

YMCA of Simcoe/Muskoka Health Fitness & Recreation Program Guide



We build strong kids,
strong families,
strong communities.



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

YMCA

YMCA of Simcoe/Muskoka Services

Health, Fitness & Recreation

We serve over 30,000 members and participants in our Health, Fitness & Recreation (HFR) Centres located in Barrie, Collingwood, Innisfil, Midland, Orillia, Parry Sound and Wasaga Beach. For more information on the programs and services offered at our HFR sites, please contact the Centre nearest you. To locate your local Centre please refer to the information listed on the back page of this guide.

Child & Family Development

YMCA Child Care: The YMCA has been providing quality child care in Simcoe/Muskoka since the 1980's and we are now the largest provider of not-for-profit child care in our area.

YMCA School Age Programs: The YMCA of Simcoe/Muskoka offers safe before school, after school and full day holiday care that focus on four pillars - Community, Fun, Leadership, and Learning. School Age Staff provide a wide variety of program opportunities based on the interests of the children within each of these pillars. Our 40 School Age Programs are supported by YMCA Core Values, YMCA Healthy Child Development and Abundant Assets..

YMCA Play To Learn: The Play to Learn Curriculum enables our staff to develop play experiences based on each child's interests.

Best Start: The YMCA of Simcoe/Muskoka has helped launch Best Start, which is the Ontario Government's strategy to expand quality and affordable child care and invest in children's healthy early development, all in convenient and easily accessible locations for parents.

Camping & Youth Leadership Development

YMCA Youth Leadership: The YMCA of Simcoe/Muskoka offers youth leadership development programs in our HFR Centres, at YMCA Camp Kitchikewana and YMCA Geneva Park, through our extended outtripping experiences in Northern Ontario.

YMCA Camp Kitchikewana: Located in Georgian Bay Islands National Park, YMCA Camp Kitchikewana has been offering a values-based resident camp experience since 1919.

YMCA Family Camp: The cottages supporting the Family Camp Program at Geneva Park have been in use since the 1920's and 1930's. Generations of families have been enjoying the experience of this unique community adventure and getaway for decades.

YMCA Day Camp: The YMCA has been offering quality Day Camp Programs to young people for decades; we currently offer a variety of Summer Day Camp options based out of various sites throughout Simcoe/Muskoka, as well as PA Day and Holiday Camps during the school year.

International Development

Sierra Leone: The YMCA of Simcoe/Muskoka has a partnership with the YMCA of Sierra Leone which provides youth and adult volunteers with training in peace and conflict resolution, educational programs, and leadership development to support these important society building initiatives.

International Peace Week: Every year in November as part of our Global Education Program, the YMCA of Simcoe/Muskoka together with other YMCAs around the world urge people to make peace their personal cause. The highlight of the week is the awarding of the YMCA Peace Medallion to recognize the best person or group able to model how each of us can contribute to peace.

Leadership Training & Community Development

Adult Leadership & Conference Services: Since 1907, the YMCA has had a long and rich history of providing conference and leadership training services at YMCA Geneva Park located on a 150 acre forested peninsula on Lake Couchiching.

Employment Services: The YMCA has Employment Resource Centres located in Midland, Huntsville and Parry Sound offering a variety of services to those needing assistance in job search and placement.

Newcomer Services: Since 1988, the YMCA has been offering this one of a kind service to Simcoe County through the Barrie YMCA. Offering services to more than 500 immigrants each year, the settlement program provides newcomers to Canada with the tools and resources they need, including language training and employment readiness training

Youth Services: As part of our programs and services to youth, our YMCA combines life skill strategies and harm reduction strategies that assist youth up to 30 in making responsible choices for a positive future.

YMCA Philanthropy

Volunteer Development

Building relationships is crucial to the YMCA's core values. When our members and participants are encouraged and inspired to give back by becoming volunteers, the cycle of growth benefits us all. Fostering personal growth within our organization and within our communities is our goal to nurturing a better, brighter future. Our holistic philosophy of the growth of the person in SPIRIT, MIND and BODY not only benefits individuals, but it also contributes to building strong communities, and civil society. Everyday.

Giving

At the YMCA, the benefits of our nurturing, caring and support can often be expressed immediately by the willingness of members of our communities to contribute and show compassion for others through their personal giving.

USING THIS PROGRAM GUIDE:

The Program Guide provides in depth descriptions of all Health, Fitness and Recreation programs and services offered by the YMCA across Simcoe/Muskoka. If you have any questions or comments, please visit our website at www.ymcaofsimcoemuskoka.ca or call one of our Centres. To locate the Centre closest to you please refer to the information listed on the back page of this guide. Program options are specific to each YMCA Health, Fitness and Recreation Centre. Programs available in one community may not be available in another.

PROGRAM SCHEDULES:

The Program Schedule outlines times, dates, and fees specific to your local Health, Fitness and Recreation Centre. Schedules are available seasonally (Summer, Fall, Winter, Spring) and can be picked up at the Membership Services Desk or viewed online at www.ymcaofsimcoemuskoka.ca

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Etiquette:

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.

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.

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.

For more information, please contact our Membership Services Desk.

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

As a YMCA member you are entitled to:

- Canada wide YMCA access
- Use of YMCA change rooms, pool, gymnasium, wellness centre, studio & courts
- Complimentary wellness coaching by a qualified YMCA Wellness Coach
- A diverse selection of cycle, land and water fitness classes
- Unlimited drop in programs, open swims, open gym
- Advance program registration
- One registered weekly swim lesson
- Member only events and programs
- YMCA leadership development programs and opportunities
- Reduced rates in special programs including Advanced Aquatics, Private Lessons, CPR & First Aid Certification, Summer and Holiday Day Camps, Children's Birthday Parties and Special Events
- Free parking

MEMBERSHIP PLUS

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

BUILDING FUND FEE

In order to maintain high quality YMCA facilities, new adult members, and members whose membership has lapsed for more than 6 months, contribute a one time Building Fund Fee. The fee is allocated to maintaining facilities in 'as new' condition through capital improvements, renovations and refurbishment.

FINANCIAL ASSISTANCE

The YMCA Strong Kids Campaign makes it possible for those unable, not unwilling, 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.

