

Schedule at a Glance

MONDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					Public Lane Swim 5:30-8:00
6:30 am					Water Walking (1 Lane) 7:30-8:00
7:00 am		Cyclefit** 7:00-7:45			
7:30 am					
8:00 am					Lane Swim 8:00-9:00
8:30 am					
9:00 am					AquaFit 9:00-9:45
9:30 am	Cardio Challenge 9:15-10:15	Movin' & Groovin' 9:00-10:30	Pre-School/Toddler Explorers (Reg.) 9:00-11:30	Fusion Flow** 9:15-10:15	Public Open Swim 10:00-10:45
10:00 am					Swim Lessons (Reg.) 10:45-11:30
10:30 am	Kinder Gym 10:30-12:00	Cyclefit** 10:45-11:30		Yoga 10:30-12:00	Splash./Bub. 11:00-11:30
11:00 am					
11:30 am					Lane Swim 11:35-12:40
12:00 pm					
12:30 pm					Aqua Ease 12:45-1:30
1:00 pm					
1:30 pm					AquaFit 1:30-2:15
2:00 pm					
2:30 pm					Public Open Swim 2:15-4:00
3:00 pm	Low Impact 3:00-4:00				
3:30 pm					
4:00 pm					Lane Swim 4:00-5:00
4:30 pm					
5:00 pm					
5:30 pm				Yoga Fit 5:30-6:30	Swim Lessons (Reg.) 5:15-7:30
6:00 pm	Step 6:00-7:00	Cyclefit** 6:00-6:45	Y Kids (3-12 yrs) 6:00-8:00	Judo (Reg.) (Intro) 6:45-8:00	
6:30 pm	Y Kids (3-12 yrs) 7:00-8:00	Cyclefit** 7:00-7:45			AquaFit 7:45-8:30
7:00 pm				Judo (Reg.) (Adv.) 8:00-9:30	Public Lane Swim 8:30-9:30
7:30 pm					
8:00 pm	Adult Volleyball (18+) 8:00-10:00	Total Body Tone (Express) 8:00-8:30			
8:30 pm					
9:00 pm					
9:30 pm					
10:00 pm					CLOSED

TUESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am		Cyclefit** 5:45-6:30			Public Lane Swim 5:30-6:40
6:00 am					
6:30 am					Lane Swim (Sept. 8-29) Central Swim Team/Lane Swim (starting Oct. 6) 6:45-7:35
7:00 am				Body Flex 7:00-8:00	
7:30 am					
8:00 am					Public Lane Swim 7:45-9:00
8:30 am					
9:00 am	Total Body Tone 9:15-10:15	Cyclefit** 9:15-10:00	Pre-School Explorers (Reg.) 9:00-11:30	Indoor Playground 9:30-11:00	AquaFit 9:00-9:45
9:30 am					Open Swim 10:00-10:45
10:00 am					Swim Lessons (Reg.) 10:45-11:30
10:30 am					
11:00 am					Lane Swim 11:35-1:10
11:30 am				Stretch and Tone 12:00-1:00	
12:00 pm					
12:30 pm					HydroTherapy 1:15-2:00
1:00 pm	West Gym Kinder Gym 1:00-3:00	East Gym Y Kids (6-12 yrs) 1:00-3:00		Y Kids (6-12 yrs) 2:00-3:00	Swim Lessons (Reg.) 2:00-2:45
1:30 pm					
2:00 pm					Open Swim 3:00-4:00
2:30 pm					Public Open Swim 4:00-5:00
3:00 pm					
3:30 pm					Swim Lessons (Reg.) 5:15-7:30
4:00 pm					
4:30 pm					
5:00 pm					
5:30 pm					Swim Lessons (Reg.) 5:15-7:30
6:00 pm				Body Flex 6:00-7:00	
6:30 pm	Y Kids (3-12 yrs) 6:00-8:00	Cyclefit** 6:00-6:45	Y Kids (3-12 yrs) 6:00-8:00		Triathlon (Reg.) (10-15 yrs) 7:30-8:30
7:00 pm		Cardio Kickbox** 7:00-8:00			Masters Swim/Lane Swim 8:30-9:30
7:30 pm				Yoga 7:30-9:00	
8:00 pm					
8:30 pm	Open Basketball 8:00-10:00				
9:00 pm					
9:30 pm					
10:00 pm					CLOSED

WEDNESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					Public Lane Swim 5:30-8:00
6:30 am					Water Walking (1 Lane) 7:30-8:00
7:00 am		Cyclefit** 7:00-7:45			
7:30 am					
8:00 am					Lane Swim 8:00-10:00
8:30 am				Core Str. & Sta. 8:30-9:00	
9:00 am	Cardio Challenge 9:15-10:15	Movin' & Groovin' 9:00-10:30	Pre-school/Toddler Explorers (Reg.) 9:00-11:30	Bodyflex 9:15-10:15	Public Open Swim 10:00-10:45
9:30 am				Yoga Fit 10:30-11:30	Swim Lessons (Reg.) 10:45-11:30
10:00 am					
10:30 am					
11:00 am	Kinder Gym 10:30-12:00				
11:30 am					Lane Swim 11:35-12:40
12:00 pm					
12:30 pm		Line Dancing 12:15-1:15			Aqua Ease 12:45-1:30
1:00 pm					
1:30 pm					AquaFit 1:30-2:15
2:00 pm					Public Open Swim 2:15-3:30
2:30 pm					
3:00 pm					Public Open Swim (Sept. 9-30) Central Swim (Oct. 7) 3:30-4:30
3:30 pm					Public Open Swim 4:30-5:15
4:00 pm					Swim Lessons (Reg.) 5:15-6:45
4:30 pm					Family Water Sports 6:45-7:45
5:00 pm					AquaFit Boot Camp 7:45-8:30
5:30 pm					
6:00 pm	Low Impact 6:00-7:00	Cyclefit** 6:00-6:45		Total Body Tone (Express) 6:00-6:30	
6:30 pm					
7:00 pm	Family Open Gym 7:00-8:00				
7:30 pm					
8:00 pm					
8:30 pm	Open Basketball 8:00-10:00				Masters Swim 8:30-9:30
9:00 pm					
9:30 pm					
10:00 pm					CLOSED

THURSDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am		Cyclefit** 5:45-6:30			Public Lane Swim 5:30-6:40
6:00 am					
6:30 am					Lane Swim (Sept. 10-Oct 1) Central Swim Team/Lane Swim (starting Oct. 8) 6:45-7:35
7:00 am					
7:30 am					
8:00 am					Public Lane Swim 7:45-8:55
8:30 am					
9:00 am	Total Body Tone 9:15-10:15	Cyclefit** 9:15-10:00	Pre-School Explorers (Reg.) 9:00-11:30		AquaFit 9:00-9:45
9:30 am					Lane Swim 10:00-10:45
10:00 am					Swim Lessons (Reg.) 10:45-11:30
10:30 am	Low Impact 10:30-11:30			Fusion Flow** 10:30-11:30	
11:00 am					
11:30 am					Public Lane Swim 11:35-1:10
12:00 pm					
12:30 pm					HydroTherapy 1:15-2:00
1:00 pm					
1:30 pm	West Gym Kinder Gym 1:00-3:00	East Gym Y Kids (6-12 yrs) 1:00-3:00		Y Kids (6-12 yrs) 2:00-3:00	AquaFit (Family) 2:00-2:45
2:00 pm					
2:30 pm					Open Swim 3:00-4:00
3:00 pm					Public Open Swim 4:00-5:00
3:30 pm					
4:00 pm					Public Open Swim 4:00-5:00
4:30 pm					
5:00 pm					Karate (Reg.) (6-12 yrs) 4:45-7:35
5:30 pm					Swim Lessons (Reg.) 5:15-7:30
6:00 pm					
6:30 pm					
7:00 pm	Y Kids (3-12 yrs) 7:00-8:00	Cyclefit** 7:00-7:45	Y Kids (3-12 yrs) 6:00-8:00		
7:30 pm					Karate (Reg.) (13+) 7:45-8:45
8:00 pm					
8:30 pm	Open Basketball 8:00-10:00	Total Body Tone (Express) 8:00-8:30			AquaFit 7:45-8:30
9:00 pm					Lane Swim 8:30-9:30
9:30 pm					
10:00 pm					CLOSED

FRIDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
5:30 am					
6:00 am					Public Lane Swim 5:30-8:00
6:30 am					Water Walking (1 Lane) 7:30-8:00
7:00 am				Body Flex 7:00-8:00	
7:30 am					
8:00 am					Lane Swim 8:00-10:00
8:30 am					
9:00 am					
9:30 am	Cardio Challenge 9:15-10:15	Movin' & Groovin' 9:00-10:30	Pre-School/Toddler Explorers (Reg.) 9:00-11:30		Public Open Swim 10:00-10:45
10:00 am					Swim Lessons (Reg.) 10:45-11:30
10:30 am	Kinder Gym 10:30-12:00			Yoga 10:30-12:00	Splash./Bub. 11:00-11:30
11:00 am					
11:30 am					Lane Swim 11:35-12:40
12:00 pm					
12:30 pm	Stretch & Tone 12:00-1:00				Aqua Ease 12:45-1:30
1:00 pm					
1:30 pm					AquaFit 1:30-2:15
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					
5:00 pm					Open Swim 2:15-6:15
5:30 pm					
6:00 pm	Leader Corps (Reg.) 5:30-7:30	Fusion Flow** 6:00-7:00	Leader Corps (Reg.) 5:30-7:30		
6:30 pm					H2O Leaders (Reg.) 6:30-7:30
7:00 pm					
7:30 pm	Youth Sports 7:30-8:30	Youth Night 7:45-8:30		Thowin' the Horns 5:30-11:30 (3rd Friday each month)	Youth Water Sports 7:30-8:30
8:00 pm					
8:30 pm					Public Open Swim 8:30-9:30
9:00 pm	Youth Basketball 8:30-10:00				
9:30 pm					
10:00 pm					CLOSED

SATURDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
7:00 am					
7:30 am					Public Lane Swim 7:00-8:25
8:00 am	Low Impact (Group Walk) 8:00-9:00				
8:30 am	Cardio Challenge 9:30-10:30	Cyclefit** 9:15-10:00	Pre-School Explorers (Reg.) 9:00-11:30		AquaFit Boot Camp 8:30-9:15
9:00 am					
9:30 am					
10:00 am					
10:30 am				Y Kids (6-12 yrs) 10:30-11:30	Swim Lessons (Reg.) 9:15-12:15
11:00 am					Splash./Bub. 11:00-11:30
11:30 am					
12:00 pm	YBA (Reg.) (6-9 yrs) 11:30-12:45				Public Open Swim 12:30-2:30
12:30 pm					Adult Swim Lessons 1:15-2:00
1:00 pm	YBA (Reg.) (10-12 yrs) 1:00-2:30	Y Kids (3-5 yrs) 1:00-2:00	Pre-School Explorers (Reg.) 1:00-3:30		
1:30 pm		Y Kids (6-12 yrs) 2:00-3:00			
2:00 pm	YBA (Reg.) (13-16 yrs) 2:45-3:30				Swim Lessons (Reg.) 2:45-3:30
3:00 pm					
3:30 pm					
4:00 pm					Open Swim 3:30-5:00
4:30 pm					
5:00 pm					
5:30 pm	Birthday Parties East Gym 5:00-6:00			Birthday Parties 4:00-8:00	Public Open Swim 5:00-7:30
6:00 pm					
6:30 pm					
7:00 pm					
7:30 pm					
8:00 pm					CLOSED

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.

