

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 Records 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

MISSISSAUGA YMCA



Program Information

Effective September 2008



325 Burnhamthorpe Road West
Mississauga, ON, L5B 3R2

Phone: (905) 897-9622 Fax: (905) 279-3117
Monday through Friday 5:30am 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 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 families and caregivers with people who have special needs. 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. Children of Membership Plus may access these change rooms on weekends and holidays between 9:00 am and 5:00 pm. Children must be within arm's reach of an adult caregiver while in the Membership Plus change rooms.

Male 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.

Female 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.

Open Time

These periods indicate free gym time. Members can participate in non-supervised activities that require minimal equipment set-up. Age and access guidelines must be followed.

Youth Conditioning Room Access

Youth 12 to 15 may use the space upon completion of the youth conditioning course. Youth/children under the age of 12 may use the track Saturdays, Sundays and holidays from eight a.m. to four p.m. when accompanied by an adult within arm's reach.

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.

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.

Child Care Programs

The Mississauga YMCA operates a licensed child-care centre for children one month to six years old. The centre features certified early childhood education staff. For more information, contact the Child Care Office at 905-897-6801 ext. 440.

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.

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 Mississauga YMCA has limited parking. We have 110 spaces for members to use while they are in the building. All guests and non-members must be prepared to find alternative parking.

PROGRAMS

Bouncy Castle (*Preschool, Child, Youth*)

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, Youth*)

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*)

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.

Girls Rec Sports (*Child, Youth*)

This program is specifically designed and facilitated to engage and motivate girls through sport. Participants will learn the fundamentals of a variety of sports and games while making new friends, developing team skills and gaining confidence.

Martial Arts (*Child, Youth, Adult*)

(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.

Preschool Gym

Preschoolers 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.

Recreational Sports (*Child, Youth*)

(Basketball, Soccer, Table Tennis, Floor Hockey, Swim)

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, Soccer, Volleyball, Badminton, Floor Hockey, Table Tennis, Squash)

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

Sports and Games (*Child, Youth*)

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 (*12 – 15 years*)

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

Y-Knot Abilities Program

Y Knot Abilities Programs are created for children & youth with physical disabilities and their able bodied siblings. Through swimming lessons or swim team, wheel chair basketball, sports & games and fitness training the participants explore their abilities and find within themselves the confidence to pursue their goals and the skills to build a successful, productive, happy life. Participants learn how focus on their abilities while developing strength, independence and confidence. The Y Knot Abilities Programs are a place to meet friends and have fun. It's a place they belong.

Youth Basketball League

-Members Only

This is a perfect opportunity for youth to experience team play. There is still emphasis on developing skills while learning the strategies and rules of the game in a cooperative and supportive setting.

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

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.

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.

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 these water-based fitness classes, 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.

Break Through

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.

Cardio Groove

This low/high aerobics class has a hip-hop 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!

Dance

(Salsa, Line Dancing)

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.

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.

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

(Combo, Muscleworks, Circuit)

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

Tai Chi

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

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

Child Minding

Our child-minding staff cares for your child aged six weeks to five 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're 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.

FITNESS LEADERSHIP & CERTIFICATION COURSES

Advanced Lifesaving Programs

Please refer to the "Aquatics Program Information Guide" for days, times and cost.

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.

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.