



Building healthy communities



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YMCA Yarmouth

Fall 2017

Sept 3rd—Dec 2nd

Ymca Membership Assistance

The YMCA is committed to providing services to any person who wishes to participate and understands the benefits of the YMCA, regardless of their ability to pay.

With donations raised through the YMCA Strong Kids Campaign, individuals and families in need can participate in the YMCA programs and services they otherwise could not afford. Those not able to pay full program or membership fees will be awarded financial assistance based on individual need. Please contact us for more information.

Please Note

Continuous memberships are based on pre-authorized payments from a bank account, or credit card. Void cheque is required. Payments are processed on the 20th of each month for the following month.

If you join mid-way through a cycle, your membership fee will be prorated for that month.

Ages 12 & older are permitted in the Wellness Centre/Fitness Studios. A wellness centre orientation is required for those under 16 prior to access.

Cancellation Policy

Continuous memberships must be cancelled in writing and at least ten days prior to the processing date (i.e by the 10th of the month)

Annual memberships may be cancelled at any time. One month trial memberships expire one month from the date of issue and are non-refundable.



All Visitors and Members are required to present YMCA or government-issued ID

Membership Fees

Prices do not include tax

<u>Monthly (continuous)</u>	<u>Annual</u>
Youth/Teen (6-15 yrs) \$20.00	Youth/Teen (6-15 yrs) 225.00
Student (16+ yrs) \$28.00	Student (16+ yrs) \$322.00
Adult (16+ yrs) \$47.00	Adult (16+ yrs) \$547.00
Senior (60+) \$37.00	Senior (60+) \$438.00
Adult Couple \$82.00	Adult Couple \$967.00
Family (1 Parent) \$57.00	Family (1 Parent) \$668.00
Family (2 Parent) \$85.00	Family (2 Parent) 1,005.00
Student ID is required for the discounted price.	
<u>1 Month Trail</u>	<u>Daily Fees</u>
Youth/Teen (6-15 yrs) \$28.83	Youth/Teen (6-15 yrs) \$5.22
Student (16+ yrs) \$39.00	Student (16+ yrs) \$6.43
Adult (16+ yrs) \$66.00	Adult (16+ yrs) \$8.30
Senior (60+) \$45.91	Senior (60+) \$6.61
Adult Couple \$116.00	Adult Couple \$14.78
Family (1 Parent) \$79.00	Family (1 Parent) \$12.61
Family (2 Parent) \$118.96	Family (2 Parent) \$16.61

YMCA Yarmouth

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<http://ymcayarmouth.net>



Hours of Operation	
Monday	6:00 am – 9:00 pm
Tuesday	6:00 am – 9:00 pm
Wednesday	6:00 am – 9:00 pm
Thursday	6:00 am – 9:00 pm
Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 7:00 pm
Sunday	8:00 am – 7:00 pm



BENEFITS OF A YMCA MEMBERSHIP

A YMCA membership is about total health in spirit, mind and body. As a member of one of Canada's leading charitable organizations, you can also look forward to the following membership benefits:

- Three complimentary fitness orientations.
- Unlimited drop-in adult fitness and aquatics classes.
- Advance registration for YMCA programs.
- Member discounts for registered programs.
- Open gym time and recreational sports.
- Full use of the pool and saunas.
- Use of all YMCA facilities in Canada

MISSION

Our YMCA is a charitable organization, open to all, dedicated to the enrichment of our community by fostering lifelong growth and development of people in body, mind, and spirit.

VISION

Our YMCA will be recognized as a valued leader and partner at the centre of a safe and healthy community, inspiring people to reach their potential.

VALUES

In the delivery of all its programs and activities, the YMCA of Yarmouth is guided by the following core values:

- Caring
- Honesty
- Respect
- Responsibility
- Inclusiveness



Program & Class Descriptions

*Classes/Schedule are subject to change—
please visit our Facebook page or website*

***Meet & Mingle: Drop into the YMCA on the last Tuesday of each month. Meet new people and make new friends, while enjoying a light snack. Open to all.

Age Policies: Children under the age of 8 must be accompanied in the pool by someone 14 or over within arms reach during the entire swim. Parents of children 8-12 years of age must remain in the building during recreational swims or parent must sign a waiver at the front desk prior to participation alone.

Children under 12 years of age may use the Fitness or Wellness Centre only if participating in supervised programs.

