

ORILLIA YMCA PROGRAM SCHEDULE

A friendly, welcoming environment for all

Program descriptions available on our website and in the Program Guide

SESSION DATES

Summer Session A	July 4 - 17, 2011
Summer Session B	July 18 - 31, 2011
Summer Session C	August 2 - 14, 2011
Summer Session D	August 15 - 28, 2011
Summer Session E (Saturdays only)	July 9 - August 27, 2011
Registration Starts	June 4, 2011

HOURS OF OPERATION

Monday - Friday	5:30am - 10:00pm
Saturday	7:00am - 6:00pm
Sunday	7:00am - 5:00pm

STATUTORY HOLIDAYS 10:00am - 5:00pm

Canada Day	Friday, July 1, 2011
Civic Holiday	Monday, August 1, 2011
Labour Day	Monday, September 5, 2011



FOR MORE INFORMATION OR REGISTRATION CONTACT:

**YMCA of Simcoe/Muskoka
Orillia YMCA**

300 Peter Street North
Orillia, Ontario L3V 5A2

T: 705-325-6168 F: 705-325-0243

We build strong kids,
strong families,
strong communities.



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

YMCA

MEMBERSHIP & OTHER FEES

MEMBERSHIP

Child (0-12yrs)	\$ 20.50/mo.
Youth (13+yrs)	\$ 25.50/mo.
Student (18+yrs)	\$ 35/mo.
Adult (18+yrs)	\$ 41/mo.
Adult Only (18+yrs)	\$ 51/mo.
Senior (60+yrs)	\$ 38/mo.
Senior (Adult Only) (60+yrs)	\$ 46/mo.
Adult Couple	\$ 80/mo.
Adult Couple (Adult Only)	\$ 95/mo.
Senior Couple	\$ 70/mo.
Senior Couple (Adult Only)	\$ 84/mo.
1 Parent Family (Adult Only)	\$ 71/mo.
2 Parent Family (Adult Only)	\$ 110/mo.
1 Parent Family	\$ 59/mo.
2 Parent Family	\$ 89/mo.

DAY USE FEE (Including Open Swims)

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

* additional \$3.00 for Adult Only

CHILDMINDING

Monday-Friday	9:00am-12:00pm
Tuesday & Thursday	5:30pm-8:00pm
Members:	\$4.00/child/hr. or \$35.00/10 hr. ticket
	10 hr. - 10% discount for 2nd child
	10 hr. - 15% discount of 3rd child
	5% reduction for each additional child (to a maximum of a 25%)
Non Members:	\$5.00/child/hr.

* For Adult Only locker rooms, add \$3.00 per person

* 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.

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 and Family Swims as well as 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 arms 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 1:8. All non-swimmers must remain in the shallow end.

- 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.

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.

