



YMCA of Simcoe / Muskoka

# My Y. For Good!



## Program Schedule

### Innisfil YMCA

#### HOURS OF OPERATION:

Monday – Friday	5:30am - 10:00pm
Saturday	7:00am - 6:00pm
Sunday	7:00am - 6:00pm
Statutory Holidays	10:00am - 5:00pm
Monday February 20	Family Day
Friday April 6	Good Friday
Monday May 21	Victoria Day

#### March Break Interim Schedule

March 12 – 18, 2012  
Programs will resume on March 19, 2012.

#### FOR MORE INFO CONTACT:

YMCA of Simcoe/Muskoka  
Innisfil YMCA  
1-7315 Yonge Street  
Innisfil, Ontario L9S 4V7  
T: 705-431-9622 F: 705-431-5877

[www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca)

WINTER/SPRING 2012

## MEMBERSHIP & OTHER FEES

### MEMBERSHIP

Child (0-12yrs)	\$ 20.50/mo.
Youth (13+yrs)	\$ 25.50/mo.
Student (18+yrs)	\$ 35/mo.
Adult (18+yrs)	\$ 47/mo.
Adult Only (18+yrs)	\$ 65/mo.
Senior (60+yrs)	\$ 41/mo.
Senior Adult Only (60+yrs)	\$ 63/mo.
Adult Couple	\$ 88/mo.
Adult Only Couple	\$118.50/mo.
Senior Couple	\$ 76/mo.
Senior Couple Adult Only	\$118.50/mo.
1 Parent Family Adult Plus	\$ 80/mo.
2 Parent Family Adult Plus	\$121.50/mo.
1 Parent Family	\$ 60/mo.
2 Parent Family	\$ 91/mo.

### DAY USE FEE (Including Open Swims)

Child (0-12yrs) (under 12, accompanied by an adult)	\$4.50
Youth/Student (13+yrs)	\$5.50
Senior (60+yrs)	\$7.00
Adult (18+yrs)	\$10.00
Adult Only (18+yrs)	\$12.00
Family (Minimum one adult)	\$14.00

### CHILDMINDING

Monday - Saturday	9:00am - 12:00pm
Monday & Thursday	4:30pm - 8:00pm
Members:	\$4.00/child/hr. or \$35.00/10 hr. ticket
Non Members:	\$5.00/child/hr.

\* 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.

**Adult Only Membership:** For an additional minimal monthly cost, a **Adult Only Membership** will provide the privacy of an adult-only change room. Adult only change rooms may include towel service, steam room, sauna, hot tub and exercise area. Speak with your local service representative for details.

**YMCA BUILDING FUND FEE:** The YMCA Building Fund Fee is a one-time contribution used for maintenance and improvements of our 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 six months. Note: Only one fee per family/couple.

**MEMBERSHIP ASSISTANCE:** The YMCA Strong Kids Campaign makes it possible for those unable to afford YMCA programs and services. If your current financial circumstances are preventing your family from accessing the YMCA, please contact the Membership Service Desk for a financial assistance application.

**YMCA ETIQUETTE POLICY:** 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.

**ACTIVITY ADVISORY:** 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 Wellness Coaches.

**SWIM SUPERVISION POLICY:** This policy applies to all Open Swims, Family Swims and Birthday Parties

- Children under 6 years of age must be directly supervised in the water by a parent/guardian at a ratio of 1:2. All children must be within arm's reach in the shallow end.
- Children 6 to 9 years of age must be supervised by a parent/guardian in the water at a ratio of 1:4. All non-swimmers must be in a lifejacket supervised by a parent/guardian at a ratio of 1:8.
- Children 10 and up are welcome to swim in the pool as appropriate to their swim ability. Children will be asked to perform the facility swim test. Those who do not pass the facility swim test will be required to remain in the shallow end.

**PRIVATE SWIM LESSONS & PERSONAL TRAINING:** This is a great way to sharpen your skills by working one-on-one with qualified, friendly YMCA staff, you can improve your competency, build confidence and have fun.

