



# Camp Wapomeo

## Available for Rentals

*Camp Wapomeo will not be open this summer for residential camp.*

Camp Wapomeo will be open for rentals any time between June 1st and October 31st.

### The camp has the following features:

- Heated leader's lodge sleeping up to 32
- Clean rustic cabins each sleeping up to 12
- Heated dining hall
- Spacious recreation hall
- Waterfront area
- Canoes, kayaks, paddles and PFD's
- Archery range and equipment
- Volleyball court
- Trails
- Scenic campfire site on the lake

Rentals can be for the day, overnight, multiple nights and can include meals. Great place for a staff meeting, family reunion, birthday party etc...

For further information contact the YMCA at 742-7181



Check out our camp website at [www.ymcayarmouth.net](http://www.ymcayarmouth.net)



# All Ages

**Nintendo Wii** - Become part of the action with this active video game. Try it out...Wii is for everyone.

**Dance Dance Revolution Machine** - The ultimate dancing game combines fun, excitement, competition, choreography and a great workout.

**Recumbant Bike** - Do a road race or chase a dragon. Lean back & peddle, increase the challenge as you improve.

**Freedom Climber** - Have fun on your own or with a friend on our Spinning Climbing Wall. The wall can be locked in place but if a challenge is what you are looking for it can be unlocked and set at a variety of speeds

## Facility Hours

June 5 to August 31, 2010

Monday to Friday	6:00 am - 9:00 pm
Saturday	7:00 am - 7:00 pm
Sunday	Closed

## Membership Fees

Membership	Annual	Pre-Authorize
	Yearly	Monthly
Youth/Teens 6-15	\$214.64	\$18.95
Students 16+	\$306.64	\$26.58
Adult	\$521.28	\$44.47
Couples	\$920.84	\$77.83
One Parent Family	\$636.50	\$54.13
Family	\$957.08	\$80.84
Seniors	\$515.93	\$44.34

User Fees	Daily	Monthly
Youth/Teens 6-15	\$5.20	\$28.80
Students 16+	\$6.42	\$39.01
Adult	\$8.32	\$65.97
Couples	\$14.77	\$116.15
One Parent Family	\$12.92	\$78.98
Family	\$16.59	\$118.93
Seniors	\$8.27	\$65.22

\* Prices do not include HST

\* Prices effective July 1<sup>st</sup>

\* Prices subject to change

# YMCA Yarmouth



## Summer Programs 2010

P.O. Box 86  
275 Main Street  
Yarmouth, N.S.  
B5A 4B1

Tel: (902) 742-7181  
Fax: (902) 742-7676

[www.ymcayarmouth.net](http://www.ymcayarmouth.net)





# Adult

## YMCA Yarmouth Triathlon ...Give it a Tri!

- Sunday, August 8, 2010
- Ellenwood Provincial Park
- Individual or Teams
- Pre-registration required
- 8:30 am Start Time



- 1.5 km swim
- 40 km cycle
- 10 km run

New Course - New Distance. Put a team together or try it alone and take the plunge!

## Fitness Centre and Classes

Our fitness centre is equipped with cardiovascular machines, free weights and circuit machines to help you maintain a healthy lifestyle. DVD workouts available in the Aerobic Studio. Racquetball courts are available daily.

## Digital Scavenger Hunt!

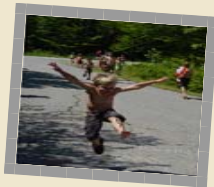
Saturday, July 24, 2010  
- 10:00am - 2:00pm

Earn cash & prizes taking pictures & having fun. Bring your sense of adventure. Ages 18 & older. Teams of 2 - 4 people.

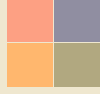
## All Ages

### Eskwea Fun Run

- Monday, June 21, 2010
- Maple Grove Education Centre
- All ages / 6:30 pm start time



You decide the distance 2.5 km or 5 km...have the entire family participate in this annual Fun Run. On the Forchu River Trail.



# Aquatics

## Swim Lessons

### Group Swim Lessons

Summer Swim lessons are offered weekly Mon - Fri for ages 6 to 12 years. Maximum of ten participants. Starting June 5, 2010.

Y - Member .....	\$37
Non-Members .....	\$53

### Private Swim Lessons

This is for people who want the attention of one instructor.

Y -Member .....	\$72
Non-Member .....	\$92

### Water Fitness Classes

- Aquabox Tuesday's 7pm - 8pm
- Aquafit Thursday's 7pm - 8pm

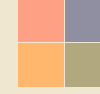
## Pool Parties

Private pool rentals are available Saturdays from 4pm - 6pm for birthday parties, reunions or any special event.

Package includes one hour of pool time with a lifeguard. Use of a party room and kitchen. Fee \$110.



**The pool will be closed for maintenance  
August 21 to September 6  
Re-opening September 7, 2010**



# Youth



## Summer Day Camp

- July 5 to August 28
- Monday to Friday
- 8:00am - 5:15pm
- Children 5 to 12 years of age

Action packed adventure for the summer...Activities throughout summer camp include crafts, swimming, bowling, beach trips, theatre, games, dance dance revolution and more!! Swim lessons are free when you register your child for a full week.

### Weekly Fees

Y- Member .....	\$63
Non-Member .....	\$79

### Daily Fees

Y- Member .....	\$16
Non-Member .....	\$21



## Kids Triathlon...Swim Bike Run

- Saturday, July 10, 2010
- Ellenwood Provincial Park
- Children ages 14 and younger
- 9:30 am check-in / body marking / bike check
- 10:30 am Races Begin

This is a great opportunity for kids to challenge themselves physically and have fun! Distances are age appropriate. Pre-registration is required.

**For more information on any of these events or programs please call the YMCA or visit our website [www.ymcayarmouth.net](http://www.ymcayarmouth.net)**