

# Program Schedule Collingwood YMCA

*A friendly, welcoming environment for all*

## HOURS OF OPERATION

Monday – Friday	5:30am - 10:00pm
Saturday	7:00am - 7:00pm
Sunday	7:00am - 5:00pm

### Holiday Hours

<b>Statutory</b>	<b>10:00am - 5:00pm</b>
Dec 26, Jan 1, Feb 15	
Dec 24 & Dec 31	5:30 - 3:00pm
Dec 25 Christmas	Closed

### Day Use Fee (Including Open Swims)

<b>Child</b> (0 - 12) (under 12, accompanied by an adult)	<b>\$4.00</b>
<b>Youth/Student</b> (13+)	<b>\$5.00</b>
<b>Seniors</b> (60+)	<b>\$7.00</b>
<b>Adults</b> (18+)	<b>\$9.00</b>
<b>Family</b> (Minimum one adult)	<b>\$12.00</b>

### Session Dates

<b>Winter</b>	<b>Jan 4 - Mar 14</b>
<b>Spring</b>	<b>Mar 22 - Jun 13</b>

## Childminding

Mon - Fri: 9:00am - 1:00pm  
 Tue, Thurs 4:00 - 8:00pm  
 Sat: 9:00am - 12:00pm

Members: \$30.00/10 hour ticket  
 or \$3.50 per child/hour.

Non-Members: \$5.00/child/hour

### For more information or registration contact:

**YMCA of Simcoe/Muskoka**  
**Collingwood YMCA**  
 200 Hume Street, Box 592  
 Collingwood, ON L9Y 4E8  
 T: (705) 445-5705  
 F: (705) 445-7732

Program descriptions available on our website and at the Membership Service Desk

## Collingwood YMCA Strong Kids Campaign!

Make a Difference in a Child's Life.

Ask our membership services staff how you can donate today.

"No Risks, Only Returns"



## MEMBERSHIP FEES

### GENERAL MEMBERSHIP

Child	\$ 20.00/Month
Youth	\$ 25.00/Month
Student	\$ 34.00/Month
Adult	\$ 46.00/Month
Senior	\$ 40.00/Month
Adult Couple	\$ 86.00/Month
Senior Couple	\$ 74.00/Month
1 Parent Family	\$ 59.00/Month
2 Parent Family	\$ 89.00/Month

**YMCA BUILDING FUND FEE:** The YMCA Building Fund Fee is a one time contribution used for maintenance and improvements of our high quality facilities through renovations and refurbishment. This is a one time contribution of \$75.00 for all new Adult Members provided Membership is continuous and does not lapse for more than 6 months. Note: Only one fee per family/couple.

**MEMBERSHIP ASSISTANCE** No one is ever refused a YMCA Membership due to an inability to pay the full fee. Please ask our staff for details.

- \* All Fees are subject to applicable Taxes. Fees subject to change without notice.
- \* In order to maintain our equipment and facilities in as new condition, The YMCA reserves the right to close program and service areas for repair and refurbishment. Where possible advance notice will be given. We are unable to provide refunds in these cases.
- \* Programs may be subject to change due to low enrolment.

### YOUTH DANCE

**Grades 6 - 8**  
**7:00 - 10:00 pm**  
 Collingwood YMCA

Dec 19 - Holiday Dance    Members: \$5.00  
 Feb 13 - Valentines Dance    Non Members: \$10.00  
 Apr 17 - Spring Dance    YMCA Members must bring membership card

Call (705-445-5705) for details

**Etiquette:** The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, participants, staff and volunteers all pledge to treat one another with respect and dignity.

**Mission:** The YMCA of Simcoe/Muskoka is a charity that excels at strengthening our communities by providing opportunities for all to grow in spirit, mind and body.

**Vision:** The YMCA of Simcoe/Muskoka will be the recognized leader in lifelong health and personal growth.

**Values:** Caring, Honesty, Inclusiveness, Respect, Responsibility

**PRIVACY STATEMENT:** The YMCA strives to ensure that volunteers and staff conduct their relationships with each other, participants and all other Association contacts with integrity, good judgment and fairness. The YMCA respects the right of individuals to the protection of their personal information. The YMCA is committed to maintaining the confidentiality, privacy and accuracy of personal information it collects, uses and discloses about its participants, members, donors, parents/guardians, staff and volunteers.