PERSONAL TRAINING	
1 hour	\$ 30.00
3 hours	\$ 85.00
7 hours	\$ 175.00

PRIVATE SWIM LESSONS	
1/2 hour	\$ 30.00
1/2 hour	\$ 40.00 non member

## Health, Fitness & Recreation Programs

### MONDAY

GYM A	GYM B	STUDIO	SERVERY	LAP POOL	LEISURE POOL	MULTIPURPOSE	TIME
							5:30
							6:00
							6:30
							7:00
					Lane Swim 6:00-9:00am	Adult Rec Swim 6:00-9:00am	7:30
					Lane Swim 7:30-9:00am		8:00
							8:30
							9:00
Family Gym (0-3yrs) (PP) 8:45-9:45am			Preschool Art (3-5 yrs) 9:00-9:30am		Swimming Lessons 9:00-10:30am	Childminding 9:00-12:00pm	9:15
		Zumba 9:30-10:15am					9:30
							9:45
							10:00
							10:15
Preschool Gym (3-5yrs) 10:00-11:15am	On the Move 10:00-10:45am	Core 10:20-10:50am		Lane Swim 10:30-11:00am	Adult Rec Swim 10:30-11:00am		10:30
							10:45
							11:00
							11:15
							11:30
Jr. Movin' Grovin/Imagination Station (3-5yrs) 11:15-12:15pm		Learn to Run 5km 11:00-11:45am	Jr. Chefs (3-5 yrs) 11:15-11:45am	AquaFit 11:00-11:45am	Family Swim 11:00am-11:45am	11:45	
						12:00	
						12:15	
						12:30	
						12:45	
						1:00	
						1:30	
						2:00	
						2:30	
						3:00	
						3:30	
						4:00	
						4:15	
						4:30	
Preschool Gym (3-5yrs) 4:00-5:00pm	Basketball (6-9yrs) 4:00-5:00pm		Preschool Art (3-5 yrs) 4:15-4:45pm			4:45	
						5:00	
						5:15	
						5:30	
						5:45	
						6:00	
						6:15	
						6:30	
						6:45	
						7:00	
						7:15	
						7:30	
						7:45	
						8:00	
						8:30	
						9:00	
						9:30	
						10:00	

\* One lane available for lane swim during AquaFit

## TUESDAY

GYM A	GYM B	STUDIO	SERVERY	LAP POOL	LEISURE POOL	MULTIPURPOSE
				Lane Swim 6:00-9:00am	Adult Rec Swim 6:00-9:00am	
Family Gym (0-3yrs) (PP) 8:45-9:45am			Preschool Art (3-5yrs) 9-9:30am	Swimming Lessons 9:00-10:30am		
	Bars & Plates 9:30-10:15am					
Preschool Gym (3-5yrs) 10:00-11:15am				Aquafit 10:00-10:45am	Adult Rec Swim 10:30-10:45am	Childminding 9:00-12:00pm
	Cycle 10:30-11:15am				Aquatherapy 10:45-11:15pm	
Jr. Movin' Grovin/Imagination Station (3-5yrs) 11:15-12:15pm			Jr. Chefs (3-5yrs) 11:15-11:45am	Lane Swim 10:45-1:00pm	Family Swim 11:15pm-1:00pm	
						Yoga 12:30-1:15pm
				Lane Swim 3:00-4:00pm	Adult Rec Swim 3:00-4:00pm	
				Swimming Lessons 4:00-7:15pm		
Family Gym (0-5yrs) (PP) 4:30-5:15pm	Boot camp (6-9yrs) 4:15-4:45pm Boot camp (10-12rs) 4:45-5:15pm		Youth Conditioning (13-18yrs) 4:30pm-5:30pm			Preschool Art (3-5yrs) 4:15-4:45pm Creative Art (6-9yrs) 5:00-5:45pm
Sports and Games (4-7yrs) 5:30-6:15pm	Volleyball/Badminton (8-12yrs) 5:30-6:15pm		Chefs (3-5yrs) 5:45-6:15pm			
		Core 6:00-6:30pm				
Sports and Games (8-12yrs) 6:15-7:45pm	Volleyball (10-12yrs) 6:15-7:00pm Volleyball (13-15yrs) 7:00-8:00pm	Cardio Kick 6:30-7:15pm	Chefs (6-9yrs) 6:30-7:00pm			
		Boot Camp 7:30-8:15pm		Aquafit 7:30-8:15pm	Open swim 7:15-9:30pm	Yoga 8:15-9:15pm
Adult Drop In Basketball (16+yrs) 8:00-9:30pm	Tri Club 16 8:15-9:30pm			Lane Swim 8:15-9:30pm		

