



Les Chater Family YMCA

SCHEDULE

January 8, 2017 - April 1, 2017



MONDAY

Time	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	CycleFit 6:00-6:45					Public Lane 5:30-7:00
6:30 am						
7:00 am				Open Gym 5:30-9:00	Public Open 5:30-10:00	Public Lane 5:30-9:05
7:30 am						
8:00 am						
8:30 am						
9:00 am	BodyFit 9:15-10:15	Kindergym 9:00-11:00		Group Power* 9:15-10:15	Family Swim Lessons 10-10:30	AquaFit 9:15-10:00
9:30 am						
10:00 am	Calisthenics 10:20-10:50			Kindergym 10:30-11:00		Open (2) Lane 10:00-10:45
10:30 am						
11:00 am	Pilates (LiveWell) 11:00-12:00					Hydrotherapy (LiveWell) 10:45-11:30
11:30 am						
12:00 pm			In Motion Education (LiveWell) 12:00-1:00	Open Gym 11:15-1:00	Open 10:30-2:30	Open (3) Lane 11:30-12:00
12:30 pm		Kindergym 12:00-2:00		Kindergym 1:00-2:00		Lane 12:00-2:30
1:00 pm	GentleFit (LiveWell) 1:15-2:15					
1:30 pm						
2:00 pm						
2:30 pm				Balance+ (LiveWell) 2:30-3:30	Public Open 2:30-4:00	Public Open (3) Public Lane 2:30-4:00
3:00 pm						
3:30 pm				Open Gym 3:45-5:00		
4:00 pm						
4:30 pm						
5:00 pm				Zumba* 5:15-6:00	Family Swim Lessons 4:00-7:00	Family Swim Lessons 4:00-7:00
5:30 pm		Y Kids 5:00-8:00	Y Kids 5:00-8:00	Group Power* 6:15-7:15		
6:00 pm	CycleFit 6:15-7:00					
6:30 pm						
7:00 pm	Yoga 7:15-8:15					AquaFit/Aqua Zumba 7:00-7:45
7:30 pm				Adult Sports (Badminton) 7:30-10:00	Public Open 7:00-10:00	Adult Lessons 7:45-8:30 (2) Public Lane 7:45-10:00
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						

FRIDAY

Time	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am						
6:30 am						
7:00 am				Open Gym 5:30-9:00	Public Open 5:30-10:00	Public Lane 5:30-9:05
7:30 am						
8:00 am						
8:30 am						
9:00 am	Fusion Flow 9:15-10:15	Kindergym 9:00-11:00		Group Power* 9:15-10:15	Family Swim Lessons 10-10:30	AquaFit 9:15-10:00
9:30 am						
10:00 am	Calisthenics 10:20-10:50			Kindergym 10:30-11:00		Open (2) Lane 10:00-10:45
10:30 am						
11:00 am	Pilates (LiveWell) 11:00-12:00					Hydrotherapy (LiveWell) 10:45-11:30
11:30 am						
12:00 pm				Open Gym 11:15-12:45	Open 10:30-3:00	Open (3) Lane 11:30-12:00
12:30 pm		Kindergym 12:00-2:00		Kindergym 1:00-2:00		Lane 12:00-3:00
1:00 pm	GentleFit (LiveWell) 1:15-2:15					
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm				Open Gym 2:15-5:45	Public Open 3:00-4:00	Public Open (3) Public Lane 3:00-4:00
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm				Family Swim Lessons 4:00-7:00		Family Swim Lessons 4:00-7:00
5:30 pm		Leader Corps 5:00-7:00				
6:00 pm	Yoga 6:00-7:00					H2O Leaders 7:00-8:00 Private Swim Lessons 7:00-7:45
6:30 pm						
7:00 pm				Youth Night 7:00-8:00		Youth Night 8:00-9:00
7:30 pm		Youth Night 7:00-9:15				
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						

