

Brantford Family YMCA

SCHEDULE

January 8, 2017 - April 1, 2017



MONDAY

	Gym	Multi-Purpose	Play Center	Studio	Wilkes House
5:30 am					
6:00 am					
6:30 am				CycleFit** 6:30-7:15	
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am					
9:30 am			Child Minding 9:00-11:30	Fusion Flow 9:30-10:30	
10:00 am					
10:30 am	Open Gym 6:00-4:15			Balance+ *(LiveWell) 11:00-12:00	
11:00 am					
11:30 am				BodyFit 12:15-1:00	
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					Sculpt & Sweat 4:15-5:00
4:30 pm	Boot Camp 4:30-5:30				
5:00 pm					
5:30 pm		Y Kids 5:00-8:00	Child Minding 4:15-8:00	Zumba* 5:15-6:15	Yoga 5:30-6:15
6:00 pm	Y Kids 5:45-8:00				
6:30 pm					
7:00 pm					
7:30 pm					TRX Tabata 7:00-7:45
8:00 pm					
8:30 pm	Open Gym 8:00-10:00				
9:00 pm					
9:30 pm					

Balance+ Starts Monday January 16, 2017

TUESDAY

	Gym	Multi-Purpose	Play Center	Studio	Wilkes House
5:30 am					
6:00 am					
6:30 am					
7:00 am					
7:30 am					
8:00 am	Open Gym 6:00-11:00				
8:30 am					
9:00 am					
9:30 am			Child Minding 9:00-11:30	20-20-20 9:30-10:30	
10:00 am					
10:30 am					
11:00 am	WalkFit 11:00-12:00				Rock Bottom 11:00-11:45 (Ends Feb 11, 2017)
11:30 am				Healthy Hearts* (LiveWell) 12:00-12:15	
12:00 pm				CycleFit** 12:15-1:00	
12:30 pm				Healthy Hearts* (LiveWell) 1:30-1:45; 2:45-3:00	
1:00 pm				Fit for Function* (LiveWell) 3:00-4:00	
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					TRX Bootcamp 5:15-6:00 (ends Feb 11)
6:00 pm					Bootcamp 6:00-6:45
6:30 pm	Y Kids* 6:00-8:00	Y Kids 5:00-8:00	Child Minding 4:15-8:00	CycleFit** 5:15-6:15	Zumba 7:00-7:45
7:00 pm				Core Strength 6:30-7:30	
7:30 pm				Yoga 7:30-8:30	
8:00 pm					
8:30 pm	Open Gym 8:00-10:00				
9:00 pm					
9:30 pm					

Healthy Hearts* 12:00-1:30; 1:30-3:00 (February 2017 start date)

WEDNESDAY

	Gym	Multi-Purpose	Play Center	Studio	Wilkes House
5:30 am					
6:00 am					
6:30 am				CycleFit** 6:30-7:15	
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am	Open Gym 6:00-1:00		Child Minding 9:00-11:30		
9:30 am				CycleFit 9:30-10:30	
10:00 am					
10:30 am					
11:00 am					
11:30 am					
12:00 pm				Core Strength 12:15-1:00	
12:30 pm					
1:00 pm	Y Kids 1:00-3:00		Y Kids 1:00-3:00		
1:30 pm					
2:00 pm					
2:30 pm					Yoga 2:45-3:30
3:00 pm					
3:30 pm	Open Gym 3:00-5:00				
4:00 pm					Bootcamp 4:15-5:00 (Ends Feb 11)
4:30 pm					
5:00 pm					
5:30 pm					
6:00 pm	Y Kids 5:00-8:00	Y Kids 5:00-8:00	Child Minding 4:15-8:00	RevFit** 5:15-6:15	
6:30 pm				Yoga 6:30-7:30	
7:00 pm					Zumba* 7:00-7:45
7:30 pm					
8:00 pm					
8:30 pm	Open Gym 8:00-10:00				
9:00 pm					
9:30 pm					

THURSDAY

	Gym	Multi-Purpose	Play Center	Studio	Wilkes House
5:30 am					
6:00 am					
6:30 am					
7:00 am					
7:30 am					
8:00 am	Open Gym 6:00-11:00				
8:30 am					
9:00 am					
9:30 am			Child Minding 9:00-11:30		Rock Bottom 9:30-10:30
10:00 am					
10:30 am					
11:00 am	WalkFit 11:00-12:00				Healthy Hearts* (LiveWell) 12:00-12:15
11:30 am					
12:00 pm	Open Gym 12:00-1:00				CycleFit** 12:15-1:00
12:30 pm					
1:00 pm	Body Flex 1:15-2:00				Healthy Hearts* (LiveWell) 1:30-1:45; 2:45-3:00
1:30 pm					
2:00 pm					Fit for Function (LiveWell) 3:00-4:00
2:30 pm					
3:00 pm	Open Gym 2:30-5:00				
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm	Y Kids 5:00-6:30		Child Minding 4:15-8:00		BodyFit 5:15-6:15
6:00 pm					Rock Bottom 5:30-6:15
6:30 pm	Instructor's Choice 6:30-7:30	Y Kids 5:00-8:00			Yoga 6:30-7:30
7:00 pm					
7:30 pm					
8:00 pm					
8:30 pm	Open Gym 7:45-10:00				
9:00 pm					
9:30 pm					

