

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

Volunteering is a demonstration of caring for others. You'll find it at the heart of the YMCA. The YMCA gives people opportunities to get involved in their community by running programs, providing customer service, making policies and raising money. By giving their time to others, volunteers also learn, grow and have fun. If you are interested in becoming a YMCA Volunteer, or would like to learn about volunteering at the YMCA, please inquire at the Membership Desk.

Requirements of being a Volunteer at the YMCA:

- YMCA Membership preferred
- Must be 16 years of age, or in YLC between 11 – 15 years of age
- Must have current Police Reference Check (within last 6 months)
- Must commit to one year of volunteering
- Must attend an interview with the Volunteer Coordinator

Mission:

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

Vision:

The YMCA of Greater Toronto will focus on making connections: connecting people, connecting with youth, and connecting with the community.

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.ymcatoronto.org



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

METRO CENTRAL YMCA



Program Information

Effective September 2008



20 Grosvenor Street, Toronto, ON, M4Y 2V5
Phone: (416) 975-9622 Fax: (416) 975-1999
Monday through Friday 5:45am to 11:00pm
Weekends 7:00am to 8:00pm

FACILITY ACCESS

Child Access

Children under the age of 10 years may use YMCA programs and facilities when accompanied by a parent or guardian over the age of 16 years. To ensure your child's safety, you must remain in the building while your child is in a program. When your child is not in a program, you must directly supervise your child at all times.

Program Area Access

Program areas will close 15 minutes prior to building closure. All members are asked to vacate the building by 11 p.m. weekdays and 8 p.m. weekends and holidays.

Youth Access

Youth (ages 10 to 15) are welcome at all times when accompanied by an adult over the age of 16 years. When not accompanied by an adult, youth are welcome before and after school hours, and on weekends and holidays.

DAY LOCKER ACCESS

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. Ensure that children 9 years of age and under are directly supervised at all times.

Co-ed/Family Change Room

This locker room may be used by all members, guests and staff: girls, boys, men and women. Boys three to 15 years old must use this locker room only. Children under 10 must be accompanied by someone 16 years or older and must be supervised at all times. Always wear swimsuits in the shower. Always wear clothing or a swimsuit outside the cubicles. Use the changing cubicles to change. Lock your locker.

Membership Plus

Males and females 22 years and older with this membership option are welcome to use these change rooms. Children of Membership Plus may access these change rooms on weekends and holidays. Children must be within

arm's reach of an adult caregiver while in the Membership Plus change rooms.

Men's General Change Room

Male YMCA members and guests 10 years of age or older are welcome to use this change room. Children six to nine years must be accompanied and supervised by a same-sex adult caregiver.

Women's General Change Room

Female YMCA members and guests 10 years of age or older are welcome to use this change room. Children six to nine years must be accompanied and supervised by a same-sex adult caregiver.

PROGRAM AREA ACCESS

Open Access

These programs are for members to use on a drop-in basis. Age requirements and sign-up may apply.

Pool Access

- Children five and under must be accompanied by a parent or caregiver who is at least 16 years of age. Parents or caregivers must be in the water and within arm's reach of the child at all times.
- Children under the age of 10 who successfully complete the facility swim test may be admitted to the pool accompanied with an adult who remains on deck at all times.
- Children under the age of 10 who cannot complete the facility swim test must be accompanied in the water by a parent or caregiver who is at least 16 years of age. Parents or caregivers must be in the water and within arm's reach of the child at all times.
- Youth ages 10 to 15 and adults 16+ are welcome to swim in the pool as appropriate to their swimming ability.

Track Access

Participants 12 years of age and above may use track. Participants 11 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.

Youth Conditioning Room Access

Youth 12 to 15 years of age must participate in a mandatory conditioning-room equipment orientation session. Upon completion of the orientation, youth will receive a shoe tag, which they are required to wear when using the conditioning room. Youth with a shoe tag may access the squash court.

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.

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.

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. Shirts must be worn.

Squash Court

Book courts up to seven days in advance and at peak hours at the service desk. Option included in Membership Plus. A \$5 monthly fee applies to general members for this option.

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 of others. YMCA members, volunteers and staff all pledge to treat one another with respect and dignity.

PROGRAM

Crafts & Games (*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*)

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

Family Gym

Family gym offers the opportunity for families to get involved in physical activity together with the support of YMCA staff or volunteers. This interactive gym program introduces our youngest members to fitness and helps to establish a foundation for active living. A parent or guardian over the age of 16 years must be present, and is encouraged to participate.

Gymnastics (*Preschool, Child, Youth*)

Learn the fundamentals of gymnastics in a non-competitive and fun environment. As participants learn new skills, they also experience enhanced coordination, balance and self-confidence.

Martial Arts (*Child, Youth*) - Registration required (*Karate, Taekwondo*)

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. To join the program, we encourage you to speak to the instructor after observing a class or see the membership desk for more information.

