

YMCA STRONG KIDS CAMPAIGN

The YMCA is a leading Canadian charity. The YMCA Strong Kids Campaign is focused on raising much needed financial support for children, teens and families who are unable to afford the full cost of participation in a YMCA program or activity.

The YMCA Strong Kids Campaign helps one person at a time, one family at a time, or one program at a time. That might mean providing the funds to:

- Help a child attend day camp for the first time
- Help a struggling teen find employment
- Enable a child to participate in a recreation or fitness activity
- Enable a struggling family to use a child care facility
- Gain the confidence and skills to avoid addiction, violence, and isolation

You can make a donation to the YMCA Strong Kids Campaign and help a young person in your community today. Visit www.ymcagta.org or talk to a YMCA staff member to find out more about how you can make a difference.

VOLUNTEER OPPORTUNITIES

YMCA Volunteers contribute thousands of hours helping the YMCA of Greater Toronto build strong kids, strong families and strong communities each year. Whether you want to help people improve their overall health, support children and youth as they grow into adults, create a welcoming environment or simply make a difference in someone's life, the YMCA has a wide variety of volunteer opportunities to match your passion, skills and schedule.

If you are interested in becoming a YMCA volunteer, or would like to learn more about volunteering at the YMCA, please inquire at the Membership Desk or visit our website at www.ymcagta.org or email volunteering@ymcagta.org.

Mission:

The YMCA of Greater Toronto is a charity offering opportunities for personal growth, community involvement and leadership.

Vision:

Our Communities will be home to the healthiest children, teens, and young adults.

Values:

Caring • Health • Honesty • Inclusiveness
Respect • Responsibility



YMCA

We build strong kids,
strong families, strong communities.



The YMCA in Canada is dedicated to the growth of all persons in spirit, mind and body, and in a sense of responsibility to each other and the global community.

1-866-266-YMCA

www.ymcagta.org/brampton



Your YMCA's charitable registration number is: 11930 7080 RR0001

BRAMPTON YMCA



Program Information

Effective December 2011

(Programs are subject to seasonal changes)



20 Union Street, Brampton, ON, L6V 1R2

Phone: (905) 451-9622 Fax: (905) 454-8944

Monday through Friday 5:45am to 11:00pm

Weekends 8:00am to 8:00pm

Holidays 8:00am to 4:00pm

CHANGE ROOMS

Leave them clean and ready for the next user. Please remember that these areas are shared spaces. Always keep your valuables within eyesight or locked securely. Lockers are for day use only. No overnight use. Ensure that children 9 years of age and under are directly supervised at all times.

Special Family Change Room

This locker room may be used by members/guests 16+ while accompanying an opposite sex child 6 years of age and over, or accompanying participants who require assistance. Always wear a swimsuit in the shower and outside the cubicles. Use the changing cubicles to change. Please remember that this area is a shared space and we thank you for keeping the area clean and ready for the next user. Always keep your valuables within eyesight or locked securely with your own lock. Ensure that children 9 years of age and under are directly supervised at all times.

Female Membership Plus

Females 22 years and older with the Plus membership option and guests who have been signed in at the sales desk, are welcome to use this change room. Please remember that this area is a shared space and we thank you for keeping the area clean and ready for the next user. Always keep your valuables within eyesight or locked securely.

Male Membership Plus

Males 22 years and older with the Plus membership option and guests who have been signed in at the sales desk, are welcome to use this change room. Please remember that this area is a shared space and we thank you for keeping the area clean and ready for the next user. Always keep your valuables within eyesight or locked securely.

Men's General Change Room

Male YMCA members and guests 10 years of age or older are welcome to use this change room. Male children 6 to 9 years must be accompanied and supervised by an adult caregiver. Male or female children 5 years and under as well must be accompanied and supervised by a male adult caregiver, however reminded that there is access to the Special Family Change room. Please remember that this area is a shared space and we thank you for keeping the area clean and ready for the next user. Always keep your valuables within eyesight or locked securely with your own lock.

