

# Schedule at a Glance

## MONDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool
			CYCLEFIT AEROBIC		
5:30 am	Open Gym 5:30-10:00				Public Lane Swim 5:30-10:00
6:00 am					
6:30 am					
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am					
9:30 am					
10:00 am	Tumble Tots 10:00-11:00	Open Gym 5:30-3:00	Calisthenics 10:00-10:30		AquaFit * 10:00-10:45
11:00 am					
11:30 am					
12:00 pm			12:15-1:00 Total Body Tone 12:15-1:00		
12:30 pm					Swim to Survive * School Program 1:00-3:00
1:00 pm	Open Gym 11:00-7:30				Lane Swim 3:00-4:30
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		YBA(6-9yr) 5:00-6:00	5:00-5:45 Cardio Challenge 5:30-6:15 Core Strength 6:20-6:50	Y Kids 5:30-8:00	Open Swim/ 1 Lane 6:00-8:55
6:30 pm		Y Kids 6:00-7:30	6:00-6:45		
7:00 pm		Youth Sports - Floor Hockey 7:30-8:30	YogaFit 7:00-8:00		
7:30 pm	Adult Soccer 7:30-10:00	Open Gym 8:30-10:00			Lane Swim 9:00-10:00
8:00 pm					
8:30 pm					
9:00 pm					
9:30 pm					
10:00 pm					

## TUESDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool	
			CYCLEFIT AEROBIC			
5:30 am	Open Gym 5:30-9:00				Public Lane Swim 5:30-10:00	
6:00 am						
6:30 am						
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am	Kindergarten 9:00-10:00	Open Gym 5:30-3:00			Child Care/Kindergarten * 10:00-10:45	
10:30 am			Stretch & Tone 10:00-10:45			Lane Swim 11:00-12:00
11:00 am	Open Gym 10:00-12:00					Masters Swim * 12:00-12:55
12:00 pm			12:15-1:00 Step 12:15-1:00			
12:30 pm	Adult Basketball 12:00-2:00				Swim to Survive * School Program 1:00-3:00	
1:00 pm		Open Gym 2:00-10:00			Lane Swim 3:00-4:30	
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		Youth Sports- Basketball 5:00-6:00			Open Swim/ 2 Lane Swim 3:00-6:00	
6:30 pm		Y Kids 6:00-7:30	6:00-6:45	Y Kids 5:30-8:00	Family Swim Lessons* 6:00-7:30	
7:00 pm		Open Gym 7:30-8:30	Iron Kids 7:00-8:00pm (meet in lobby)		Adult Swim Lesson * 7:30-8:15	
7:30 pm	Adult Soccer 7:30-10:00	Open Gym 7:00-10:00			Public Lane Swim 8:30-10:00	
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

## WEDNESDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool	
			CYCLEFIT AEROBIC			
5:30 am	Open Gym 5:30-7:30				Public Lane Swim 5:30-10:00	
6:00 am						
6:30 am						
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am		Open Gym 5:30-3:00			Aqua Ease * 10:00-10:45	
10:30 am			Calisthenics 10:00-10:30	Movin' & Groovin' 10:00-11:00		Open Swim/ 2 Lane Swim 11:00-1:00
11:00 am						Masters Swim * 12:00-12:55
12:00 pm			12:15-1:00 Body Flex 12:15-1:00			
12:30 pm					Swim to Survive * School Program 1:00-3:00	
1:00 pm	Open Gym 5:30-7:30				Lane Swim 3:00-4:30	
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		Youth Open Gym 3:00-5:00			Open Swim/ 2 Lane Swim 3:00-6:00	
6:30 pm		Youth Sports- Soccer 5:00-6:00	5:00-5:45		Public Lane Swim 4:30-6:00	
7:00 pm		Karate Jr's/Sr's 6:15-7:00	6:00-6:45 Cardio Kickboxing 6:00-6:45	Youth Night 6:00-8:00	AquaFit * 6:15-7:00	
7:30 pm	Adult Soccer 7:30-10:00	Open Gym 7:00-10:00			Teen Swim Lessons * 7:00-8:00	
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm					Youth Water Sports * 8:00-8:55	
10:00 pm					Lane Swim 9:00-10:00	

## THURSDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool	
			CYCLEFIT AEROBIC			
5:30 am	Open Gym 5:30-12:00				Public Lane Swim 5:30-10:00	
6:00 am						
6:30 am						
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am		Open Gym 5:30-3:00			Child Care/Explorers * 10:00-10:45	
10:30 am			Stretch & Tone 10:00-10:45	Explorers 9:00-11:00		Lane Swim 11:00-12:00
11:00 am						Masters Swim * 12:00-12:55
12:00 pm			12:15-1:00 Core Strength 12:15-12:45			
12:30 pm	Adult Basketball 12:00-2:00				Swim to Survive * School Program 1:00-3:00	
1:00 pm	Open Gym 2:00-10:00				Lane Swim 3:00-4:30	
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		Youth Open Gym 3:00-6:00			Open Swim/ 2 Lane Swim 3:00-6:00	
6:30 pm		Y Kids 6:00-7:30	7:00-7:45	Y-Kids 5:30-8:00	Scuba Rental/ 1 Lane Swim 6:00-8:30	
7:00 pm		Youth Sports- Volleyball 7:30-8:30				
7:30 pm	Adult Soccer 7:30-10:00	Open Gym 8:30-10:00			Public Lane Swim 8:30-10:00	
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

## FRIDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool
			CYCLEFIT AEROBIC		
5:30 am	Open Gym 5:30-10:00				Public Lane Swim 5:30-10:00
6:00 am					
6:30 am					
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am					
9:30 am					
10:00 am		Open Gym 5:30-3:00	Calisthenics 10:00-10:30		AquaFit * 10:00-10:45
11:00 am					
11:30 am					
12:00 pm			12:15-1:00 Total Body Tone 12:15-1:00		
12:30 pm					Swim to Survive * School Program 1:00-3:00
1:00 pm	Open Gym 5:30-10:00				Lane Swim 3:00-4:30
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		Open Gym 5:00-8:30	6:00-6:45 Cardio Challenge 6:00-6:45 Core Strength 6:45-7:15	Leader Corps 5:30-7:30	Public Open Swim 6:00-8:55
6:30 pm					
7:00 pm					
7:30 pm	Adult Soccer 7:30-10:00	Open Gym 8:30-10:00			Lane Swim 9:00-10:00
8:00 pm					
8:30 pm					
9:00 pm					
9:30 pm					
10:00 pm					

## SATURDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool	
			CYCLEFIT AEROBIC			
7:00 am	Open Gym 7:00-9:00				Public Lane Swim 7:00-9:30	
7:30 am						
8:00 am						
8:30 am						
9:00 am						
9:30 am						
10:00 am						
10:30 am						
11:00 am						
11:30 am		Open Gym 7:00-2:00			Family Lessons * 9:30-11:00	
12:00 pm						Y Kids * 11:15-12:00
12:30 pm						
1:00 pm	Open Gym 11:00-8:00				Open Swim/1 Lane 12:00-3:00	
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		Birthday Parties 2:00-5:00			Public Open Swim 3:00-7:00	
6:30 pm						
7:00 pm						
7:30 pm	Open Gym 5:00-8:00				Lane Swim 7:00-8:00	
8:00 pm						

Legend:  Adult Group Fitness Class  Supervised Program  Open

\* Whirlpool not open during these times

## SUNDAY

	Main Gym	Auxiliary Gym	Studios	Community Room	Pool	
			CYCLEFIT AEROBIC			
8:00 am	Open Gym 8:00-6:00				Public Lane Swim 8:00-12:00	
8:30 am						
9:00 am						
9:30 am						
10:00 am						
10:30 am						
11:00 am						
11:30 am						
12:00 pm						
12:30 pm		Open Gym 8:00-2:00			Open Swim 12:00-2:00	
1:00 pm						
1:30 pm						
2:00 pm						
2:30 pm	Open Gym 5:00-6:00				Public Open Swim 2:00-5:00	
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm						
5:00 pm						
5:30 pm						
6:00 pm					Lane Swim 5:00-6:00	

## Child Minding

Fees: Single Child Card (8 Hours): \$28  
Family Card – 2 or more children (8 hours): \$40

## Hours of Service:

M, W, F	11:00 am – 1:00 pm
Tu, W, Th	5:30 – 8:00 pm

Pool Closure: December 20 - December 26, 2009



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 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 training sessions
- Open gym time
- Open and lane swims
- All recreational sports
- Sauna & whirlpool
- Use of day lockers and General Change Rooms
- Unlimited guest passes
- Canada-wide YMCA usage

## Memberships for Children include:

- Unlimited drop-in programs
- One registered 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 holiday/March Break/PA Day 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

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

Men's Membership Plus (18+)**	\$64.50	\$738
Membership Plus (18+) Spousal**	\$52.50	\$630
Plus: Building Fee	\$100	\$100

\*Tax does not apply to Child & Youth memberships

\*\*Available at the Hamilton Downtown Family YMCA only

## Building Your Family Membership Package

The first adult on the account pays regular membership price (Adult General / Adult Only), while additional adults and children (same household) pay the dependent rates.

## Men's Membership Plus (18+) – Hamilton Downtown only

The Men's Membership Plus Change Room includes private conditioning centre, steam room, health & beauty supplies, courtesy telephone, towel service, magazines & daily newspapers.

## Women's 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

## 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, 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	
Drop-In Day Pass	\$10
Kids Pass*	\$5
Youth Night Pass**	\$5

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

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

\* Valid for Open Gym, Open Swim times, and Drop-In 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 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.



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