WINTER 2022

January 30 - June 18, 2022

SAULT STE. MARIE YMCA Health, Fitness & Aquatics Programs

TIME TO RETHINK . . . RETHINK YOUR Y.

Enjoy improved health & well-being and a more connected community.

MONDAY

	Main Pool	Leisure Pool	Studio	Gymnasium	Activity Centre
6:00 AM	Soo Y Dolphins 6:00 - 7:30	OPEN SWIM 6:00 - 9:15		OPEN GYM 6:00 - 8:45	
7:00 AM					
8:00 AM	ENDURANCE 7:45 - 9:00				
9:00 AM	Aqua Fit 9:15 - 10:00	CLOSED 9:15 - 10:00	Cardio Fit 9:15 - 10:00	Pickle Ball 9:00 - 11:00 2 courts	
10:00 AM	OPEN SWIM (2 lanes Endurance) 10:15 - 2:15	OPEN SWIM 10:15 - 11:00	Joints in Motion 10:30 - 11:00		
11:00 AM		Aqua R.O.M 11:15 - 12:00		OPEN GYM 11:15 - 6:15	
12:00 PM		OPEN SWIM 12:15 - 8:30	Work Your Core 12:10 - 12:50		
1:00 PM			Forever Fit 1:30 - 2:15		
2:00 PM	Forever Aqua 2:30 - 3:15				
3:00 PM	OPEN SWIM (2 lanes Endurance) 3:15 - 4:00				
4:00 PM	Soo Y Dolphins 4:00 - 5:30				
5:00 PM	ENDURANCE 5:45 - 7:15		Cardio Kick & Core 5:15 - 6:00		Gymnastics Conditioning 4:30 - 6:05
6:00 PM			Cycle Fit 6:15 - 7:00	Youth Volleyball 6:30 - 8:30	
7:00 PM	OPEN SWIM 7:30 - 8:30		Yoga 7:15 - 8:00		Sault Y Gymnastics 6:15 - 8:30
8:00 PM					
9:00 PM	Program Areas Close 8:30 pm				

TUESDAY

	Main Pool	Leisure Pool	Studio	Gymnasium	Activity Centre
6:00 AM	Soo Y Dolphins 6:00 - 7:30	OPEN SWIM 6:00 - 9:00		OPEN GYM 6:00 - 8:45	
7:00 AM					
8:00 AM	ENDURANCE 7:45 - 9:00				
9:00 AM	Aqua Fit 9:15 - 10:00	CLOSED 9:15 - 10:00	Muscle Fit 9:15 - 10:15	Pickle Ball 9:00 - 11:00 2 courts	
10:00 AM	OPEN SWIM (2 lanes Endurance) 10:15 - 1:30	OPEN SWIM 10:15 - 11:00			
11:00 AM		Aqua R.O.M 11:15 - 12:00		OPEN GYM 11:15 - 4:45	
12:00 PM		OPEN SWIM 12:15 - 1:30	Cycle Fit 12:10 - 12:50		
1:00 PM	CLOSED 1:30 - 4:30	CLOSED 1:30 - 4:30			
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM	Swim Lessons 4:30 - 7:30	Swim Lessons 4:30 - 7:30	Tabata Tuesday 5:00 - 5:45	Y Youth Floor Hockey League 5:00 - 6:00	Gymnastics Conditioning 4:30 - 6:05
6:00 PM			Cycle Fit 6:00 - 6:45		Sault Y Gymnastics 6:15 - 8:30
7:00 PM			Power 45 7:00 - 7:45	FUNdamentals Basketball 6:15 - 7:15	
8:00 PM	OPEN SWIM 7:45 - 8:30	OPEN SWIM 7:45 - 8:30		OPEN GYM 7:30 - 8:30	
9:00 PM	Program Areas Close 8:30 pm				

Group Fitness Class Registered Programs Open Time

Please see Membership Services for registration details.

WEDNESDAY	Main Pool	Leisure Pool	Studio	Gymnasium	Activity Centre
6:00 AM	CLOSED 6:00 - 8:00	CLOSED 6:00 - 8:00		OPEN GYM 6:00 - 8:45	
7:00 AM					
8:00 AM	ENDURANCE 8:00 - 8:45	OPEN SWIM 8:00 - 8:45			
9:00 AM	Aqua Fit 9:00 - 9:45	CLOSED 9:00 - 9:45	Cardio Fit 9:15 - 10:00	Pickle Ball 9:00 - 11:00 2 courts	
10:00 AM	OPEN SWIM (1 lane Endurance) 10:00 - 2:15	OPEN SWIM 9:45 - 11:00	Joints in Motion 10:30 - 11:00		
11:00 AM		Aqua R.O.M 11:15 - 12:00		OPEN GYM 11:15 - 4:45	
12:00 PM		OPEN SWIM 12:15 - 4:30	HIIT 12:10 - 12:50		
1:00 PM					
2:00 PM	Silver HIIT h2o 2:30 - 3:15				
3:00 PM	OPEN SWIM (2 lanes Endurance) 3:15 - 4:00				
4:00 PM	Soo Y Dolphins 4:00 - 5:30				
5:00 PM	Swim Lessons 5:30 - 7:30	Swim Lessons 4:30 - 7:30	Cycle Fit Intense 5:30 - 6:00		Gymnastics Conditioning 4:30 - 6:05
6:00 PM			Yoga 6:15 - 7:00	Y Soccer FC (5-8 yrs) 5:00 - 6:00	
7:00 PM				Y Soccer FC (9-12 yrs) 6:15 - 7:15	Sault Y Gymnastics 6:30 - 8:30
8:00 PM	OPEN SWIM 7:30 - 8:30	OPEN SWIM 7:30 - 8:30		OPEN GYM 7:30 - 8:30	
9:00 PM	Program Areas Close 8:30 pm				