Women's General Change Room

Female YMCA members and guests 10 years of age or older are welcome to use this change room. Female children 6 to 9 years must be accompanied and supervised by a female adult caregiver. Male or female children 5 years and under as well must be accompanied and supervised by a female adult caregiver, however reminded that there is access to the Special Family Change Room. Please remember that this area is a shared space and we thank you for keeping the area clean and ready for the next user. Always keep your valuables within eyesight or locked securely with your own lock.

ACCESSING PROGRAMS

Track Access

Participants 10 years of age and above may use track. Participants 9 years of age or under must be directly supervised by an adult caregiver 16 years or older and be within arm's reach at all times.

Conditioning Room Access

Youth age 12+ and adults of age may use the Conditioning equipment. Access to the free weight area is restricted to 16 years.

Pool Access

• Preschoolers under 6 years old (ages 5 and under)

Preschoolers may be admitted to the swimming pool if they are accompanied by a parent/guardian who is responsible for their direct supervision (in the water, within arms reach) with a maximum of 2 children for each parent or guardian.

• Children Ages 6-9 (who cannot pass the Pool <Shallow End> Swim Test)

Children who are unable to pass the Pool (Shallow End) Swim Test must be accompanied by a parent/guardian who is responsible for their direct supervision (in the water, within arms reach) with a maximum of 2 children for each parent/guardian. The ratio of non-swimmers to parent/guardian may be increased to a maximum of 8 bathers to 1 parent/guardian (8:1) if lifejackets are worn by all non-swimmers in their charge.

• Children Ages 6-9 (who can pass the Pool <Shallow End> Swim Test)

Children who are able to pass the Pool (Shallow End) Swim Test must be accompanied by a parent/guardian who is on deck walking and supervising their children's activity while the children are in the water; or the parent/guardian is in the water supervising their children's activity.

GENERAL INFORMATION

The YMCA of Greater Toronto reserves the right to modify or terminate in its sole discretion at any time any of the programs offered by the YMCA at any of its facilities.

Green Terrace

Our New Green Terrace will be an outdoor amenity designed as a restorative environment for people, plants, and wildlife.

YMCA Member Etiquette

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate to others. YMCA members, staff and volunteers all pledge to treat one another with respect and dignity.

Change Notification

If you need to deactivate your YMCA membership, we can accommodate your request. However, cancellations are not done over the phone, but only in person with a minimum of ten (10) days notice to stop payments. Please inform us of any changes to your bank or credit card information with a minimum of ten (10) days notice in person at any YMCA. Monthly payments are non-refundable.

Program Areas

All program areas close 30 minutes prior. On Saturdays the Pool Area closes 1 hour prior.

Proper Attire

For your safety and the safety of others, proper attire must be worn while in program areas at all times. Jeans, sandals and boots are not permitted. Indoor, non-marking gym shoes must be worn on the Conditioning floor and in the gym. Shirts must be worn. Proper swimwear must be worn in the pool (bathing suit or bathing suit under 100% polyester cover-up).

Parking

The Brampton YMCA has 210 spaces for members to use while they are in the building. All guests and non-members must be prepared to find alternative parking.

Pool Fouling Prevention

1. Please don't swim when you have diarrhea.
2. Please don't swallow the pool water.
3. Please go to the bathroom before you swim and take frequent bathroom breaks
4. Please shower with soap immediately before entering the pool.
5. Please ensure that those who are not toilet trained wear swim diapers. Check them frequently.
6. Please do not eat for at least 1 hour before you go swimming.

Play Structure/Interactive Room

- Please enjoy your snacks and drinks in the lobby area to help keep area clean and safe.
- Proper gym attire is required including socks and indoor running shoes.
- Parents/Guardians 16+ are required to be in area with participants during Family times
- Parents/Guardians 16+ must sign in/out all preschoolers during staff supervised sign-in times.

mY Fitness

This program is for those new to exercising or coming back. mY Fitness provides the personal attention, flexibility and focus to get you on the road to a lifetime fitness habit. Work one-on-one with a personal coach. When you become stronger, more confident and ready for the next step, we have even more to offer you. Best of all, it's FREE with your membership. Speak to any YMCA staff for more information and to get involved.

