

We build strong kids, strong families, strong communities.

## CHILD/YOUTH PROGRAMS & POLICIES



### GAP Club After-school Program (ages 5-12 years)

Are you looking for a great program for your children after school? The Y is the place for you! Throughout the week your child will take part in swimming, sports, cooperative games, crafts and other fun activities.

### Friday Night Rocks (ages 5-12 years)

This program is designed for youth to engage in physical activities, participate in various games and enjoy the camaraderie of their peers. This program runs Fridays from 6:30 pm to 8:30 pm and costs \$2.00/child, plus \$1.00 for snack (optional).

### Kids Karate (ages 5-13 years)

Karate is a self-defense system that includes blocking, striking and evading attacks. Karate is a great way to get active and requires no special equipment. Karate challenges you to practice and achieve higher levels for a sense of accomplishment. Karate is a fun and great way to get exercise and stay fit.

### Child Age & Access Policies

Children under the age of 10 years old must be accompanied by a parent/guardian (who is 16 years or older). The adult must be in the YMCA and aware of the child's location at all times.

Youth must be 13 years and older to access the Fitness and Wellness Centres or to take classes without an adult.

### Swim Supervision Policy

Children under 6 years old must be supervised in the water by an adult at a ratio of 1:2.

All non-swimmers must remain in the shallow end. Children 10 years of age and older may swim in the pool but in the depth that is suitable for their abilities.

## CLASS DESCRIPTIONS

### LAND-BASED CLASSES

**Aerobics**—Rhythmic exercise that combines aerobic conditioning with stretching. We offer regular, low-impact and step classes.

**Body Shaping**—Body toning with the use of free weights.

**Core Stretch**—A Pilates-style workout that incorporates yoga stretches.

**Interval Fitness**—Body shaping combined with a cardio workout.

**Plyometrics**—Fast, powerful movements designed to improve athletic performance.

**Power45**—A strength-training circuit using power-assisted machines. Followed by stretching.

**Soma Dance**—Rhythmic movements that aid in the development of self-awareness and creativity.

**Strength Training**—Tone the whole body, including abs, with free weights.

**“Yoga” Stretch**—Yoga-inspired stretching designed to help improve flexibility.

**Yoga with Krissie**—Stretch and Flow Classes

Stretch Class: Beginner-level yoga designed for stretching and relaxation.

Flow Class: Beginner-level yoga designed for strengthening and cardio.

**Zumba**—A Latin-inspired dance fitness program that involves dance and aerobic elements

### AQUA CLASSES

**AquaBounce**—Interval aerobic exercises, combined with pool running and leg work.

**AquaBox**—A workout that helps to improve your cardiovascular endurance and burn fat in a low-impact environment.

**AquaFit**—Cardio, stretching and strengthening components with little impact on the joints.

**AquaPower**—Aerobic movements and body toning followed by stretching. The last Thursday of each month is a circuit class with different stations in the pool.

**AquaStretch**—Designed to help with strength and flexibility, this class comprises a series of gentle stretching exercises done in varying depths of water.

**Pool Running**—A low-impact form of running that burns calories and tones. Participants wear an aqua belt.

### Member Etiquette

The YMCA is a shared experience for everyone to enjoy. We can all make it better by being considerate of each other. Members, participants, staff and volunteers are all expected to treat one another with respect and dignity.

### Membership Cancellation

The YMCA Yarmouth offers flexible membership options.

No contracts are required. If you wish to cancel your membership, we require 10 days written notice prior to your next payment, and there is no cancellation fee.

### Program Cancellation

All YMCA program cancellation requests must be made in person within 14 days of the program start date. Refunds or credits are not offered after 14 days unless accompanied by a medical certificate.

### Hours of Operation

Monday	6:00 am-9:00 pm
Tuesday	6:00 am-9:00 pm
Wednesday	6:00 am-9:00 pm
Thursday	6:00 am-9:00 pm
Friday	6:00 am-9:00 pm
Saturday	7:00 am-7:00 pm
Sunday	1:00 pm-8:00 pm



### YMCA Yarmouth Mission Statement

The YMCA Yarmouth is a charitable organization, open to all, dedicated to the lifelong enrichment of our community by fostering the growth and development of people in body, mind, and spirit.

### YMCA YARMOUTH

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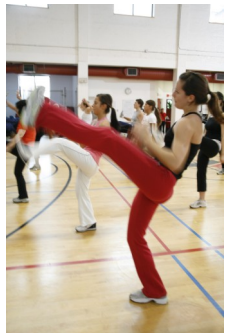
# YMCA Yarmouth Program Schedule Winter 2012

Effective January 2—March 31, 2012

## BENEFITS OF A YMCA MEMBERSHIP

Your YMCA membership is all-inclusive, which means there is no extra fee for fitness classes and use of the facility. Only registered programs require an extra fee, but as a member you receive discounted rates. Join the YMCA today and take advantage of:

- Use of the gymnasium
- A large variety of drop-in classes
- Discounts on registered programs
- An introductory fitness orientation
- A wide range of fitness equipment for all levels
- Access to YMCAs throughout North America



There is no greater gift that you can give yourself than the gift of health. Your YMCA membership opens the door to healthy living by making available a variety of active programs, services and opportunities. As your partner, the YMCA strives to help you reach your goals by keeping you informed, engaged and involved.

## YMCA MEMBERSHIP ASSISTANCE



The YMCA is committed to providing services to any person who desires to participate and understands the benefits of the YMCA, regardless of their ability to pay.

With donations raised through the YMCA Strong Kids Campaign, individuals and families in need can participate in the YMCA programs and services they otherwise could not afford. Those not able to pay full program or membership fees will be awarded financial assistance based on individual need. Please contact us for more information. All inquiries will be held in strict confidence.

## CHANGE ROOM POLICIES

- Individuals 18 years of age and older must use the Adult change rooms located on the lower level of the facility.
- Children/youth 6-17 years of age must use the Youth change rooms located on the upper level of the facility.
- Adults should not use the Youth change rooms unless they are assisting a child/youth.
- Adults with opposite gender children over 3 years of age must use the Family/special Needs change room.
- Children 3 years of age and younger must be supervised at all times when in the Adult change room.

	MONTHLY MEMBERSHIP FEES	DROP-IN FEES	
		Daily	Monthly
Youth/teen	\$18.95	\$5.20	\$28.80
Student	\$26.60	\$6.40	\$39.00
Adult	\$44.50	\$8.32	\$65.97
Couple	\$77.80	\$14.77	\$116.15
O-P Family*	\$54.15	\$12.92	\$78.98
Family	\$80.85	\$16.59	\$118.93
Senior (60+)	\$35.60	\$6.60	\$52.80
Lockers	\$10.00	n/a	n/a

Prices do not include HST.

\*One-parent Family