THURSDAY	Main Pool	Leisure Pool	Studio	Gymnasium	Activity Centre
6:00 AM	Soo Y Dolphins 6:00 - 7:30	OPEN SWIM 6:00 - 9:00		OPEN GYM 6:00 - 8:45	
7:00 AM					
8:00 AM	ENDURANCE 7:45 - 9:00				
9:00 AM	Aqua Fit 9:15 - 10:00	CLOSED 9:15 - 10:00	Muscle Fit 9:15 - 10:15	Pickle Ball 9:00 - 11:00 (2 courts)	
10:00 AM	OPEN SWIM (2 lanes Endurance) 10:15 - 4:30	OPEN SWIM 10:15 - 11:00	Zumba 10:30 - 11:30am		
11:00 AM		Aqua R.O.M 11:15 - 12:00		OPEN GYM 11:15 - 4:45	
12:00 PM		OPEN SWIM 12:15 - 4:30	Cycle Fit 12:10 - 12:50		
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM	Swim Lessons 4:30 - 7:45	Swim Lessons 4:30 - 7:30	Work Your Core 5:00 - 5:45	All Sorts of Sports 5:00 - 6:00	Gymnastics Conditioning 4:30 - 6:05
6:00 PM			Cycle Fit 6:00 - 6:45	FUNdamentals Floor Hockey 6:15 - 7:15	Sault Y Gymnastics 6:30 - 8:30
7:00 PM					
8:00 PM	OPEN SWIM 8:00 - 8:30	OPEN SWIM 7:45 - 8:30		Volleyball 7:30 - 8:30	
9:00 PM	Program Areas Close 8:30 pm				

Group Fitness Class Registered Programs Open Time

Please see Membership Services for registration details.

FRIDAY	Main Pool	Leisure Pool	Studio	Gymnasium	Activity Centre
6:00 AM	CLOSED 6:00 - 8:00	CLOSED 6:00 - 8:00		OPEN GYM 6:00 - 8:45	
7:00 AM					
8:00 AM	ENDURANCE 8:00 - 9:00	OPEN SWIM 8:00 - 9:00			
9:00 AM	Aqua Fit 9:15 - 10:00	CLOSED 9:15 - 10:00		Pickle Ball 9:00 - 10:15 2 courts	
10:00 AM	OPEN SWIM (2 lanes Endurance) 10:00 - 2:15	OPEN SWIM 10:15 - 11:00	Line Dancing 10:15 - 11:45	Joints in Motion 10:30 - 11:00	
11:00 AM		Aqua R.O.M 11:15 - 12:00		OPEN GYM 11:15 - 8:30	
12:00 PM		OPEN SWIM 12:15 - 8:30	Everything Kettlebells 12:10 - 12:50		
1:00 PM					
2:00 PM	Forever Aqua 2:30 - 3:15				
3:00 PM	OPEN SWIM (2 lanes Endurance) 3:30 - 4:15				
4:00 PM					Sault Y Gymnastics 4:30 - 8:30
5:00 PM	Soo Y Dolphins 4:30 - 6:30				
6:00 PM					
7:00 PM	OPEN SWIM (1 lane Endurance) 6:45 - 8:30				
8:00 PM					
9:00 PM	Program Areas Close 8:30 pm				

SATURDAY	Main Pool	Leisure Pool	Studio	Gymnasium	Activity Centre
7:00 AM	Soo Y Dolphins 7:15 - 9:30	OPEN SWIM 7:30 - 8:45		OPEN GYM 7:00 - 9:45	
8:00 AM					
9:00 AM		Parent Assisted 9:00 - 9:30	Cycle Fit 8:30 - 9:15		Gymnastics Conditioning 10:30 - 2:00
10:00 AM	Swim Lessons 9:30 - 12:30	Swim Lessons 9:30 - 12:30		Mini Hockey 10:00 - 11:00	
11:00 AM			Youth Dryland Conditioning 10:45 - 11:30		
12:00 PM			Youth HIIT 11:45 - 12:15	YBC SKILLS 12:00 - 3:30	
1:00 PM	OPEN SWIM (1 lane Endurance) 12:45 - 6:00	OPEN SWIM 12:45 - 6:00			
2:00 PM					
3:00 PM					Sault Y Gymnastics 2:30 - 6:00
4:00 PM				OPEN GYM 3:45 - 6:30	
5:00 PM					
6:00 PM					
7:00 PM	Program Areas Close 6:30 pm/Pool Closed at 6:00 pm				

Group Fitness Class Registered Programs Open Time

Please see Membership Services for registration details.