Help Us Build Strong Kids!

A True Investment in our Community

For more information or to make a donation, please call or visit us today!



MEMBERSHIP CARD

Your Membership Card gives you access to YMCA facilities, programs and services. Please have it with you to access our YMCA facilities and when registering for all programs. If your membership card is lost, stolen or physically damaged, a nominal replacement fee will be charged for the production of a new card. If you forget your card, you will need to present photo ID to access the facility. Your membership card is non-transferable.

MEMBERSHIP DUES

There are two forms of payment available for your convenience. Our Pre-Authorized Payment Plan will debit your monthly fee on the 1st or 15th of each month from your bank account or credit card. You may also choose to pay for the full year by cash, cheque, Visa or Mastercard.

New members are welcome to credit day pass receipts, purchased in the previous 2 weeks toward the purchase of their new membership.

RENEWAL & CANCELLATION

Continuous YMCA involvement contributes to your ongoing health and wellness. For convenience, members on the monthly Pre-Authorized Payment Plan are renewed automatically. Cancellations must be made in writing 7 working days in advance. There is a \$20 administration fee upon cancellation. Members who choose to pay in full will be required to renew annually on their anniversary date.

RETURNED PAYMENTS

All payments returned from the bank or any other financial institution are subject to a \$15.00 administration fee.

REFUND/COURSE WITHDRAWAL POLICY

Refunds are not available after courses begin with the exception of medical reasons. Program refunds are subject to a \$10.00 administration fee. Membership and Camp refunds are subject to a \$20.00 administration fee. Please allow 2 - 3 weeks for processing.

GUESTS AND VISITORS

We encourage members to bring their friends and family as guests to the YMCA. The first visit for guests is complimentary. Day Passes are available at the Membership Service Desk for subsequent visits.

It is more economical for frequent users to purchase a YMCA membership.

For safety and security, guests are required to provide photo ID and are encouraged to bring a lock for locker room use.

As a consideration to fellow members, please monitor the behaviour of your guests or children. Inform guests of our YMCA Etiquette policy and help them comply with our policies and systems.

VISITING OTHER YMCAs

Your YMCA card will give you access to all YMCA Health, Fitness and Recreation Centres in Simcoe/Muskoka, across Canada and the United States. Local restrictions and rules may apply.

We encourage members to visit all YMCAs within Simcoe/Muskoka. Please join the centre you plan to use most frequently to ensure that your fees are allocated appropriately.

MEMBER'S COMMENTS & SUGGESTIONS

We welcome your feedback and suggestions. Please take advantage of the comment cards located near the Member Services Desk. If you have a concern please contact your local General Manager.

COURSE 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.

YMCA ETIQUETTE

Members and participants who are in contravention of the YMCA etiquette guidelines (See page 3) may be removed from the facility at the discretion of the Duty Manager. Membership privilege suspension beyond 24 hours or termination will be assessed by the Vice President of Health, Fitness, Recreation and Membership Development.



COMPLIMENTARY WELLNESS COACHING

The YMCA of Simcoe/Muskoka is committed to your success. Complimentary Wellness Coaching services are available to all adult members as part of their membership. Ask a YMCA Service Representative for details.

MEDICAL CLEARANCE

Those planning to engage in physical activity are encouraged to have a medical checkup performed by a physician prior to exercise. We recommend you review the results with your YMCA Wellness Coach.

SAFETY

Personal Safety: The YMCA is committed to maintaining a safe and comfortable environment. If you have any concerns about personal safety or comfort, please share them with a Duty Manager as soon as possible.

Belongings: Please leave valuables at home whenever possible. Those using a day locker should bring a lock. Gym bags are not permitted in the wellness centre. The YMCA is not responsible for lost or stolen items.

CHANGE ROOMS

For convenience and comfort, the YMCA is developing the five change room model across Simcoe/Muskoka. The model consists of male and female general change rooms, male and female adult-only change rooms and unisex family change rooms.

Those without the five change room model in their Centre are asked to discuss local change room etiquette and guidelines with a Service Representative.

TOWELS

Where available, towel service can be purchased on a daily or monthly basis. Speak to a Member Service Representative about local availability.

LOCKERS

Lockers are reserved for **day use only**. Locks left on overnight will be removed without notice. Half lockers are available for rent on a first come first served basis. The YMCA is not responsible for contents. Speak to a Member Service Representative about local availability.

COURT BOOKINGS

Courts can be booked 24 hours in advance by calling the Membership Services Desk. Rental equipment is available.

CELL PHONE 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.

SERVICE INTERRUPTIONS

The YMCA reserves the right to close program and service areas for repairs and upgrades. Where possible, advance notice will be given. The YMCA will not provide refunds or discounts in these cases.

SUPERVISION: Children under the age of 12 must be supervised by a responsible person(s) 16+ in all areas of the building unless in a registered program.



CHILD MINDING

The YMCA is happy to offer Child Minding Services for your convenience. Child Minding provides quality child care to parents while participating in programs. We ask that parents and guardians remain in the facility at all times while using the service.

See Membership Services Desk for Hours of Operation.

Members: \$3.50/hour or \$30.00 for a 10 hour ticket.

Non Members: \$5.00/hour

YMCA Aquatic Programs

The YMCA developed the first nationally-recognized aquatic programs in 1931, and has continued to train aquatic leaders ever since. By fostering relationship building, YMCA aquatic programs create a positive atmosphere where members can both strive for and achieve their personal goals.

YMCA aquatic programs teach participants how to be safe in and around water and give them the sense of accomplishment that comes from learning something new. Programs include lessons for infants through adults, aquafitness classes, masters programs, as well as aquatic leadership and certification programs.

Learning to swim is more than just stroke development, it is about building confidence and self-esteem, and developing strong values in our participants. Our highly-qualified instructors teach children how to swim safely, helping them to overcome their fears and to develop lifelong skills.

LI'L DIPPERS

YMCA Li'l Dippers is a values-based water activity program for preschool aged children, infant to 5 years of age.