Healthy Hearts* 12:00-1:30; 1:30-3:00 (February 2017 start date)

FRIDAY

	Gym	Multi-Purpose	Play Center	Studio	Wilkes House
5:30 am					
6:00 am					
6:30 am				CycleFit** 6:30-7:15	
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am					
9:30 am					
10:00 am			Child Minding 9:00-11:30	Pilates 9:30-10:30	
10:30 am					
11:00 am	Open Gym 6:00-6:00			Balance+ *(LiveWell) 11:00-12:00	
11:30 am				Core 12:15-1:00	
12:00 pm					
12:30 pm					
1:00 pm					
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					Bootcamp 3:00-3:45
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm			Child Minding 5:00-7:00		
6:00 pm	Leader Corps* 6:00-8:00	Leader Corps* 6:00-8:00		Leader Corps 6:00-8:00	
6:30 pm					
7:00 pm					
7:30 pm					
8:00 pm					
8:30 pm	Open Gym 8:00-10:00				
9:00 pm					
9:30 pm					

Balance+ Starts Monday January 16, 2017

SATURDAY

	Gym	Multi-Purpose	Play Center	Studio
7:00 am				
7:30 am	Open Gym 7:00-9:30			
8:00 am				
8:30 am				RevFit ** 8:45-10:00
9:00 am				
9:30 am	Karate 9:30-10:30	Y Kids 9:00-12:00	Child Minding 8:30-12:00	Yoga 10:30-11:30
10:00 am				
10:30 am	YBA (Youth Basketball) 10:45-12:00*			
11:00 am				
11:30 am				
12:00 pm				
12:30 pm	Birthday Parties 12:30-1:30			
1:00 pm				
1:30 pm	Open Gym 1:30-3:30			
2:00 pm				
2:30 pm				
3:00 pm				
3:30 pm	Birthday Parties 3:30-4:30	Birthday Parties 12:30-6:30	Birthday Parties 12:30-5:30	
4:00 pm				
4:30 pm				
5:00 pm				
5:30 pm				
6:00 pm	Open Gym 4:30-8:00			
6:30 pm				
7:00 pm				
7:30 pm				

Legend: Adult Group Fitness Class Supervised Program
 Open * Registered Program

** Limited space: Tag system in place to reserve your spot. Tags can be picked up at the Membership Desk up to 1 hour prior to class start.

Wilkes House classes located at 119 Darling Street. YMCA Members asked to bring their valid YMCA card for access to fitness classes. All Fitness classes held in the Gymnasium.

SUNDAY

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

CHILD MINDING: Child Minding program gives toddlers and pre-schoolers the chance to play together in a supervised area, while parents/guardians are in the building.
 Single Child Card (8 hours): \$30
 Family Card- 2 or more children (8 hours): \$42
 Sun to Fri. 9:00am - 11:30am • Sat 8:30am - 12:00pm
 Mon to Thurs 4:15 - 8:00pm • Fri 5:00 - 7:00pm

HOLIDAY

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

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.

Supervision of Children

Children up to 10 years of age must be supervised by an adult or guardian (minimum 14 years of age) unless they are participating in a YMCA program. For the best experience for the children we ask that children do not access the fitness centre or fitness classes to watch parents. Children between the ages of 10 and 13 may use the fitness centre when directly supervised by a guardian and/or in a program.

Membership Rates

Membership	Monthly (+Tax)	Full Amount (+Tax)
Family*	\$75.00	\$936.00
Adult (18 +)	\$41.50	\$498.00
Student (13 +)	\$34.50	\$414.00
Child (12 years & under)**	\$24.00	\$288.00

Medical Membership (3 month) (call for intake appointment)		\$232.00
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* Family Memberships include up to 2 adult 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:	\$21 per month
Swim lessons:	\$11 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)	\$11
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.



Keep posted on the most up to date information by following us online.
Visit our website www.ymcahbb.ca to sign up for our member newsletter.



YMCA of Hamilton/Burlington/Brantford



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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.

Personal Training

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

Single Fees, taxes included (one on one):

1 session: \$44.50	5 sessions: \$217.50 (\$43.50/hour)
10 sessions: \$425 (\$42.50/hour)	20 sessions: \$830 (\$41.50/hour)

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

1 session: \$31	5 sessions: \$150 (\$30/hour)
10 sessions: \$290 (\$29/hour)	20 sessions: \$560 (\$28/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.

On Hold Policy

If you know you will be absent for a length of time ranging from five weeks up to five months and three weeks we are able to put your membership "on hold". If you put your membership on hold in between this time frame you will not be charged the building fee when you return. However if your absence is longer than five months and three weeks you will have to pay the building fee again. In order to put your membership on hold you need to indicate a restart date that you will be returning and you must sign the documentation in person at your local branch.

