



YMCA of
Hamilton | Burlington | Brantford

Summer 2023



My 

**Summer is here and so is the Y!
There are many ways to stay active at the Y this summer.
Learn more below.**

Help send a child to camp

The pandemic has been devastating for youth mental health. Levels of anxiety and depression have skyrocketed among Canadian youth.

Studies show that time at summer camp improves self-esteem, peer relationships, physical skills, leadership abilities and more.

Unfortunately the cost is a barrier for many families.

Donate today to help send a child to camp and change their life.

[DONATE NOW](#)



Canada Day Weekend Holiday Hours

Saturday, July 1
8am - 2pm

Sunday, July 2
8am - 2pm

Holiday Hours

Please note that holiday hours are in effect for Canada Day Weekend. Saturday, July 1 and Sunday, July 2, YMCA branches will be open from 8am - 2pm. Check your schedule for modified times.

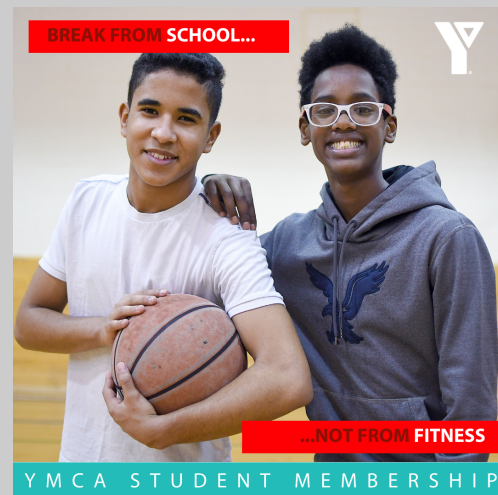
[SCHEDULES](#)

Summer Teen Memberships

The YMCA is a great place for teens to spend their summer and stay active. We have a special student membership to keep you moving 2 months for just \$60.

Starting July 1st.

[GET STARTED](#)





Swim Lesson Reports Available

Thanks to all of our young swimmers for challenging themselves while building new swim skills this session. Your report cards are now available.

Remember there are no swim lessons during the week of June 26 - July 2. The next session begins July 3rd.

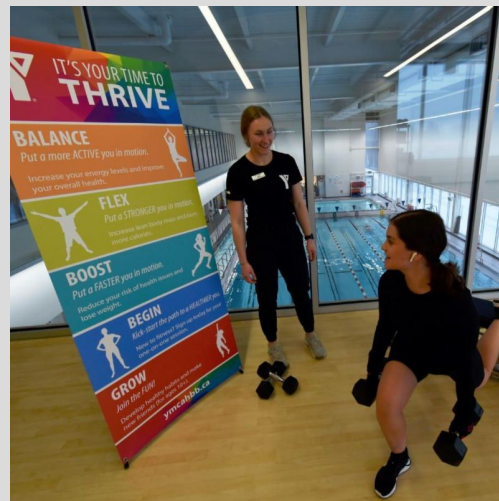
Did you know more than 3,700 children learn to swim at the YMCA each season?

[CHECK REPORTS](#)

Which YThrive Program is Right for You?

YThrive features 5 unique streams of workouts for you to choose from based on your health and fitness goals. But which one is right for you? Take our YThrive Q to help you narrow down what stream is best for you. YThrive workout plans and Fitness Coaching is included in the price of your membership.

[YTHRIVE QUIZ](#)



Summer Half-Day Programs for Kids

YMCA Summer Fun Half-Day Programs are designed to provide an enriching summer experience for children ages 3 - 6 and 7 - 12. Join us for weekly themes, activities, crafts, gym games and more.

Offered at the Flamborough Family YMCA and Laurier Brantford YMCA.

Registration is required.

[REGISTER NOW](#)



Lifeguard Scholarships Available

We're pleased to offer a Lifeguard Certifications Scholarship to youth ages 13+ to help them gain the necessary skills and certifications to become employed as a YMCA swim instructor and lifeguard.

We're committed to removing any barriers to participation to support equity deserving groups.

Scholarships are made possible from our funders: Canadian Tire Jumpstart and McCall Macbain Foundation.



[APPLY NOW](#)



Do you suffer from lower back pain?

Join our new 12-week exercise program in partnership with McMaster University.

BACK TO LIVING WELL



Help for back pain is here

The YMCA has partnered with McMaster University to develop and deliver this program designed for those with lower back pain. This program is offered twice a week for 12 weeks and includes both individualized exercise, group functional exercise and virtual self-management education. Registration is required.

There is an option to take part in a research study.

[REGISTER NOW](#)

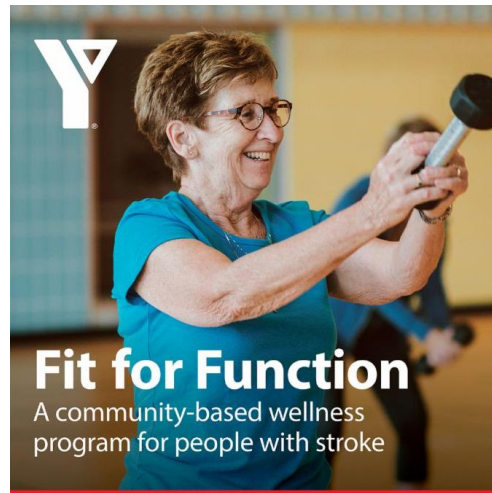


Stroke recovery support

Registration is now open for Fit for Function, designed for individuals 18+, living with the effects of a stroke. The program runs for 12 weeks at the Les Chater Family YMCA and Laurier Brantford YMCA.

Physician's clearance is required.

[LEARN MORE](#)



For questions or to participate, contact GERAS Centre Research at 905-521-2100 ext. 12437

Are you an older adult who wants to improve your health and maintain strength?

The Optimal Fitness Study is looking for older adults (aged 65+) who have lost energy/strength (e.g. difficulty climbing stairs or slow walking speed) and want to improve physical function. Enrollment is FREE!

Your participation will involve:

- Eligibility assessment (15 mins)
- Clinical pre-assessment (1-hour)
- Study participation for 4 months
- Clinical post-assessment (1-hour)

Thank you to the Hamilton Jewish Federation!

In December 2022, the Hamilton Jewish Federation volunteers helped to fundraise and serve dinner to the 174 men that call the YMCA their home. This committed group raised \$4,000 towards this holiday dinner. This meal was catered by Second Helpings, an organization that donates a meal for every meal catered. As a result of these wonderful organizations coming together, a second dinner will be provided to residents on Saturday, June 24. If you or someone you know is interested in supporting the YMCA with food security for our YMCA Men's Residence, please contact us. We can all make a difference.



[DONATE NOW](#)



Our Charitable Mission

The YMCA of Hamilton | Burlington | Brantford is a charitable organization helping people achieve personal growth in spirit, mind and body.

YMCAHBB.CA

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Charitable Registration #10808 3825 RR0001

