



Ron Edwards Family YMCA

SCHEDULE

January 8, 2017 - April 1, 2017



MONDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					Lane Swim 5:30-8:00
6:00 am					Walking Lane 7:30-8:00
6:30 am					
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am	CardioFit 9:15-10:15	Kinder Gym (3-5 yrs) 9:00-11:00	Explorers (Reg.) 9:00-11:30	Core Strength 9:15-10:15	AquaFit 9:00-9:45
9:30 am					
10:00 am					
10:30 am					
11:00 am					
11:30 am	WalkFit 11:45-12:30				
12:00 pm					
12:30 pm					
1:00 pm	Pickle Ball 1:00-3:00				
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	Y Kids (10-12 yrs) 6:00-7:00 West Gym	Y Kids (6-9 yrs) 6:00-7:00 East Gym			
6:00 pm					
6:30 pm					
7:00 pm	Group Power* 7:10-8:10				
7:30 pm					
8:00 pm					
8:30 pm	Open Basketball 8:30-10:00				
9:00 pm					
9:30 pm					

TUESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am		CycleFit** 5:45-6:45			
6:30 am					
7:00 am					
7:30 am					
8:00 am					
8:30 am	Healthy Hearts (Reg.) 8:30-9:00				
9:00 am	BodyFit 9:15-10:15	CycleFit** 9:15-10:00			
9:30 am					
10:00 am					
10:30 am	CardioFit 10:30-11:30				
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					
5:30 pm					
6:00 pm	Y Kids (10-12 yrs) 6:00-8:00 West Gym	Y Kids (6-9 yrs) 6:00-8:00 East Gym			
6:30 pm					
7:00 pm					
7:30 pm					
8:00 pm					
8:30 pm	Open Basketball 8:30-10:00				
9:00 pm					
9:30 pm					

WEDNESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					
6:30 am					
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am	Group Blast 9:15-10:15	Kinder Gym (3-5 yrs) 9:00-11:00	Explorers (Reg.) 9:00-11:30		
9:30 am					
10:00 am					
10:30 am	Group Power** 10:30-11:30				
11:00 am					
11:30 am	WalkFit 11:45-12:30				
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					
5:30 pm					
6:00 pm	Y Kids (10-12 yrs) 6:00-8:00 West Gym	Y Kids (6-9 yrs) 6:00-8:00 East Gym			
6:30 pm					
7:00 pm					
7:30 pm					
8:00 pm					
8:30 pm	Open Basketball 8:30-10:00				
9:00 pm					
9:30 pm					

THURSDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					
6:30 am					
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am					
9:30 am					
10:00 am					
10:30 am	CardioFit 10:30-11:30				
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					
5:30 pm					
6:00 pm	Y Kids (10-12 yrs) 6:00-7:00 West Gym	Y Kids (6-9 yrs) 6:00-7:00 East Gym			
6:30 pm					
7:00 pm	Zumba* 7:00-8:00				
7:30 pm					
8:00 pm					
8:30 pm	Open Basketball 8:30-10:00				
9:00 pm					
9:30 pm					

FRIDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					
6:30 am					
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am	CardioFit 9:15-10:15	CycleFit** 9:15-10:00	Explorers (Reg.) 9:00-11:30	KinderGym (3-5yrs) 9:00-10:30	
9:30 am					
10:00 am					
10:30 am	Group Power* 10:30-11:30	GentleFit 10:30-11:30			
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					
5:30 pm	Leader Corps (reg) 5:30-7:30				
6:00 pm					
6:30 pm					
7:00 pm					
7:30 pm	Youth Sports (10-18 yrs) 7:30-8:30				
8:00 pm					
8:30 pm	Open Youth Basketball (10-18yrs) 8:30-10:00				
9:00 pm					
9:30 pm					

SATURDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am					
9:30 am	Group Blast 9:30-10:30				
10:00 am					
10:30 am					
11:00 am					
11:30 am	YBA (6-9 yrs) 11:30-12:45				
12:00 pm					
12:30 pm					
1:00 pm					
1:30 pm	YBA (10-15 yrs) 1:30-2:30				
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm	YHL (10-18 yrs) 2:30-4:00				
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					
6:00 pm					
6:30 pm					
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					
8:30 am					
9:00 am					
9:30 am	Karate (Reg) 9:00-9:45				
10:00 am					
10:30 am					
11:00 am					
11:30 am					
12:00 pm					
12:30 pm	Open Basket Ball 12:00-1:30				
1:00 pm					
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm	Open Basketball 2:30-6:00				
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					