Health, Fitness & Recreation Programs

MONDAY

GYM 1	GYM 2	FITNESS STUDIO	CYCLE ROOM	POOL	TIME
					5:30
					6:00
					6:30
			Group Cycle 6:30-7:15am		7:00
	Closed			Lane Swim 7:00-9:00am	7:30
		Gravity 8:00-8:30am (Studio B)			8:00
					8:30
					9:00
					9:15
	TBC 9:10-10:10am		Group Cycle 9:15-10:00am	Swim Lessons 9:00-10:15am	9:30
					9:45
					10:00
					10:15
					10:30
	Family Gym 10:15-11:00am	Kids Yoga (6-9yrs) 10:30-11:00am (Studio A)		Shallow Aquafit 10:20-11:05am	10:45
					11:00
Jr. All Sport (3-5yrs) 11:00-11:30am				Lane Swim 7:00am-4:00pm	11:00
	On The Move 50+ 11:15-12:00pm			Family Swim 11:10-12:00pm	11:15
					11:30
					11:45
					12:00
					12:15
	All Sport (6-9yrs) 12:00-1:00pm	Gravity 12:15-12:45pm (Studio B)	Group Cycle 12:15-12:50pm	Aqua Therapy 12:15-1:00pm	12:30
					12:45
					1:00
	Hoops (10-13yrs) 1:00-2:00pm			Open Swim 1:00-2:00pm	1:30
					2:00
	Gym Rental			Lane Swim 2:00-3:00pm	2:30
				Camp Swim 3:00-4:00pm	3:00
					3:30
					4:00
					4:15
					4:30
					4:45
				Swim Lessons 4:00-6:00pm	5:00
					5:15
					5:30
			Zumba 5:30-6:15pm (Studio A)		5:45
			Group Cycle 5:30-6:15pm		6:00
					6:15
			Core 6:20-6:35pm (Studio A)		6:30
				Family Swim 6:00-7:00pm	6:45
					7:00
		Gravity 7:00-7:30pm (Studio B)			7:15
Sports Conditioning 7:00-8:00pm	Karate 6:40-8:40pm			Lane Swim 6:00-9:30pm	7:30
				Open Swim 7:00-8:00pm	7:45
					8:00
				Shallow Aquafit 8:10-8:55pm	8:30
					9:00
				Lane Swim 9-9:30pm	9:30
					10:00

TUESDAY

GYM 1	GYM 2	FITNESS STUDIO	CYCLE ROOM	POOL
		Gravity 6:30-7:00am (Studio B)		
	Closed			Lane Swim 7:00-9:00am
	Pump Step 9:10-10:10am		Group Cycle 9:15-10:00am	Swim Lessons 9:00-10:15am
		Yoga 10:15-11:15am (Studio A)		Shallow Aquafit 10:20-11:05am
	Active Tots (1-3yrs) 11:00-11:30pm			Lane Swim 7:00am-4:00pm
	Tumbling Tots (1-3yrs) 11:30-12:00pm			Family Swim 11:10-12:00pm
Boot Camp 12:15-12:45pm				Lane Swim 12:00-1:00pm
				Open Swim 1:00-2:00pm
	Gym Rental			Lane Swim 2:00-3:00pm
	Closed			Camp Swim 3:00-4:00pm
				Swim Lessons 4:00-6:00pm
		Youth Conditioning 5:30-6:30pm (Studio B)	Group Cycle 5:30-6:15pm	
Kids Boot Camp (9-12yrs) 6:00-7:00pm	Boot Camp 6:00-6:45pm	Yoga 5:30-6:30pm (Studio A)		Family Swim 6:00-7:00pm
Triathlon Training 6:30-8:00pm		Gravity 7:00-7:30pm (Studio B)		Lane Swim 6:00-9:30pm
				Open Swim 7:00-8:00pm
				Adult Masters 8:00-9:00pm
				Lane Swim 9-9:30pm

WEDNESDAY

TIME	GYM 1	GYM 2	FITNESS STUDIO	CYCLE ROOM	POOL
5:30					
6:00					
6:30				Group Cycle 6:30-7:15am	
7:00		Closed			Lane Swim 7:00-9:00am
7:30					
8:00			Gravity 8-8:30pm (Studio B)		
8:30					
9:00					
9:15					
9:30		TBC 9:10-10:10am		Group Cycle 9:15-10:00am	Swim Lessons 9:00-10:15am
9:45					
10:00					
10:15					
10:30					Shallow Aquafit 10:20-11:05am
10:45					
11:00					Lane Swim 7:00am-4:00pm
11:15					
11:30		On The Move 50+ 11:15-12:00pm			Family Swim 11:10-12:00pm
11:45					
12:00					
12:15					
12:30		Fit Kids (6-9yrs) 12:00-1:00pm		Group Cycle 12:15-12:50pm	Aqua Therapy 12:15-1:00pm
12:45					
1:00					Open Swim 1:00-2:00pm
1:30					
2:00					Lane Swim 2:00-3:00pm
2:30		Gym Rental			Camp Swim 3:00-4:00pm
3:00					
3:30					
4:00					
4:15					
4:30					
4:45					
5:00					Swim Lessons 4:00-6:00pm
5:15					
5:30					
5:45		TBC 5:30-6:15pm		Group Cycle 5:30-6:15pm	
6:00					
6:15		Core 6:20-6:35pm			Family Swim 6:00-7:00pm
6:30					
6:45				Room Rental	Lane Swim 6:00-9:30pm
7:00			Gravity 7:00-7:30pm (Studio B)		
7:15			Stability & Balance 7:00-8:00pm (Studio A)		Open Swim 7:00-8:00pm
7:30		Karate 6:40-8:40pm			
7:45					
8:00					
8:30					Combo Aquafit 8:10-8:55pm
9:00					Water Jogging 9-9:30pm
9:30					
10:00					

