

PARRY SOUND YMCA PROGRAM SCHEDULE

A friendly, welcoming environment for all

Program descriptions available on our website and in the Program Guide

SESSION DATES

Summer Session July 4 - August 28, 2011
 Registration Starts **June 4, 2011**

HOURS OF OPERATION

Monday - Friday	6:00am - 9:00pm
Saturday	9:00am - 2:00pm
Sunday	9:00am - 2:00pm

STATUTORY HOLIDAYS	Closed
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
 Parry Sound YMCA**
 36 Smith Crescent
 Parry Sound, Ontario P2A 2W9

T: 705-746-0511 F: 705-746-1205

We build strong kids,
 strong families,
 strong communities.

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



YMCA

www.ymcaofsimcoemuskoka.ca

MEMBERSHIP & OTHER FEES

MEMBERSHIP

Child (0-12yrs)	\$ 20/mo.
Youth (13+yrs)	\$ 20/mo.
Student (18+yrs)	\$ 26/mo.
Adult (18+yrs)	\$ 29/mo.
Senior (60+yrs)	\$ 26/mo.
Adult Couple	\$ 55/mo.
Senior Couple	\$ 49/mo.
1 Parent Family	\$ 45/mo.
2 Parent Family	\$ 75/mo.

DAY USE FEE

Child (0-12yrs) (under 12, accompanied by an adult)	\$4.00
Youth/Student (13+yrs)	\$4.00
Seniors (60+yrs)	\$5.00
Adults (18+yrs)	\$8.00
Family (Minimum one adult)	\$12.00

* 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 \$60.00 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.

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		TUESDAY		WEDNESDAY	
GYM	TIME	GYM	TIME	GYM	TIME
	5:30		5:30		5:30
	6:00		6:00		6:00
Pump Step 6:15-7:00am	6:30		6:30	Cycle Circuit 6:15-7:00am	6:30
Core 7:00-7:15am	7:00		7:00	Core 7:00-7:15am	7:00
	7:30		7:30		7:30
	8:00		8:00		8:00
	8:30		8:30		8:30
	9:00		9:00		9:00
Cycle Circuit 9:00-9:45am	9:15	20-20-20 9:00-10:00am	9:15		9:15
Core 9:45-10:00am	9:30		9:30		9:30
	9:45		9:45		9:45
	10:00		10:00		10:00
	10:15		10:15		10:15
	10:30		10:30		10:30
	10:45		10:45		10:45
	11:00		11:00		11:00
On The Move 50+ 11:00-11:45am	11:15		11:15	On The Move 50+ 11:00-11:45am	11:15
	11:30		11:30		11:30
	11:45		11:45		11:45
	12:00		12:00		12:00
	12:15	Instructor's Choice 12:05-12:50pm	12:15	Zumba 12:05-12:50pm	12:15
	12:30		12:30		12:30
	12:45		12:45		12:45
	1:00		1:00		1:00
	1:30		1:30		1:30
	2:00		2:00		2:00
	2:30		2:30		2:30
	3:00		3:00		3:00
	3:30		3:30		3:30
	4:00		4:00		4:00
Yoga for Kids (6-12yrs) 4:00-4:45pm	4:15	Fit Kids (6-12yrs) 4:00-4:45pm	4:15	Art On The Tarp (6-12yrs) 4:00-4:45pm	4:15
	4:30		4:30		4:30
	4:45		4:45		4:45
	5:00		5:00		5:00
	5:15		5:15		5:15
Pump Step 5:15-6:00pm	5:30	Zumba 5:15-6:00pm	5:30	Cycle Circuit 5:15-6:00pm	5:30
Core 6:00-6:15pm	5:45		5:45		5:45
	6:00		6:00		6:00
	6:15		6:15		6:15
	6:30	Boot camp 6:15-7:00pm	6:30		6:30
	6:45		6:45		6:45
	7:00		7:00	Hip Hop 6:30-7:30pm	7:00
Drop-in Basketball 7:00-7:45pm	7:15	Youth Leadership (10+yrs) 7:00-8:00pm	7:15		7:15
	7:30		7:30		7:30
	7:45		7:45		7:45
	8:00		8:00		8:00
Open Gym 8:00-8:50pm	8:30		8:30		8:30
	9:00		9:00		9:00
	9:30		9:30		9:30
	10:00		10:00		10:00

THURSDAY

FRIDAY

SAT / SUN

GYM	TIME	GYM	TIME	GYM	TIME
	5:30		5:30		
	6:00		6:00		
	6:30	Boot Camp 6:15-7:00am	6:30		
	7:00		7:00		
	7:30	Stretch & Strength 7:00-7:30am	7:30		
	8:00		8:00		
	8:30		8:30		
	9:00		9:00		
Fusion 9:00-9:45am	9:15		9:15		
	9:30		9:30		
	9:45		9:45		
	10:00		10:00	Instructor's Choice 9:30-10:30am	
	10:15		10:15		
	10:30		10:30		
	10:45		10:45		
	11:00		11:00	Saturday Morning Club (6-12yrs) 10:30-12:00pm	Open Gym 9:00-2:00pm
	11:15	On The Move 50+ 11:00-11:45am	11:15		
	11:30		11:30		
	11:45		11:45		
	12:00		12:00		
Total Body Conditioning 12:05-12:50pm	12:15		12:15		
	12:30		12:30		
	12:45		12:45	Yoga for Youth (6-12yrs) 12:30-1:30pm	
	1:00		1:00		
	1:30		1:30		
	2:00		2:00		
	2:30		2:30		
	3:00		3:00		
	3:30		3:30		
Net & Racquet Sports 4:00-4:45pm	4:00	Jr. Chefs (6-12yrs) 4:00-4:45pm	4:00		
	4:15		4:15		
	4:30		4:30		
	4:45		4:45		
	5:00		5:00		
	5:15	Jr. Chefs (6-12yrs) 5:00-5:45pm	5:15		
20-20-20 5:15-6:15pm	5:30		5:30		
	5:45		5:45		
	6:00		6:00		
	6:15		6:15		
	6:30		6:30		
	6:45		6:45		
	7:00		7:00		
	7:15	Youth Drop-in (11+yrs) 7:00-8:00pm	7:15		
Drop-in Ball Hockey (12+yrs) 7:00-8:30pm	7:30		7:30		
	7:45		7:45		
	8:00		8:00		
	8:30		8:30		
	9:00		9:00		
	9:30		9:30		
	10:00		10:00		

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

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.

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.

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

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 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!

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YMCA



Imagine
Canada Ethical Code

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