



YMCA of Simcoe / Muskoka

# My Y. For Good!



## Program Schedule

Barrie YMCA



Charity #119215119RR0001



### 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
Thanksgiving	Monday, Oct. 10, 2011

### SESSION DATE:

September 19th, 2011 - Start  
December 11th, 2011 - End

### REGISTRATION:

Online and in person September 10th, 2011

### FOR MORE INFO CONTACT:

YMCA of Simcoe/Muskoka  
Barrie YMCA  
22 Grove Street West  
Barrie, Ontario L4N 1M7  
T: 705-726-6421 F: 705-726-0508

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

## FALL 2011





# Health, Fitness & Recreation Programs

## THURSDAY

GYM 1	GYM 2	STUDIO	MULTI-PURPOSE	MAIN POOL	LEISURE POOL	CHILD MINDING
		Gravity 7:15-7:45am		Lane Swim 6:15-9:00am		
		Gravity 9:00-9:30am		Adult Rec Swim 9:00-10:45am	Swimming Lessons 9:00-10:30am	
Pump 9:30-10:30am		Gravity 9:45-10:15am	Jr. Dance (3-5yrs) 10:00-10:30am			
Core 10:30-10:45am						
	Cardio Kick 10:45-11:30am			AquaFit 10:45-11:30am	Pool Rental 10:30-11:30am	
Active Tots (0-3yrs) 11:00-12:00pm (PP)						
		Group Cycle 12:05-12:45pm (Cycle Studio)		Lane Swim 11:30-1:45pm	Family Swim 11:30-1:30pm	
	Yoga 12:15-12:55pm					
Jr. Fit Kids (3-5yrs) 1:00-1:00pm						
Drop-in Volleyball (13+yrs) 2:00-4:15pm				Open Swim TBA 2:00-4:00pm		
All Sports (6-12yrs) 4:00-4:30pm		Jr. Chef (3-5yrs) 4:00-4:30pm (Kitchen) (SS)		Swimming Lessons 4:00-6:30pm		
Basketball (6-12yrs) 4:30-5:00pm	Dance (6-12yrs) 4:30-5:00pm	Jr. Dance (3-5yrs) 4:30-5:00pm				
Supervised Drop in (6-12yrs) 5:00pm-7:30pm		Gravity 5:15-5:45pm	Cycling 5:15-6:00pm (Cycle Studio)			
		Gravity 6:00-6:30pm				
		Pilates 6:45-7:30pm		Pool Rental 6:45-7:30pm		
Boot Camp 7:45-8:45pm				AquaFit 7:30-8:15pm		
Drop-in Basketball (13+yrs) 9:00-9:45pm				Lane Swimming 8:15-9:30pm		

## FRIDAY

TIME	GYM 1	GYM 2	STUDIO	MULTI-PURPOSE	MAIN POOL	LEISURE POOL	CHILD MINDING
5:30							
6:00							
6:30							
7:00					Lane Swim 6:15-9:00am		
7:30							
8:00							
8:30			Gravity 8:15-8:45am				
9:00			Cardio Skip 9:00-9:20am				
9:15	On the Move 50+ 9:15-10:00am						
9:30			Yoga 9:30-10:40am		Pool Rental 9:30-10:30am		
9:45				Cycling 9:30-10:15am (Cycle Studio)			
10:00							
10:15							
10:30	Active Tots (0-3yrs)(PP) 10:15-11:00am						
10:45					AquaFit 10:45-11:30am	Pool Rental 10:30-11:30am	
11:00							
11:15							
11:30							
11:45	Jr. Fit Kids (3-5yrs) 11:30-12:30pm						
12:00			Gravity 11:45-12:15pm		Lane Swimming 11:30-1:00pm	Family Swim 11:30-1:00pm	
12:15							
12:30	Drop In Adult Floor Hockey 12:15-1:15pm						
12:45			Gravity 12:30-1:00pm				
1:00							
1:30					Open Swim 1:00-2:00pm		
2:00							
2:30					Open Swim TBA 2:00-4:00pm		
3:00							
3:30							
4:00							
4:15							
4:30							
4:45							
5:00							
5:15							
5:30							
5:45			Gravity 5:30-6:00pm				
6:00							
6:15							
6:30				Youth Leadership (11-15yrs) 6:00-7:00pm			
6:45							
7:00							
7:15				Youth Yoga (13-17yrs) 7:00-7:45pm			
7:30							
7:45							
8:00							
8:30	Youth Drop-In Gym 8:00-9:30pm						
9:00					Lane Swimming 8:30-9:30pm		
9:30							
10:00							