SDI Supervised Drop-in
 PP Parent Participation
 \$\$ Additional Fee
 Yellow Group Fitness
 Light Green Drop-in
 Blue Registered
 Grey Closed

Health, Fitness & Recreation Programs

THURSDAY

GYM 1	GYM 2	FITNESS STUDIO	CYCLE ROOM	POOL
		Gravity 6:30-7:00am (Studio B)		
	Closed			Lane Swim 7:00-9:00am
		Zumba 9:10-10:10am (Studio A)	Group Cycle 9:15-10:00am	Swim Lessons 9:00-10:15am
	Family Gym 10:15-11:00am	Yoga 10:15-11:15am (Studio A)		Shallow Aquafit 10:20-11:05am
			50+ Cycle 11:30-12:00pm	Lane Swim 7:00am-4:00pm Family Swim 11:10-12:00pm
Boot Camp 12:15-12:45pm				Lane Swim 12:00-1:00pm
				Open Swim 1:00-2:00pm
	Gym Rental			Lane Swim 2:00-3:00pm
	Hoops (10-13yrs) 3:00-4:00pm			Camp Swim 3:00-4:00pm
		Kids Yoga (all ages) 4:15-4:45pm (Studio A)		Swim Lessons 4:00-6:00pm
			Youth Cycle (ages 9+) 5:00-5:30pm	
	Boot Camp 6:00-6:45pm	Fusion 5:30-6:30pm (Studio A)	Group Cycle 5:30-6:15pm	Family Swim 6:00-7:00pm
Soccer (6-9yrs) 6:30-7:00pm				Open Swim 7:00-8:00pm
	Plateau 7:00-7:45pm			Adult Masters 8:00-9:00pm
				Lane Swim 9-9:30pm

FRIDAY

GYM 1	GYM 2	FITNESS STUDIO	CYCLE ROOM	POOL
			Group Cycle 6:30-7:15am	
	Closed			Lane Swim 7:00-9:00am
		Gravity 8-8:30pm (Studio B)		Swim Lessons 9:00-10:15am
	Hi-Lo 9:10-10:10am		Group Cycle 9:15-10:00am	Deep Aquafit 10:20-11:05am
	Family Gym 10:15-11:00pm			Lane Swim 7:00am-4:00pm
				Family Swim 11:10-12:00pm
			Group Cycle 12:15-12:50pm	Lane Swim 12:00-1:00pm
				Open Swim 1:00-2:00pm
	Gym Rental		Youth Cycle 2:00-2:45pm	Lane Swim 2:00-3:00pm
				Camp Swim 3:00-4:00pm
				Swim Lessons 4:00-6:00pm
		Gravity 6:00-6:30pm (Studio B)		Family Swim 6:00-7:00pm
				Open Swim 7:00-9:00pm
	Supervised Open Gym (9-14yrs) 7:00-9:30pm			Lane Swim 9-9:30pm