MEMBERSHIP SERVICES

MEMBERSHIP FEES (Monthly) all fees plus tax

Youth (up to 14)	$31.28
Student 15+	$39.12
Adult	$57.02
Membership Plus	$79.46
Senior 60+	$45.65
Senior 60+ Plus	$68.10
1 Adult Family*	$80.75
2 Adult Family*	$124.14
1 Adult Plus Family*	$109.63
2 Adult Plus Family*	$186.38
1 Adult and 1 Adult Plus Family*	$158.61

Day pass options are available.
See the Membership Services Desk for details.

HOURS OF OPERATION:

Monday - Friday	5:30am - 9:00pm
Saturday	7:00am - 7:00pm
Sunday	CLOSED

Program areas close 30 minutes before building closes.

STATUTORY HOLIDAYS: 8:00am - 4:00pm

New Year's Day	Civic Holiday	Family Day
Labour Day	Good Friday	Thanksgiving
Easter Sunday	Victoria Day	Canada Day
Boxing Day		

Christmas Eve: 7:00am - 4:00pm
Christmas Day: Closed
New Year's Eve: 7:00am - 4:00pm

YMCA ETIQUETTE STATEMENT:
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, participants, staff and volunteers all pledge to treat one another with respect and dignity.

IMPORTANT NOTES:

YMCA Building Enhancement/Joining Fee: The YMCA Building Enhancement Fee is a one time contribution used for maintenance and improvements of our facilities through renovations and refurbishment. This is a one time contribution of $55 per Adult or $80 per Family (plus applicable taxes) for all new members provided membership is continuous and does not lapse for more than four months.

Sign In & Out Procedure: Any person entering the building must sign in upon arrival at the Membership Sales & Service Desk, using either membership card or piece of government issued photo identification.

Supervision of children: Due to capacity limits, parents must drop off and pick-up children as spectating or waiting for your child in the building during programs cannot happen at this time. Children **must be 13 years of age** to be in the Wellness Centre and receive an orientation from YMCA staff. Children always have free access to use a telephone to call a parent.

Lockers: Please bring a lock. Lockers are reserved for day use only. Locks left on overnight will be removed without notice and the contents removed. Coin operated lockers are available in the Family Change Room, on a first come, first serve basis. **The YMCA is not responsible for contents lost or stolen.**

Pictures & Technology Etiquette: Please note taking pictures or videos during any YMCA program/activity is not permitted.
The YMCA values and respects the privacy and security of our members and participants. We ask that you please turn off all cell phones, digital cameras and other electronic devices that may infringe upon the enjoyment, privacy and security of fellow members and participants. Cell phone use is prohibited in any change rooms of the facility. We appreciate your co-operation in helping to create an enjoyable experience for all.

Accessibility: The YMCA values the diversity of people and communities and is committed to excellence and inclusion in our Association. We are committed to an environment that is barrier free. If you require accommodations during your visit, please inform us in advance to arrange them.

REFUND POLICY: Program fees are non refundable after 30 days from the start of the program.

COVID-19 Policies:

Should classes have to be cancelled due to a resurgence of COVID-19, a credit for the classes remaining will be put on your account. No refunds will be provided.

***FAMILY:** A family consists of 1 or 2 adults, with children 17 and under who are currently students , living under the address of the adult. Effective September 10. 2018.

COVID-19 REMINDERS

Let's work together and help keep everyone safe.

CONTACT TRACING

Please make sure that you have your YMCA card with you and scan in to make sure we have contact tracing information. Scanning your membership card means that you have passed the self-screening questionnaire.

SUPERVISION OF CHILDREN

Due to capacity limits, parents must drop off and pick-up children as spectating or waiting for your child in the building during programs cannot happen at this time. Children must be 13 years of age to be in the Wellness Centre and receive an orientation from YMCA staff. Children always have free access to use a telephone to call a parent.

MASKS

Masks are **MANDATORY** when you enter the facility. You must wear a mask throughout the facility, when walking from one program to another and when transitioning between fitness equipment. With the exception of participating in the pool or fitness class. Maintaining a physical distance of 2 metres from other members is also required to ensure we are all doing our part to keep our facility safe.

CLEANING

When using any fitness equipment, please make sure that you wipe your equipment using our disinfectant wipes before and after use.

PHYSICAL DISTANCING

Please try to physically distance 2 metres when possible in all areas of the facility.