Youth Orientation (Youth Age 10-15)

This program is open to all youth who are interested in discovering the variety of YMCA activities, services and program available to them at their home centre. This program is recommended for new members.

Youth mY fitness

This program provides youth 12 to 15 in age with the fundamental knowledge and skills to workout safely in the Conditioning Room. The fun and interactive program includes anatomy, exercise theory plus 30min of practical hands on resistance training through the guidance of our trained Fitness Staff. Best of all, it's included in your membership. Speak to any YMCA staff for more information and how to get involved.

Age Categories

Preschool : 3 to 5 years (Toilet Trained) Youth : 10 to 15 years
Child : 6 to 9 years Adult : 16+ years
Family : Program Areas - parents/guardians participating with those 3+years.
Group Fitness Classes - See Program Schedule (F) - parents/
guardians with those 6+years. (where indicated on Program Schedule)

PROGRAM DESCRIPTIONS

Crafts & Games (Preschool, Child)

Tap into your inner artist and explore a variety of sensory and art activities. This program encourages participants to develop new skills, and enhance their imagination. Additionally, participants can relax and play a game.

Dance (Preschool, Child, Youth) - Recreational

Learn basic dance moves and routines, with an emphasis on fitness, fun, and individual creativity.

Gym (Preschool, Family 3+years)

Participants have the opportunity to interact with others and increase their gross motor skills and self confidence through participation in games, sports and playing on the gym equipment. Parents are welcome to participate. Preschoolers must be toilet trained.

Martial Arts (Child, Youth, Adult)

(YMCA Membership Required),
(Aikido - Age 8+, Instructional, Registration required),
(Judo - Age 6+, Instructional, Registration required)
Through structured physical activity, participants learn self-discipline. Instructors utilize various techniques to give them the ultimate workout. Beginner to advanced levels: white belt to black.

Recreational Sports (Child, Youth)

(Basketball, Flag Football, Soccer, Volleyball, Floor Hockey)
Our recreational sports programs promote and encourage participation regardless of ability level, and allow participants to develop skills in the sport of their choice. Skills are developed in a safe environment and are adapted to meet the various abilities of participants. Each session includes both a skill development component and an organized game.

Recreational Sports (Family 3+years)

(Basketball, Badminton, Cricket, Swim)
Family sports times are available for you to play your favourite sports as a Family. Parents and children must both participate.

Recreational Sports (Adult)

(Basketball, Soccer, Volleyball, Badminton, Floor Hockey, Swim)
Recreational sports times are available for you to play your favourite sport. Programs are co-ed unless otherwise stated.

Synchronized Swimming, Basketball, Competitive Swim skills, Aquatic Fitness, Water Running as well as experiencing stroke improvement and first aid and lifesaving skills.

Adult Swim Lessons - Instructional

Designed for adults who either are non-swimmers, or want to improve their swimming skills and endurance. Please visit the membership desk for more information.

Child Swim Lessons - Registration required (YMCA Membership Required)

The Learn to Swim Program is an instructional program that introduces a series of easy-to-learn swim skills in a values-based environment. Taught by qualified instructors, participants are encouraged to learn water safety, movement skills and confidence in the water. Emphasis is placed on fun and positive relationships with peers and instructors. Please visit the membership desk to register and for swim lesson times.

Lane Swim

For those who want to swim continuous lengths.

Preschool Swim Lessons

(YMCA Membership Required)

- Registration required

The Lil Dippers Program is a values-based water activity program for preschoolers aged infant to five years. In the infant to two years category, preschoolers must participate with an adult. From three to five years of age, preschoolers may participate alone, but adults can still participate. Taught by qualified instructors, the Lil Dipper Program will orient preschoolers to move through the water and develop comfort and confidence. Visit the membership desk to register and for swim lesson times.

Parent and Tot - Instructional

A great opportunity to introduce young children to a recreational pool environment. Please refer to Pool Access Guidelines for more information.