Swim Programs

PRE-SCHOOL ages 0-5

PROGRAMS	SPLASHERS/ BUBBLERS (PP) (6 - 18 mo.)	BOBBERS (3 - 5yrs)	FLOATERS (3 - 5yrs)	GLIDERS (3 - 5yrs)	DIVERS (3 - 5yrs)	SURFERS (3 - 5yrs)	DIPPERS (3 - 5yrs)
SESSION A JULY 14 - 17	5:00-5:30pm	9:00-9:30am 5:00-5:30pm	9:00-9:30am 5:00-5:30pm	9:30-10:00am	9:30-10:00am	4:00-4:30pm	4:00-4:30pm
SESSION B JULY 18 - 31	5:00-5:30pm	9:00-9:30am 4:00-4:30pm	9:00-9:30am 4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:30-5:00pm	4:30-5:00pm
SESSION C AUGUST 2 - 14	5:00-5:30pm	9:00-9:30am 5:00-5:30pm	9:00-9:30am 5:00-5:30pm	9:30-10:00am	9:30-10:00am	4:00-4:30pm	4:00-4:30pm
SESSION D AUGUST 15 - 28	5:00-5:30pm	9:00-9:30am 4:00-4:30pm	9:00-9:30am 4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:30-5:00pm	4:30-5:00pm
SESSION E SATURDAY ONLY JULY 9 - AUGUST 27	9:00-9:30am	9:30-10:00am	9:30-10:00am	10:00-10:30am	10:00-10:30am	10:30-11:00am	10:00-10:30am

CHILD ages 6-12

PROGRAMS	OTTER	SEAL	DOLPHIN	SWIMMER	STAR 1	STAR 2	STAR 3	STAR 4	STAR 5	STAR 6
SESSION A JULY 14 - 17	9:00-9:30am 5:30-6:00pm	9:00-9:30am 5:30-6:00pm	9:30-10:00am 5:30-6:00pm	9:30-10:00am 5:30-6:00pm	4:00-4:30pm	4:00-4:30pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm
SESSION B JULY 18 - 31	9:30-10:00am 4:30-5:00pm	9:30-10:00am 4:30-5:00pm	5:00-5:30pm	5:00-5:30pm	9:00-9:30am	9:00-9:30am	5:30-6:00pm	9:30-10:15am	9:30-10:15am	5:15-6:00pm
SESSION C AUGUST 2 - 14	9:00-9:30am 5:30-6:00pm	9:00-9:30am 5:30-6:00pm	9:30-10:00am 5:30-6:00pm	9:30-10:00am 5:30-6:00pm	4:00-4:30pm	4:00-4:30pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm
SESSION D AUGUST 15 - 28	9:30-10:00am 4:30-5:00pm	9:30-10:00am 4:30-5:00pm	5:00-5:30pm	5:00-5:30pm	9:00-9:30am	9:00-9:30am	5:30-6:00pm	9:30-10:15am	9:30-10:15am	5:15-6:00pm
8 WEEK SESSION SATURDAY ONLY	9:30-10:00am	9:30-10:00am	9:00-9:30am	9:00-9:30am	10:00-10:30am	10:00-10:30am	10:30-11:15am	10:30-11:15am	11:15-12:00pm	11:15-12:00pm