Fit for Function (LiveWell) - 2:00-3:00pm, Fitness Floor

TUESDAY

Time	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am				Group Power* 5:45-6:45		Public Lane 5:30-7:00
6:30 am						
7:00 am					Public Open 5:30-10:00	AquaFit (1) Public Lane 7:00-7:45
7:30 am	Healthy Hearts/ LiveWell with Diabetes/CanWell (LiveWell) 8:00-9:20			Open Gym 7:00-9:00		Public Open (2) Public Lane 7:45-9:05
8:00 am						
8:30 am						
9:00 am	CycleFit 9:30-10:30	Kindergym 9:00-11:00		Group Blast* 9:15-10:15	Family Swim Lessons 10-10:30	AquaFit 9:15-10:00
9:30 am				Kindergym 10:30-11:00		Open (2) Lane 10:00-10:45
10:00 am						
10:30 am	Healthy Hearts/ LiveWell with Diabetes/CanWell (LiveWell) 10:40-12:00			Open Gym 11:15-12:45	Child Care 10:30-11:30	Hydrotherapy (LiveWell) 10:45-11:30
11:00 am						
11:30 am						
12:00 pm						
12:30 pm		Kindergym 12:00-2:00		Kindergym 1:00-2:00	Open 11:30-2:30	Open (3) Lane 11:30-12:00
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm			Fit for Function Education (LiveWell) 2:15-3:15 bi-weekly	Open Gym 2:15-4:45	Public Open 2:30-4:00	Public Open (3) Public Lane 2:30-4:00
3:00 pm						
3:30 pm	Fit for Function (LiveWell) 3:30-4:30					
4:00 pm						
4:30 pm						
5:00 pm	Fusion Flow 5:15-6:00	Y Kids 5:00-8:00	Y Kids 5:00-8:00	YBA (6-9 yrs) 5:00-6:00	Family Swim Lessons 4:00-7:00	Family Swim Lessons 4:00-7:00
5:30 pm				Group Blast* 6:15-7:15		
6:00 pm	RevFit 6:15-7:15					
6:30 pm						
7:00 pm				Y Kids 7:30-8:00		AquaFit 7:00-7:45
7:30 pm						
8:00 pm	Adult Karate 8:15-9:00			Youth Basketball (12-17 yrs) 8:15-10:00	Public Open 7:00-10:00	Adult Lessons 7:45-8:30 (2) Public Lane 7:45-10:00
8:30 pm						
9:00 pm						
9:30 pm						

Mobility+ (LiveWell) 1:00-3:00pm, Fitness Centre | Y Fit 4 U (LiveWell) 5:00-7:00pm, Fitness Centre

SATURDAY

Time	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
7:00 am				Open Gym 7:00-7:45	Public Open 7:00-9:00	Public Lane 7:00-7:55
7:30 am						
8:00 am				Hiit Fit 8:15-9:00		AquaFit 8:00-8:45
8:30 am						
9:00 am	CycleFit 9:15-10:15	Y Kids 9:00-12:00	Y Kids 9:00-12:00	Group Power* 9:15-10:15	Family Swim Lessons 9:00-12:45	Family Swim Lessons 9:00-12:45
9:30 am				Y Kids 10:30-11:00		
10:00 am	Yoga 10:30-11:30			YBA (6-9 yrs) 11:00-11:45 (10-13 yrs) 12:00-12:45		
10:30 am						
11:00 am						
11:30 am						
12:00 pm						
12:30 pm	Youth Action Tri. Club 12:30-1:30					
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm		Birthday Parties 12:00-6:30	Birthday Parties 12:00-6:30	Birthday Parties 1:00-5:45	Open 12:45-3:00	Private Swim Lessons 12:45-1:30
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm						
6:30 pm				Adult Sports (TBD) 6:00-8:00	Public Open 3:00-8:00	(2) Public Lane 3:00-8:00
7:00 pm						
7:30 pm						

Legend: Adult Group Fitness Class Supervised Program Open

HOLIDAY SCHEDULE

Group Fitness Class (Contact Branch for details)- 9:15-10:15am
Open Gym 10:30am-5:00pm

Small Pool: 8:00am-1:00pm Open
1:00-5:00pm Public Open

Large Pool: 8:00-11:00am Lane
11:00am-1:00pm Open
1:00-5:00pm Public Open

Statutory Holiday/Long Weekend Schedule: Fitness Class Schedule may be reduced over Statutory Holiday/Long weekends. Please contact branch for details or visit ymcahb.ca