## WEDNESDAY

TIME	GYM A	GYM B	STUDIO	SERVERY	LAP POOL	LEISURE POOL	MULTIPURPOSE
5:30							
6:00							
6:30							
7:00							
7:30					Lane Swim 6:00-9:00am	Adult Rec Swim 6:00-9:00am	
8:00					Lane Swim 7:30-9:00am		
8:30							
9:00				Preschool Art (3-5yrs) 9:00-9:30 am	Swimming Lessons 9:00-10:30am		
9:15							Childminding 9:00-12:00pm
9:30	Preschool Gym (3-5yrs) 9:15-10:45am		Cardio Kick 9:30-10:15am				
9:45		On the Move 10:00-10:45am					
10:00			Core 10:20-11:00am		Lane Swim 10:30-11:00am	Adult Rec Swim 10:30-11:00am	
10:15				Chefs (3-5yrs) 10:45-11:15am			
10:30	Jr. Movin' Grovin/Imagination Station (3-5yrs) 10:45-12:00pm	Family Gym (0-5yrs) (PP) 11:00-12pm			Aquafit 11:00-11:45am	Family Swim 11:00am-11:45pm	
10:45						Aquatherapy 11:45-12:15pm	
11:00					Lane Swim 11:45-1:00pm	Family Swim 12:15pm-1:00pm	Yoga 12:30-1:15pm
11:15							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30					Lane Swim 3:00-4:00pm	Adult Rec Swim 3:00-4:00pm	
4:00					Swimming Lessons 4:00-7:00pm		
4:15							Preschool Art (3-5yrs) 4:15-4:45pm
4:30	Sports and Games (4-7yrs) 4:15-5:15pm	GIRLS-S & G's (5-8yrs) 4:15-5:15pm					
4:45							
5:00							Creative Art (3-5yrs) 4:15-4:45pm Creative Art (6-9yrs) 5:00-5:45pm
5:15	Sports & Games (5-9yrs) 5:15-6:00pm	GIRLS-S & G's (11-13yrs) 5:15-6:00pm	Zumba 5:15-6:00pm				
5:30							
5:45							
6:00				Chefs (3-5yrs) 6:00-6:30pm			
6:15	Sports & Games (8-12yrs) 6:00-7:00pm	Drums Alive (9-13) 6:15-7:00pm	Bars and Plates 6:15-7:00pm				
6:30				Chefs (6-9yrs) 6:45-7:15pm			
6:45					Lane Swim 7:00-7:30pm		
7:00							
7:15					Aquafit 7:30-8:15pm	Open Swim 7:00-9:30pm	
7:30							
7:45							
8:00							Yoga 8:15-9:15pm
8:30	Adult Drop In Volleyball (16+yrs) 8:00-9:30pm				Adult Learn to Swim 8:15-9:15pm	Masters Swim Club 8:15-9:15pm	
9:00							
9:30							
10:00							

\* One lane available for lane swim during Aquafit

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





# Registered Programs

## AQUATICS & SWIM LESSONS PRESCHOOL, CHILD & YOUTH

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PARENT & TOT (0-3YRS)	9:30am 5:00pm	9:30am 10:00am	9:00am	4:00pm 5:30pm		9:00am 11:00am 11:30am	9:00am 10:00am
PRE SCHOOL (3-5YRS)	9:00am 9:30am 10:00am 4:00pm 4:30pm 5:00pm 5:30pm	9:00am 9:30am 10:00am 4:00pm 4:30pm 5:00pm	9:00am 9:30am 10:00am 4:00pm 4:30pm 5:00pm 5:30pm	9:00am 9:30am 10:00am 4:00pm 4:30pm 5:00pm	4:00pm 4:30pm 5:00pm	9:00am 9:30am 10:00am 10:30am 11:00am 1:30pm	9:00am 9:30am 10:00am
CHILD (6-12YRS)	4:00pm 4:45pm 5:30pm 6:15pm	4:00pm 4:45pm 5:30pm 6:30pm	4:00pm 4:45pm 5:30pm 6:15pm	4:00pm 4:45pm 5:30pm 6:30pm	4:00pm 4:45pm 5:30pm 6:30pm	9:00am 9:45am 10:30am 11:15am 12:00pm 12:45pm	9:00am 9:45am 10:30am 12:15pm 1:00pm
YOUTH (13+YRS)	5:30pm		5:30pm			10:30am	
JR. LIFEGUARD CLUB						12:00-12:45	
JR. INSTRUCTOR CLUB	6:15-7:00						

\* Choose a day of the week and time based on age.

## ADULT

PROGRAMS	FITNESS CHALLENGE	TRI CLUB	MASTERS SWIM CLUB	LEARN TO RUN	LEARN TO RUN 5KM
MEMBER FEES	\$15 +HST				
NON-MEMBER FEES	\$150 +HST	Members only	Members only	Members only	Members only
DATE	Monday & Wednesday's 7:00-8:00pm	Tuesday's 8:15-9:30pm	Wednesday's 8:15-9:15pm	Thursday's 7:30-8:30pm	Monday's 11:00-11:45am



## 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 <sup>1</sup>	BRONZE STAR	BRONZE MEDALLION/CPR B <sup>2</sup>	BRONZE CROSS/ SFA & CPR C <sup>3</sup>	NLS <sup>4</sup>	NLS RECERTIFICATION <sup>5</sup>	STANDARD FIRST AID & CPR C	STANDARD FIRST AID & CPR C RECERTIFICATION	YMCA SWIM INSTRUCTOR <sup>6</sup>
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:

<sup>1</sup> Master Swimmer: Star 6

<sup>2</sup> Bronze Medallion: Minimum 13yrs OR Bronze Star

<sup>3</sup> Bronze Cross: Bronze Medallion & EFA

<sup>4</sup> NLS Certification: 16+ years, Bronze Cross, SFA & CPRC

<sup>5</sup> NLS Re-certification: 16+ years

<sup>6</sup> YMCA Swim Instruction Course: 16+ years, Bronze Cross

<sup>7</sup> 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).

### 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:**

YMCA of Simcoe/Muskoka  
Innisfil YMCA

1-7315 Yonge Street  
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