In the infant through 3 year categories, children must participate with an adult. From 3 to 5 years of age, children may participate alone or with an adult. Conceivably, a 3 to 5 year old class may contain a number of children who participate without an adult, as well as a number of children who are participating with an adult. This option is available so adults who wish to attend swim lessons with their children may do so.

There are three available age groupings:

INFANT TO 18 MONTHS.

SPLASHERS: Parent and child learn basic water skills, entering and exiting the water, blowing bubbles and floating.

18 MONTHS TO 3 YRS OF AGE

BUBBLERS: Parent and child will practice water safety awareness, entering and exiting water safely, blowing bubbles and bobbing, front and back floats, towing with arms and feet all while playing games and singing songs.

3 TO 5 YRS OF AGE

BOBBERS: Skills include becoming familiar with the water, entering and exiting water assisted, putting face in the water, blowing bubbles and assisted front and back floats.

FLOATERS: Skills include unassisted bobs, kicking with face in

the water, unassisted front and back floats and assisted front glide.

GLIDERS: Skills include deep water awareness, assisted jumps into deep water, introduction to sitting dives, retrieving object in chest deep water and assisted deep water front and back floats.

DIVERS: Skills include introduction to boating safety, jumping into deep water with a PFD, front and back floats in deep water unassisted, and front and back glides.

SURFERS: Skills include introduction to ice safety, sitting or kneeling dives in deep water, front swim for 15 metres, and front and back somersaults.

DIPPERS: Skills include standing dives, deep water bobs, surface support for 45 seconds, front and back swim for 25 metres, and introduction to front crawl.

LEARN TO SWIM

The YMCA Learn to Swim program is a four-level instructional program that introduces a series of basic skills to the non-swimmer in a values based environment. Successful completion of the four level progressions indicates that the learner is capable of performing a variety of skills in shallow and deep water, including the fundamentals of the front crawl stroke.

The levels are:

OTTER: Introduction to pool safety, front and back floats and glides, blowing bubbles and front and back swim for 5 metres.

SEAL: Introduction to deep water, floats with roll overs, breathing to the side, front and back glides and swim for 10 metres.

DOLPHIN: Participants learn about flotation devices, treading water, front and back glides for 15 metres, 25 metre swim and an introduction to front crawl.

SWIMMER: Skills include introduction to resuscitation, dives in deep water, and front and back swim for 50 metres.

STAR LEVELS

The YMCA Star Swimmer Program introduces the swimmer to a wide variety of swimming and water activity skills in a values based environment. Water safety education and awareness is a component of instruction at all levels.

THIS PROGRAM CONSISTS OF 6 LEVELS:

STAR 1: Skills include Rookie Patrol first aid, front and back crawl for 50 metres and elementary backstroke.

STAR 2: Rookie H2O Proficiency skills, treading water, sculling, front and back crawl for 50 metres, elementary backstroke for 25 metres and breaststroke.

STAR 3: Introduces eggbeater kick, Rookie Recognition and Rescue, breaststroke for 25 metres and a 300 metre continuous swim.

STAR 4: Participants learn ice safety, hypothermia, starts and turns, sidestroke and a 400 metre continuous swim.

STAR 5: Skills include boating safety and self rescue, introduction to butterfly, and a 500 metre continuous swim.

STAR 6: Focuses on first aid and victim rescue skills, 600 metre continuous swim, introduction to waltz crawl, inverted breaststroke and double-over-arm breaststroke.

SWIM ABSENCE: If your child is unable to attend their registered program or swim lesson, please leave a message with the Aquatics Department. After 3 consecutive absences participants may be removed from the roster making room for others to access the program.

ADVANCED AQUATICS DESCRIPTION

MASTER SWIMMER: It is the intent of YMCA Master Swimmer instruction to complete the Star Patrol Award, review and improve stroke techniques, improve endurance to 700m, and prepare the swimmer for a leadership or lifeguard role.

BRONZE STAR: AGE: 9 TO 16 Yrs; This course prepares candidates for Bronze Medallion, while developing first aid, rescue and resuscitation skills.

BRONZE MEDALLION: PRE-REQUISITE: 13 Yrs OF AGE OR BRONZE STAR; Candidates learn lifesaving principles, water safety and rescue education. The exam fee and course materials are included in the cost.

BRONZE CROSS: PRE-REQUISITE: 14 Yrs OF AGE AND BRONZE MEDALLION; The next step in becoming a lifeguard, further developing lifesaving and rescue skills. The exam fee is included in the cost.

NATIONAL LIFEGUARD (NLS): PRE-REQUISITE: 16 Yrs OF AGE AND BRONZE CROSS, Standard First Aid; Provides an opportunity to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measurement of lifeguard performance in Canada, NLS education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude toward the role of the lifeguard. The exam fee and course materials are included in the cost.

FIRST AID AND CPR COURSES

These courses provide comprehensive First Aid & CPR instruction. A variety of topics are covered from basic first aid such as cardiovascular and breathing emergencies, CPR, prevention of disease transmission, sudden medical conditions and injuries. A variety of courses will be available including Emergency and Standard First Aid and CPR Courses. (See your Membership Services staff for details.)

PRIVATE SWIM LESSONS

The YMCA offers one-on-one swim lessons for all ages, tailored to individual need and ability. Private lessons are a great way to increase skill level, working one on one with a qualified YMCA swim instructor. Lessons are thirty minutes in length and can be shared with up to three people.

DROP IN AQUATIC PROGRAMS

OPEN SWIM: All ages are welcome to Open Swim time. This swim provides access to the entire pool, with a rope dividing the deep end and shallow end. If pool space permits, one lane will be set aside for length swimming (adults and teens only). Children must be supervised according to Swim Supervision policy.

FAMILY SWIM: During a Family Swim, children must be accompanied by an adult. This swim provides access to the entire pool, with a rope dividing the deep end and shallow end. This is a recreational swim time for families.

LANE SWIM: This swim is open to adults and teens who would like to swim lengths for fun and fitness. The pool is divided into swimming lanes, lengths or widths. Lane Swims may share space with other programs.

ADULT RECREATION SWIM: Adult Recreation Swim is open to adults who would like to use the pool for fitness or recreation. One lane is set aside for lane swimming during this swim.