WALKING THE TRACK

The track can be used for walking when programs are not running in the Activity Centre. If there are programs running, the track is not available.

ENDURANCE SWIMS/LEISURE

Endurance lanes for swimming and Leisure swims are on a first come, first serve basis and adhere to the rules of physical distancing once in the pool.
We will also be watching for capacity levels.

SQUASH COURTS

If you would like to play squash, a court must be booked. You can book a court by calling the Membership Services Desk.

REFUND POLICY COVID-19

Should classes have to be cancelled due to a resurgence of COVID-19, a credit for the classes remaining will be put on your account. No refunds will be provided.

PROGRAM DESCRIPTIONS 2021/2022

PROGRAM REGISTRATION:
Registration can be transacted in person on a first - come, first - served basis. Please have all program information available, in addition to your preferred method of payment.

The Sault Ste. Marie YMCA is proud to offer fitness and wellness programs to meet the individual needs of our community.

Wellness Centre Orientation: A trained YMCA Wellness Centre staff or volunteer will show you how to safely and effectively use our weight-training and cardio equipment and provide standard fitness training guidelines. An appointment is required and more than one orientation is allowed if needed. Come prepared with proper attire including indoor shoes.

Nutrition Counselling: Receive one-on-one nutrition advice as well as an eating program from a Certified Nutrition Counsellor. **$50.00 + tax per session.**

Personal Training: Personal Training at the YMCA offers one-on-one workouts with a Certified Personal Trainer, geared to your individual needs, fitness level and activity preferences. You set your fitness and health goals and your Personal Trainer will help you achieve them! Scheduling is done with your trainer. Open to non-members as well. Please call for details.

Small Group Training: Receive one-on-one training with the benefits of being with others. Share a trainer with your family, friends or teammates. A group may consist of 2-4 people. Please call for details.

Group Sports Conditioning: Your team can continue their training whether is it off the ice or the field, keep them conditioned all year. A team can consist of 11-20 people. Please call for details.

For more information on any of these services, contact Membership Sales and Service.

GROUP FITNESS CLASSES

INCLUDED WITH MEMBERSHIP

Beginner

Intermediate

Advanced

AGE	PROGRAM	DESCRIPTION	DATES AND TIMES
13+	AQUA FIT	Aqua Fit will increase your cardiovascular endurance, muscular endurance and flexibility while you benefit from reduced stress on your joints. **Located in the Pool**.	Mondays - Fridays 9:15 - 10:00 AM
13+	AQUA R.O.M	Using light strengthening exercises and relaxation in the warm waters of the leisure pool, Aqua R.O.M (Range of Motion) encourages use of full range of motion in easy movements. This class can help those with arthritis, joint issues and low. **Located in the Pool**.	Monday - Friday 11:15 AM - 12:00 PM
13+	SILVER HIIT h2o	Take your HIIT to the water! High Intensity Interval Training is low to moderate intensity intervals that are alternated with high intensity intervals coinciding with the properties of water set at a slower pace for those just beginning or the older adult looking for something different. **Located in the Pool**.	Wednesdays 2:30 - 3:15 PM
13+	CYCLE FIT	Climb hills and do sprints, surges and more, in this group stationary biking class. **Located in the Studio**. Ticket required.	Mondays 6:15 - 7:00 PM Tuesdays 6:00 - 6:45 PM Tuesdays & Thursdays 12:10 - 12:50 PM Thursdays 6:00 - 6:45 PM Saturdays 8:30 - 9:15 AM
13+	CYCLE FIT - INTENSE	Don't have a lot of time? No problem! We will make you sweat in this half-hour class. **Located in the Studio**. Ticket required.	Wednesdays 5:30 - 6:00 PM
13+	CARDIO FIT	A cardio-based, choreographed workout, with both high and low-impact alternatives. Fun for all levels of fitness! **Located in the Studio**.	Mondays & Wednesdays 9:15 - 10:00 AM
13+	CARDIO KICK & CORE	A high-energy class of boxing movements and core techniques that will kick your cardio fitness to the next level. **Located in the Studio**.	Mondays 5:15 - 6:00 PM

