

Schedule at a Glance

MONDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	Cyclefit					
6:30 am	6:00-6:45					
7:00 am				Open Gym 5:30-9:00	Public Open 5:30-9:00	Public Lane 5:30-9:00
7:30 am						
8:00 am						
8:30 am						
9:00 am	Fusion 9:15-10:00	Indoor Playground 9:00-10:30	Movin' & Groovin' 9:00-10:30	Low Impact 9:15-10:15	L'il Dippers 9:00-10:30	Aquafit 9:15-10:00
9:30 am						Open
10:00 am		Music & Movement 10:30-11:30		Kindergym Child Care 10:30-11:30	Open 10:30-11:30	10:00-10:45
10:30 am				Adult Basketball	Kindergym 11:30-12:00	HydroTherapy 10:45-11:30
11:00 am						
11:30 am						
12:00 pm	Cyclefit 12:15-1:00	TBJH Education 12:00-1:00		- 18 + 11:30-1:00	Open 12:00-2:00	Lane 11:30-2:00
12:30 pm	Gentle Fit 1:15-2:15			Adult-Volleyball 1:00-2:00	Open 12:00-2:00	Public Lane 2:00-4:00
1:00 pm						
1:30 pm						
2:00 pm				Child Care 2:00-3:30	Open Gym 2:00-4:45	Public Lane 2:00-4:00
2:30 pm						
3:00 pm						
3:30 pm						
4:00 pm						
4:30 pm	Y-Kids Action 4:30-5:15	Y-Crafts 4:45-5:30		Soccer P&C-4:45-5:30	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:00 pm	C-Kids Action 5:30-6:15	P-Crafts 5:30-6:15	C-Crafts 5:30-6:15	Soccer Y-5:30-6:15		
6:00 pm				Hi/Lo 6:15-7:15		Aquafit Bootcamp 7:00-7:45
6:30 pm	Core 6:15-7:00	C-Y Kids 6:15-8:00	Y-Y Kids 6:15-8:00	C&Y Basketball 7:15-8:00	Teen Lessons 7:00-7:45	Adult Lessons-B 7:45-8:30
7:00 pm	Yogafit 7:15-8:00				Adult Lessons-B 7:45-8:30	Public Lane 8:30-10:00
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

TUESDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	Core 6:15-6:45					
6:30 am				Open Gym 5:30-9:00	Open 5:30-9:00	Lane 5:30-7:00
7:00 am						Aquafit 7:00-7:45
7:30 am						
8:00 am						
8:30 am						
9:00 am	Total Body Tone 9:15-10:00	Toddler Time 9:00-10:30	Movin' & Groovin' 9:00-10:30	Cardio Challenge 9:15-10:15	L'il Sharks 9:00-10:30	Lane 7:45-1:00
9:30 am				Walkfit 10:30-11:00	Child Care 10:30-11:30	
10:00 am						
10:30 am	P-Kids Action 10:30-11:30			Adult Badminton 11:15-12:45	Public Open 11:30-2:00	Aquafit 1:00-1:45
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	Music & Move P-4:45-5:30	Dance Y-4:45-5:30		C-Badminton 4:45-5:30	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:00 pm	Fusion 5:30-6:15	C-Dance 5:30-6:15	P-Crafts 5:30-6:15	Y-Badminton 5:30-6:15		
6:00 pm						
6:30 pm	Cyclefit 6:30-7:15	C-Y Kids 6:15-8:00	Y-Y kids 6:15-8:00	Boot Camp 6:15-7:15	Open 7:00-8:30	Hydrotherapy 7:00-7:45
7:00 pm						Adult lessons-A 7:45-8:30
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

WEDNESDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	Cyclefit 6:00-6:45					
6:30 am				Open Gym 5:30-9:00	Open 5:30-9:00	Lane 5:30-9:00
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am	Fusion 9:15-10:00	Toddler Time 9:00-10:30	Movin' & Groovin' 9:00-10:30	Low Impact 9:15-10:15	L'il Dippers 9:00-10:30	Aquafit 9:15-10:00
9:30 am						Open
10:00 am				Kindergym Child Care 10:30-11:30	Child Care 10:30-11:30	10:00-10:45
10:30 am				Adult Basketball	Kindergym 11:30-12:00	HydroTherapy 10:45-11:30
11:00 am						
11:30 am						
12:00 pm	Cyclefit 12:15-1:00			18+ 11:30-1:00	Open 12:00-2:00	Lane 11:30-2:00
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	P-Kids Action P-4:45-5:30	P-Crafts 4:45-5:30		Volleyball C-4:45-5:30	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
5:00 pm						
5:30 pm						
6:00 pm	Core 6:15-7:00	C&Y Kids 6:15-8:00	Leader Corps 6:15-8:00	Body Flex 6:15-7:15	C&Y Kids 7:00-8:00	H2O Leaders 6:45-7:45
6:30 pm	Yogafit 7:15-8:15			Leader Corps 7:15-8:00		Aquafit 7:45-8:30
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

THURSDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	Core 6:15-6:45					
6:30 am				Open Gym 5:30-9:00	Open 5:30-9:00	Lane 5:30-7:00
7:00 am						Aquafit 7:00-7:45
7:30 am						
8:00 am						
8:30 am						
9:00 am	Total Body Tone 9:15-10:00	Toddler Time 9:00-10:30	Movin' & Groovin' 9:00-10:30	Cardio Challenge 9:15-10:15	Family Swim 9:00-10:30	Lane 7:45-10:30
9:30 am						
10:00 am	Gentle Fit 10:00-11:00			P-Soccer Child Care 10:30-11:15		Water Walking 10:30-11:00
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	Youth Action 4:30-5:15					
5:00 pm						
5:30 pm	Fusion 5:30-6:15	C-Drama 5:30-6:15	P-Crafts 5:30-6:15	P&C-4:45-5:30 Basketball Y-5:30-6:15	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00
6:00 pm						
6:30 pm	Cyclefit 6:30-7:15	C-Y kids 6:15-8:00	Y-Y Kids 6:15-8:00	Boot Camp 6:15-7:15	Open 7:00-8:30	Aqua Boot Camp 7:00-7:45
7:00 pm						Adult Lessons - I 7:45-8:30
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

FRIDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
5:30 am						
6:00 am	Cyclefit 6:00-6:45					
6:30 am				Open Gym 5:30-9:00	Public Open 5:30-9:00	Public Lane 5:30-9:00
7:00 am						
7:30 am						
8:00 am						
8:30 am						
9:00 am	Fusion 9:15-10:00	Toddler Time 9:00-10:30	Movin' & Groovin' 9:00-10:30	Step 9:15-10:15	L'il Dippers 9:00-10:30	Aquafit 9:15-10:00
9:30 am						Open
10:00 am				Kindergym Parent&Tot 10:30-11:30	Open 10:30-11:30	10:00-10:45
10:30 am				Kindergym 11:30-12:00		Hydrotherapy 10:45-11:30
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						
5:30 pm						
6:00 pm						
6:30 pm	Youth Action 6:30-8:30	C/Y Night 6:30-8:30	Youth Night 6:30-7:30	Youth Night 6:30-9:30	Youth Night 6:30-9:30	Youth Night 6:30-9:30
7:00 pm						
7:30 pm						
8:00 pm						
8:30 pm						
9:00 pm						
9:30 pm						
10:00 pm						

SATURDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
7:00 am						
7:30 am						
8:00 am	Cyclefit 8:00-8:45					
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						
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						
5:30 pm						
6:00 pm						
6:30 pm						
7:00 pm						
7:30 pm						
8:00 pm						

SUNDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
8:00 am						
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						
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						
5:30 pm						

HOLIDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
8:00 am						
8:30 am						
9:00 am						
9:30 am	Instructors Choice					
10:00 am						
10:30 am						

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
- Group Orientation and Personalized Exercise Program (PEP)
- Open gym time
- Open and lane swims
- All recreational sports
- 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

*Tax does not apply to Child & Youth memberships

Building Your Family Membership Package

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

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.



YMCA

We build strong kids,
strong families, strong communities.

Other Ways to Access the YMCA

Day Passes	
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	
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

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.
- Help maintain a high standard of cleanliness for everyone by using the spray bottles provided to wipe down equipment after each use.
- Return free weights to their stands after each use.
- 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. For those who are under 13 and interested in using the fitness center please see staff for assistance.

Holidays • Facility open 8am-5pm

Thanksgiving Day: Monday, October 12th

Christmas Day: Friday, December 25th • 11am-2pm

Boxing Day: Saturday, December 26th

No programs or swim lessons running

PA Days:

Friday, September 25th, 2009

Monday November 16th 2009

Friday, December 4th, 2009