SWIM SUPERVISION REQUIREMENTS AS RECOMMENDED BY THE ROYAL LIFESAVING SOCIETY

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 in lifejackets in the shallow end within arms length.
- Children 6- 9 years of age must be supervised by a parent/guardian in the water at a ratio of 1:8. All non-swimmers must wear a lifejacket and remain in the shallow end.
- Children 10 and up are welcome to swim in the pool as appropriate to their swim ability. Children having difficulty will be asked to perform the facility swim test. Those who do not pass will be required to wear a lifejacket and remain in the shallow end.



SWIMMING LESSONS CONVERSION CHART

AGE REQUIREMENTS	YMCA	RED CROSS AQUAQUEST	LIFESAVING SOCIETY LESSONS	I CAN SWIM LESSONS
3-18 mos with parent	Splashers	Starfish	L'il Totz 1	
19 mos - 3 yrs with parent	Bubblers	Duck	L'il Totz 2	Dinos
3-5 yrs with parent	N/A		L'il Totz 3	
3-5 yrs	Bobbers	Sea Turtle	L'il Swimmer 1	Dolphins 1
	Floaters	Salamander	L'il Swimmer 1	Dolphins 2
	Gliders	Sunfish	L'il Swimmer 1	Dolphins 2
	Divers	Crocodile	L'il Swimmer 2	Dolphins 3
	Surfers	Whale	L'il Swimmer 3 or 4	
	Dippers		L'il Swimmer 3 or 4	
6+ yrs	Otter	SwimKids 1	Swim to Survive Swimmer1	Stage 1
	Seal	SwimKids 2		
	Dolphin	SwimKids 3	Swimmer 2 Swimmer 3	Stage 2
	Swimmer	SwimKids 4	Swimmer 4	
	Star 1	SwimKids 5	Rookie Patrol	
		SwimKids 6		
	Star 2	SwimKids 7		
	Star 3	SwimKids 8		
	Star 4	Swimkids 9	Ranger Patrol	
	Star 5	SwimKids 10		
				Stage 4
	Star 6		Star Patrol	
	Master Swimmer		Bronze Star	
13+ yrs			Bronze Medallion	
14+ yrs	Assistant Swim Instructor	Assistant Water Safety Instructor	Bronze Cross	
16+ yrs	Swim Instructor	Water Safety Instructor	Lifesaving Instructor	I Can Swim Instructor
			National Lifeguard Service Award	

Preschool, Child & Youth Programs



DID YOU KNOW:

Your child's YMCA Membership makes you eligible for the Children's Fitness Tax Credit?

On top of the many physical benefits of becoming active, now there's one more. As of January 1, 2007, the Government of Canada will provide a Children's Fitness Tax Credit for kids and families who are enrolled in a program of prescribed physical activity. The credit will be provided on up to \$500 of eligible fees for the enrolment of a child under age 16.

For additional details on the Credit and how to claim, please visit your YMCA Membership Desk or the Government of Canada website at: www.fin.gc.ca.

YOUTH DEVELOPMENTAL ASSETS

"Asset Rich" Programs for Youth

What do young people need to succeed? Research conducted by the Minneapolis-based Search Institute has determined 40 key factors, entitled "developmental assets", that greatly influence the lives of young people. Assets include factors such as support, empowerment, commitment to learning and social competencies. The more assets a young person possesses, the more likely they are to act in positive ways, and the less likely they are to experiment with risky and dangerous behaviours. The YMCA has made the decision to use this asset based model to enhance our work with children and youth.

THE YMCA SUPPORTS CHILDREN AND YOUTH

A parent's love and support is critical but today it's everyone's job to raise a child. Our staff and volunteers are committed to caring, encouraging and listening.

THE YMCA EMPOWERS CHILDREN AND YOUTH

Children need to feel valued, important and respected. Empowerment starts at home and expands outwards into the community. At the YMCA, youth take part in leadership development classes where activities and special events help prepare them for future volunteer and employment opportunities.

THE YMCA ENCOURAGES CONSTRUCTIVE USE OF TIME

YMCA Programs allow young people to excel in their area of interest while connecting them to caring adults who nurture their skills.

THE YMCA TEACHES POSITIVE VALUES

Good character happens even when no one is looking. At the YMCA, we believe that Caring, Honesty, Respect, Responsibility and Inclusiveness are particularly important in the development of good character.

For more information about Developmental Asset building and the YMCA see www.abundantassets.org

Birthday Parties



Host a Birthday party at the YMCA. Parties may include staff supervision, gym or pool time, and an option for food to be provided.

Please check at the Membership Service Desk for available dates and pricing.

DROP-IN PROGRAMS

FAMILY SWIM

This is a great opportunity for families to use the pool together. YMCA swim ratios must be adhered to at all times.

OPEN GYM

Children under 12 years of age must be supervised by a parent or guardian over the age of 16.

FAMILY GYM N' SWIM

A great opportunity for you and your preschooler to play in our pool and gym. (For safety we require parents to accompany their preschoolers in the pool. A ratio of 1:2 must be maintained.)

DROP IN VOLLEYBALL (6 - 12, 13 - 16 YRS)

Practice volleyball skills, spiking, passing, ball handling and game play.

SUPERVISED OPEN GYM (6 - 12 YRS)

Open gym with YMCA Staff Supervision.

DROP IN BASKETBALL (6 - 12, 13 - 16 YRS)

Learn basketball skills, passing, ball handling and game play.

FRIDAY NIGHT (13 - 16 YRS)

Friday nights are rocking at the YMCA. Structured games, gym activities and open swim will be available for teens. A great way for young people to spend Friday night, in a safe and supervised environment.

**** Please see Family Program section for family specific Drop-In Programs ****

PRESCHOOL REGISTERED PROGRAMS

ACTIVE TOTZ (UP TO 3 YRS)

Active Totz provides an opportunity for families to participate together with games, sports, music and movement. Children will learn the basic skills of socialization, sharing, balance, jumping, dancing and group activities. (Parent involvement mandatory)

AQUAFIT-PARENT AND TOTZ (6 - 36 MONTHS)

Aquafit for Parents & Totz is a great way for parents to stay in great shape while having fun with their child. This class offers fitness, fun and family togetherness with a twist.

