID required)	
Drop-In Day Pass (13+ years)	\$10.75
Kids Pass* (3-12 years)	\$5

* Valid for Open Gym 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.



Cancellation & Refund Policy

Membership may be cancelled at any time. There is no cancellation fee. Monthly pre-authorized 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.

Administration

An administrative fee is included in all individual monthly membership rates or one per family.

Personal Training

Personal training at the YMCA is exclusive to YMCA Personal Trainers.

Single Fees, taxes included (one on one):

1 session: \$43	5 sessions: \$210 (\$42/hour)
10 sessions: \$410 (\$41/hour)	20 sessions: \$800 (\$40/hour)

Partner Training (2+ people for 1 hour, rates are per person, taxes included):

1 session: \$30	5 sessions: \$145 (\$29/hour)
10 sessions: \$280 (\$28/hour)	20 sessions: \$540 (\$27/hour)

Holidays & PA Days

Please see Membership Desk or visit www.ymcahbb.ca for dates and programs.

Certification Programs

Please see Membership Desk or visit www.ymcahbb.ca for dates.

Volunteer Opportunities

All YMCA endeavours involve a partnership of staff and volunteers. For volunteer opportunities and application, visit www.ymcahbb.ca.

**YMCA VOLUNTEERS MAKE
A DIFFERENCE**