



Hamilton Downtown Family YMCA

SCHEDULE

January 8, 2017 - April 1, 2017



MONDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLEFIT	AEROBIC		
5:30 am						
6:00 am						
6:30 am						
7:00 am						Public Lane Swim 5:30-9:55
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am						AquaFit 10:00-10:45
10:30 am						
11:00 am		Open Gym 5:30-6:00		GentleFit 11:00-11:45		Open Swim 11:00-12:00
11:30 am						
12:00 pm				Group Power* 12:15-1:15		Open Swim 11:00-12:55
12:30 pm	Open Gym 5:30-8:30		12:15-1:00			
1:00 pm						Swim to Survive* 1:00-3:00
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						Lane Swim 3:00-5:55
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm		Y Kids 6:00-8:00	6:00-7:00	Group Blast* 6:00-7:00	Y Kids 6:00-8:00	Community Rental* 6:00-7:30
6:30 pm						
7:00 pm				Yoga 7:15-8:15		
7:30 pm						Public Open Swim (1 Lane) 7:30-8:55
8:00 pm						
8:30 pm	Adult Sports (Soccer) 8:30-10:00	Open Gym 8:00-10:00				Lane Swim 9:00-10:00
9:00 pm						
9:30 pm						
10:00 pm						

TUESDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLEFIT	AEROBIC		
5:30 am						
6:00 am						
6:30 am			6:00-7:00			Public Lane Swim 5:30-9:25
7:00 am				HIITFit 6:30-7:30		
7:30 am						
8:00 am						
8:30 am						
9:00 am						Hydrotherapy 9:30-10:15
9:30 am						
10:00 am						Child Care Swim (1 Lane) 10:15-11:00
10:30 am						
11:00 am		Open Gym 5:30-6:00		Balance+ 11:00-12:00		Lane Swim 11:00-12:00
11:30 am						
12:00 pm			12:15-1:00	Zumba* 12:15-1:00		Masters Swim 12:00-12:55
12:30 pm						
1:00 pm						
1:30 pm	Open Gym 5:30-10:00					Swim to Survive* 1:00-3:00
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						Lane Swim 3:00-4:30
4:00 pm				Fit for Function 3:30-4:30		
4:30 pm						
5:00 pm						Open Swim (1 Lane) 4:30-5:55
5:30 pm						
6:00 pm		Y Kids 6:00-8:00	6:00-7:00	Group Power* 6:00-7:00	Y Kids 6:00-8:00	Family Swim Lessons (Reg) 6:00-7:30
6:30 pm						
7:00 pm				Zumba* 7:15-8:15		Adult Swim Lessons 7:30-8:15
7:30 pm						
8:00 pm						
8:30 pm		Adult Sports (Volleyball) 8:30-10:00				
9:00 pm						Public Lane Swim 8:30-10:00
9:30 pm						
10:00 pm						

WEDNESDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLEFIT	AEROBIC		
5:30 am						
6:00 am						
6:30 am						
7:00 am				Group Power* 6:30-7:30		Public Lane Swim 5:30-9:55
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am						AquaFit 10:00-10:45
10:30 am						
11:00 am		Open Gym 5:30-6:00		GentleFit 11:00-11:45		Open Swim (2 Lane) 11:00-12:55
11:30 am						
12:00 pm			12:15-1:00	Group Power* 12:15-1:15		
12:30 pm	Open Gym 5:30-8:30					
1:00 pm						Swim to Survive* 1:00-3:00
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						Open Swim (1 Lane) 3:00-5:00
4:00 pm						
4:30 pm						
5:00 pm						Lane Swim 5:00-5:55
5:30 pm			Cyclefit 5:30-6:30			AquaFit 6:00-6:45
6:00 pm		Y Kids 6:00-8:00		Bootcamp 6:00-7:00	Y Kids 6:00-8:00	Community Rental* 7:00-8:30
6:30 pm						
7:00 pm				Yoga 7:15-8:15		
7:30 pm						
8:00 pm						
8:30 pm	Adult Sports (Soccer) 8:30-10:00	Open Gym 8:00-10:00				Lane Swim 8:30-10:00
9:00 pm						
9:30 pm						
10:00 pm						

THURSDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLEFIT	AEROBIC		
5:30 am						
6:00 am						
6:30 am						Public Lane Swim 5:30-9:25
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am						Hydrotherapy 9:30-10:15
9:30 am						
10:00 am						Child Care Swim (1 Lane) 10:15-11:00
10:30 am						
11:00 am		Open Gym 5:30-6:00		Balance+ 11:00-12:00		Lane Swim 11:00-12:00
11:30 am						
12:00 pm			12:15-1:00	HIITFit 12:15-1:00		Masters Swim 12:00-12:55
12:30 pm						
1:00 pm						
1:30 pm	Open Gym 5:30-10:00					Swim to Survive* 1:00-3:00
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						Lane Swim 3:00-4:30
4:00 pm				Fit for Function 3:30-4:30		
4:30 pm						
5:00 pm						Open Swim (1 Lane) 4:30-5:55
5:30 pm						
6:00 pm		Y Kids 6:00-8:00	6:00-7:00	Group Power* 6:00-7:00	Y Kids 6:00-8:00	Family Swim Lessons (Reg) 6:00-7:30
6:30 pm						
7:00 pm				Zumba* 7:15-8:15		Adult Swim Lessons 7:30-8:15
7:30 pm						
8:00 pm						
8:30 pm		Adult Sports (Volleyball) 8:30-10:00				
9:00 pm						Public Lane Swim 8:30-10:00
9:30 pm						
10:00 pm						

FRIDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLEFIT	AEROBIC		
5:30 am						
6:00 am						
6:30 am				Group Power* 6:00-7:00		Public Lane Swim 5:30-9:55
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am						AquaZumba/AquaFit 10-10:45
10:30 am						
11:00 am						Open Swim (2 Lane) 11:00-12:55
11:30 am						
12:00 pm			12:15-1:00	Group Power* 12:15-1:15		Swim to Survive* 1:00-3:00
12:30 pm	Open Gym 5:30-10:00			Fit for Function** Education 1:00-2:00		
1:00 pm				Fit for Function Drop In 12:00-3:00		
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						Lane Swim 3:00-4:30
3:30 pm						
4:00 pm						Public Lane Swim 4:30-5:55
4:30 pm						
5:00 pm						
5:30 pm			5:30-6:15			
6:00 pm						Public Open Swim (1 Lane) 6:00-7:55
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm		Adult Volleyball 8:30-10:00				Lane Swim 8:00-10:00
9:30 pm						
10:00 pm						

SATURDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLEFIT	AEROBIC		
7:00 am						
7:30 am						Public Lane Swim 7:00-9:15
8:00 am		Open Gym 7:00-9:00				
8:30 am						
9:00 am		Y Kids 9:00-11:15			Y Kids 9:00-11:15	Family Swim Lessons (Reg) 9:30-11:00
9:30 am						
10:00 am				Group Blast* 10:00-11:00		
10:30 am						Community Rental* (1 lane) 11:00-12:00
11:00 am						
11:30 am	YBA (6-9 yr old) 11:30-12:30	Open Gym 11:15-1:00				Community Rental* 12:00-1:30
12:00 pm						
12:30 pm	YBA (10-15 yr old) 12:30-1:30					
1:00 pm						
1:30 pm		Leader Corps (Reg) 1:00-3:00		Karate (Fundamentals) (Reg) 1:00-1:45	Creative Club 1:00-3:00	Open Swim (1 Lane) 1:30-3:30
2:00 pm						
2:30 pm						
3:00 pm				Karate (Advanced) (Reg) 2:00-2:45		
3:30 pm						
4:00 pm						
4:30 pm		Open 1:30-8:00				Public Open Swim (1 Lane) 3:30-7:00
5:00 pm						
5:30 pm		Open Gym 3:00-8:00				
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						Lane Swim 7:00-8:00

SUNDAY

	Main Gym	Auxiliary Gym	Studios		Community Room	Pool
			CYCLEFIT	AEROBIC		
8:00 am						
8:30 am		Open Gym 8:00-9:00				
9:00 am						
9:30 am		Y Kids 9:00-11:15		Group Power 9:00-10:00	Y Kids 9:00-11:15	Public Lane Swim 8:00-12:00
10:00 am				Zumba* 10:15-11:15		
10:30 am						
11:00 am				Yoga 11:30-12:30		
11:30 am						
12:00 pm		Open Gym 11:15-1:00				
12:30 pm						
1:00 pm	Open Gym 8:00-6:00					Public Open Swim (1 Lane) 12:00-3:00
1:30 pm		Birth Party 1:00-3:00			Birth Party 1:00-3:00	
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm		Open Gym 3:00-6:00				Lane Swim 3:00-6:00
4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm						

Legend: Adult (13+) Program Supervised Program Open

* When program not running, Public Open Swim (1 lane)

** Meet in Hamilton Room



Hamilton Downtown 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.

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
Women's Adult Only (18+)	\$66	\$792
Adult Only (18+) Family	\$50	\$600
Plus: Building Fee	\$100	\$100
Men's Membership Plus (18+)**	\$68.50	\$822
Membership Plus (18+) Family**	\$50	\$600
Plus: Building Fee	\$100	\$100
Medical Membership (3 month) (call for intake appointment with Wellness Coach)		\$232

*Tax does not apply to Child & Youth memberships

** Hamilton Downtown only

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.

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.

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

@ymcahbb