# Registered Programs

## AQUATICS & SWIM LESSONS

### PRE-SCHOOL ages 0-5

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPLASHERS/BUBBLERS (0-2YRS)	9:00-9:30am 10:00-10:30am	9:30-10:00am	9:00-9:30am 10:00-10:30am 5:00pm-5:30pm	9:30-10:00am	4:00-4:30pm	9:00-9:30am 10:00-10:30am	9:00-9:30am 10:00-10:30am
BOBBERS/FLOATERS (3-5YRS)	9:30-10:00am 4:00-4:30pm	9:00-9:30am 10:00-10:30am	9:30-10:00am 4:30-5:00pm	9:00-9:30am 10:00-10:30am 4:30-5:00pm	4:30-5:00pm	9:30-10:00am 10:30-11:00am	9:30-10:00am 10:30-11:00am
GLIDER/DIVER (3-5YRS)	9:00-9:30am 10:00-10:30am 5:30-6:00pm	9:30-10:00am 4:00-4:30pm	9:00-9:30am 10:00-10:30am	9:30-10:00am 5:00-5:30pm 4:00-4:30pm		9:00-9:30am 10:00-10:30am	9:00-9:30am 10:00-10:30am
SURFER/DIPPER (3-5YRS)	9:30-10:00am 4:30-5:00pm	9:00-9:30am 10:00-10:30am	9:30-10:00am 4:00-4:30pm	9:00-9:30am 10:00-10:30am	5:00-5:30pm	9:30-10:00am 11:00-11:30am	9:30-10:00am 11:00-11:30am

### CHILD ages 6-12

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OTTER/SEAL	4:00-4:30pm 5:00-5:30pm	4:30-5:00pm 5:30-6:00pm	4:00-4:30pm	4:30-5:00pm 5:30-6:00pm	4:00-4:30pm	9:00-9:30am 10:30-11:00am	9:00-9:30am 10:30-11:00am
DOLPHIN/SWIMMER	4:30-5:00pm 6:00-6:30pm	4:00-4:30pm 5:00-5:30pm	4:30-5:00pm 5:30-6:00pm	4:00-4:30pm	4:30-5:00pm 5:30-6:00pm	9:30-10:00am 10:00-10:30am	9:30-10:00am 10:00-10:30am
STAR 1/2	4:00-4:30pm 5:00-5:30pm	4:30-5:00pm 5:30-6:00pm	4:00-4:30pm 5:00-5:30pm	4:30-5:00pm 5:30-6:00pm	4:00-4:30pm 5:00-5:30pm	9:00-9:30am 10:30-11:00am	9:00-9:30am 10:30-11:00am
STAR 3/4	4:30-5:00pm	4:45-5:15pm 5:00-5:30pm	4:30-5:00pm 5:30-6:00pm	4:00-4:30pm 5:00-5:30pm	4:30-5:00pm 5:30-6:00pm	9:30-10:00am 10:00-10:30am	9:30-10:00am 10:00-10:30am
STAR 5/6	5:15-6:00pm	4:00-4:45pm 5:15-6:00pm	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm	10:30-11:15am	10:30-11:15am

### YOUTH ages 13-15 & ADULT

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRACUDAS	5:45-6:30pm					11:00-11:45am	
JR. LIFEGUARDING CLUB			5:45-6:30pm			12:30-1:30pm	
YOUTH LEARN TO SWIM (13-17YRS)					7:30-8:30pm		
AQUASPORT (9-12YRS)						11:45-12:30pm	
ADULT LEARN TO SWIM (18YRS+) *SEPT 19-OCT 17		8:30-9:30pm		8:30-9:30pm			
ADULT STROKE CORRECTION (18YRS+) *OCT 24-NOV 21		8:30-9:30pm		8:30-9:30pm			
ADULT MASTERS SWIM CLUB			8:30-9:30pm				8:00-8:50am



## 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>	YMCA SWIM INSTRUCTOR CROSSOVER <sup>7</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 705-726-9622	Sunday 10:00-11:00am	Wednesday 5:30-6:30pm	(1st Half of Session) 5 Weeks Saturday 9:00-1:00pm Sept 19-Oct 17	(2nd Half of Session) 5 Weeks Saturday 9:00-1:00pm Oct 24- Nov 21	Friday-Sunday Nov 25-27 Friday-Sunday Dec 2-4 Friday 5:00-9:00pm Sat/Sun 8:00-4:00pm	Sunday December 4th 8-4pm	Saturday/ Sunday October 15-16 9-5pm	Sunday October 16 9:00-5:00pm	Saturday 9:00-11:00am Friday- Sunday December 9-11 Friday 6:00-8:00pm Saturday 9:00-5:00pm Sunday 9:00-5:00pm	
COLLINGWOOD 705-445-5705	Tuesday 7:30-8:30pm	Thursday 7:30-8:30pm	Wednesday 7:00-9:00pm	Wednesday 7:00-9:00pm + Sun Oct 16 8:30-4:30pm		Please contact centre	Oct 15 & 16 8:30-4:30pm	Oct 16 8:30-4:30pm		
INNISFIL 705-431-9622		Saturday's 11:00-12:00pm	Wednesday's 4:30-6:30pm	Saturday's 9:00-11:00am	Nov. 4th & 18th 4:00-8:00pm Nov. 5th & 19th 9:00am-9:00pm Nov. 6th & 20th 8:00am-4:00pm	Nov. 20th 8:00am-4:00pm	Sept. 24 & 25th 8:00am-4:00pm	Sept. 25th 8:00am-4:00pm	Sept. 11 9:00am-5:00pm	
MIDLAND 705-526-7828	Wednesday 6:15-7:00pm	Mondays 4:00-5:00pm	Mondays 5:00-7:00pm	Mondays 5:00-7:00pm	Oct 21, 22, 23 & 28, 29, 30 Fridays 5-9pm, Sat & Sun 8am-4pm	Oct 30 12-4pm				
ORILLIA 705-325-6168	Tuesday's 7:00-8:00pm	Wednesday's 5:00-6:00pm	Monday's 4:00-6:00pm (option 1) Friday's 5:00-7:00pm (option 2)	Monday's 3:30-6:00pm (option 1) Friday's 5:00-7:30pm (option 2)	Wednesday's (10 weeks) Start: Wed. Sept. 21 3:00-7:00pm	Nov. 23rd 3:00-7:00pm				
WASAGA BEACH 705-429-9622	Thursday's 6:00-7:00pm	Saturday's 10:20-11:20am	Wednesday's 6:30-8:30pm	Wednesday's 6:00-8:30pm	Nov. 11, 12, 13, 25, 26, 27 Friday 4:30-8:30pm Saturday 8:30-6:30pm Sunday 8:30-4:30pm	Sunday Nov. 27 8:30am-12:00pm (optional review) 12:00-4:30pm EXAM	Nov. 19&20 8:30-4:30pm	Nov. 20 8:30-4:30pm		

