

Schedule at a Glance

MONDAY

	Gym	Multi -Purpose	Play Center	Studio
5:30 am				
6:00 am				
6:30 am	Open Gym 5:30-9:00			
7:00 am				
7:30 am				
8:00 am				
8:30 am				
9:00 am	Y Kids Program 9:00-10:00			Cardio Kickboxing 9:15-10:05
9:30 am		Y Kids Program 10:00-10:45	Child Minding 9:00-1:00	Woman and Weights 10:10-11:05
10:00 am				
10:30 am	Kinder Gym 10:45-11:30			
11:00 am				
11:30 am				
12:00 pm				Abs Plus 12:10-12:50
12:30 pm				
1:00 pm				
1:30 pm				
2:00 pm				
2:30 pm				
3:00 pm	Open Gym 1:00-6:00			
3:30 pm				
4:00 pm				
4:30 pm				
5:00 pm				High / Low 5:00-6:00
5:30 pm				Step 6:10-7:10
6:00 pm	Y Kids Programs 6:00-8:00	Y Kids Programs 6:00-8:00	Child Minding 5:00-8:30	Specialty Programming 7:15-8:15
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				
10:00 pm				

TUESDAY

	Gym	Multi -Purpose	Play Center	Studio
5:30 am				
6:00 am				
6:30 am				
7:00 am	Open Gym 5:30-9:00			
7:30 am				
8:00 am				
8:30 am				
9:00 am	Y Kids Program 9:00-10:00			Step 9:15-10:05
9:30 am		Y Kids Program 10:00-10:45	Child Minding 9:00-1:00	Abs Plus 10:10-11:05
10:00 am				
10:30 am	Toddler Time 10:45-11:30			
11:00 am				
11:30 am				
12:00 pm				Cycle 12:10-12:50
12:30 pm				
1:00 pm				
1:30 pm				
2:00 pm				
2:30 pm	Open Gym 11:30-6:00			
3:00 pm				
3:30 pm				
4:00 pm				
4:30 pm				
5:00 pm				
5:30 pm				Cardio Challenge with Abs plus 5:30-6:30
6:00 pm				
6:30 pm	Y Kids Programs 6:00-8:00	Leader Corps. 6:00-7:00	Y Kids Programs 6:00-8:00	Child Minding 5:00-8:30
7:00 pm				Tai Chi-Beginners 7:00-7:45
7:30 pm				Tai Chi-Intermediate 7:45-8:30
8:00 pm				
8:30 pm		Youth Action 7:00-8:00 (Wellness Center)		
9:00 pm	Open Gym 8:30-10:00			
9:30 pm				
10:00 pm				

WEDNESDAY

	Gym	Multi -Purpose	Play Center	Studio
5:30 am				
6:00 am				
6:30 am				
7:00 am	Open Gym 5:30-9:00			
7:30 am				
8:00 am				
8:30 am				
9:00 am	Y Kids Program 9:00-10:00			Cyclefit 9:15-10:15
9:30 am		Y Kids Program 10:00-11:00	Child Minding 9:00-1:00	Stretch and Tone 10:10-11:05
10:00 am				
10:30 am				
11:00 am				
11:30 am				
12:00 pm				Body Flex 12:10-12:50
12:30 pm				
1:00 pm				
1:30 pm	Open Gym 10:00-6:00			
2:00 pm				
2:30 pm				
3:00 pm				
3:30 pm				
4:00 pm				
4:30 pm				
5:00 pm				
5:30 pm				Boot Camp 5:30-6:30
6:00 pm				
6:30 pm	Y Kids Programs 6:00-8:00	Y Kids Programs 6:00-8:00	Child Minding 5:00-8:30	Yoga Fit 6:45-8:00
7:00 pm				
7:30 pm				
8:00 pm				
8:30 pm	Open Gym 8:30-10:00			
9:00 pm				
9:30 pm				
10:00 pm				