Whirlpool Closed for cleaning at 4:00

Child Minding

Fees:
Single Child Card (8 Hours): \$30
Family Card – 2 or more children (8 hours): \$42

Hours of Service:

Mon-Sat	8:45 am – 11:45 am
Mon & Wed	6:00 pm – 8:15 pm

The Underground (Youth Centre - 13-19 yrs)

Monday 4:00-9:00	Tuesday 4:00-9:00	Wednesday 4:00-9:00	Thursday 4:00-9:00	Friday 4:00-5:00 pm (13+ yrs = Free) 5:00-9:30 pm (10+ yrs = \$5 for non-members)	Saturday 3:00-8:00 pm	Sunday 2:00-6:00 pm (music program only)
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SWIM LESSON SCHEDULE

Registration required (not required for Splashers & Bubblers, or Teen/Adult Lessons)

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parented Swim Lessons		11:00-11:30		11:00-11:30		11:00-11:30 am	
Bobbers to Star 7 (Reg.)	5:15-6:00 pm 6:00-6:45 pm 6:45-7:30 pm	2:00-2:45 pm 4:30-5:15 pm 5:15-6:00 pm 6:00-6:45 pm 6:45-7:30 pm	4:30-5:15 pm 6:00-6:45 pm 6:45-7:30 pm	2:00-2:45 pm 4:30-5:15 pm 5:15-6:00 pm 6:00-6:45 pm 6:45-7:30 pm		9:15-10:00 am 10:00-10:45 am 11:30-12:15 pm	9:15-10:00 am 10:00-10:45 am 10:45-11:30 am 11:30-12:15 pm
Teen/Adult Lessons		7:45-8:30 pm					

Recreational Swimming - Aquatic Admission Criteria¹

Under 7 yrs - Must be supervised in the water by an adult or guardian* (min. 14 yrs). *Max 2:1 ratio*
7-10 yrs - If able to pass swim test, child may swim independently. Adult or Guardian (min. 14 yrs), must be in facility. If unable to pass swim test, must be supervised in the water by adult or guardian* (min. 14 yrs). *Max 2:1 ratio*

*Note: Adult or guardian supervision must be in the pool with swim wear.

Whirlpool - MUST be 12 yrs of age or accompanied by an adult or guardian (min. 16 yrs)

500 Drury Lane
Burlington, ON L7R 2X2
phone: (905) 632-5000
fax: (905) 333-1767
burlington_membership@ymca.ca
www.ymcahbb.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)



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 10 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.

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. Children under 7 must be supervised in the water by an adult or guardian (minimum 14 years of age). Children must be signed in and out of instructional programs. 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.

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)	\$31.50	\$378
Child & Youth Family*	\$23.50	\$282
Student (13 years +)	\$36.50	\$438
Student Family	\$27.50	\$330
Plus: Building Fee	\$30	\$30
Student (4 months)		\$160
Adult General	\$48.50	\$582
Adult General Family	\$36.50	\$438
Plus: Building Fee	\$100	\$100
Adult Only (18+)	\$66	\$792
Adult Only (18+) Family	\$50	\$600
Plus: Building Fee	\$100	\$100
Medical Membership (3 month) (call for intake appointment with Wellness Coach)		\$232

*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)	\$11
Kids Pass* (3-12 years)	\$5
Public Swim (taxes included)	
Child	\$2.75
Student	\$3.00
Adult	\$4.00
Family (immediate family)	\$8.50
Aqua Passes (taxes included) (photo ID required)	
AquaFit (20 classes)	\$111
Adult Swim Card (12 swims)	\$42

* 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.

Personal Training

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

Single Fees, taxes included (one on one):

1 session: \$44.50
10 sessions: \$425 (\$42.50/hour)

5 sessions: \$217.50 (\$43.50/hour)
20 sessions: \$830 (\$41.50/hour)

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

1 session: \$31
10 sessions: \$290 (\$29/hour)

5 sessions: \$150 (\$30/hour)
20 sessions: \$560 (\$28/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: \$110 for 5 lessons
Semi-Private: \$78/participant for 5 lessons

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.

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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