Youth Swim Lessons

(YMCA Membership Required)

- Registration required

The YMCA Star Program introduces the swimmer to a wide variety of swimming and water skills in a values-based environment. Taught by qualified instructors, the Star Program improves swimming abilities, furthers water sport and safety skills, and develops endurance and new strokes. Please visit the membership desk to register and for swim lesson times.

Swim Lesson Attendance

if your child is going to be absent from a registered swim lesson, please speak directly with your child's Lesson Team Leader to ensure this absence is communicated clearly and documented accurately. Your child being absent (2x consecutively without in-person valid reasoning) will result in your child being removed

Latin Groove (Arriba)

This dance-based cardio class is a fusion of Salsa, Merengue, belly dance and a ton of fun. You will leave this class saying "que rico"!

Bollywood

is a dance based class which is popular within Mumbai-based Hindi-language; it will whisk you away to a foreign country.

Yoga (Youth Age 12+)

Increase flexibility, release tension and allow the body and mind to connect. This class incorporates breathing, postures and relaxation techniques.

Yoga/Pilates Fusion (Youth Age 12+)

A fusion of movements combining Yoga and Pilates into a balanced workout. All levels welcome.

Pilates (Adult)

A great way to improve your posture, align your body, increase your strength and tone your muscles. Pilates utilizes the principals of core control, breathing and muscular integration.

Break Through (Adult)

(YMCA Membership Required)

This program was developed in partnership with the Osteoporosis Society of Canada to help treat and reduce the impact of osteoporosis. The Break Through Program is designed to empower people living with osteoporosis.

FEE FOR SERVICE PROGRAMS

Birthday Parties - Member & Non-member rates

Parties are offered dependant on available space. Please see membership desk for more information.

Personal Training (Youth Age 12+) - Member Only (YMCA Membership Required)

If you are finding it difficult to achieve or maintain your personal fitness, the YMCA offers certified personal trainers to work with you to motivate and educate you towards achieving your goals. Please see membership desk for more information.

Private Swim Lessons - Members Only (YMCA Membership Required)

Private lessons may be booked upon request. Private lessons are for learners interested in gaining additional swim skills and extra time in the water. All classes are half an hour. Please register at the membership desk and you will be contacted by a YMCA swim instructor.

Child Minding (6 wks to 5 yrs)

Our child-minding staff cares for your child in a safe and fun playroom while adult caregivers work out in the facility. Please see membership desk for more information.

Weight Management (Youth Age 12+)

Rock Climbing - Must Be Certified

(Child, Youth, Adult)

Participants experience rock climbing and challenge themselves by progressing from the beginner to the advanced wall.

Sports and Games (Preschool, Child, Youth) (Flag Football, Soccer, Basketball, Baseball, Floor Hockey, Cricket, Volleyball, Badminton, Dance, Bouncy Castle, Small and Large Group Development Games)

Participants will love our sports and games program, where they have the opportunity to play all of their favourite sports. This program offers variety and choice while encouraging team building, and individual skill development.

Sport and Fitness Club (Girls, Child, Youth)

This program is designed to motivate girls through sports and fitness activities. Girls will learn the fundamentals of a variety of sports and games while making new friends, developing team skills and gaining confidence.

Instructional Sports (Child, Youth)

(Soccer, Basketball)

Program promotes and encourages participation regardless of ability level, and allows individuals to develop sport specific skills. Participants will learn the fundamentals of the sport, teamwork and fair play. Skills are developed in a safe environment and are adapted to meet the various abilities of participants. Program includes a skill development component and an organized game.

Youth Leader Corps (Ages 11-18, Members, Non-Members)

Since 1884, our Youth Leadership Corps have been challenging Youth through quality programs that reflect the YMCA's mission and vision. Through leadership training, self-government and volunteer placements, youth work together, build confidence and make new friends. There is an application and interview process to join.

Homework Club

An opportunity for child and leader to work together on homework so child is prepared for next day of school.

Teen Night (Ages 13-18, Members, Non-Members)

Every Saturday Night 7:30-10:30pm. Bring photo ID. No fee and is FREE!