ADVANCED AQUATICS

PROGRAMS	MASTER SWIMMER ¹	BRONZE STAR ²	BRONZE MEDALLION/ CPR B ³	BRONZE CROSS/ SFA & CPR C ⁴	NLS ⁵	NLS RECERTIFICATION ⁶	STANDARD FIRST AID & CPR C	STANDARD FIRST AID & CPR C RECERTIFICATION	YMCA SWIM INSTRUCTOR ASSISTANT ⁷
MEMBER FEES	No Charge	\$36 +HST	\$130 +HST	\$156 +HST	\$150 +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	Tues & Thurs July 5 - 28 4:30-5:30pm OR Mon & Wed Aug. 3 - 24 4:30-5:30pm	Tues & Thurs July 5 - 28 5:30-6:30pm OR Mon & Wed Aug. 3 - 24 5:30-6:30pm	Mon - Fri July 4 - 17 9:00am-1:00pm	Mon - Fri July 18- 31 9:00am-1:00pm	Mon - Fri Aug. 2 - 14 9:00am-1:00pm	Fri Aug. 14 9:00am-1:00pm			
COLLINGWOOD	Tues - Thurs July 4 - 17 7:00 - 8:00pm OR Mon & Wed July 18 - 31 7:00 - 8:00pm	Mon - Wed July 4 - 17 7:00 - 8:00pm OR Tues & Thurs July 18 - 31 7:00 - 8:00pm	Mon - Fri Aug 2 - 14 6:00 - 8:00pm	Mon - Fri Aug 2 - 14 6:00 - 8:00pm				Aug. 28 - 29 8:00am - 4:00pm	
INNISFIL	Mon & Wed July 4 - 27 OR Mon & Wed Aug. 2 - 25 4:45-5:30pm OR Sun July 10 - Aug. 28 10:15-11:00am	Mon - Fri July 4 - 27 5:30-6:30pm OR Mon - Fri Aug. 2 - 22 5:30-6:30pm	Mon - Fri July 18 - 22 8:00am-12:00pm	Mon - Fri July 18 - 22 8:00am-12:00pm	Mon - Fri Aug. 22 - 26 8:30am-4:30pm	Fri Aug. 26 12:30-4:30pm	Sat & Sun Aug. 13 & 14 8:00am-4:00pm	Sun Aug. 14 8:00am-4:00pm	
MIDLAND	Mon 4:00-5:00pm	Mon 4:00-5:00pm	Wed 5:30-7:30pm	Wed 5:30-7:30pm					
ORILLIA	Wed 4:00-5:00pm	Tues 5:00-6:00pm	Mon - Fri July 18 - 29 4:00-6:00pm	Mon - Fri Aug. 2 - 12 4:00-7:00pm	Sun - Thurs June 26 - 30 10:00-6:00pm OR Mon - Fri Aug. 15 - 26 4:00-8:00pm	Thurs June 30 2:00-6:00pm OR Fri Aug. 26 4:00-8:00pm	Sat June 18 & 25 10:00-6:00pm	Sat June 25 2:00-6:00pm	
WASAGA BEACH	Mon - Fri Aug 15 - 28 10:00-11:00am	Mon - Fri July 4 - 17 10:00-11:00am	Mon - Fri July 18 - 31 9:00-11:00am	Mon - Fri Aug. 1 - 14 9:00-11:30am	Aug. 19 - 21 & 26 - 28 Fri 5:00-9:00pm Sat & Sun 8:30-4:30pm	Sun Aug. 28 (Optional review) 8:30-12:00pm Exam 12:00-4:30pm	Sat & Sun July 23 & 24 8:30-4:30pm	Sun July 24 8:30-4:30pm	

PREREQUISITES:

¹ Master Swimmer: Star 6

² Bronze Star: 12+ years & Master Swimmers preferred

³ Bronze Medallion: 13+ years & Bronze Star preferred

⁴ Bronze Cross: 14+ years, Bronze Medallion & EFA

⁵ NLS Certification: 16+ years, Bronze Cross, SFA & CPRC

⁶ NLS Re-certification: 16+ years, SFA & CPRC

⁷ YMCA Swim Instruction Course: 16+ years, Bronze Cross

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. Note: Features may vary between centres.

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. Please have it with you 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, 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.

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

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.

FOR MORE INFORMATION OR REGISTRATION CONTACT:

**YMCA of Simcoe/Muskoka
Orillia YMCA**

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We build strong kids,
strong families,
strong communities.



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

YMCA

WHAT'S HAPPENING AT YOUR YMCA



YOUTH DANCES!

Contact your YMCA staff for dance dates, times and ages.

YMCA members must bring membership card.



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!



PRIVATE SWIM LESSONS

This is a great way to sharpen your swimming skills. By working one-on-one with qualified, friendly YMCA staff, you can improve your competency, build confidence and have fun. Speak with YMCA staff today to arrange your next private lesson!



Imagine
Canada Ethical Code

www.ymcaofsimcoemuskoka.ca