GROUP FITNESS CLASSES

INCLUDED WITH MEMBERSHIP

Beginner

Intermediate

Advanced

AGE	PROGRAM	DESCRIPTION	DATES AND TIMES
13+	EVERYTHING KETTLEBELLS	Learn everything about the kettlebell! While learning about various exercises, focus on form, power, stability and safety. You will always leave knowing you had a great workout to end your week! **Located in the Studio**.	Fridays 12:10 - 12:50 PM
13+	FOREVER AQUA	Forever Aqua will increase your cardiovascular endurance, muscular endurance and flexibility while you benefit from reduced stress on your joints. This is a great class for beginners or the older adult. **Located in the Studio**.	Mondays & Fridays 2:30 - 3:15 PM
13+	FOREVER FIT	This class has the benefit of improving posture, balance, coordination, range of motion, and flexibility. It involves low impact cardio and the use of light weights. **Located in the Studio**.	Mondays 1:30 - 2:15 PM
13+	JOINTS IN MOTION	Enjoy mild strengthening and stretching exercises. This program can be for older adults and anyone needing slow gentle movement. **Located in the Studio**. **Fridays in the Gymnasium.**	Mondays, Wednesdays & Fridays 10:30 - 11:00 AM
13+	LINE DANCING	Get moving and learn how to line dance. Several dances will be taught during this social and fun filled time. **Located in the Studio**.	Fridays 10:15 - 11:45 AM
13+	MUSCLE FIT	Strength training exercises using hand weights, body bars, stability balls and more. Perfect for all levels of fitness. **Located in the Studio**.	Tuesdays & Thursdays 9:15 - 10:15 AM
13+	POWER 45	Build strength, get toned and work all those major muscles! Using various pieces of equipment, and get your fitness on in this fun class. **Located in the Studio**.	Tuesdays 7:00 - 7:45PM

GROUP FITNESS CLASSES

INCLUDED WITH MEMBERSHIP

Beginner

Intermediate

Advanced

AGE	PROGRAM	DESCRIPTION	DATES AND TIMES
13+	TABATA TUESDAY	A form of high intensity interval training, Tabata has you working for 20 seconds then resting for 10 seconds throughout 8 cycles. **Located in the Studio**.	Tuesdays 5:00 - 5:45 PM
13+	WORK YOUR CORE	This class includes Pilate-inspired moves used to develop stabilizer muscles, improve core strength and flexibility, while using small Pilates balls. **Located in the Studio**.	Mondays 12:10 - 12:50 PM Thursdays 5:00 - 5:45 PM
13+	YOGA	Increase flexibility, release tension and make the body/mind/spirit connection, while going at your own pace. **Located in the Studio**.	Mondays 7:15 - 8:00 PM Wednesdays 6:15 - 7:00 PM
13+	ZUMBA	A cardio workout with Latin flavour and international zest. **Located in the Studio**.	Thursdays 10:30 - 11:30 AM

REGISTERED PROGRAMS

SPORTS & FITNESS

INCLUDED WITH MEMBERSHIP

5 - 8	FUNdamentals FLOOR HOCKEY	Participants will develop physical literacy through floor hockey. Participants will learn the fundamentals of hockey such as stick handling, shooting, and passing through fun drills. **Located in our Gymnasium.**	Thursdays 6:15 - 7:15 PM
5 - 8	FUNdamentals BASKETBALL	This program will focus on developing physical literacy learning the game of basketball. Participants will learn the fundamentals of basketball such as dribbling, and shooting through drills. **Located in our Gymnasium.**	Tuesdays 6:15 - 7:15 PM
5 - 8 9 - 12	Y SOCCER FC	Weekly participants will part take in soccer related drills and skills. Each week participants will part take in a 15 minute skills development and 45 minute 4 on 4 scrimmage. This will give the opportunity to develop or refine skills in a safe learning environments. **Located in our Gymnasium.**	Wednesdays 5:00 - 6:00 PM (5-8 yrs) 6:15 - 7:15 PM (9-12 yrs)
9 - 12	ALL SORTS OF SPORTS	This program is designed to introduce new and traditional sports to participants each week. Test your aim in a game of disc golf or throw your best pass in a game of indoor flag football. **Located in our Gymnasium.**	Thursdays 5:00 - 6:00 PM
9 - 12	Y YOUTH FLOOR HOCKEY LEAGUE	This program participants will part take in weekly 3 on 3 or 4 on 4 scrimmages which will give participants the opportunity to use new skills or hone their previous skills in a safe environment. All participants will part take in a 15 minute skills session before each game. Teams will be broken up by staff to ensure fair play. All scrimmages will not include a goaltender. **Located in our Gymnasium.**	Tuesdays 5:00 - 6:00 PM

