



YMCA of Simcoe / Muskoka

My Y. For Good!



Program Schedule Midland YMCA

HOURS OF OPERATION:

Monday – Friday	5:30am - 10:00pm
Saturday	7:00am - 7:00pm
Sunday	7:00am - 5:00pm
Statutory Holidays	10:00am - 5:00pm
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
Midland YMCA

560 Little Lake Road
Midland, Ontario L4R 4L3
T: 705-526-7828 F: 705-526-8735

www.ymcaofsimcoemuskoka.ca

WINTER/SPRING 2012

Registered Programs

AQUATICS & SWIM LESSONS

PRE-SCHOOL ages 0-5

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPLASHERS (0-3YRS)	9:35-10:05am	5:30-6:00pm	9:00-9:30am 6:35-7:05pm	9:35-10:05am		9:35-10:05	10:25-10:55am
BUBBLERS (0-3YRS)	9:35-10:05am	5:30-6:00pm	9:00-9:30am 6:35-7:05pm	9:35-10:05am		9:35-10:05	10:25-10:55am
BOBBERS (3-5YRS)	9:00-9:30am	9:00-9:30am 9:35-10:05am 4:55-5:25pm 6:05-6:35pm	9:35-10:05am 4:35-5:05pm 6:00-6:30pm	9:00-9:30am 9:35-10:05am 4:00-4:30pm		9:05-9:35am 11:00-11:30	9:50-10:10am 11:50-12:20pm
FLOATERS (3-5YRS)	9:00-9:30am	9:00-9:30am 9:35-10:05am 4:55-5:25pm 6:05-6:35pm	9:35-10:05am 4:35-5:05pm 6:00-6:30pm	9:00-9:30am 9:35-10:05am 4:00-4:30pm		9:05-9:35am 11:00-11:30	9:50-10:10am 11:50-12:20pm
GLIDERS (3-5YRS)	9:00-9:30am	9:35-10:05am 4:55-5:25pm 6:05-6:35pm	9:00-9:30am 4:35-5:05pm 6:00-6:30pm	9:00-9:30am 4:00-4:30pm		9:05-9:35am 11:00-11:30	9:50-10:10am 11:50-12:20pm
DIVERS (3-5YRS)	9:00-9:30am	9:35-10:05am 4:55-5:25pm 6:05-6:35pm	9:00-9:30am 4:35-5:05pm 6:00-6:30pm	9:00-9:30am 4:00-4:30pm		9:05-9:35am 11:00-11:30	9:50-10:10am 11:50-12:20pm
SURFERS (3-5YRS)	9:35-10:05am	9:00-9:30am 4:55-5:25pm 6:05-6:35pm	9:35-10:05am 4:35-5:05pm 6:00-6:30pm	4:00-4:30pm		9:05-9:35am 11:00-11:30	9:50-10:10am 11:50-12:20pm
DIPPERS (3-5YRS)	9:35-10:05am	9:00-9:30am 4:55-5:25pm 6:05-6:35pm	9:35-10:05am 4:35-5:05pm	4:00-4:30pm		9:05-9:35am 11:00-11:30	9:50-10:10am 11:50-12:20pm

CHILD ages 6-12

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OTTER (6-12 YRS) SEAL (6-12YRS)		5:30-6:00pm 6:40-7:20pm	4:00-4:30pm 6:35-7:05pm	5:25-5:55pm		9:35-10:05am 11:35-12:05pm	10:25-10:55am 12:25-12:55pm
DOLPHIN (6-12YRS) SWIMMER (6-12YRS)		5:30-6:00pm 6:40-7:20pm	4:00-4:30pm 6:35-7:05pm	5:25-5:55pm		9:35-10:05am 11:35-12:05pm	10:25-10:55am 12:25-12:55pm
STAR 1 (6-12YRS) STAR 2(6-12YRS)		4:05-4:50pm	5:10-5:55pm	4:35-5:20pm 6:00-6:45pm		10:10-10:55am	9:00-9:45am 11:00-11:45am
STAR 3 (6-12YRS) STAR 4(6-12YRS)		4:05-4:50pm	5:10-5:55pm	4:35-5:20pm 6:00-6:45pm		10:10-10:55am	9:00-9:45am 11:00-11:45am
STAR 5 (6-12YRS) STAR 6 (6-12YRS)		4:05-4:50pm	5:10-5:55pm	4:35-5:20pm 6:00-6:45pm		10:10-10:55am	9:00-9:45am 11:00-11:45am