THURSDAY

	Gym	Multi -Purpose	Play Center	Studio
5:30 am				
6:00 am				
6:30 am				
7:00 am	Open Gym 5:30-9:00			
7:30 am				
8:00 am				
8:30 am				
9:00 am	Y Kids Program 9:00-10:00			Body Flex 9:15-10:05
9:30 am		Y Kids Program 10:00-10:45	Child Minding 9:00-11:30	Parent and Tots 10:10-11:05
10:00 am				
10:30 am	Tumble Tots 10:45-11:30			
11:00 am				
11:30 am				
12:00 pm				Step 12:10-12:50
12:30 pm				
1:00 pm				
1:30 pm	Open Gym 11:45-6:00			
2:00 pm				
2:30 pm				
3:00 pm				
3:30 pm				
4:00 pm				
4:30 pm				
5:00 pm				
5:30 pm				Cycle 5:30-6:30
6:00 pm				
6:30 pm	Y Kids Programs 6:00-8:00	Y Kids Programs 6:00-8:00	Child Minding 5:00-8:30	Fusion Flow 6:45-7:45
7:00 pm				
7:30 pm				
8:00 pm				
8:30 pm	Open Gym 8:00-10:00			
9:00 pm				
9:30 pm				
10:00 pm				

FRIDAY

	Gym	Multi -Purpose	Play Center	Studio
5:30 am				
6:00 am				
6:30 am	Open Gym 5:30-9:00			
7:00 am				
7:30 am				
8:00 am				
8:30 am				
9:00 am	Y Kids Program 9:00-10:00			Fusion Flow 9:15-10:05
9:30 am		Y Kids Program 10:00-10:45	Child Minding 9:00-11:30	Gentle Fit 10:10-11:05
10:00 am				
10:30 am	Kinder Gym 10:45-11:30			
11:00 am				
11:30 am				
12:00 pm				Cycle 12:10-12:50
12:30 pm				
1:00 pm				
1:30 pm	Open Gym 11:30-6:00			
2:00 pm				
2:30 pm				
3:00 pm				
3:30 pm				
4:00 pm				
4:30 pm				
5:00 pm				
5:30 pm				Core Strength and Stability 5:30-6:20
6:00 pm				
6:30 pm	Y Kids Programs 6:00-8:00	Y Kids Programs 6:00-8:00	Child Minding 5:00-8:30	Family Fitness Class 6:25-7:10
7:00 pm				
7:30 pm				
8:00 pm				
8:30 pm	Open Gym 8:00-10:00			
9:00 pm				
9:30 pm				
10:00 pm				

SATURDAY

	Gym	Multi -Purpose	Play Center	Studio
7:00 am				
7:30 am	Open Gym 7:00-9:00			
8:00 am				
8:30 am				
9:00 am				
9:30 am				Pump and Pedal 8:30-9:30
10:00 am	Y Kids Programs 9:00-12:00	Y Kids Programs 9:00-12:00	Child Minding 8:30-12:00	Karate 9:45-11:00
10:30 am				
11:00 am				
11:30 am				
12:00 pm				
12:30 pm				Cardio Kick Boxing 12:30-1:30
1:00 pm				
1:30 pm				
2:00 pm				
2:30 pm				
3:00 pm				
3:30 pm				
4:00 pm	Open Gym 12:30-8:00			
4:30 pm				
5:00 pm				
5:30 pm				
6:00 pm				
6:30 pm				
7:00 pm				
7:30 pm				
8:00 pm				

SUNDAY

	Gym	Multi -Purpose	Play Center	Studio
8:00 am	Open Gym 8:00-9:00			
8:30 am				
9:00 am				
9:30 am	Family Only 9:00-11:30			
10:00 am				
10:30 am				
11:00 am				
11:30 am				
12:00 pm				
12:30 pm				
1:00 pm	Open Gym 11:30-6:00	Birthday Parties 10:30-6:00		
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				
6:00 pm				

HOLIDAY

	Gym	Multi -Purpose	Play Center	Studio
8:00 am				
8:30 am				
9:00 am				
9:30 am				
10:00 am			Child Minding 9:00-11:30	
10:30 am				
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				

Legend: Adult Group Fitness Class Supervised Program Open



YMCA
We build strong kids,
strong families, strong communities.