REGISTERED PROGRAMS
SPORTS & FITNESS

AGE	PROGRAM	DESCRIPTION	DATES AND TIMES
3 - 5	MINI HOCKEY	What could be better than mini hockey for mini tykes! In this program preschoolers will get a chance to try out hockey on a smaller scale. Using our Active Start model, each child will get tons of experience, play time and practice with the use of various activities. This allows for limited wait time and maximum fun! Parents must accompany child during program. This program is included in your membership. **Located in our Main Gymnasium.**	Saturdays 10:00 - 11:00 AM
9-13	YOUTH DRYLAND SPORT CONDITIONING	This class will help you improve strength, balance, flexibility, and agility. This class can be used to enhance sport specific training or everyday fitness routines. This program is included in your membership. **Located in our Fitness Studio.**	Saturdays 10:45 - 11:30 AM
8 - 13	YBC SKILLS	This program will promote physical literacy in Long-Term Development in Sport and Physical Activity. Participants will develop fundamental and advanced basketballs skills using drills and fun activities each week. **Member $40.00**	Saturdays 12:00 - 1:30 PM 8-10 yrs 2:00 - 3:30 PM 11-13 yrs
9-13	YOUTH HIIT	High Intensity Interval Training is low to moderate intensity intervals that are alternated with high intensity intervals. This class is guaranteed to blast you through your workout. Modified to suit children. This program is included in your membership. **Located in our Fitness Studio.**	Saturdays 11:45 - 12:15 PM
10-14	YOUTH VOLLEYBALL	Learn the basics and fundamentals of volleyball, and develop skill to play! Participants will learn how to serve, volley, bump, block and more. **Located in our Main Gymnasium.**	Mondays 6:30 - 8:30 PM
15+	VOLLEYBALL	Learn the basics and fundamentals of volleyball, and develop skill to play! Participants will learn how to serve, volley, bump, block and more. **Located in our Main Gymnasium.**	Thursdays 7:30 - 8:30 PM

REGISTERED PROGRAMS
GYMNASTICS

AGE	PROGRAM	DESCRIPTION
3-4	TUCK & TUMBLE	This introductory gymnastics program develops balance, flexibility, strength, and basic gymnastics skills in preparation for all four events in artistic gymnastics. With social distancing measures in place, gymnasts will engage in these basic skills and conditioning exercises using the floor. **Member $50.00**
5-6	CARTWHEELS & KICKS	In this class, gymnasts will be engaging in conditioning exercises and basic gymnastics skills on the floor, bars, and beam to support their future development on the four events in artistic gymnastics. With social distancing measures in place, gymnasts will develop their strength, flexibility, balance and spatial awareness. **Member $50.00**
6-9	JR. GYMNASTICS	This program includes differentiated instruction for basic skills on floor, bars and beam to support their future development on the four events in artistic gymnastics. They will be engaging in conditioning to improve their flexibility, strength and spatial awareness. **Member $50.00**
10-14	SR. GYMNASTICS	This program includes differentiated instruction for basic skills on floor, bars and beam to support their future development on the four events in artistic gymnastics. They will be engaging in conditioning to improve their flexibility, strength and spatial awareness that can translate to other sports. **Member $75.00**

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tuck & Tumble	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm		10:30-11:00am
Cartwheels & Kicks	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm		11:20-11:50am
JR. Gymnastics	5:15-6:00pm	5:15-6:00pm	5:15-6:00pm	5:15-6:00pm		12:10-12:55pm
SR. Gymnastics		5:15-6:00pm		5:15-6:00pm		1:15-2:00pm

- **A YMCA Membership entitles each member to one (1) lesson per session. Members may not be registered in more than one (1) lesson per session.**
- **If a participant misses three classes in a row without notice, he/she will be removed from the program registration and his or her spot will be given to the first person on the waiting list. If your child cannot attend the lesson, please contact matthew.lamontangna@ssmymca.ca to advise of their absence.**

REGISTERED PROGRAMS
MARTIAL ARTS

AGE	PROGRAM	DESCRIPTION	DATES AND TIMES
13+	KUK SOOL HAPKIDO	Learn the traditional art of Kuk Sool HapKiDo while benefiting in the areas of self-defense and body conditioning. **Located in our Racquet Ball Court.** Included with membership.	Mondays, Wednesdays & Fridays 10:30 AM - 12:00 PM

REGISTERED PROGRAMS
SPECIALTIES

AGE	PROGRAM	DESCRIPTION	DATES AND TIMES
3 - 5 6 - 8 9 - 12	SILLY SCIENCE	Become a YMCA Silly Scientist learning through experimentation! Participate in hands on science experiments and sit in on exciting science demonstrations! Parents must be present for ages 3-5, **Located in our Craft Room.** **Member $20.00**	Saturdays 9:30 - 10:00 AM 10:15 - 10:45 AM (ages 3-5) 11:00 AM - 12:00 PM (ages 6-12)
5 - 12	CONSTRUCTION KIDS	This program challenges children to use the provided resources to construct different things such as a bridge out of Popsicle sticks, or an egg drop parachute out of a plastic bag and other materials. **Located in our Craft Room.** **Member $20.00**	Wednesdays 5:15 - 6:00 PM (ages 5-8) 6:30 - 7:15 PM (ages 9-12)
5 - 12	MAKE IT AND TAKE IT CRAFTERNOON	With the guidance of our staff, your child will create their own artwork and crafts and will have the opportunity to show off their masterpiece to family and friends afterwards! **Located in our Craft Room.** **Member $20.00**	Saturdays 12:30 - 1:30 PM (ages 5-8) 1:45 - 2:45 PM (ages 9-12)
7+	SAULT Y GYMNASTICS	Athletes prepare themselves for a safely guided path of learning skills, making friends, expressing themselves through sport and pushing their body to its physical limits. As you know, gymnastics develops a high level of physical fitness, with many other benefits to this sport. The girls develop team & club spirit, gain poise & confidence. As they experience competitions, they have pride in participating in a sport that is beautiful to watch. For more information, please contact Membership Services.	
6 - 18	SOO Y DOLPHINS	Our club mentors youth in competitive swimming. Teaching them skills and the sport of swimming while providing a safe environment to foster discipline , athleticism and sportsmanship. Our club is open to the youth of Sault Ste. Marie and surrounding areas. All are welcome! For more information, please contact Membership Services.	