TUMBLING TOTZ (UP TO 3 YRS)

Basic motor skills such as climbing, rolling, swinging, jumping and gymnastics basics are introduced. We provide a safe environment where parents participate alongside their child to help develop basic gymnastic skills. (Parent involvement mandatory)

JR. FIT KIDZ (3 - 5 YRS)

Jr. Fit Kidz provides a great opportunity for children to participate in activities that will teach the importance of physical fitness through cooperative games, sports and fun. This program involves a water component.

JR. TUMBLERS (3 - 5 YRS)

Children will learn balance, flexibility, strength and movement skills in this basic introduction to gymnastics.

JR. FREESTYLE DANCE (3 - 5 YRS)

Can you feel the music? This dance class is a great way to have fun and stay active. Learn a variety of dance styles as you work towards an end of session show.

JR. ALLSPORT (3 - 5 YRS)

Jr. All Sport will introduce a variety of modified indoor sports such as basketball, floor hockey and cooperative games. Participants will explore team work, basic skill development and participation.

JR. INDOOR SOCCER (3 - 5 YRS)

Jr. Indoor Soccer is a great opportunity for children to learn the great game of soccer while developing basic motor skills.

JR. MOOVIN' & GROOVIN' (3 - 5 YRS)

Share music, finger plays, nursery rhymes and creative movement with your preschooler. From classical to country, preschoolers will use their eyes, ears, voices and bodies to enjoy the wonderful world of music.

JR. OUTDOOR EXPLORERS (2- 5 YRS)

You and your child will experience nature and seasonal wonders through outdoor activities. Weather permitting, each class will include a different outdoor activity such as snow art, nature collages, bug hunts, and fall colours. Please ensure you and your child are dressed appropriately.



CHILD REGISTERED PROGRAMS

AQUA SPORT (6 - 9 YRS, 9 - 12 YRS)

Children are introduced to a wide variety of aquatic activities including obstacle courses, water polo, synchronized swimming and races.

BOOT CAMP KIDS (6 - 9 YRS, 9 - 12 YRS)

Obstacle courses, crazy games and fun.

CREATING BALANCE (6 - 9 YRS, 9 - 12 YRS)

Creating Balance focuses on the importance of nutrition and physical activity. Participants will create healthy snacks and engage in fun physical activity.

YOGA (6 - 9 YRS, 9 - 12 YRS)

Explore many different types of child friendly yoga moves in a fun interactive environment. Comfortable clothing recommended.

ALLSPORT (6 - 9 YRS, 9 - 12 YRS)

Participants will develop a wide range of skills in a variety of sports such as soccer, basketball, floor hockey and volleyball with a focus on teamwork and sportsmanship.

FIT KIDZ (6 - 9 YRS, 9 - 12 YRS)

Fit Kidz is a great opportunity for children to participate in activities that will teach the importance of physical fitness through cooperative games, sports and fun. This program will involve a water component.

FREESTYLE DANCE (6 - 9 YRS, 9 - 12 YRS)

Can you feel the music? This dance class is a great way to have fun and stay active. Learn a variety of dance styles as you work towards an end of session show.

MOOVIN' & GROOVIN' (6 - 12 YRS)

Share music and creative movement. From classical to country, children will use their eyes, ears, voices and bodies to enjoy the wonderful world of music.

JUNIOR CHEFS (6 - 9 YRS, 9 - 12 YRS)

Children will learn how to choose and prepare a healthy snack each week. Menu planning will be based on Canada's Food Guide for healthy active living.

HOOPS (6 - 9 YRS, 9 - 12 YRS)

This program is designed for children to develop their basketball skills. Each week will include different aspects of the game including shooting, passing, dribbling and teamwork.

INDOOR SOCCER (6 - 9 YRS, 9 - 12 YRS)

Indoor Soccer is a great opportunity for children to learn the game of soccer and develop some basic skills.

SPRING TRAINING (6 - 9 YRS, 9 - 12 YRS)

Spring is here! Participants will be introduced to the games of golf and baseball. The focus of Spring Training will be sport conditioning, skill development and lots of fun. Children must provide their own clubs and mitts. Indoor balls will be provided.

GYMNASTICS (6 - 9 YRS, 9 - 12 YRS)

Girls and boys will enjoy fun, fitness and the fundamentals of gymnastics while focusing on 4 core fitness measures: flexibility, endurance, balance and movement.

BARRACUDAS (9 - 16 YRS)

Barracudas is designed for youth looking to improve their swim strokes and endurance. This program concentrates on fitness and leadership. Participants will also examine the importance of nutrition and exercise. **(Children must have completed Star 6)**

GIRLZ (9 - 12 YRS)

Girlz is a health and fitness program designed for girls, promoting physical activity, healthy eating habits, positive body image, and smoking abstinence. The goal of the program is to help all girls achieve their fullest potential physically and emotionally.

ZUMBA KIDS (6 - 9 YRS, 9 - 12 YRS)

Zumba is a hot new craze that combines Latin and international music with easy to follow dance steps.

SYNCHRONIZED SWIMMING (6 - 9 YRS, 9 - 12 YRS)

Come try our new Synchronized Swimming lessons and learn to dance on water. Coaches will focus on basic movements by developing fun routines. Participants must be comfortable in the deep water and submerging activities. Must have completed Dolphin level.

RACQUETS (6 - 9 YRS, 9 - 12 YRS)

YMCA Instructors will lead children and youth through the skill development and rules of Squash and Racquetball.

FLOOR HOCKEY (6 - 9 YRS, 9 - 12 YRS)

The great Canadian game. Children will learn teamwork and sportsmanship. Lots of play time guaranteed.

PUMP FOR KIDS (9 - 12 YRS)

An exciting workout program for children. PUMP will sample a variety of fitness class options including cycle, step, yoga, resistance training, Boot Camp, Zumba, Aquafit and more.

OUTDOOR EXPLORERS (9 - 12 YRS)

Let your child experience nature and seasonal wonders through outdoor activities. Weather permitting, each class will include a different outdoor activity such as snow art, nature collages, bug hunts, and fall colours. Please ensure your child is dressed appropriately.

