



YMCA of Simcoe / Muskoka

My Y. For Good!



Program Schedule Parry Sound YMCA



HOURS OF OPERATION:

Monday – Friday	6:00am - 9:00pm
Saturday	9:00am - 2:00pm
Sunday	9:00am - 2:00pm
Statutory Holidays	Closed
Monday February 20	Family Day
Friday April 6	Good Friday
Monday May 21	Victoria Day

REGISTRATION: Online and in person
Winter: December 10, 2011
Spring: March 3rd, 2012

Winter Session

Monday January 9, 2012 Start
Sunday March 11, 2012 End

March Break Interim Schedule

March 12 – 18, 2012, the YMCA switches from its winter to spring session. Speak to YMCA staff for more details. Registered classes will resume on March 19, 2012.

Spring Session

Monday March 19, 2012 Start
Sunday June 10, 2012 End

FOR MORE INFO CONTACT:

YMCA of Simcoe/Muskoka
Parry Sound YMCA
36 Smith Crescent
Parry Sound, Ontario P2A 2W9
T: 705-746-0511 F: 705-746-1205

www.ymcaofsimcoemuskoka.ca

WINTER/SPRING 2012

MEMBERSHIP INFORMATION

YOUR PARTNERS IN HEALTH: There is no greater gift than the gift of health. Your YMCA membership opens the door to healthy living by making available a variety of active programs, services and opportunities. As your partner, the YMCA strives to help you reach your goals by keeping you informed, engaged and involved. If there is anything we can do to enhance your experience, please let us know.

THE BENEFITS OF MEMBERSHIP: Your membership is all inclusive! no additional fees for core programs and services. All Memberships Include:

- Canada-wide YMCA access
- Use of change rooms, pool, gymnasium, wellness centre, studio & courts
- Complimentary coaching by a qualified YMCA Wellness Coach
- Group fitness classes for land and water
- Unlimited drop in programs, open swims, open gym
- Registered aquatic and land programs
- One registered weekly swim lesson
- YMCA leadership development programs and opportunities
- Reduced rates will apply to advanced aquatics, private lessons, CPR & First Aid Certification, YMCA Camps and children's birthday parties
- Free parking

MEMBERSHIP CARD: Your membership card is required to access YMCA facilities, programs and services.

RENEWAL/CANCELLATION/REFUNDS:

Members on the monthly Pre-Authorized Payment Plan are renewed automatically. Those who choose to pay in full will be required to renew annually on their anniversary date. Cancellations must be made in person seven working days prior to scheduled payment date. Refunds for courses not included in memberships are not available after courses begin (with the exception of medical reasons) and are subject to a \$10 administration fee.

PROGRAM REGISTRATION:

Registration can be transacted by phone, online, fax or in person on a first come first serve basis. Please have all program information available in addition to your preferred method of payment. Those registering by phone or fax can pick up their receipt at the Member Services Desk. Members will be given priority on waiting lists. Every effort will be made to add additional programs when a waiting list is generated. Those on the waiting list will be contacted only if a spot becomes available.

NOTE:

- 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.

IMPORTANT NOTES

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

SUPERVISED DROP-IN (SDI) PROGRAMS: A parent or guardian sign in/out required and they must remain in the building.

LOCKERS: Lockers are reserved for day use only. Locks left on overnight will be removed without notice. Half lockers are available in some facilities for rent on a first come first serve basis. The YMCA is not responsible for contents. Speak to a Member Service Representative about local availability.

PICTURES: Please note that picture taking during any YMCA program/activity is not allowed. There may be designated times on occasion for parents to photograph their own children in programs. This will vary from centre to centre.

TECHNOLOGY ETIQUETTE: The YMCA values and respects the privacy and security of our members and participants. We ask that you please turn off all cell phones, digital cameras and other electronic devices that may infringe upon the enjoyment, privacy and security of your fellow members and participants. We appreciate your cooperation in helping to create an enjoyable experience for all.

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.

THURSDAY		FRIDAY		SAT / SUN	
GYM	TIME	GYM	TIME	GYM	TIME
	5:30		5:30		
	6:00		6:00		
	6:30	Total Body Conditioning 6:15 - 7:00 am	6:30		
	7:00		7:00		
	7:30		7:30		
	8:00		8:00		
	8:30		8:30		
	9:00		9:00		
Cycle Circuit 9:00 - 9:45 am	9:15	Stretch and Strength 9:00 - 9:45 am	9:15		
	9:30		9:30		
	9:45	Core - 9:45 - 10:00 am	9:45		
	10:00		10:00	Boot Camp 9:30 - 10:30 am	
	10:15		10:15		
	10:30		10:30		
Community Line Dancing 10:00 - 12:00 pm	10:45		10:45		
	11:00		11:00		
	11:15	On the Move 50+ 11:00 - 11:45 am	11:15		
	11:30		11:30	Saturday Morning Club (6 - 12 years) 11:00 - 12:30 pm	
	11:45		11:45		
	12:00		12:00		
Total Body Conditioning 12:05 - 12:50 pm	12:15		12:15		
	12:30		12:30		
	12:45		12:45		
	1:00		1:00		
	1:30		1:30		
	2:00	Community Walking Program 1:30 - 3:30 pm	2:00		
	2:30		2:30		
	3:00		3:00		
	3:30		3:30		
	4:00		4:00		
Yoga for Kids (6 - 12 years) 4:00 - 4:45 pm	4:15	Jr. Chefs (6 - 12 years) 4:00 - 4:45 pm	4:15		
	4:30		4:30		
	4:45		4:45		
	5:00		5:00		
	5:15	Jr. Chefs (6 - 12 years) 5:00 - 5:45 pm	5:15		
Zumba 5:15 - 6:00 pm	5:30		5:30		
	5:45		5:45		
	6:00		6:00		
	6:15		6:15		
Stretch and Strength 6:15 - 7:00 pm	6:30		6:30		
	6:45		6:45		
	7:00		7:00		
	7:15	Games Night 7:00 - 8:00 pm	7:15		
Youth Basketball 7:10 - 8:00 pm	7:30		7:30		
	7:45		7:45		
	8:00		8:00		
Adult Basketball 8:00 - 8:50 pm	8:30		8:30		
	9:00		9:00		
	9:30		9:30		
	10:00		10:00		

 SDI	 PP	 SS				
Supervised Drop-in	Parent Participation	Additional Fee	Group Fitness	Drop-in	Registered	Closed



What's Happening At Your YMCA

Youth Leadership Programs

Meet new friends, learn new skills and have fun in the process! The YMCA Youth Leadership program is a values-based program that helps youth learn more about themselves and their community. Through participation in various challenging activities, exciting adventures and initiative problems youth will be challenged to develop their leadership, problem solving and communication skills.

Junior Leaders: Grades 6, 7 & 8

Young Leaders: Grades 9 & 10

Advanced Leaders: Grades 11 & 12



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.



Super Fantastic Parties plus a whole lot more!

Your occasions are special to us. Birthday parties or other festive events are even more fun when spent at the YMCA. There's a lot to choose from to make your party a memorable one. Speak to a YMCA staff member today to book our facilities for your next special event!

Mission the YMCA is a charity that excels at strengthening our communities by providing opportunities for all to grow in spirit, mind and body.

Vision the YMCA will be the recognized leader in lifelong health and personal growth.

Values caring, honesty, inclusiveness, respect, responsibility.



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