We build strong kids,  
 strong families,  
 strong communities.



Plus de vie à la vie  
 des jeunes, des familles  
 et de la communauté.

YMCA

# PRESCHOOL PROGRAMS

ages 0-5

All Drop-In and Registered programs are included with your membership.

## Drop-In

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Open Swim</b>	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:00 - 8:30pm	1:30 - 5:00pm	1:00-4:00pm
<b>Family Swim</b> ( Play Pool )	11:00am - 2:00pm	11:00am - 2:00pm	11:00am - 2:00pm	11:00am - 2:00pm	11:00am - 2:00pm	5:00 - 6:30pm	12:00 - 1:00pm
<b>Open Gym</b>	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:00 - 4:00pm	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:00 - 4:00pm 7:00 - 9:00pm	7:00 - 9:00am 12:00 - 1:00pm 3:00 - 6:00pm	7:00 - 9:00am 3:00 - 5:00pm

\* Please see staff about swim supervision policies.

## Registered **FREE to Members. Please Register at the Membership Services Desk.**

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Active Tots **</b> (12 Months - 36 Months)	10:30 - 11:15am		10:30 - 11:15am				
<b>Jr. Fit Kids (3 - 5yrs)</b>	11:30 - 12:30pm 1:00 - 2:00pm	11:30 - 12:30pm	11:30 - 12:30pm 1:00 - 2:00pm	11:30 - 12:30pm 1:00 - 2:00pm	11:30 - 12:30pm 4:30 - 5:30pm	2:30 - 3:30pm	
<b>Jr. Yoga (3 - 5 yrs)*</b>					4:00 - 4:30pm	9:30 - 10:00am	
<b>Rhythmic Gymnastics</b> (3 - 5yrs)		4:00 - 4:30pm 4:45 - 5:15pm					
<b>Jr. Outdoor Explorers</b> (2 - 5yrs) **				5:15 - 5:45pm		10:15 - 10:45pm	
<b>Jr. Chefs (3 - 5yrs)</b>		10:00 - 10:45am		4:00 - 4:45pm			

\* Studio

\*\* Parent Participation Mandatory

## Swimming Lessons **FREE to Members. Please Register at the Membership Services Desk.**

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Splasher / Bubbler</b> (6-36 Mon)	9:00 - 9:30am		4:00 - 4:30pm	9:30 - 10:00am	9:00 - 9:30am	10:30 - 11:00am	9:30 - 10:00am
<b>Bobber (3-5yrs)</b>	9:30 - 10:00am	9:00 - 9:30am	9:30 - 10:00am 4:00 - 4:30pm 4:30 - 5:00pm 6:30 - 7:00pm	4:00 - 4:30pm 7:00 - 7:30pm	9:00 - 9:30am	9:00 - 9:30am 12:00 - 12:30pm	10:00 - 10:30am
<b>Floater (3-5yrs)</b>	9:30 - 10:00am	7:00 - 7:30pm	9:30 - 10:00am 4:30 - 5:00pm	9:30 - 10:00am 4:00 - 4:30pm 5:30 - 6:00pm	9:30 - 10:00am 10:30 - 11:00am	9:30 - 10:00am	9:00 - 9:30pm 10:30 - 11:00am
<b>Glider (3-5yrs)</b>		7:00 - 7:30pm	9:00 - 9:30am 4:00 - 4:30pm	9:00 - 9:30am 4:00 - 4:30pm		11:00 - 11:30am	9:00 - 9:30am 11:30 - 12:00pm
<b>Diver (3-5yrs)</b>		9:00 - 9:30am	4:30 - 5:00pm 6:00 - 6:30pm	9:00 - 9:30am 5:00 - 5:30pm	9:30 - 10:00am	11:30 - 12:00pm	9:30 - 10:00am
<b>Surfer (3-5yrs)</b>	9:00 - 9:30am		6:00 - 6:30pm 7:00 - 7:30pm	4:00 - 4:30pm 4:30 - 5:00pm		9:00 - 9:30am	11:00 - 11:30am
<b>Dipper (3-5yrs)</b>		9:30 - 10:00am	9:00 - 9:30am 6:30 - 7:00pm	4:30 - 5:00pm		9:30 - 10:00am	11:30 - 12:00pm

Swimming levels may be combined at any time due to low enrollment.