AQUATICS

YMCA swim lessons introduce and teach children a variety of skills in a values-based environment. Children are encouraged to experience the qualities of water, learn safety and movement skills, and build confidence.

Based on child-development principles, the YMCA recognizes that children learn by experimenting, exploring, imitating, playing and having fun. Our swim instructors practise changing activities throughout the lesson to assist with keeping children's attention. A 30-minute or longer lesson promotes and supports this learning principle, and the YMCAs continuous registration leads to regular participation.

Caregivers are required to bring their children onto the deck and pick them up when they are finished. For the safety of those on deck and in the pool, caregivers are not permitted on the pool deck during lessons for any level. We ask that caregivers watch their swimmer(s) from the Viewing Gallery on the main level.

A soap shower is required to rinse away dirt, oils and personal care products from the skin's surface prior to entering the pool (s) and/or whirlpool. (Reg. 565, S.19$^{(2)}$)

- Endurance is for those who wish to swim continuous lengths for fun and fitness.

We also offer:

PRIVATE SWIMMING LESSONS - 30 minute lessons

MEMBERS

Adult $20.00 +tax

Youth $17.50

SEMI-PRIVATE SWIMMING LESSONS - 30 minute lessons

MEMBERS

Adult $15.50 +tax

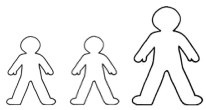
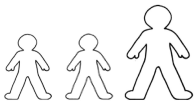
Youth $15.50

- **A YMCA Membership entitles each member to one (1) swim lesson per session. Swimmers may not be registered in more than one (1) lesson per session.**
- **If a participant misses three classes in a row without notice, he/she will be removed from the program registration and his or her spot will be given to the first person on the waiting list. If your child cannot attend the lesson, please contact info@ssmymca.ca to advise of their absence.**

AQUATICS

Admission Standards for Public Pools were developed by the Office of the Chief Coroner; the Ministry of Health and Long-Term Care strongly supports these recommendations for the purposes of preventing injuries and fatalities. The Sault Ste. Marie YMCA standards meet or exceed the recommended standards issued by the Chief Coroner of Ontario.

- Individuals with serious medical conditions should only use the pool or attend aquatic fitness classes

Children 0-5 yrs	Youth 6-10 yrs	
	Incomplete Swim Test	Complete Swim Test
Children between the ages of 0 and 5 years of age must be accompanied by a parent or guardian in the water at all times who is at least **16** years of age and responsible for their **direct supervision and must be within arm's reach** with a maximum of two children for each parent or guardian (2:1). 	**Incomplete swim test**: must be accompanied by a parent or guardian in the water at all times, who is at least **16** years of age and responsible for their **direct supervision and must be within arm's reach.** The ratio of non-swimmers to parent or guardian may be a maximum of two bathers to one parent or guardian (2:1) for children between the ages of 6 and 10. If all in lifejackets, the ratio increases to 8:1. 	**Complete swim test**: are permitted to swim in the deep end of the pool. However, the **Parent or Guardian must be in the Main pool** and be responsible for the child(ren)'s supervision. The ratio may be a maximum of four bathers to one parent or guardian (4:1) for children 6 - 10 years of age.

Aquatic Wrist Band Procedure: For increased safety in our aquatic facility, all swimmers under 11 years of age (ages 6-10 years) who wish to swim in the deep end of the main pool must complete a brief swim test. Upon successful completion of the swim test, swimmers will be given a green wrist band, allowing them to enter the deep end of the main pool. All swimmers under the age of 13 (ages 11-12) must have a successful completion of the swim test in order to be here in the pool unaccompanied by a parent or guardian. Those who are unsuccessful in completing the swim test as well as those who elect not to do the swim test **must be accompanied by a parent or guardian who is at least 16 years of age for their direct supervision and must be within arm's reach at all times,** will only have access to the leisure pool or the shallow end of the main pool up to the buoy line.

1) Swim one full length of the main pool from shallow end to deep end along a wall without stopping or touching the wall/bottom.
While swimming, the child must:
- Complete the entire distance on their front (front crawl preferred)
- Swim continuously
- Swim with face in a minimum of 3 times
- Show ability to take breath
- Not touch the bottom
- Not stop and rest

2) Jump into the deep water from side of pool. Surface from jump and tread 30 seconds without touching a wall.
While jumping into the deep water from side of pool, the child must:
- Jump into deep water from side of pool
- Jump away from the side with comfort
- Easily surfaces to top of water.

