

## 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](http://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 12 – 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](http://www.ymcatoronto.org)



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

# MARKHAM YMCA



## Program Information

Effective September 2008



101 YMCA Blvd., Markham, ON, L6G 0A1  
Phone: (905) 513-9622 Fax: (905) 513-3962  
Monday through Friday 5:30am to 11:00pm  
Weekends 7:00am to 8:00pm

## FACILITY ACCESS

### Preschool/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 30 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.

### Family Change Room

This locker room may be used by all members and guests; girls, boys, men and women. Children under 10 must be supervised at all times. Always wear a swimsuit in the shower and outside the cubicles. Use the changing cubicles to change.

### Membership Plus

Males and females 22 years and older with this membership option are welcome to use these 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 13 years of age and above may use track. Participants 12 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 Activity Centre

A program area for Youth 10 – 17 years of age. Equipment includes Strive Smart resistance training circuit, Active Arcade Games (Basketball, Foosball, Table Hockey)

### Youth Conditioning Room Access

Youth 13 to 15 years of age must participate in a mandatory conditioning-room equipment orientation session.

## 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.

### Parking

The Markham YMCA has limited parking. We have 155 spaces for members to use while they are in the building. Additional parking is available at GO train station (Monday to Friday: 6:30 p.m. - 10:30 p.m., Saturday & Sunday: 10:00 a.m. - 6:00 p.m.).

### 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.

## PROGRAMS

### **Bouncy Castle** (*Preschool, Child*)

Jumping and bouncing in the inflatable castle is a great cardiovascular workout and helps to develop fundamental movement skills in jumping, balance and coordination. This program is supervised by YMCA staff or volunteers.

### **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*) (**Music & Movement**)

A supervised time where we encourage your preschooler to dance, move, and have fun to the rhythm of music.

### **Dance** (*Child, Youth*)

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

### **Family Fitness**

Families can enjoy their own fitness class with a qualified group fitness instructor. Come on out and enjoy running, obstacle courses, scooter races and the famous YMCA roundup. Children under the age of 9 must be supervised by an adult. This class is fun for all ages and fitness levels.

### **Family Fun**

Families can enjoy interacting with each other in our Family Centre while playing a variety of board games, reading, and making crafts. Children under the age of 9 must be supervised by an adult.

### **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.

### **Martial Arts** (*Child, Youth, Adult*)

(**Karate, Taekwondo**) – **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. 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** (*Child, Youth*)

(**Basketball, Soccer, Volleyball, 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, Dodgeball, Soccer, Volleyball, Badminton, Table Tennis, Swimming**)

Recreational sports times are available for you to play your favourite sport. Programs are co-ed unless otherwise stated.

### **Sports & Games** (*Preschool, Child*)

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.

### **Youth Conditioning**

This fun health and fitness based program provides youth the opportunity to learn about health, wellness and fitness in a relaxed environment.

### **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.

## 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.

### **Lane Swim**

For those who want to swim continuous lengths.

### **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 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.

### **Recreational Swim**

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

### **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.

### **Boxfit**

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

### **Cardio Groove**

This low/high aerobics class has a hip-hop or Latin flare.

### **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!

### **Muscleworks**

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

#### **Bars & 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.

#### **Bosu**

A workout focusing on muscle conditioning while integrating core strength and balance on the BOSU Ball. This class is for all levels of fitness.

### **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.

### **Run Club**

This group encourages all levels of runners in an indoor and outdoor setting. The group may train for specific events from a 5K to a marathon run.

### **Step**

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

### **Strollerfit**

Join other caregivers in a mixed workout of walking and running on our indoor track plus conditioning drill are also incorporated into the workout.

### **Tai Chi**

A strengthening class that will tone muscles, help you relax, and help you achieve mind, body and spirit harmony.

### **Treadmill Challenge**

Walk or run your way to a healthier heart in this instructor-lead cardio class.

### **Yoga**

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

## FEE FOR SERVICE PROGRAMS

### **Basic Birthday Parties**

The YMCA offers birthday parties for children ages 3-12 years. Parties are offered dependent on available space. Minimum of 10 children. 2½ hour party (150 min).

#### **Option 1**

- Gym/Jumping Castle with staff supervised games  
- Swim  
- Party Room

#### **Option 2**

- Gym or swim with staff supervised games  
- Crafts with staff supervision (additional charge)  
- Party Room

### **Child Minding**

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

### **Child/Youth Basketball - Instructional**

Participants will receive exceptional basketball instruction from a YMCA trained basketball coach in a program that focuses on basketball fundamentals, fair play, sportsmanship and life skills during 10 weeks of instruction. Please see the Membership Desk for more information.

### **Nursery Program - Registration Required**

This is a government licensed registered program for children age 3 to 5 years. This program recognizes the [YMCA Play to Learn Curriculum](#), offering small group activities, gym games, recreational swim and E.C.E. qualified staff.

### **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 905-513-0884 ext. 480 for further information.

### **Women & Weights**

These are 90 minute sessions of personal training in a small, intimate group. Join this small group and learn proper resistance training techniques and connect with other members while working toward the results you have always dreamed of.

## FITNESS LEADERSHIP & CERTIFICATION COURSES

### **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 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.

### **Automatic External Defibrillation (AED)**

### **Bronze Cross**

### **Bronze Medallion**

### **Bronze Star**

### **National Lifeguard Service (NLS)**

### **Standard First Aid & Level C CPR**

### **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.