YOUTH REGISTERED PROGRAMS

BARRACUDAS (9 - 16 YRS)

Barracudas is designed for youth looking to improve their swim strokes and endurance. This program concentrates on fitness and leadership. Participants will also examine the importance of nutrition and exercise. **(Children must have completed Star 6)**

YOUTH CONDITIONING

This program provides youth with the knowledge and guidance to comfortably and safely use the YMCA Wellness Centre. A YMCA Coach will review safe equipment use, and help set up a fitness program. (This is a 5 week program)

BOOT CAMP TEEN

This program will guide youth through a wide variety of fitness activities that will help develop and maintain proper conditioning. Activities may include group cycling, weight training, resistance training, group fitness, and cardio.

YOGA TEEN

This program will lead youth through a variety of yoga poses to help develop strength and flexibility.

TRI CLUB TEEN

The Triathlon Club will provide youth an opportunity to train for a triathlon with friends in a positive and encouraging environment. Participants will train in the pool, on indoor bikes and running indoors and outdoors. The youth program will be focused on learning the three disciplines in a fun and positive environment. Open to all youth, regardless of experience or ability.

YOUTH LEARN TO SWIM

This program is a great way for youth to develop their swimming abilities. Open to all. Focus will be on comfort in the water, stroke improvement and confidence.

TEEN GIRLZ (13 - 15 YRS)

Teen Girlz is a health and fitness program for 13 - 15 year old girls that promotes physical activity, healthy eating habits, positive body image, and smoking abstinence. The goal of the program is to help all girls achieve their fullest potential physically and emotionally.



YOUTH DANCE Saturdays

Grades 6 - 8
7:00 - 10:00 pm

Members \$5.00 / Non-Members \$10.00
For More Info See Membership Desk

YMCA LEADER CORPS

YMCA Leader Corps is a great way to learn new leadership skills in a fun and supportive environment. Meet new friends and try new things while becoming more active members of your community. Leader Corps will prepare participants for current and future leadership roles in the community. Activities include skill-building activities, group challenges, volunteer and fundraising experiences. Participants will qualify for a travel experience (see below).

YMCA LEADER CORPS PROGRAMS

JUNIOR LEADER CORPS AGE 12 - 14

YOUNG LEADER CORPS AGE 15 - 16

ADVANCED LEADER CORPS AGE 16 - 18

OFF SITE LEADER CORPS PROGRAMS (BY APPLICATION AND INTERVIEW)

WINTER LEADER CORPS AGE 14 - 16

A five day overnight program during March Break at YMCA Geneva Park.

WILDERNESS LEADER CORPS AGE 16 - 18

A two week summer Outtrip experience in Northern Ontario.

NATIONAL TRAVEL LEADER CORPS AGE 14 - 16

An exchange program with a YMCA in another Canadian community.

INTERNATIONAL TRAVEL LEADER CORPS AGE 16 - 18

An opportunity to learn about the international YMCA community and see the work other YMCA Youth Leader Corps programs are doing worldwide.



Family Programs

FAMILY FIT

Spend healthy, active, quality time with your whole family at the YMCA. Families will participate in a wide variety of activities including Group Cycling, Fitness Classes, games and more.

FAMILY YOGA

Join this great class. Participants will explore many different types of family friendly yoga moves in a fun and interactive way. Please wear comfortable clothing.

FAMILY AQUAFIT

A great opportunity for the family to get fit in the water. Classes will be structured for a variety of skill levels, with fun and fitness in mind.

FAMILY CYCLE

Group cycling classes designed for families using music to motivate, focusing on fun, endurance, strength and stability. All fitness levels welcome. You must be able to reach the pedals to ride.

FAMILY ALLSPORT

Families will have an opportunity to enjoy a variety of sports which may include soccer, basketball, floor hockey, racquet sports, and volleyball with a focus on fun and sportsmanship.








Adult Programs

GROUP FITNESS - Drop-In

Rhythm Guide (for those with two left feet)

-  = Rhythm not required
-  = Limited choreography, some rhythm required
-  = Some complex moves, rhythm required, all levels welcome

30/30/30

This 90 minute fitness class will focus on 30 minutes of Cardio, 30 Minutes of Strength and 30 minutes of Core Strength and Stretch. Classes will incorporate a variety of equipment such as Group Cycles, Steps, free weights, bands, stability balls and gravity to work all aspects of your body.

BOOT CAMP

A high intensity, low choreography body conditioning class that works both strength and stamina. This class is a dynamic and challenging workout combining cardiovascular fitness, muscular strength and endurance exercises.

TBC TOTAL BODY CONDITIONING

A high energy class combining cardio intervals and muscle conditioning using a variety of resistance apparatus and core and body exercises.

CARDIO KICK

This class begins with an intense cardio workout, incorporating power, coordination and endurance moves. Cardio Kick is an amazing interval workout that combines cardio, basic boxing and modified martial arts kicks. Classes will conclude with a relaxing stretch.

CORE

This is an effective 30 minute class focusing on abdominal and back strengthening exercises.

CYCLE YOGA

Cycle Yoga combines the cardio of Group Cycling with the relaxation and stretching of Yoga. A great class for people looking to develop Spirit, Mind *and* Body.

CYCLE CIRCUIT

Spin bikes, steps, and jump ropes are used for the cardio portion. Stability balls, medicine balls, bands, and jump rope are used for strength.

FUSION

A blend of mind and body disciplines such as Yoga and Pilates with the principles of fitness conditioning. Fusion will introduce mindfulness, attention to form, exercise execution and breathing techniques.

GROUP CYCLING

Group Cycle is a great cardio workout appropriate for all fitness levels. Participants are able to adjust their workout to match their individual fitness level.

HI-LO

Hi-Lo involves motivating music as well as a balance of choreographed and athletic patterns. Participants have the option of performing the movements at a low impact or high impact level.

HIP HOP 101

So you think you can't dance? Don't worry if you have 2 left feet, this easy to follow class will have you strutting your stuff on the dance floor. Get hip and fit.

PUMP

A total body workout that combines strength training and core stability exercises. Pump will fire up your metabolism by introducing you to the basics of interval and resistance training.



