

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

NORTH YORK YMCA



Program Information

Effective September 2008



567 Sheppard Ave, E., Toronto, ON, M2K 1B2
Phone: (416) 225-9622 Fax: (416) 225-9742
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 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.

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 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.

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.

Parking

The North York YMCA has limited parking. We have 250 spaces for members to use while they are in the building. All guests and non-members must be prepared to find alternative parking.

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 at the membership desk. Option included in Membership Plus. Fee applies to general membership.

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

Dance (*Preschool, Child*)

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

Discovery Centre

Families will love our playroom, filled with large, foam shaped mats, and designed to encourage energetic play. The playroom is for Families with children ages 0 – 9 years. Parents must be with their children at all times.

Girls Sports (*Youth*)

(Basketball, Soccer)

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*)

(Karate) – 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)

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*)

(Badminton)

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, Squash)

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

Sports and 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 Centre

A program area for Youth ages 10 – 17 years of age. Equipment includes Resistance Equipment, Internet Lounge, Active Arcade Games (Basketball, football, Hockey), Cardiovascular Equipment (Treadmills, Rowing Machines).

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

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.

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.

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

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 Club

A non-competitive program for those who value fun and fitness in an aquatic environment. Build endurance, improve your strokes, and interact with peers in the pool.

Youth Swim Lessons

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.

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.

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.

Boxfit

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

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!

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.

Runfit/Walkfit

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

Step

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

Stretch and Strength

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

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 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'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

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

Bronze Medallion (with Emergency First Aid) and Bronze Cross (with Standard First Aid) courses are offered throughout the year. 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.

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.

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.