



# Ron Edwards Family YMCA

# SCHEDULE

January 9, 2012 - July 1, 2012



## MONDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					Lane Swim 5:30-8:00
6:30 am					Water Walking (1 Lane) 7:30-8:00
7:00 am		Cyclefit** 7:00-7:45			
7:30 am					
8:00 am					Public Lane Swim 8:00-8:55
8:30 am					
9:00 am	Cardio Challenge 9:15-10:15	Movin' & Groovin' (3-5yrs) 9:00-11:00	Pre-School/Toddler Explorers (Reg.) 9:00-11:30	Fusion Flow** 9:15-10:15	AquaFit 9:00-9:45
9:30 am					Open Swim 9:45-10:45
10:00 am					YogaFit 10:30-12:00
10:30 am	Latin Funk 10:15-11:15				Explorers (Reg.) 10:45-11:30
11:00 am					Splashers/Bub. 11:00-11:30
11:30 am					
12:00 pm					Public Lane Swim 11:35-12:40
12:30 pm					Aqua Ease 12:45-1:30
1:00 pm					AquaFit 1:30-2:15
1:30 pm					
2:00 pm					Open Swim 2:15-4:00
2:30 pm					
3:00 pm	Low Impact 3:15-4:15				
3:30 pm					
4:00 pm					Lane Swim 4:00-5:00
4:30 pm					GHAC 4:00-5:00
5:00 pm					
5:30 pm					Yoga Fit 5:30-6:30
6:00 pm					Family Swim Lessons (Reg.) 5:15-7:30
6:30 pm	Y Kids (6-12 yrs) 6:00-8:00	Cyclefit** 6:00-6:45	Y Kids (3-5 yrs) 6:00-8:00		
7:00 pm		Cyclefit** 7:00-7:45	Youth Action (Reg.) (10-13yrs) 7:00-8:00		
7:30 pm					AquaFit 7:45-8:30
8:00 pm	Open Volleyball (18+ yrs) 8:00-10:00	Cyclefit** (Beginner) 8:15-9:00			
8:30 pm					Public Lane Swim 8:30-10:00
9:00 pm					
9:30 pm					

## TUESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am		Cyclefit** 5:45-6:30			
6:00 am					Lane Swim 5:30-8:00
6:30 am					Central Swim Team 6:30-7:30 (Jan-March)
7:00 am					
7:30 am					
8:00 am	Cardiac Rehab (Reg.) 8:30-9:00				Public Lane Swim 8:00-8:55
8:30 am					
9:00 am	Total Body Tone 9:15-10:15	Cyclefit** 9:15-10:00	Pre-School/Toddler Explorers (Reg.) 9:00-11:30	KinderGym 9:00-11:00	AquaFit 9:00-9:45
9:30 am					Open Swim 9:45-10:45
10:00 am	Cardiac Rehab (Reg.) 10:30-11:00				
10:30 am					Explorers (Reg.) 10:45-11:30
11:00 am	Stretch and Tone 11:00-12:00	Line Dancing 11:00-12:00		Boot Camp 11:15-12:15	Splashers/Bub. 11:00-11:30
11:30 am					
12:00 pm					Public Lane Swim 11:35-12:55
12:30 pm					HydroTherapy 1:00-1:45
1:00 pm	Y Kids (6-12 yrs) 1:00-3:00			Movin' & Groovin' (18mth-5yrs) 1:00-3:00	Family Swim Lessons (Reg.) 2:00-2:45
2:00 pm					
2:30 pm					Open Swim 2:45-4:15
3:00 pm					
3:30 pm					Open Swim 2:45-4:15
4:00 pm					
4:30 pm					
5:00 pm					Family Swim Lessons (Reg.) 4:30-7:30
5:30 pm					
6:00 pm	Y Kids (6-12 yrs) 6:00-8:00	Cyclefit** 6:00-6:45	Y Kids (3-5yrs) 6:00-8:00	Body Flex 6:00-7:00	
6:30 pm					Lane Swim/ Youth Swim Team 7:30-8:30
7:00 pm		Fusion Flow** 7:00-8:00			Adult/Teen Lessons 7:45-8:30
7:30 pm				Yoga Fit 7:30-9:00	
8:00 pm					Masters Swim 8:30-9:30
8:30 pm	Open Basketball 8:00-10:00				
9:00 pm					Public Lane Swim 9:30-10:00
9:30 pm					

## WEDNESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					Lane Swim 5:30-8:00
6:30 am					Water Walking (1 Lane) 7:30-8:00
7:00 am		Cyclefit** 7:00-7:45			
7:30 am					
8:00 am				Step (Beginner) 8:15-9:00	Public Lane Swim 8:00-10:00
8:30 am					
9:00 am	Cardio Challenge 9:15-10:15	Movin' & Groovin' (3-5yrs) 9:00-11:00	Pre-school/Toddler Explorers (Reg.) 9:00-11:30	Body Flex 9:15-10:15	Open Swim 10:00-10:45
9:30 am					Explorers (Reg.) 10:45-11:30
10:00 am					Splashers/Bub. 11:00-11:30
10:30 am					
11:00 am					Hydrotherapy 11:45-12:30
11:30 am					Public Lane Swim 12:35-1:25
12:00 pm					
12:30 pm					
1:00 pm				In Motion (Education) 1:00-2:00	AquaFit 1:30-2:15
1:30 pm				Gentle Fit 2:15-3:15	Open Swim 2:15-3:15
2:00 pm					
2:30 pm					Central Swim Team 3:15-4:15
3:00 pm					
3:30 pm					Family Swim Lessons (Reg.) 4:30-7:30
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					
6:00 pm	Low Impact 6:00-7:00	Cyclefit** 6:00-6:45	Y Kids (3-5 yrs) 6:00-8:00	Y Kids (6-12 yrs) 6:00-8:00	
6:30 pm					Family Swim Lessons (Reg.) 4:30-7:30
7:00 pm	Y Kids (6-12 yrs) 7:00-8:00	Run Club (Reg.) 6:45-7:45 April 4-May 29/12			
7:30 pm					AquaFit Boot Camp 7:45-8:30
8:00 pm		Triathlon (Reg.) 8:00-9:30 (Jan 11-March 28)			
8:30 pm	Open Basketball 8:00-10:00				Masters Swim 8:30-9:30
9:00 pm					
9:30 pm					Public Lane Swim 9:30-10:00

## THURSDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am		Cyclefit** 5:45-6:30			
6:00 am					Lane Swim 5:30-8:00
6:30 am					Central Swim (Jan-Mar) 6:30-7:30
7:00 am					
7:30 am					
8:00 am	Cardiac Rehab (Reg.) 8:30-9:00				Public Lane Swim 8:00-8:55
8:30 am					
9:00 am	Total Body Tone 9:15-10:15	Cyclefit** 9:15-10:00	Pre-School/Toddler Explorers (Reg.) 9:00-11:30	Indoor Playground (0-5yrs w/parent) 9:00-10:30	AquaFit 9:00-9:45
9:30 am					Open Swim 9:45-10:45
10:00 am					Explorers (Reg.) 10:45-11:30
10:30 am	Low Impact 10:30-11:30	Cardiac Rehab (Reg.) 10:30-11:00		Fusion Flow** 10:30-11:30	Splashers/Bub. 11:00-11:30
11:00 am					
11:30 am					Public Lane Swim 11:35-12:55
12:00 pm					HydroTherapy 1:00-1:45
12:30 pm					
1:00 pm					
1:30 pm	Y Kids (6-12 yrs) 1:00-3:00			Movin' & Groovin' (18mths-5yrs) 1:00-3:00	Open Swim 2:00-4:00
2:00 pm					
2:30 pm					
3:00 pm					Public Open Swim 4:00-5:00
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					
6:00 pm	Latin Funk 6:00-7:00	Cyclefit** 6:00-6:45	Y Kids (3-12yrs) 6:00-7:00	Karate (Reg.) (6-12 yrs) 5:30-6:15	Family Swim Lessons (Reg.) 5:15-7:30
6:30 pm					
7:00 pm	Y Kids (6-12yrs) 7:00-8:00	Cyclefit** 7:00-7:45	Y Kids (3-5yrs) 7:00-8:00		
7:30 pm					AquaFit 7:45-8:30
8:00 pm					
8:30 pm	Open Basketball 8:00-10:00			Karate (Reg.) (13+) 8:30-9:30	Public Lane Swim 8:30-10:00
9:00 pm					
9:30 pm					

## FRIDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					Lane Swim 5:30-8:00
6:30 am					Water Walking (1 Lane) 7:30-8:00
7:00 am				Body Flex 7:00-8:00	
7:30 am					
8:00 am					Public Lane Swim 8:00-10:00
8:30 am					
9:00 am		Cyclefit** 9:15-10:00	Pre-School/Toddler Explorers (Reg.) 9:00-11:30	KinderGym (3-5yrs) 9:00-10:30	Open Swim 10:00-10:45
9:30 am	Cardio Challenge 9:15-10:15				
10:00 am					Explorers (Reg.) 10:45-11:30
10:30 am	Stretch & Tone 11:00-12:00	Gentle Fit 11:00-12:00		Yoga Fit 10:30-12:00	Splashers/Bub. 11:00-11:30
11:00 am					Public Lane Swim 11:35-12:40
11:30 am					Aqua Ease 12:45-1:30
12:00 pm					AquaFit 1:30-2:15
12:30 pm					
1:00 pm					Open Swim 2:15-4:15
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					Public Open Swim 4:15-6:15
5:30 pm					
6:00 pm	Leader Corps (Reg.) 10-18yrs 5:30-7:30				
6:30 pm			Y Kids + Swim** (6-12 yrs) 6:00-8:00 (Aquatics Admissions Criteria Apply)		
7:00 pm				Throwin' the Horns 5:30-11:30 (3rd Friday each month)	H2O Leaders (Reg.) 6:30-7:30
7:30 pm	Youth Sports 7:30-8:30				
8:00 pm					
8:30 pm	Open Youth Basketball (10-18yrs) 8:30-10:00				Youth Night 7:30-10:00
9:00 pm					
9:30 pm					

## SATURDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
7:00 am					Public Lane Swim 7:00-8:10
7:30 am					
8:00 am	Low Impact (Group Walk) 8:00-9:00	Cyclefit** 8:15-9:00			AquaFit Boot Camp 8:15-9:00
8:30 am				Y Kids (3-12 yrs) 9:00-10:00	Family Swim Lessons (Reg.) 9:15-10:45
9:00 am				Y Kids (3-5yrs) 10:00-11:00	
9:30 am	Cardio Challenge 9:30-10:30	Cyclefit** 9:15-10:00	Pre-School/Toddler Explorers (Reg.) 9:00-11:30		Explorers (Reg.) 10:45-11:30
10:00 am		Y Kids (6-12yrs) 10:00-11:00			Splashers/Bub. 11:00-11:30
10:30 am					
11:00 am					Family Swim Lessons (Reg.) 11:30-12:15
11:30 am	YBA (Reg.) (6-9 yrs) 11:30-12:45				Lane Swim 12:15-1:15
12:00 pm					
12:30 pm					Open Swim 1:15-2:30
1:00 pm					Adult/Teen Swim Lesson 1:15-2:00
1:30 pm	YBA (Reg.) (10-12 yrs) 1:00-2:30		Pre-School/Toddler Explorers (Reg.) 1:00-3:30		
2:00 pm					
2:30 pm					Explorers (Reg.) 2:45-3:30
3:00 pm					
3:30 pm	Birthday Parties 2:30-5:00			Birthday Parties 2:00-5:00	
4:00 pm					
4:30 pm					Open Swim 3:30-6:00
5:00 pm					
5:30 pm					
6:00 pm					
6:30 pm					Public Open Swim 6:00-8:00
7:00 pm					
7:30 pm					

Legend:   Adult Group Fitness Class   Supervised Program   Open

\*\* Limited space: Sign up for class at the Membership Desk up to 1 hour prior to class start.

## SUNDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
8:00 am					Public Lane Swim 8:00-9:00
8:30 am					
9:00 am		Cyclefit** 9:00-10:00			
9:30 am					
10:00 am				Karate (6yrs +) Beginners 10:00-10:45	Family Swim Lessons (Reg.) 9:15-12:15
10:30 am	Family Latin Funk (5yrs+ parent) 10:45-11:45		Movin' & Groovin' (3-5yrs) 10:30-12:00	Karate (6yrs +) Advanced 11:00-11:45	
11:00 am					
11:30 am					
12:00 pm					Masters Swim 12:30-1:30
12:30 pm					
1:00 pm	Birthday Parties 12:30-2:00			Birthday Parties 12:00-3:00	Lane Swim 1:30-2:30
1:30 pm					
2:00 pm	Youth Volleyball (Reg.) (10-13yrs) 2:00-3:30				
2:30 pm					
3:00 pm					Family Open Swim 2:30-4:30
3:30 pm					
4:00 pm	Family Badminton 3:30-5:00				
4:30 pm					Public Family Swim 4:30-6:00
5:00 pm	Open Basketball 5:00-6:00				Whirlpool Closed for cleaning at 4:00
5:30 pm					

### Play Centre

Fees:  
**Single Child Card (8 Hours): \$28**  
**Family Card - 2 or more children (8 hours): \$40**

### Hours of Service:

M-F
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# Ron Edwards 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
- One registered swim lesson (or one registered Explorers program which includes a swim lesson)
- Recreational swim and gym times
- Member's discount on certification programs
- Reduced rate for special holiday / March Break / PA Day branch programs

## 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 it 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.

## Building Your Family Membership Package

The first adult pays the regular membership rate. Family discounts (dependent rates) apply when one or more family members join.

## Membership Rates

Membership	Monthly (+Tax)	Full Amount (+Tax)
Child & Youth * (up to 12 years)	\$30.50	\$330
Child & Youth Dependent*	\$21.50	\$258
Student (13 years +)	\$35.50	\$390
Student Dependent	\$25.50	\$306
Plus: Building Fee	\$30	\$30
Student (4 months)		\$156
Adult General	\$47	\$528
Adult General Spousal	\$35	\$420
Plus: Building Fee	\$100	\$100
Adult Only (18+)	\$64	\$732
Adult Only (18+) Spousal	\$54	\$648
Plus: Building Fee	\$100	\$100
Medical Membership (3 month) (call for intake appointment with Wellness Coach)		\$225

\*Child & Youth membership fees are tax exempt

## 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
Public Swim (taxes included)	
Child	\$2.50
Student	\$2.75
Adult	\$3.75
Family (immediate family)	\$8.50
Aqua Passes (taxes included) (photo ID required)	
Aquafit (20 classes)	\$108
Adult Swim Card (12 swims)	\$39

\* Valid for Open Gym, Open Swim 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.



## Building Fee

The Building Fee is for the building and maintenance of high quality, YMCA facilities through capital improvements and refurbishment. A one time fee provided membership is continuous and does not lapse for more than six months. Non-refundable. One fee per family. Tax extra.

## 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](http://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  
10 sessions: \$410 (\$41/hour)

5 sessions: \$210 (\$42/hour)  
20 sessions: \$800 (\$40/hour)

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

1 session: \$30  
10 sessions: \$280 (\$28/hour)

5 sessions: \$145 (\$29/hour)  
20 sessions: \$540 (\$27/hour)

### Swim Lessons - Private & Semi-Private

Participant must have an active membership. All sessions are 45 minutes in length. Please call for Adult private/semi private swim lesson rates and to book lessons. Fees (taxes included):  
Private: \$100 for 5 lessons  
Semi-Private: \$75/participant for 5 lessons

## Holidays & PA Days

Please see Membership Desk or visit [www.ymcahbb.ca](http://www.ymcahbb.ca) for dates and programs.

## Certification Programs

Please see Membership Desk or visit [www.ymcahbb.ca](http://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](http://www.ymcahbb.ca).