GROUP FITNESS - Drop In ... Continued

PUMP CIRCUIT 🦶🦶

This total body conditioning class will start with an active warm-up. The muscle conditioning portion of Pump Circuit will include a variety of resistance apparatus to improve core stability, strength, endurance, flexibility and posture.

PUMP STEP 🦶🦶🦶

An efficient high energy class providing the best of step cardio followed by muscle, stretch and relaxation components.

PILATES 🦶

This 'mat work' class focuses on strengthening your core, as well as increasing your flexibility and endurance. Pilates is also a great way to increasing flexibility and strength, improving posture and coordination and synchronizing mind and body.

STABILITY AND BALANCE 🦶

Stability and Balance is a full body workout integrating balance, core stability and cardio training, incorporating the ball and resistance apparatus to improve strength, posture, balance and flexibility.

STEP 🦶🦶🦶

Step includes choreographed and athletic patterns resulting in a motivating cardiovascular and lower body conditioning workout. A great way to improve coordination, while toning and defining legs and glutes.

YOGA 🦶

Through postures, meditation and breathing exercises, you will learn to bring yourself to a peaceful frame of mind. Improved strength and flexibility are the physical benefits of practicing yoga.

ZUMBA 🦶🦶🦶

Zumba is a spicy new program that combines Latin and international music with hot dance steps.

ON THE MOVE 50+ 🦶

A fitness class including cardiovascular and muscle conditioning exercises for older adults as well as younger participants who are looking for a moderately paced workout.



AQUAFITNESS

AQUA BOOT CAMP

This dynamic aquafitness program will combine cardio fitness , muscular strength and endurance exercise.

SHALLOW WATER

This low impact total body workout takes place in the shallow water, and includes aerobic and muscle conditioning exercises. (Hydro fit dumbbells may be used.)

COMBO WATER

This combination aerobic and muscle conditioning class takes place in the shallow and deep water. Flotation belts will be used for the deep water portion of the class. (Hydro fit dumbbells may be used.)

DEEP WATER

This class takes place in the deep water (participants are welcome to remain in shallow water) using flotation belts. Deep water offers a weightless environment with no impact on the joints. This is a great workout for the whole body especially the abdominal and back muscles. (Hydro fit dumbbells may be used.)

WATER JOGGING

Whether you are recovering from an injury or looking for some 'off road' training, water jogging is a great low impact/high resistance activity.

WATER POWER

This high energy, athletic based class makes use of floatation belts, hydro fit dumbbells and other resistance equipment. Water Power is for those people looking for additional cardiovascular and muscular strength and endurance challenges.

WATER POLO (Drop-In)

Whether you have played water polo competitively or you have never touched a ball, drop-in water polo is a fun way to exercise and meet new people. You must be able to swim the length of the pool without stopping. (13 years of age and up.)

AQUA YOGA

Aqua Yoga is a unique series of exercises that combines the therapeutic and buoyant nature of water with the energizing and harmonizing effect of yoga. Many aqua yoga exercises are classical yoga postures adapted to water.

AQUATHERAPY

Strengthen and stretch in this shallow water workout. Great for rehab and strengthening.

MASTERS SWIM CLUB

Masters Swim Club creates a fun, social environment for those looking to improve their swim strokes and general conditioning. Participants should be able to comfortably swim 1 length.

WORKSHOPS & CLINICS - LIMITED REGISTRATION

The YMCA offers fun and informative workshops that will provide an opportunity for members to try new and exciting programs. Watch local information boards to check out upcoming workshops.

KICK START

Kick Start is a great way for first time exercisers to meet and learn in a comfortable environment. Sessions will cover effective weight loss techniques, introduce participants to a variety of exercise options, and help participants become comfortable with all the Y has to offer.

PLATEAU

Your Plateau Coach will push your small class (max 10) to a new level. Functional Training techniques will shock your routine and move you beyond the sticking point. Great for experienced exercisers who are in a rut and need some new ideas.

BOOT CAMP

Get enlisted to serve in one of our seasonal Boot Camps. This workshop will be a dynamic and challenging workout combining cardio fitness, muscular strength, and endurance exercises. Boot Camp options may include Basic Training for Beginners, Resolution Boot Camp, and Beach Blanket Boot Camp.

NIA

Nia is a workout for men and women of all ages looking for functional and natural movements. Nia provides cardiovascular conditioning, flexibility, muscle conditioning and definition, increased overall agility, balance, and strength. Nia takes the conventional workout and turns it into a full spirit/mind/body expressive experience.

PRE NATAL

Enjoy the many benefits of exercising throughout your pregnancy! Join us for a well-rounded workout designed specifically for prenatal women. Each class may include cardiovascular exercise, functional strength training, flexibility, relaxation and education. Some classes may take place in the pool.

POST NATAL

This class is designed specifically to help moms get fit. Classes combine strength-training exercises with cardiovascular drills. Pilates, Yoga and abdominal exercises help improve core strength. The stroller, resistance tubes (and even your child!) are used as an integral part of the workout. A variety of class formats are available to meet your fitness needs, including indoor, outdoor, aquatic and strollercise.

CREATING BALANCE

This workshop will educate participants on the components necessary to achieve long term results. Learn about nutrition, eating patterns, physical activity, behaviour change and maintenance. A great workshop for members who are just getting started or those who are having a hard time staying committed and focused.

LEARN TO RUN

You've always wanted to run but haven't known where to start. Now here's a program that will teach you about running, nutrition, goal setting, injury prevention, pacing, and much more. Join a group of people and get on track.

TRI CLUB

This clinic is designed for athletes looking to complete their first Sprint, Olympic distance triathlon or improve on past performance. Participants will have an opportunity to train with a group of people in the pool, on indoor cycles and running inside and outside.

WALK/RUN CLUB

Meet other runners/walkers at the YMCA and head out for a run/walk. A great way to continue your training, meet other runners/walkers and enjoy the great outdoors. A variety of distances will be covered. (Open to all abilities.)

SPORT CONDITIONING

Athletes of all ages will benefit from this workshop on sport readiness training. The session will focus muscle balance and coordination, speed and agility, core stability and function.



ADULT FITNESS LEADERSHIP PROGRAMS



Interested in becoming a fitness Leader?