When treading water for 30 seconds, the child must:
- Keep his/her head out of the water for the full 30 seconds
- Appear comfortable
- Be able to move comfortably to the side of the pool after the completion of the 30 seconds.

AGE	PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6m-3yr (WA)	PARENT ASSISTED			4:30-5:00pm			9:00-9:30am
3-5yr	BOBBER FLOATER		4:30-5:00pm 6:45-7:15pm	5:15-5:45pm			9:30-10:00am 10:15-10:45am
3-5yr	GLIDER DIVER		5:15-5:45pm		4:30-5:00pm		11:45am-12:15pm
3-5yr	SURFER JUMPERS				6:00-6:30pm		
6yr+	OTTER SEAL		4:30-5:00pm 5:15-5:45pm 6:00-6:30pm 7:00-7:30pm	6:00-6:30pm 6:45-7:15pm	4:30-5:00pm 5:30-6:00pm 7:15-7:45pm		9:30-10:00am 11:00-11:30am
	DOLPHIN SWIMMER		4:30-5:00pm 5:15-5:45pm 7:00-7:30pm		5:30-6:00pm 7:15-7:45pm		11:30am-12:00pm
	STAR PROGRAM 1-4		6:00-6:45pm	5:30-6:15pm	4:30-5:15pm 6:15-7:00pm		
	STAR LEADERSHIP 5-7				6:15-7:00pm		10:30-11:15am

AGE	PROGRAM	DESCRIPTION
6m-3yr (PA)	Parent Assisted	Adult and child learn basic water skills, while playing games and singing songs. **Parent assisted.**
3-5yr	Bobber, Floater, Glider	Songs and games are used to assist your swimmer in becoming comfortable in the water. Learn about movement, floating, submersion, bubbles, water safety and safe entry/exits from the pool in a safe, fun-filled environment.
3-5yr	Diver, Surfer, Jumper	In these levels your child will be introduced into the proper techniques of front and back crawl, floating unassisted on their front and back, swimming up to a distance of 25yds unassisted, and entering the water using jumps and dives.
6+yr	Otter-Seal	The YMCA Learn to Swim program is a four-level instructional program that introduces your beginner swimmer to foundational aquatic activities. They will improve their body awareness and motor skills as they submerge, kick, roll and jump in the water. They will be competent swimmers on their front and back when they complete the Swimmer level.
	Dolphin-Swimmer	
	Star Program 1 to 4	The YMCA Star program introduces your continuing swimmer to elementary backstroke, breaststroke, side stroke and increases his or her swimming distance to 200m by the end of Star 3. The optional items give your child opportunities to explore competitive swimming, synchronized swimming, water polo and aquatic fitness.
	Star Leadership 5 to 7	The YMCA Star Leadership program allows your competent and confident swimmer to build on his or her strong aquatic skills to learn to safely help others who are in trouble in the water, basic first aid skills, and to improve physical fitness. Each level has a component of learning how to teach others, and continues with optional items.
Teen/ Adult 10+yr	Bronze Star	Bronze Star program helps to prepare skilled swimmers for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and with partners.
Teen/ Adult 13+yr	Bronze Medallion	Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education - judgment, knowledge, skill and fitness.
Teen/ Adult 13+yr	Bronze Cross	Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs, including National Lifeguard and Instructor certification. Must have completed your Bronze Medallion and Standard First Aid (through St. John's Ambulance, Red Cross, Life Saving Society or Canadian Ski Patrol).
16+yr	National Lifeguard	National Lifeguard certification is the industry standard for professional lifeguards in Canada. NL guards are water rescue professionals trained in emergency care. They prevent accidents. They are trained to spot potential trouble and intervene before it becomes life-threatening. They identify hazards and determine safe practices. They educate the public about the hazards and risks associated with aquatic activities and how to be Water Smart.
16+yr	Standard First Aid/CPR C	In this two day course, students will learn to recognize and provide interventions for life-threatening emergencies until medical aid arrives. This course gives participants a hands on approach to learning new life skills. This course is approved federally by Employment and Social Development Canada (ESDC) and provincially by each applicable WSIB/WCB. The certification is valid for 3 years from the date of the course.

Please see Membership Services for registration details

Getting through it together starts here.

SAULT STE. MARIE YMCA Health, Fitness & Aquatics Programs
235 McNabb Street
Sault Ste. Marie, ON P6B 1Y3
705.949.3133 www.ssmymca.ca

Hours of Operation

Monday to Friday	5:30 am - 9:00 pm
Saturday	7:00 am - 7:00 pm
Sunday	CLOSED

Statutory Holidays 8:00 am - 4:00 pm
Christmas Eve 7:00 am - 4:00 pm
Christmas Day - Closed
New Year's Eve 7:00 am - 4:00 pm

Program Areas close 30 minutes before building closes.