

Charitable Mission

The YMCA of Hamilton/Burlington 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

The YMCA strives to serve all segments of the community. 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.

Flamborough Family YMCA

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

Les Chater Family YMCA

356 Rymal Rd. E., Hamilton, ON L9B 1C2
Phone: (905) 677-1515 Fax (905) 667-5879

Ron Edwards Family YMCA

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

www.ymcahb.on.ca



Hamilton Health Sciences

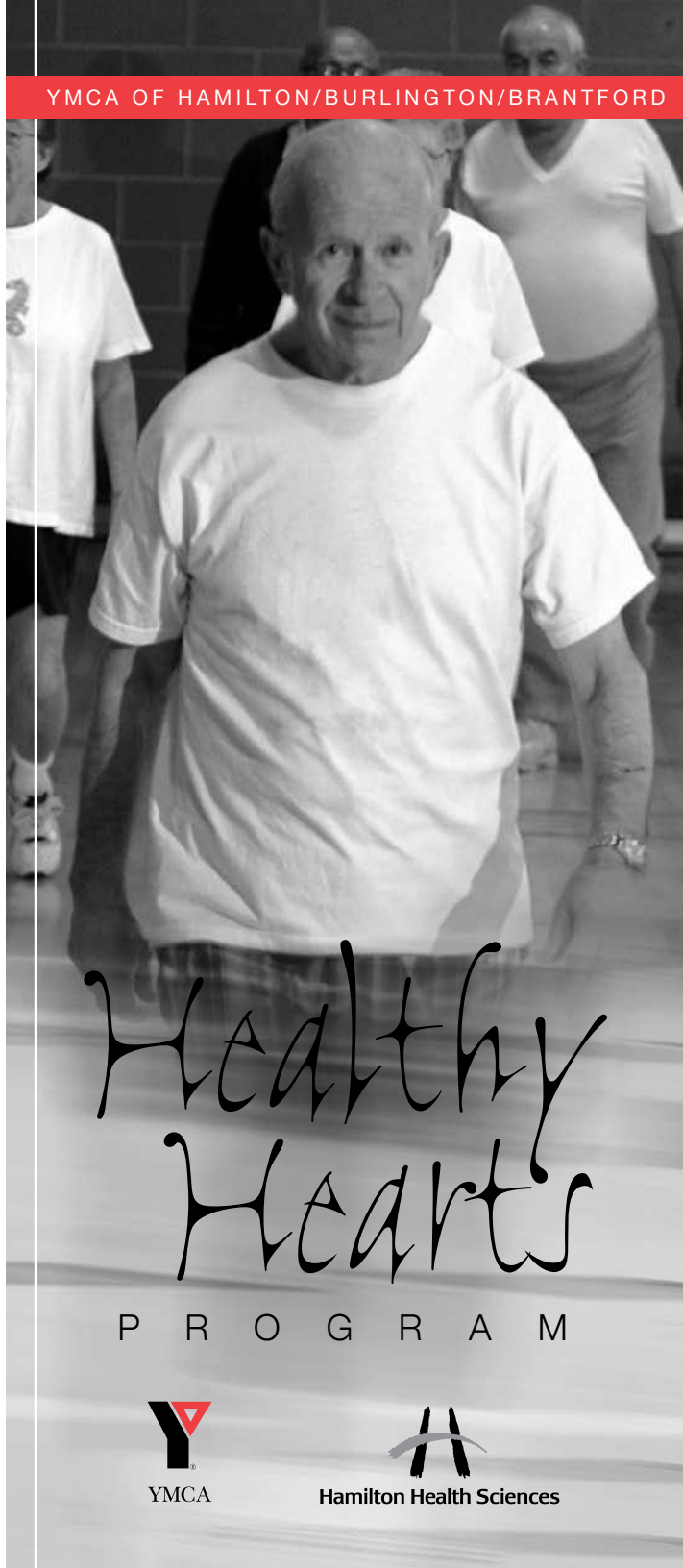


YMCA

We build strong kids,
strong families, strong communities.



Charitable Registration #10808-3825 RR0001



Healthy
Hearts

P R O G R A M



YMCA



Hamilton Health Sciences

Healthy Hearts Program

The YMCA of Hamilton/Burlington/Brantford and Hamilton Health Sciences have designed this program for those individuals who have completed their cardiac rehabilitation program at a hospital or for those who are at risk of developing heart disease and are looking for support in prevention.



This is a registered program and all participants are required to meet with a YMCA Wellness Coach for a brief medical screening, tour of the facility and a review of the program schedule.

A doctor's referral note will be required. Each participant's YMCA Wellness Coach will design a specific fitness program based on individual health and fitness needs. The program will include appropriate exercises, proper exercise technique and machine set-up.

PROGRAM SCHEDULE:

Flamborough Family YMCA

Monday: 10:30 am - 11:30 am
Low Impact..... Multi-purpose Upper
Wednesday: 10:00 am - 1:00 pm
Supervised Exercise..... Fitness Centre
Friday: 10:00 am - 1:00 pm
Supervised Exercise..... Fitness Centre

Les Chater Family YMCA

Monday: 10:00 am - 11:00 am
Low Impact..... Studio
Wednesday: 10:00 am - 11:00 am
Low Impact..... Studio
Wednesday: 12:00 pm - 3:00 pm
Supervised Exercise..... Fitness Centre
Thursday: 4:00 pm - 6:00 pm
Supervised Exercise..... Fitness Centre

Ron Edwards Family YMCA

Monday: 12:00 pm - 3:00 pm
Supervised Exercise..... Fitness Centre
Monday: 2:00 pm - 3:00 pm
Social Community Room
Monday: 3:00 pm - 4:00 pm
Low Impact..... Main Gym
Wednesday: 3:00 pm - 6:00 pm
Supervised Exercise..... Fitness Centre
Wednesday: 6:00 pm - 7:00 pm
Low Impact..... Main Gym
Saturday: 8:00 am - 9:00 am
Group Walk/Low Impact..... Main Gym

Education sessions will occur monthly at each location. Topics include heart health, stress management, diabetes, blood pressure, working with a health care team and nutrition.

During the supervised exercise times, participants are able to drop in during a two to three hour block of time and trained staff will be available on the fitness centre floor to assist with a personalized program. Exercise selection and educational information is screened by a HHS health professional.

Participants can join at any time and access multiple branches. Program is included with YMCA membership. Registration and doctors referral is required. Please see the Membership Desk for more information.