

## 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

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.ymcautoronto.org](http://www.ymcautoronto.org).

### 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.



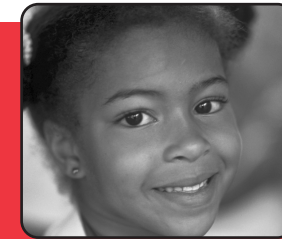
The YMCA in Canada is dedicated to the growth of all persons in spirit, mind and body, and in a sense of responsibility to each other and the global community.

1-866-266-YMCA  
[www.ymcautoronto.org](http://www.ymcautoronto.org)



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

# SCARBOROUGH YMCA



## Program Information

Effective January 2010



230 Town Centre Ct., Scarborough, ON, M1P 4Y7  
Phone: (416) 296-9622 Fax: (416) 296-8981  
Monday through Friday 6:00am to 11:00pm  
Weekends 7:00am to 8:00pm

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

### Children Five Years and Younger

When changing a preschool member five years and younger, adult caregivers (16 years plus) are required to use the adult change room and shower.

### Family/Special Needs 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. Children of Membership Plus may access these change rooms on weekends 8:30am – 5:00pm. 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.

## ACCESSING PROGRAMS

### 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.

### 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.

## 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.

### Hours of Operation

Program areas will close 30 minutes prior to building closure. All members are asked to vacate the building by 11:00 p.m. weekdays and 8:00 p.m. weekends.

### Parking

The Scarborough 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.

### 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.

### 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.

### Youth New Member Orientation

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. Strongly recommend 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 on our trained Fitness Staff. 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.

## Age Categories

3-5 years	-	Preschool
6-9 years	-	Child
10-15 years	-	Youth
16+ years	-	Adult

## PROGRAM DESCRIPTIONS

### 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.

### Baseball (Child, Youth) (Instructional)

Participants will learn the fundamentals of baseball including; hitting, catching, throwing and fielding with the support of a trained YMCA coach. While this program focuses on skill development, participants will be introduced to the concepts of teamwork and fair play.

### Basketball (Preschool, Child, Youth) (Instructional)

Participants will receive exceptional basketball instruction from a YMCA-trained basketball coach in a program that focuses on basketball fundamentals, fair play, and sportsmanship

### Crafts (Child, Youth)

Children are encouraged to explore through their senses while creating works of art.

### Dance (Preschool, Child, Youth) (Modern, Ballet)

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

Is a NEW Scarborough YMCA program that aims to increase physical activity amongst teenage girls aged 6 to 17 years old.

### Martial Arts (Child, Youth) - Registration required (Karate)

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. Parents are welcome to participate

### Recreational Sports (Adult)

(Basketball, Soccer, Volleyball, Badminton, Table Tennis, Touch Football, Swimming)

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

### Soccer (Preschool, Child, Youth) (Instructional)

Come join this instructional lesson where children will be introduced to the fundamentals of soccer. Skills are taught in a safe and child friendly environment where each class ends with an organized game for children to test their skills.

### Sports & Games (Child, Youth)

In a non-competitive environment, children experience various sports and games that enhance gross motor skills.

### Volleyball (Youth)

Come and play volleyball with your family or join a competitive adult ladder or league.

### YMCA Sport Leadership (13-15 yrs)

This unique 12 week "Assistant YMCA Coach" certification program offers youth ages 13-15 an 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.

### Youth Leader Corps

(Leader-in-training 11 – 14 years, Leader 15 – 18 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.

### Family Swim

Enjoy recreational swimming activities with your child in a family environment. Please refer to the Pool Access Guidelines for more information. Water depth will be set to the shortest standing child's shoulders.

### 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)(5 yrs & under)

A great opportunity to introduce young children to a recreational pool environment. Please refer to Pool Access Guidelines for more information. Water depth will be set to the shortest standing child's shoulder.

### 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.

### 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.

**Note:** To ensure we provide safe quality programming which meets pool regulation we can permit up to a maximum of 30 participants in our Aquafit classes.

### 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.

### 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.

### Tai Chi

Practice tai chi in its various forms in the calm atmosphere of the training pool.

### Boxfit

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

### Cardio (Salsa)

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"!

### 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. Get fantastic overall health benefits and the results you want with this total body workout.

### 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!

### Cyclefit (Theatre)

This is a class set up to enhance your Cyclefit experience. Cycling to a DVD projected on the wall, you'll travel on trails, coastline, and through parks while you pedal your way through an intense workout. Cyclefit (Theatre) is a great way to have fun while getting into shape being motivated by beautiful scenery and inspirational music.

### 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.

### 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.

### Kettle Bell

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

### 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/Strollerfit

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.

### Yoga

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

## ADDITIONAL FEE PROGRAMS

### Child Minding

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

### Get Fit Challenge

Work out with a team while being coached by a certified personal trainer. For more information call 416-296-9907 ext. 447

### 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

Participants can benefit from a private half-hour swim lesson. Lessons can range from Beginners to Advanced Leadership levels. Please contact the Aquatic Director at 416-296-9907 Ext. 480 for further information.

## 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.

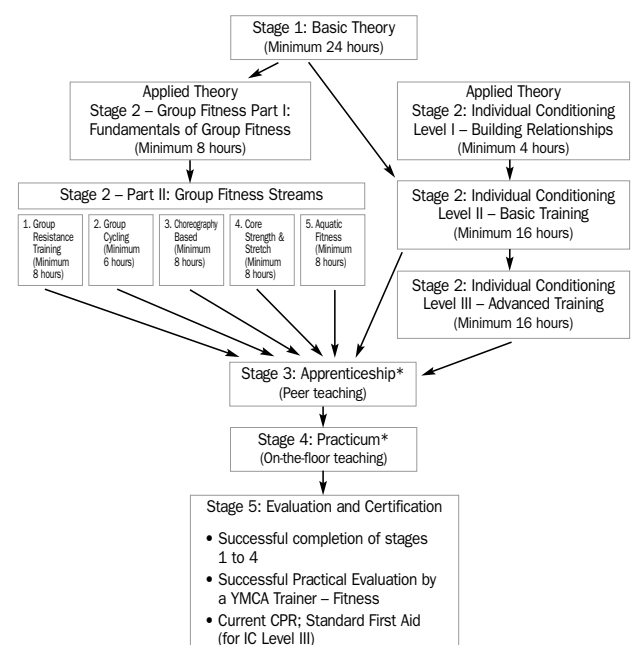
### Basic Theory

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.



### Advanced Leadership Courses

**First Aid/ CPR/ AED/ Bronze Medallion/ Bronze Cross/NLS** First aid training enables you to deal with injuries and medical emergencies at home, work or play. The Scarborough YMCA offers three levels of training: Basic First Aid, Emergency First Aid, and Standard First Aid. We also offer Automated External Defibrillation (AED) and Airway Management.