Pool is closed as of 9:30pm Mon-Fri, 7:30pm Sat, and 4:30pm holiday schedule

SUNDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
8:00 am					Public Lane Swim 8:00-9:00
8:30 am					
9:00 am					
9:30 am	Step 9:30-10:30	Cyclefit** 9:30-10:30			Swim Lessons (Reg.) 9:15-12:15
10:00 am					
10:30 am				Karate (6+) 10:00-11:45	
11:00 am					
11:30 am					
12:00 pm	Birthday Parties 12:00-1:30		Birthday Parties 11:00-3:00		Triathlon (Reg.) (10-15 yrs & Adult/Student) 12:15-1:15
12:30 pm		Triathlon (Reg.) (10-15 yrs & Adult/Student) 12:00-2:00			Masters Swim 1:15-2:15
1:00 pm				Birthday Parties 1:00-2:00	
1:30 pm					
2:00 pm					
2:30 pm	Youth Volleyball (Reg.) 2:30-3:30				Public Open Swim 2:15-4:00
3:00 pm					
3:30 pm					Aquatic Leadership Certification (Reg.) 3:00-4:00
4:00 pm					
4:30 pm					
5:00 pm					Aquatic Leadership Certification (Reg.) 4:00-6:00
5:30 pm					
6:00 pm					

PA Days Y Kids (3-5 years, 6-12 years) 1:00-3:00pm Community Room

Play Centre

Fees: Single Child Card (

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 and aquatics classes
- Access to programs at all YMCA of Hamilton/Burlington/Brantford facilities
- Free drop-in classes
- Discounted specialty program rates
- 2 free Personal Exercise Program (PEP) sessions
- Open gym time
- Open and lane swims
- All recreational sports
- Sauna & whirlpool
- Use of day lockers and General Change Rooms
- Unlimited guest passes (photo ID for guest required)
- Canada-wide YMCA usage

Memberships for Children include:

- Unlimited access to YMCA programs. Some programs require registration.
- One registered swim lesson (or one registered Explorers program which includes a swim lesson). Register for a time slot when you join and no need to register again.
- Recreational swim and gym times
- Member's discount on certification programs
- Reduced rate for special branch programs

Membership Rates

Membership	Monthly (+Tax)	Full Amount (+Tax)
Child & Youth (up to 12 years)	\$30.50	\$330
Child & Youth Dependent	\$21.50	\$258

Student (13 years +)	\$35.50	\$390
Student Dependent	\$25.50	\$306
Plus: Building Fee	\$30	\$30
Student 4 Month		\$156

Adult General	\$45.50	\$510
Adult General Spousal	\$33.50	\$402
Plus: Building Fee	\$100	\$100

Adult Only (18+)	\$62.50	\$714
Adult Only (18+) Spousal	\$52.50	\$630
Plus: Building Fee	\$100	\$100

Building Your Family Membership Package

The first adult on the account pays the regular membership price (Adult Only or Adult General), while additional family members from the same household (spouse, children) pay the spousal and dependant rates.

Adult Only Membership (18+)

The Adult Only Change Room includes steam room, towel service and health and beauty supplies.

General Change Rooms

General Change Rooms are for members of the same gender and for opposite gendered children up to age 3.

Family / Special Needs Change Room

The Family / Special Needs Change Room is for:

- Mothers with sons
- Fathers with daughters
- Members with special needs

Bathing suits are worn in the shower.

Building Fee

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. The Building Fee is for the building and maintenance of high quality, YMCA facilities through capital improvements and refurbishment.

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.

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 (photo ID required)	
Drop-In Day Pass	\$10
Kids Pass*	\$5
Youth Centre Pass**	\$5

Public Swim	
Child	\$2.50
Student	\$2.50
Adult	\$3.50
Family (immediate family)	\$8

Aqua Passes (photo ID required)	
Aquafit (20 classes)	\$100
Adult Swim Card (12 swims)	\$36

* Valid for Open Gym, Open Swim times, and programs not requiring registration

** Access to YMCA Youth Nights only

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 this 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.

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

Swim Lessons - Private & Semi-Private

All sessions are 45 minutes in length. Adults or Children.

Fees: Private - \$100/participant for 5 lessons
Semi-Private - \$75/participant for 5 lessons



YMCA

We build strong kids,
strong families, strong communities.