Become certified through our nationally recognized
YMCA Canada Fitness Leadership Development Program.

STEP 1: BASIC THEORY

This 24 hour theory based course is the first step toward becoming certified as a YMCA Fitness Leader. The course includes Healthy Lifestyle Management, Leadership and Program Planning; Basic Anatomy and Physiology; Movement Mechanics; Principles of Training; Exercise Design and Nutrition.

STEP 2: SELECT YOUR DISCIPLINE

GROUP FITNESS

FUNDAMENTALS OF GROUP FITNESS

This 8 hour theory course is the prerequisite for the five streams of group fitness (see below). It instructs participants on the fundamentals of group fitness class instruction.

- Aquatic Fitness (8 hours)
- Choreography Based Fitness (8 hours)
- Core Stretch & Strength (8 hours)
- Group Cycling (6 hours)
- Group Resistance Training (8 hours)

INDIVIDUAL CONDITIONING

INDIVIDUAL CONDITIONING LEVEL 1

This stand alone 4 hour course prepares you to be a host within a YMCA Wellness Centre.

INDIVIDUAL CONDITIONING LEVEL 2

This 16 hour course will prepare you to become a Fitness Leader specializing in wellness coaching. Prerequisites for this course include Basic Theory and Individual Conditioning Level 1.



EXERCISE & WELLNESS COACHING

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. Please speak with one of our Service Representatives to arrange a convenient appointment.

PERSONAL TRAINING

A paid, a la carte service focused on, but not exclusive to, advanced participant education, development and performance. Personal Training delves into the physiological aspects of exercise often involving a Coach with advanced training and/or qualifications.

1 Session:	\$25 +GST
3 Sessions:	\$70 +GST
7 Sessions:	\$140 +GST



“I used to be the type of person who said, ‘I can’t do this.’ But ‘can’t’ became ‘can’. Volunteering at the YMCA helped to build my confidence, and I’ve grown from there.”

- Lisa Neveu, YMCA Member and Volunteer turned Fitness Instructor.

YMCA of Simcoe/Muskoka Association Office

22 Grove Street West
Barrie, Ontario L4N 1M7
Tel: 705-726-9622

Barrie YMCA

22 Grove Street West
Barrie, Ontario L4N 1M7
Tel: 705-726-6421

Collingwood YMCA

200 Hume Street, Box 592
Collingwood, Ontario L9Y 4E8
Tel: 705-445-5705

Innisfil YMCA

7351 Yonge Street
Innisfil, Ontario L9S 4V7
Tel: 705-431-9622

Midland YMCA

560 Little Lake Park Road, Box 488
Midland, Ontario L4R 4L3
Tel: 705-526-7828

Orillia YMCA

300 Peter Street North
Orillia, Ontario L3V 5A2
Tel: 705-325-6168

Parry Sound YMCA

36 Smith Crescent
Parry Sound, Ontario P2A 2W9
Tel: 705-746-0511

Wasaga Beach YMCA

1-1724 Mosley Street
Wasaga Beach, Ontario L9Z 1Z7
Tel: 705-429-9622

YMCA Camp Kitchikewana

RR#6,
Orillia, Ontario L3V 5A2
Tel: 705-325-2253

YMCA Child & Family Development

22 Grove Street West
Barrie, Ontario L4N 1M7
Tel: 705-726-9622

YMCA Day Camp

RR#6,
Orillia, Ontario L3V 5A2
Tel: 705-325-2253

YMCA Employment Services

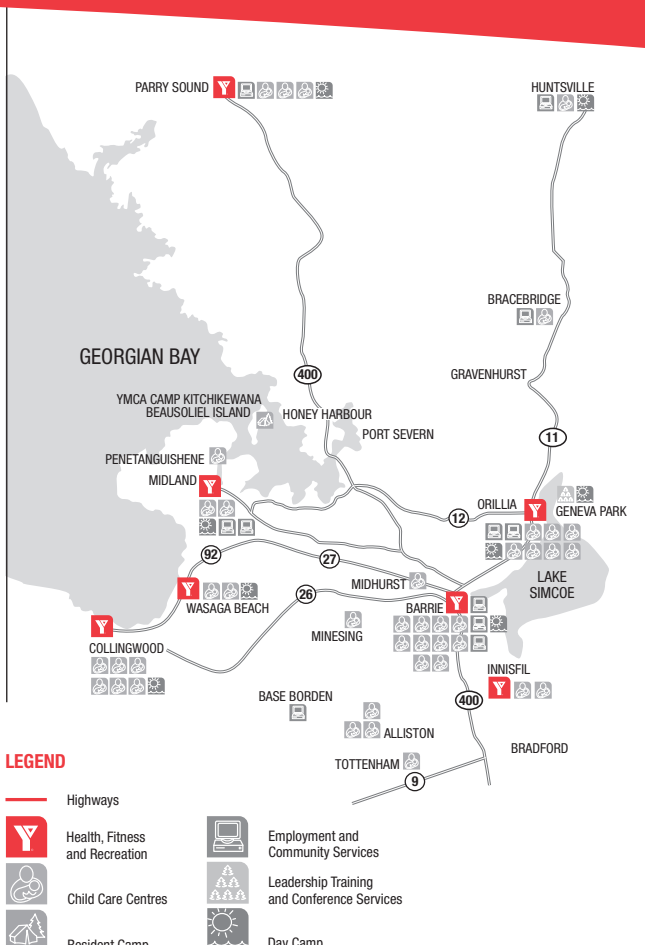
22 Grove Street West
Barrie, Ontario L4N 1M7
Tel: 705-726-9622

YMCA Geneva Park

RR#6,
Orillia, Ontario L3V 5A2
Tel: 705-325-2253

YMCA Newcomer Services

Bayfield Mall, Unit 63A
320 Bayfield Street
Barrie, Ontario L4M 3C1
Tel: 705-797-2020



LEGEND

- Highways
- Health, Fitness and Recreation
- Child Care Centres
- Resident Camp
- Employment and Community Services
- Leadership Training and Conference Services
- Day Camp

We build strong kids,
strong families,
strong communities.



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

YMCA