

## 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 nine years of age and under are directly supervised at all times.

### Family/Special Needs 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.

### Girls' Change Room

This locker room may be used by girls, women and boys under three. Girls under 10 must be accompanied by a female 16 years or older and may not be left unsupervised in any part of the locker room.

### 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

### Supervision of Children

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.

### 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. Jeans, sandals and boots are not permitted. Shirts and running shoes are mandatory.

## 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 15 minutes prior to building closure. All members are asked to vacate the building by 10:15 p.m. weekdays and 8:15 p.m. weekends.

### 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.

### Youth 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** recommended 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 30 min 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.

### 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.

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



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

# WEST END YMCA



## Program Information

Effective June 2009



931 College Street, Toronto, ON, M6H 1A1  
Phone: (416) 536-9622 Fax: (416) 536-3938  
Monday through Friday 6:00 am to 10:00 pm  
Weekends 8:00 am to 8:00 pm

## Age Categories

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

# PROGRAM DESCRIPTIONS

## 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.

## Family Play

Parented play in the Family Play Area to facilitate physical activity and social interaction.

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

### - Registration required (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 (*Adult*)

### (Basketball, Soccer, Volleyball, Swimming)

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

## Youth Leader Corps

(Leader-in-training 12 – 14 years, Leader 15 – 17 years) Since 1884, our Youth Leadership Corps has 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.

## Recreational 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 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.

## 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.

### Deep

A high-intensity cardiovascular fitness class. Participants need to be comfortable in the deep end of the pool (6-ft deep).

## Boxfit

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

### Box Roc's

A workout that focuses on developing your boxing technique through focus pads and gloves. Also provides a high aerobic and anaerobic workout through skipping, weights and calisthenics.

## Cardio Combat

This class is high intensity with martial arts inspired moves that will shape and tone your body. Try this class that challenges your stamina. A high and low impact options and is suitable for beginners to advanced fitness levels.

## 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.

## Gravity

A 45-60 minutes strength training classes using the Gravity Training System. This workout has the function for incline plane and gravity resistance for a full body workout.

### Gravity (Intro)

This class is gear to individuals who have never taken or fairly new to our Gravity classes. There will be lots of verbal explanation on how to use the equipment.

### Gravity (Mixed)

This class is for individuals of all fitness level and experience with the Gravity machine.

### Gravity (Int/Adv)

This class is geared those who feel comfortable and looking for a higher level of challenge using the Gravity machine.

## Muscleworks

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

### Body Bar

Complete body workout incorporating body bars.

### Rock Bottom

An essential exercise routine that focuses on all aspects of your lower body.

### Abs

A structured routine that focuses on the core.

### Stability Ball

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

### Bars and Plates

Bars & Plates is a group fitness classes different than a typical group resistance training class. Each class encourages participants to work continuously of one muscle group throughout a song. This muscle conditioning class can take your muscular endurance & strength conditioning workout to a new level 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.

## Runfit

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.

## Yoga

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

### Hatha

Hatha is a gentle style of yoga that strengthens muscles and increases joint, flexibility in the body. Through a series of gentle poses you will relax the body and focus the mind. INTERMEDIATE designation takes the practice deeper and is not recommended for those new to yoga.

### Ashtanga

A vigorous style of yoga that increases endurance, flexibility and strength. Postures are linked together through a powerful flowing sequence that synchronizes the breath with movement. INTERMEDIATE designation takes the practice deeper and is not recommended for those new to yoga.

### Kundalini

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

### Meditation

A relaxing form of yoga to take yoga meditation further.

### Vinyasa

A challenging class, open to all levels. An active class emphasizing the development of strength, flexibility, balance, and grace through the use of postures linked through the synchronization of breath with movement. Synchronizing breath with movement (vinyasa), linking poses (asanas) together in a flow that will warm the body and ease the mind. Improve strength and flexibility while relieving stress with these invigorating classes.

### Restorative Yoga

Relieve general tension and get more connected with restorative yoga. In this class we will use breathing techniques (pranayama) as well as both active and passive stretches to connect more deeply within the mind/body practice that is yoga. This enriching and self-empowering class will help you to access your own power to relax and ease both body and mind.

# ADDITIONAL FEE PROGRAMS

## Child Minding

Our child-minding staff cares for your child aged six 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.

# 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.