YOUTH ages 13-15 & ADULT

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LEARN TO SWIM DROP IN		7:00-8:00pm			9:00-10:15am		
JR LIFEGUARDS (10-13 YRS)		6:45-7:15pm					
JR LIFEGUARDS (14-16 YRS)		7:00-7:45pm					



VOLUNTEERS Wanted

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. Volunteer opportunities are available for 12 years plus.

ADVANCED AQUATICS

PROGRAMS	MASTER SWIMMER ¹	BRONZE STAR	BRONZE MEDALLION/CPR B ²	BRONZE CROSS/ SFA & CPR C ³	NLS ⁴	NLS RECERTIFICATION ⁵	STANDARD FIRST AID & CPR C	STANDARD FIRST AID & CPR C RECERTIFICATION	YMCA SWIM INSTRUCTOR ⁶
MEMBER FEES	No Charge	\$36 +HST	\$130 +HST	\$150 +HST	\$182 +HST	\$75 +HST	\$100 +HST	\$50 +HST	\$85 +HST
NON-MEMBER FEES	Members Only	\$105 +HST	\$195 +HST	\$221 +HST	\$225 +HST	\$100 +HST	\$125 +HST	\$75 +HST	\$105 +HST
BARRIE 705-726-6421	Tuesday 6:00-6:45pm OR Sunday 10:00-11:00am	Wednesday 5:30-6:30pm	(1st Half of Session) 5 Weeks Saturday 9:00-1:00pm Jan 7-Feb 4	(2nd Half of Session) 5 Weeks Saturday 9:00-1:00pm Feb 11-Mar 10	Friday-Sunday Mar 16-18 Friday-Sunday Mar 23-25 Friday 5:00-9:00pm Sat/Sun 8:00-4:00pm	Sunday 8:00-4:00pm Mar 25	Saturday/Sunday 8:00-4:00pm Apr 7-8	Sunday Apr 8 8-4pm	
COLLINGWOOD 705-445-5705	Tuesdays 7:30-8:30pm	Thursdays 7:30-8:30pm	Wednesdays 7:00-9:00pm	Wednesdays 7:00-9:00pm & Sunday, February 26 8:30am-4:30pm OR Sunday May 6 8:30-4:30pm	Friday Mar 23 & 30 5:00-9:00pm, Saturday Mar 24 & Apr 1 8:00-4:00pm, Sunday, Mar 15 & Apr 2 8:00-4:00pm	Please contact centre	Option One: Sat, Feb 25 & Sun, Feb 26 8:30-4:30pm OR Option Two: Sat, May 5 & Sun May 6 8:30-4:30pm	Sunday, Feb 26 8:30-4:30pm OR Sunday, May 6 8:30-4:30pm	
INNISFIL 705-431-9622	Wednesdays 6:15-7:00pm	Saturdays 11:00-12:00pm	Wednesdays 4:30-6:30pm	Saturdays 9:00-11:00am	Fri Jan 20 & Feb 3 4:00-8:00pm Sat Jan 21 & Feb 4 9:00am-9:00pm Sun Jan 22 & Feb 5 8:00am-4:00pm ALL DATES OR Fri May 25 & June 8 4:00-8:00pm Sat May 26 & June 9 9:00am-9:00pm Sun May 27 & June 10 8:00-4:00pm ALL DATES	Sun Feb. 4 8:00am-4:00pm Sun Jun 10 8:00am-4:00pm	Sat. Jan. 7 and Sun. Jan. 8 8:00am-4:00pm Sat. Apr. 28 & Sun. Apr. 29 8:00am-4:00pm	Sun. Jan. 8 8:00am-4:00pm Sun. Apr. 29 8:00am-4:00pm	Tues Jan 3 - Fri. Jan 6 (incl) 8:00am-4:30pm
MIDLAND 705-526-7828	Wednesday 6:15-7:00pm	Mondays 4:00-5:00pm	Mondays 5:00-7:00pm	Mondays 5:00-7:00pm					
ORILLIA 705-325-6168	Tuesdays 7:00-8:00pm	Option One: Wednesdays 5:00-6:00pm Option Two: Saturdays 3:00-4:00pm	Option One: Mon 4:00-6:00pm Option Two: Friday 5:00-7:00pm	Option One: Mon 3:30-6:00pm Option Two: Friday 5:00-7:30pm	Mar 19 - Jun 4 Mon 3:00-7:00pm	Mon Jun 4 3:00-7:00pm	Mon. Mar 12 Tues. Mar 13 10:00-6:00pm	Tues. Mar 13 10:00-6:00pm	
WASAGA BEACH 705-429-9622	Thursdays 6:00-7:00pm	Saturdays 10:20-11:20am	Wednesdays 5:00-7:00pm	Wednesdays 5:00-7:30pm	Fri Jan 6 & 20 5:00-9:00pm Sat Jan 7 & 21 8:30-4:30pm Sun Jan 8 & 22 8:30-4:30pm	Sat Jan 22 8:30-4:30pm	Apr. 7 & 8 8:30-4:30pm	Sunday, Apr 8 8:30am-4:30pm	