YMCA Memberships

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:

- Unlimited adult fitness classes
- Access to programs at all YMCA of Hamilton/Burlington/Brantford facilities
- Free drop-in classes
- Discounted specialty program rates
- 2 free personal training sessions
- Open gym time
- All recreational sports
- Use of day lockers and General Change Rooms
- Unlimited guest passes
- Canada-wide YMCA usage

Memberships for Children include:

- Unlimited drop-in programs
- Recreational gym times
- Member's discount on certification programs
- Reduced rate for special holiday / March Break / PA Day branch programs

Membership Rates

Membership	Monthly (+Tax)
Family*	\$68.58
Adult (18 +)	\$36.05
Student (14 +)	\$30.48
Child (13 years & under) **	\$20.00

Membership Upgrades	
Adult only:	\$20.00 per month extra
Swim Lessons:	\$10.00 Per child per month (one lesson per week at the branch of your choice)

* Family Memberships include 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 card.

** Tax does not apply to Child Memberships

A \$3.00 admin charge will be applied to all monthly memberships.

Payment Options

Your YMCA membership fees can be paid through monthly pre-authorized chequing directly from a bank account or VISA or MasterCard. Membership can also be paid in full by cash, cheque, debit, VISA or MasterCard.

Note: All monthly YMCA memberships will be automatically renewed annually through a pre-authorized plan.

Cancellation & Refund Policy

There is no cancellation fee, however, written notification and your membership cards must be returned 5 days before your withdrawal date in order to cancel a membership. Refunds are completed upon written notification for any unused portion of prepaid membership. Please allow 2 – 3 weeks for processing.

Other Ways to Access the YMCA

Day Passes	
Child (0-13 years)	\$5
Adults (14+ years)	\$10
Family	\$15

Medical Membership

This membership is designed for those with medical conditions such as osteopenia, osteoporosis, osteoarthritis, joint replacements, post cardiac conditions, chronic pain, and obesity.

Doctor referral and medical screening with YMCA staff are required. You will be partnered with one of our Wellness Coaches for the duration of your Medical Membership. 3 Month Medical Membership: \$225 + GST. To book an appointment, phone: 519-752-6568.

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.

Fitness Centre Etiquette

As a YMCA member, I will...

- Ensure that all members have access to equipment by limiting my use to 30 minutes per piece of fitness equipment. I will use the sign up board provided and monitored by YMCA staff.
- I will help maintain a high standard of cleanliness for everyone by using the spray bottles provided to wipe down equipment after each use.
- I will return free weights to their stands after each use.
- I will offer to share strength conditioning equipment in between sets, when others are waiting to use it.

Fitness Centre access and fitness classes are for individuals 13 years of age or older. Upon completion of an education program youth between the ages of 10-13 will be able to access the fitness centre independently.

Personal Training

Personal training at the YMCA is exclusive to YMCA Personal Trainers. Our Certified Personal Trainers can help you achieve the results you want, regardless of your fitness level, by creating a program specifically for you.

Fees: 1 session \$40/hour 5 sessions \$39/hour
10 sessions \$38/hour 20 sessions \$37/hour

Holidays	PA Days
<ul style="list-style-type: none"> • <i>Thanksgiving Day</i> - Monday, October 12th • <i>Boxing Day</i> - Saturday, December 26th Facility open 8am-5pm No programs running	Monday November 16th, 2009 Friday December 4th, 2009 Friday April 16th, 2010
<ul style="list-style-type: none"> • <i>Christmas Day</i>: Friday, December 25th Facility open 11am-2pm No programs running	



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