# CHILD PROGRAMS

ages 6-12

All Drop-In and Registered programs are included with your membership.

**Drop-In** FREE to Members.

(PP) Play Pool (S)= Adult Supervision required

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Open Swim</b>	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:00 - 8:30pm	1:30 - 5:00pm	1:00 - 4:00pm
<b>Open Gym</b>	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:00 - 4:00pm	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:00 - 4:00pm 7:00 - 9:00pm	7:00 - 9:00am 12:00 - 1:00pm 3:00 - 6:00pm	7:00 - 9:00am 3:00 - 5:00pm
<b>Yoga (6-9yrs)</b>	8:15 - 8:45pm*			7:15 - 7:45pm*		1:45 - 2:15pm*	
<b>Yoga (10-12yrs)</b>	8:15 - 8:45pm*	8:15 - 8:45pm*				1:45 - 2:15pm*	

\*For open swim, please refer to swim supervision policy.

\* Studio

•Children under the age of 12 must be supervised by a parent or guardian 16+

**Registered** FREE to Members. Please Register at the Membership Services Desk.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Soccer (6-12yrs)</b>	4:45 - 5:30pm		4:00 - 4:45pm				
<b>Hoops (6-12yrs)</b>	4:00 - 4:45pm		4:45 - 5:30pm				
<b>Jr. Chefs (6-9yrs)</b>	4:30 - 5:30pm	4:30 - 5:30pm		4:30 - 5:30pm		11:30 - 12:30pm	
<b>Jr. Chefs (10-12yrs)</b>	5:30 - 6:30pm	5:30 - 6:30pm	6:00 - 7:00pm			12:30 - 1:30pm	
<b>Fit Kids (6-12yrs)</b>	7:00 - 8:00pm			8:00 - 9:00pm	4:00 - 5:00pm		
<b>Rhythmic Gymnastics (6-9yrs)</b>		5:30 - 6:00pm					
<b>Rhythmic Gymnastics (10-12yrs)</b>		6:00 - 6:30pm					
<b>Barracudas (9-12yrs)</b>							4:00 - 4:30pm
<b>Girls (6-9yrs)</b>				6:00 - 7:00pm			
<b>Girls (10-12yrs)</b>		7:00 - 8:00pm					

**Swimming Lessons** FREE to Members. Please Register at the Membership Services Desk.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Otter</b>		4:00 - 4:30pm		5:00 - 5:30pm		11:30 - 12:00pm	10:00 - 10:30am
<b>Seal</b>		4:30 - 5:00pm		5:30 - 6:00pm		12:30 - 1:00pm	10:30 - 11:00am
<b>Dolphin</b>		4:00 - 4:30pm	7:00 - 7:30pm			10:00 - 10:30am	11:00 - 11:30am
<b>Swimmer</b>		4:30 - 5:00pm	7:00 - 7:30pm			10:00 - 10:30am	11:30 - 12:00pm
<b>Stars 1</b>			6:00 - 6:30pm	7:00 - 7:30pm		9:00 - 9:30am	9:00 - 9:30am
<b>Stars 2</b>			6:30 - 7:00pm	7:00 - 7:30pm		9:30 - 10:00am	11:00 - 11:30am
<b>Stars 3</b>				4:30 - 5:15pm		10:00 - 10:45am	9:30 - 10:15am
<b>Stars 4</b>				5:15 - 6:00pm		10:45 - 11:30am	10:15 - 11:00pm
<b>Stars 5</b>				4:30 - 5:15pm		10:30 - 11:15am	
<b>Stars 6</b>				5:15 - 6:00pm		11:15 - 12:00pm	

Swimming levels may be combined at any time due to low enrollment.