AQUATICS

Aquatic Sports & Fitness club (Child, Youth) (YMCA Membership Required)

Have the opportunity to learn and participate in a variety of Aquatic sports and fitness activities such as Water polo,

from the lesson. This will provide an opportunity to another child to register and participate. We encourage children to participate weekly in their swim lesson.

Parents/Caregivers, you are welcome to watch your children in swim lessons from the Viewing Gallery, not on pool deck. Please remove shoes when dropping off and picking up children for lessons.

GROUP FITNESS

Aquafit

(Shallow, Shallow/Deep, Deep, Family)

You don't need to be a swimmer to enjoy this water-based fitness class, which incorporates cardio, muscle conditioning and flexibility exercises. The water can be used to offer the level of intensity that is right for you. Participants must be comfortable in deep water for some classes.

Muscleworks (Adult)

A workout focusing on muscle conditioning, which may incorporate such equipment as hand weights, weighted bars, resistance tubing and/or stability balls and gliders.

20/20/20

A class combining cardio, muscle conditioning, and core work.

Bars and Plates

A barbell training class designed to help you increase the strength, shape and tone of all major muscle groups. Enjoy the benefits of weight training in this high-energy group setting.

Kettlebell

Kettlebell workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total body movements.

Circuit Blast

Blast through cardio and muscle conditioning using a variety of equipment, including hand weights, weighted bars, resistance tubing, stability balls or resistance with your own body weight.

Step (Youth Age 12+)

(Muscleworks)

A cardiovascular-based workout using a portable platform of variable height.

Boxfit (Youth Age 12+)

A cardio-based workout using boxing punches kicks and other athletic drills.

Cyclefit (Youth Age 12+)

A cardiovascular and an aerobic workout on stationary bikes simulating hills and valleys, incorporating timed athletic drills. Bring some water, as you'll be sweating!

Dance (Youth Age 12+)

Learn basic dance moves and routines, with an emphasis on fitness.

Weight Management (Youth Age 12+)

- Member & Non-member rates

An eight-week weight management program designed to give "real people real goals." We'll provide you with real strategies for a lifetime, including eating plans, physical activity and behaviour modification.

Rock Climbing Certification

(Child, Youth, Adult)

Participants learn the basics of rock climbing. Certification allows children, youth and adults access to the climbing wall. Please see the Membership Desk for more information.

YMCA Assistant Coach Certification

(Ages 13-15) Member & Non-member rates

This program offers youth ages 13-15 and opportunity to gain the knowledge, skills and attitudes to assist with coaching a sports program at the YMCA. This program combines in-class Leadership training and on the floor apprenticeship with a YMCA Coach in the sport of choice including; baseball, basketball, and soccer. Upon completion of the course, youth will have the opportunity to volunteer as an Assistant Coach at the YMCA.

YMCA Fitness Leadership Training Program Certification

Interested in leading a fitness class? Volunteering in the conditioning area? Take the YMCA Canada Fitness Leadership Training and become certified through our nationally recognized program. Please contact the Membership Desk for more information.

Basic Theory

This 24-hour course is a prerequisite for the applied theory courses. This course will include topics such as leadership, anatomy, physiology, movement mechanics and basic nutrition. A minimum of 80% is required on the YMCA Canada National exam.

Applied Theory

(Individual, group or aquatic fitness)

In these 16-hour courses, participants can specialize in group fitness, aquatic fitness or individual conditioning. This stage involves applying the knowledge from basic theory to exercise settings. An apprenticeship, evaluation and certification will follow.

Aquatic Leadership and Advanced Lifesaving Programs

- Member & Non-member rates

- Bronze Star/Basic First Aid Cert.
- Aquafit Applied Theory
- AED (Automated External Defibrillation)
- Bronze Medallion/Emergency First Aid
- Bronze Cross
- YMCA Swim Instructors
- YMCA Assistant Swim Instructors Certification
- LSS Instructors
- AST (Aquatic Supervisor Training)
- Standard First Aid Certification
- Standard First Aid Re-certification
- NLS (National Lifeguard Services) Certification & Re-certification
- BOAT (Boat Operator Accredited Training)