12-16 year old children & youth may use the Fitness or Wellness Centre after participating in an initial wellness orientation with staff.

Children under the age of 12 must be accompanied at the YMCA by someone who is 16 or older. The adult must be in the YMCA and aware of the child's location at all times.

All drop-in programs are free to members. Non-members pay the Daily Fee unless otherwise noted.

AQUATICS

Aquapower: Aerobic and strength movements to tone your body. Feel the burn and have fun in a supportive environment. Recommended for runners.

Deep Water Fitness/Pool Running: Float through a tough workout by running in the water. Participants wear flotation belts and burn calories without the impact of terrain.

Lane Swim: Lane swim is for adults wishing to do continuous lengths. Swimmers should be able to swim the full length of the pool continuously without support.

Free Swim: Offered by the community FREE for everyone! Sponsored by Tim Hortons and PetValu.

Toonie Swim: Everyone is welcome. Open to non-members for a rate of \$2.

Community Swim: Everyone is welcome. Non-members rate is \$3. Children under 8 must be with an adult.

Seniors Rec Swim— Recreational swim for seniors. Members free, non members \$3.00

Ladies Swim—Swim time for ladies only. Day fee for non members. Curtains to outside lobby with be drawn.

Open Swim— Open to everyone. Day fee for non-members. Children un 8 must be with an adult.

GROUP FITNESS

Yin Yoga: Learn the power of breath inhaling and exhaling, flowing through a series of poses. A great class for beginners and experienced yogis.

Gentle Flow Vinyasa Yoga: De-stress and unwind with a slower approach to a Vinyasa style yoga practice. This practice is a style of yoga that smoothly flows through a series of poses with the power of your breath. Namaste.

Chair Yoga: A series of gentle poses that stretch the muscles while sitting comfortably in a chair. Great for seniors, beginners and those with balance or rehabilitative issues. ***

Yoga: (all fitness levels) A class of deep stretches for the whole body, with extensive focus on opening up the hips. ***

CARDIO & STRENGTH:

H.I.I.T.: High Intensity Interval Training uses various forms of strength training and cardiovascular training to burn more calories in a shorter amount of time as well as burning more calories post workout.

Boomerobics: Choreography-based cardio offering Hi/Lo options. (all fitness levels up to active older adults)

Cyclefit: An instructor lead class allows exercisers to workout together while choosing their own resistance.

Cardio & Strength Cont.'

Qigong: An ancient Chinese health system that integrates physical postures, breathing techniques and focused intention. Great for rehabilitation, as well as seniors, but not limited to this age group. All welcome.***

Step Aerobics: This upbeat rhythmic workout uses a step to incorporate aerobic conditioning and stretching.

Body Toning/Shaping: Define, tone, and strengthen your entire body. This core workout will leave you feeling strong.

Pilates: Basic mat exercises in a shortened format focusing on your core strength and lengthening the muscles. For all levels, including beginner. Every move offers options for beginner to advanced.

SPECIALTY WELLNESS

Positive Aging Club: FREE members-only program that will feature monthly guest speakers/guest classes.

Classes * will be tailored to those who are interested in aging in a positive way, and designed for low impact, rehabilitation, and strengthening, as well as cardio enhancement.**

Guest speakers will be speaking on a variety of topics for positive and healthy aging in today's world. Members of the club will be emailed a week prior to each monthly event, and can opt out at any time.

OTHER

Pickleball: One of the newest crazes in courts and gyms, combining the elements of badminton, tennis, and Ping-Pong. Its additive and fun! Join our growing group of players during scheduled gym times!

CHILD & YOUTH

Indoor Playground: Open to parents and children ages 5 and under. Our gym is set up with equipment to run, jump, play and tumble. Non-members Fee \$3/child.

Parent/Tot Swim: Open to parents and children 5 and under. Children must be supervised by an adult. Non-members 5.00 (family of three). Each additional person \$2.50.

Friday Night Fun: For ages 8—12— Includes activities in games room, gym, and swimming. Sign up starts at 5:30, Free for everyone. **Child must have waiver signed by parent or guardian.**

Pick-up Sports: Come join us for a game of pick up basketball, hockey, or soccer! Free to members. Day fee for non members.

Archery: Learn the basics of Archery! Safety, how to make your own string bow, and shooting practice!

Tumblebugs: (Registered Program) A modified gymnastics and basic movement program to strengthen the range of motor skills that children need to enhance daily living and participation in play and sports their age.