Recreational Sports (*Preschool, Child, Youth*) (*Basketball, Badminton, Squash, 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 (*Adult*)

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

Sports Zone (*Child, Youth*)

Join us for a 12 week rotational sports program where we choose a different sport every week. We will incorporate developing skills and apply them to a game situation.

Youth Leader Corps

(Leader-in-training 12 – 14 years, Leader 15 – 17 years)
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.

Youth Room

This room allows youth to interact in a fun and engaging setting. Play foosball or dance along with Dance Dance Revolution. Join the fun!

AQUATICS

Adult Swim Lessons - Registration required

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

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.

Family Swim

Enjoy recreational swimming activities with your child in a family environment. Please refer to the Pool Access Guidelines for more information.

Junior Lifeguard Club (*8 – 13 years*)

Focuses on children and youth who want to continue to work on lifesaving skills. Participants must be able to swim a minimum of 25 metres.

Lane Swim

For those who want to swim continuous lengths.

Open Access Adult Swim Lessons

- Sign-up required

This program is designed for adults who are either non-swimmers or want to improve their swimming skills and endurance. Join us as other or as little as you like.

Parent and Tot (Aquatics)

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

Preschool Swim Lessons

- Registration required

The L'il 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 L'il 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.

Recreational Swim

Families or individuals can enjoy recreational activities. Please refer to the Pool Access Guidelines for more information.

Swimfit

A non-competitive swim program for those interested in a group fitness experience in the pool. The program includes interval training, endurance and stroke correction.

Youth Swim Lessons - 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.

GROUP FITNESS

Aquafit

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.

Arthritis

Arthritis Aquafit is a gentle, guided, warm water program designed for individuals with arthritis. Water resistance creates an effective and safe environment to improve joint range of motion, muscle conditioning, cardiovascular fitness, flexibility, balance and postural training.

Deep

A high-intensity cardiovascular fitness class. Participants need to be comfortable in six feet of water (6 feet).

Gentle

Designed for older adults and those new to exercise.

Stretch

Focus is on flexibility and muscular endurance.

Boxfit

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

Circuit Training

Move through a variety of cardio and muscle conditioning work stations for a total body workout and overall health benefits.

Cyclefit

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

Dance

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

Low/High Impact

A cardiovascular-based choreographed workout with both low and high impact alternatives. This high-energy class will get you moving. The class may also include a muscle-conditioning segment at the end.

Muscleworks

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

Abs

A structured routine that focuses on the core.

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.

Stability Ball

Complete body workout incorporating stability ball focusing on balance and core strengthening.

Combo

A Combination of muscle training and a cardio workout

Pilates

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.

Pryme Tyme

A class geared toward older adults. It focuses on the five components of fitness — cardiovascular, muscle strength, muscular endurance, flexibility and body composition.

Runfit/Walkfit

A great cardiovascular workout, which includes a combination of low/high impact aerobics, walking and running.

Step

(*Combo, Muscleworks, Circuit*)

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

Stretch & Strength

Enjoy the benefits of stretching your muscles and releasing tension in a class designed to improve your flexibility.

Tai Chi (*Instructional, Drop-in*)

A strengthening-based class that will tone muscles, help you relax and help you achieve harmonization of your mind, body, and spirit.

Yoga

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

Ashtanga

A more intense form of Hatha yoga. Power/Ashtanga yoga uses controlled poses and breathing to improve your strength and flexibility. The class ends with a relaxation segment.

Hatha

Specific physical poses, controlled breathing and relaxation are the keys to this form of yoga. Designed to enhance your flexibility and overall well-being.

Kundalini

Blending spiritual and physical practices. Kundalini yoga incorporates movement, dynamic breathing, meditation and chanting in order to enhance physical vitality and increase consciousness.

Yogalates

A combination of yoga and pilates movements.

FEE FOR SERVICE PROGRAMS

Child Minding

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

Personal Training

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

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. Instructor availability may vary depending on the facility. Please contact the aquatic director at 416-975-9168 ext. 480 for further information.

Fitness Assessments

YMCA fitness assessment consists of a cardiovascular assessment appropriate for age and gender. Components tested are BMI, body composition, weight, girth, grip strength, push ups, trunk forward flexion and curl ups the result of which will assist in determining the type of exercise and amount of activity most appropriate for individual needs.

Healthy Back

A comprehensive scientific approach to preventing, relieving and eliminating back pain. Exercises are focused around relaxation, stretching, and rehabilitation.

FITNESS LEADERSHIP & CERTIFICATION COURSES

Aquatic Leadership

Bronze Star, Bronze Medallion, Bronze Cross, Standard First Aid and CPR C, National Lifeguard Service (NLS) and Automated External Defibrillation (AED) courses are offered throughout the year. Please contact 416-975-9168 Ext. 480 for further information and course dates.

YMCA Fitness Leadership Training Program

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 416-975-9168 Ext. 457 for more information.

mY Fitness

This program is for those new to exercising or coming back after a few false starts. 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.