# YOUTH PROGRAMS

ages 13+

All Drop-In and Registered programs are included with your membership.

**Drop-In** FREE to Members. Youth 13+ are also invited to participate in Drop-In Adult Fitness classes. (PP) Play Pool (S)= Adult Supervision required

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Open Swim</b>	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:00 - 8:30pm	1:30 - 5:00pm	1:00 - 4:00pm
<b>Open Gym</b>	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:00 - 4:00pm	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:00 - 4:00pm 7:00 - 9:00pm	7:00 - 9:00am 12:00 - 1:00pm 3:00 - 6:00pm	7:00 - 9:00am 3:00 - 5:00pm
<b>Youth Basketball</b>	8:00 - 10:00pm		8:00 - 10:00pm		6:00 - 7:00pm		
<b>Youth Racquetball</b>					8:00 - 9:00pm		

**Registered** FREE to Members. Please Register at the Membership Services Desk.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Youth Cond. Room</b>		4:15 - 5:00pm (Jan 5 - Feb 2) (Feb 9 - Mar 9)		4:15 - 5:00pm (Jan 7 - Feb 4) (Feb 11 - Mar 11)		1:00 - 1:45pm (Jan 9 - Feb 6)	
<b>Barracudas</b>							4:00 - 4:30pm
<b>Leaders Corps(12-14)</b>			4:00 - 6:00pm				
<b>Leaders Corps(15-16)</b>			4:00 - 6:00pm				

# ADVANCED AQUATICS

Please Register at the Membership Services Desk.

CLASS	Barrie 705-726-6421	Collingwood 705-445-5705	Innisfil 705-431-9622	Midland 705-526-7828	Orillia 705-325-6168	Wasaga Beach 705-429-9622
<b>Master Swimmer</b> Fees: Member: Free Prereq: Star 6	MON or WED 5:00 - 6:00pm (2 Options)	TUE or WED 7:30 - 8:30pm (2 Options)	SAT 9:30 - 10:30am	MON 6:00 - 7:00pm	MON 4:00 - 5:00pm	
<b>Bronze Star</b> Fees: Member: \$36.00+GST Non Member: \$105.00+GST	FRI 5:00 - 6:00pm	THURS 7:30 - 8:30pm	SAT 11:00 - 12:00pm	MON 6:00 - 7:00pm	WED 4:30 - 6:00pm	
<b>Bronze Medallion: EFA &amp; CPR 'B'</b> Fees: Member: \$130.00+GST Non Member: \$195.00+GST Prereq: 13+	WED 6:30 - 8:30pm	MON 6:00 - 8:00pm	WED 6:00 - 8:00pm	MON 5:00 - 7:00pm	FRI 5:00 - 7:00pm	WED 6:00 - 8:00pm
<b>Bronze Cross: SFA &amp; CPR 'C'</b> Fees: Member: \$156.00+GST Non Member: \$221.00+GST Prereq: 13+, Bronze Medallion & EFA	MON 5:30 - 7:30pm	MON 6:00 - 8:00pm	SAT 9:00 - 11:00am	MON 5:00 - 7:00pm	SAT 9:00 - 12:00pm (8 Weeks)	WED 6:00 - 8:00pm
<b>NLS Certification:</b> Fees: Member: \$150.00+GST Non Member: \$225.00+GST Prereq: Bronze Cross, 16+, SFA, CPR 'C'		Mar 15 - 19 MARCH BREAK 9:00 - 5:00pm	Jan 22,23,24 Feb 5,6,7 FRI 4:00-8:00pm SAT 9:00-9:00pm SUN 8:00-4:00pm	Jan 22,23,24 Jan 29,30,31 Fri 5:00-9:00pm Sat 9:00-6:00pm Sun 9:00-4:30pm		
<b>NLS Recertification:</b> Fees: Member: \$75.00+GST Non Member: \$100.00+GST Prereq: 16+		Mar 15 - 19 8:00 - 5:00pm	Feb 7 1:00 - 5:00pm	Jan 31 12:00 - 4:30pm		Mar 6 5:00 - 9:00pm
<b>Emergency First Aid, CPR 'B'</b> Fees: Member: \$50.00+GST Non Member: \$75.00+GST		Feb 27 8:00 - 4:00pm				
<b>Standard First Aid, CPR 'C'</b> Fees: Member: \$100.00+GST Non Member: \$125.00+GST	Jan 30 & 31 9:00 - 5:00pm	Feb 27 & 28 8:00 - 4:00pm	Mar 6 & 7 8:00 - 4:00pm			Jan 17 - 18 8:00 - 4:00pm
<b>SFA Recertification, CPR 'C'</b> Fees: Member: \$50.00+GST Non Member: \$75.00+GST	Jan 31 9:00 - 5:00pm	Feb 28 8:00 - 4:00pm	Mar 7 8:00 - 4:00pm			Jan 18 8:00 - 4:00pm
<b>YMCA Swim Instructors</b> Fees: Member: \$83.20+GST Non Member: \$89.60+GST						WED 6:00 - 9:00pm (Must be 16yrs by exam date)