PREREQUISITES:

¹ Master Swimmer: Star 6

² Bronze Medallion: Minimum 13yrs OR Bronze Star

³ Bronze Cross: Bronze Medallion & EFA

⁴ NLS Certification: 16+ years, Bronze Cross, SFA & CPRC

⁵ NLS Re-certification: 16+ years

⁶ YMCA Swim Instruction Course: 16+ years, Bronze Cross

⁷ YMCA Swim Instructor Crossover: Current Swim Instructor Certification

ADULT FITNESS PROGRAMS

PROGRAMS	BASIC THEORY	FUNDAMENTALS OF GROUP FITNESS	CORE	GROUP RESISTANCE	CORE STRETCH AND STRENGTH	INDIVIDUAL CONDITIONING (IC) 1 & 2	CHOREOGRAPHY BASED FITNESS	AQUAFITNESS	GROUP CYCLING	YOGA INSTRUCTORS
BARRIE 705-726-6421	Sundays, January 22&29 (9:00-5:00pm) & Mondays, January 23rd & 30th (6-9pm)		Sunday, May 6th (9-5pm)	Sunday, March 25th (9-5pm)		Mon. Apr 9 (6-9:30pm) (IC 1) Sun. Apr 15-29 (9-5pm) (IC 2)		Sun. Jan 15 (9-5pm)	Thurs. Jan 19&26	Fri. Apr 20 (6-9:30pm) Sat Apr 21 (12-5:30pm) Sun Apr 22 (9-5pm)
GRAVENHURST 705-687-9899	Sat Feb 18 (9:00-5:00pm) & Sun Feb 19 (9:00-5:00pm), Sat Feb 25 (9:00-5:00pm)									
WASAGA BEACH 705-429-9622							Saturday, Feb 11th (9-5pm)			
MIDLAND 705-526-7828		March 10th (9-5pm)								
INNISFIL 705-431-9622	April - June 2012 Thursdays (7-9:15pm)							March 31st (9-5pm)		
ORILLIA 705-325-6168	Sat/Sun, May 26 & 27 (9-5pm)								Saturday, April 14th (9-5pm)	

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
- Use of change rooms, pool, gymnasium, wellness centre, studio and courts (where available)

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).

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.



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.



FOR MORE INFO CONTACT:

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