### 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	CORE	GROUP RESISTANCE	CORE STRETCH & STRENGTH	IC 1 & 2	CHOREOGRAPHY BASED FITNESS	AQUAFITNESS	FUNDAMENTALS OF GROUP FITNESS	GROUP CYCLING	BASIC THEORY
BARRIE 705-726-9622	Sunday, May 6	Sunday, March 25		Monday, April 9 (IC 1) Sundays, April 15 & 29 (IC 2)	Sunday, November 13	Sunday, January 15	Sunday, December 4	Thursdays, January 19 & 26	Sundays, January 29, February 12 & 26
INNISFIL 705-431-9622		November 5 8:00am-3:00pm	November 5 3:00pm-6:00pm			March 31st			April - June 2012 Thursdays 7-9:15pm
MIDLAND 705-526-7828							March 10		
ORILLIA 705-325-6168						Saturday, November 19		Saturday, April 14	Sat/Sun, May 26 & 27
WASAGA BEACH 705-429-9622	Saturday Sept. 24nd			Friday, Nov. 11 - Dec 16 (IC 1 & 2)	Saturday, Feb 11				

## 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. Please carry it when registering for all programs.

### 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 with a \$20 administration fee applied. 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. Please allow two to three weeks for processing.

### 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. 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.

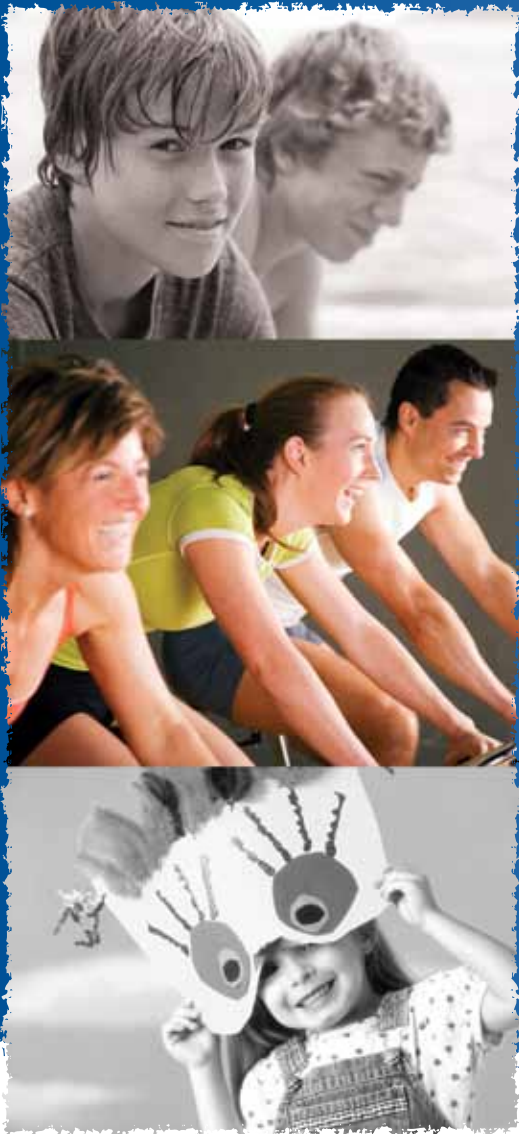
**SUPERVISED DROP-IN (SDI) PROGRAMS:** A parent or guardian sign in/out required and they must remain in the building.

**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

## YMCA Youth Leadership Development

**Jr. Leaders (10 to 13 years)** - Meet new friends, learn new skills, and have fun in the process! Each week, Jr. Leaders will participate in games and activities designed to build confidence and enhance self esteem.

**Leaders (14 to 17 years)** - In this unique values-based leadership training program, teens will earn more about themselves and others as they participate in challenging activities, exciting adventures, and various initiative problems. Youth are challenged to develop their leadership and planning skills in various environments.

**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  
Barrie YMCA

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