# ADULT PROGRAMS

All Drop-In and Registered programs are included with your membership.

**Drop-In** FREE to Members.

\*\* Group Fitness Studio

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Group Fitness</b>	Yoga** 6:30 - 7:15am			20/20/20 • 9:15 - 10:15am	Yoga** 6:30 - 7:15am	Cardio Kick• 9:05 - 10:05am	Bars & Plates 9:00 - 9:45am
	20-20-20 • 9:15 - 10:15am	Total Body Cond 9:15 - 10:15am	Stability & Balance• 9:15 - 10:15am	On-the-move • 10:20 - 11:20am	Total Body Cond. • 9:15 - 10:15am	Yoga** • 10:15 - 11:30pm	<b>See Registered Programs!</b>
		On-the-move • 10:20 - 11:20am	Yoga** • 12:10 - 12:55pm	Yoga** 12:45 - 1:30pm	On-the-move • 10:20 - 11:20am		Yoga** 12:00 - 1:00pm
	20-20-20 5:35 - 6:35pm	Zumba• 6:45 - 7:30pm	<b>See Registered Programs!</b>	Bars & Plates 5:30 - 6:35pm•	Yoga** 12:10 - 12:55pm		
	**Yoga 7:00 - 8:00pm	Yoga** 12:45 - 1:30pm	**Yoga 7:00 - 8:00pm	Power Yoga** 8:00 - 9:00pm			
<b>Group Cycle</b>	Morning 9:30 - 10:30am •	12:10 - 12:40pm•	9:30 - 10:15am •	12:10 - 12:40pm•	9:30 - 10:30am •		
	Evening 5:30 - 6:30pm	5:30 - 6:30pm •	5:30 - 6:15pm				
<b>Aquafit Water</b>	Morning Aquafit • 10:10 - 10:55am	<b>See Registered Programs!</b>	Aquafit • 10:10 - 10:55am	Aqua Therapy • 10:10 - 10:55am	Deep Water • 10:10 - 10:55am		
	Evening Water Running 6:10 - 6:55pm	Aquafit • 6:10 - 6:55pm		Aquafit • 6:10 - 6:55pm			

• Child Minding Available.

## Can I use the Weight Room?

**Yes!** Take our Youth Conditioning Room program for youth 12+. This is **FREE** to members. Registration required.

**-or-**

**Fast Track.** Pair up with a YMCA Trainer to work one-on-one over three one hour sessions for quick and easy weightroom access. **Members Only: \$70**

Register for these programs at the Membership Services Desk.

## Registered FREE to Members. Members Only Register at the Membership Services Desk.

PROGRAM	DAY	TIME
Yoga (Intro) (Feb 12 - Mar 12)	WED	1:10 - 1:55pm
Adult Masters	WED	6:00 - 7:00am
Resolution Bootcamp (Jan 5 - Feb 9)	WED	6:45 - 7:15pm
Prenatal (Jan 13 -Mar 11) (Yoga + Strength Conditioning)	THUR	7:10 - 7:55pm
Aqua Bootcamp (Jan 5 - Feb 23)	TUE	10:10 - 10:55am

## VOLUNTEERS NEEDED

Whatever your special talents, interests or schedule may be, there is a way for you to become a YMCA volunteer and help change someone's life. If you share our commitment to the well being of our community, please consider becoming a YMCA volunteer.