WEDNESDAY

Time	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	CycleFit 6:00-6:45					Public Lane 5:30-7:00
6:30 am						
7:00 am				Open Gym 5:30-9:00	Public Open 5:30-10:00	Public Lane 5:30-9:05
7:30 am						
8:00 am						
8:30 am						
9:00 am	BodyFit 9:15-10:15	Kindergym 9:00-11:00		Group Power* 9:15-10:15	Family Swim Lessons 10-10:30	AquaFit 9:15-10:00
9:30 am				Kindergym 10:30-11:00		Open (2) Lane 10:00-10:45
10:00 am	Calisthenics 10:30-11:00			Open Gym 11:15-12:00	Child Care 10:30-11:30	Hydrotherapy (LiveWell) 10:45-11:30
10:30 am						
11:00 am	Pilates (LiveWell) 11:00-12:00					
11:30 am						
12:00 pm				WalkFit (LiveWell) 12:15-1:00	Open 11:30-2:30	Open (3) Lane 11:30-12:00
12:30 pm		Kindergym 12:00-2:00		Kindergym 1:15-2:00		Lane 12:00-1:00
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm				Balance+ (LiveWell) 2:30-3:30	Public Open 2:30-4:00	Public Open (3) Public Lane 2:30-4:00
3:00 pm						
3:30 pm				Open Gym 3:45-4:45		
4:00 pm						
4:30 pm				YHL (10-13 yrs) 5:00-6:00	Family Swim Lessons 4:00-7:00	Family Swim Lessons 4:00-7:00
5:00 pm	CycleFit 5:15-6:00	Y Kids 5:00-8:00	Y Kids 5:00-8:00	Group Power* 6:15-7:15		
5:30 pm						
6:00 pm	Zumba* 6:15-7:00			YBA (10-13 yrs) 7:30-8:30		AquaFit/Aqua Zumba 7:00-7:45
6:30 pm						
7:00 pm	Fusion Flow 7:15-8:15					
7:30 pm						
8:00 pm						
8:30 pm				Adult Sports (Volleyball) 8:45-10:00	Public Open 7:00-10:00	Public Open 7:45-10:00
9:00 pm						
9:30 pm						

Diabetes Education (LiveWell) 6:30-8:30pm, Library Room bi-monthly - see Membership Desk for dates

SUNDAY

Time	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
8:00 am				Open Gym 8:00-9:00	Open 8:00-9:00	Lane 8:00-9:00
8:30 am						
9:00 am	CycleFit 9:15-10:15	Y Kids 9:00-12:00	Y Kids 9:00-12:00	Group Blast* 9:15-10:15	Family Swim Lessons 9:00-12:45	Family Swim Lessons 9:00-12:45
9:30 am				Y Kids 10:30-11:00		
10:00 am				YBA (6-9 yrs) 11:00-11:45 (10-13 yrs) 12-12:45		
10:30 am						
11:00 am	Karate (Advanced) 11:00-11:45					
11:30 am						
12:00 pm	Karate (Fundamentals) 12:00-12:45					
12:30 pm						
1:00 pm	Karate (Fundamentals) 1:00-1:45					
1:30 pm						
2:00 pm		Birthday Parties 12:30-4:00	Birthday Parties 12:30-4:00	Karate (Fundamentals) 2:00-2:45	Public Open 12:45-2:45	(Public Open 1:45-2:45) (2) Public Lane 1:45-2:45
2:30 pm				Karate (Advanced) 3:00-3:45		
3:00 pm				Karate (Fundamentals) 4:00-4:45	Family Swim Lessons 2:45-5:45	Family Swim Lessons 2:45-5:45
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm				Karate (Fundamentals) 5:00-5:45		
5:30 pm						

Play Centre

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

Hours of Service:

Mon-Fri	9:00 am - 12:00 pm
Mon, Wed, Th	5:00 pm - 8:30 pm
Tu	5:00 pm - 8:00 pm
Fri	5:30 pm - 7:00 pm
Sat	9:00 am - 12:00 pm
Sun	9:00 am - 12:00 pm
Holidays	9:00 am - 12:00 pm

THURSDAY

Time	Studio
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Les Chater 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
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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