For more info, please contact Membership Services Desk.

"Members engaging in physical activity are encouraged to have a medical checkup performed by their physician before participating in active exercise. You may wish to review the results with YMCA Strength and Conditioning Instructors."

# Schedules at a glance

## Gym Schedule

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Open Gym</b>	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:00 - 4:00pm	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:30 - 4:00pm	5:30 - 9:00am 1:00 - 4:00pm 7:00 - 9:00pm	7:00 - 9:00am 12:00 - 1:00pm 3:00 - 6:00pm	7:00 - 9:00am 3:00 - 5:00pm
<b>Adult Drop-in Basketball</b>		8:00 - 10:00pm		8:00 - 10:00pm	9:00 - 10:00pm		1:00 - 3:00pm
<b>Youth Drop-in Basketball</b>	8:00 - 10:00pm		8:00 - 10:00pm		6:00 - 7:00pm		
<b>Public Rental</b>	1:00 - 3:00pm	1:00 - 3:00pm	1:00 - 3:00pm	1:00 - 3:00pm	1:00 - 3:00pm	1:00 - 3:00pm	
<b>Youth Drop In Racquetball</b>					8:00 - 9:00pm		

## Pool Schedule

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Lane Swim</b>	6:30 - 8:45am 11:00 - 2:00pm 8:30 - 9:30pm	7:00 - 8:45am 11:00 - 2:00pm 8:30 - 9:30pm	6:00 - 8:45am 11:00 - 2:00pm 8:30 - 9:30pm	7:00 - 8:45am 11:00 - 2:00pm 8:30 - 9:30pm	7:00 - 8:45am 11:00 - 2:00pm 8:30 - 9:30pm	12:00 - 1:00pm 5:00 - 6:30pm	7:00 - 8:45am 12:00 - 1:00pm
<b>Open Swim</b>	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:30 - 8:30pm	3:00 - 4:00pm 7:00 - 8:30pm	1:30 - 5:00pm	1:00 - 4:00pm
<b>Family Swim ( Play Pool )</b>	11:00 - 2:00pm	11:00 - 2:00pm	11:00 - 2:00pm	11:00 - 2:00pm	11:00 - 2:00pm	5:00 - 6:30pm	12:00 - 1:00pm

\* The pool will only be open until 2pm until March. It will then return to a 1pm close.

Please see staff about swim supervision policies.

## WELLNESS COACHING and PERSONAL TRAINING

Exercise and **Wellness coaching** is included in the price of your YMCA membership. A YMCA Coach will get you started and keep you going in your exercise class, the Wellness Centre or the pool.

**Personal Training** focuses on, but is not exclusive to, advanced participant education, development and performance. Personal Training emphasizes the physiological aspects of exercise and often involves a Coach with advanced training and/or qualifications. This is offered on a fee-for-service basis, as follows:

**1 Session: \$25 +GST      3 Sessions: \$70 +GST      7 Sessions: \$140 +GST**

Please speak with one of our Membership Service Representatives to arrange a convenient appointment for either of these services.

## Your Y in the Community....Blood Pressure Clinics

The monitors used for blood pressure testing are automated BPTu Monitors which provide highly accurate blood pressure readings. Free testing is conducted on every 1st, 2nd and 3rd Tuesday of the month at the IDA Pharmacy and on the 1st, 2nd and 3rd Monday of the month at the Guardian/Erie Street, Medical Centre Building in partnership with the Georgian Bay Family Health Team.

The monitors take six readings throwing out the first reading and average the last five. By discarding the first reading it is hoped to eliminate the "white coat syndrome" where patients sometimes have elevated readings because of nervousness they experience in the doctor's office. There are helpful tools to promote healthy active living options.

**Supervision: Supervision of children under the age of 12 is required in all areas of the building unless in a registered program.**