

Sault Ste. Marie  
YMCA



Building healthy  
communities

# 2023

# Winter Brochure

## Health, Fitness & Aquatics Programs



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**Online registration is available!**

For more information, head to:  
[www.ssmymca.ca/child-youth-family](http://www.ssmymca.ca/child-youth-family)

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# Welcome!

Whether you are looking to improve your fitness, find high-quality licensed child care, make memorable experiences for your family or children, or looking for support as a newcomer to Canada, the Sault Ste. Marie is ready to help!

The YMCA is more than a facility. It is a movement dedicated to the growth of all persons in spirit, mind and body, and to their sense of responsibility to each other and the global community. Building healthy communities through the power of belonging stems from our values of caring, honesty, respect, responsibility and inclusiveness. These are central to our mission, guiding our behaviours, attitudes and actions.

When you join the Y, you become part of this mission, helping strengthen your community not only through your own journey, but also by bringing programs and services to children, youth, adults and families who may not otherwise be able to access them.

The Sault Ste. Marie YMCA is a charitable organization that promotes the development of spirit, mind and body by encouraging healthy lifestyles, personal growth and service to the community.

Our commitment is to strengthen the foundations of community by nurturing the potential of children, teens and young adults; promoting healthy living; fostering a sense of social responsibility; and delivering lasting personal and social change.





# Important Information

## Memberships

To receive membership benefits, you must have a recurring membership throughout the duration of the program. Please be aware that if your membership is cancelled or suspended, additional program charges may occur.

## Registered Programs

Please notify the YMCA if your child will be missing a class. Missing three consecutive classes may result in your child's space being given to a child on the wait list. This includes both youth recreation programs and aquatic lessons.

## Program & Course Refunds

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

## Etiquette

The YMCA is a shared experience for everyone to enjoy. YMCA members, participants, staff and volunteers all pledge to treat one another with respect and dignity.

## Pictures & Technology

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.

## 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.

## Child Protection

All visitors entering our facilities must be signed in at our Member Services desk using either their Membership card or a government issued photo identification card. Example: parents accompanying a child to swim lessons or youth programs.

The YMCA is committed to providing a safe and secure environment for all who use our facility. For this reason, all children under the age of 13 must be with a parent or guardian who is at least 16 years of age. Children must be 13 years of age to be in the Wellness Centre and receive an orientation from YMCA staff.

## Membership Cancellation

Holds, cancellations and change requests must be **submitted in writing 15 days prior to the next scheduled payment**, in person at our membership desk or by e-mail.

Questions: [info@ssmymca.ca](mailto:info@ssmymca.ca)



# Membership Fees

## Membership Fees (monthly) all fees plus tax

Youth (up to 14)	\$31.28
Student 15+	\$39.12
Adult	\$57.02
Adult 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

### HOURS OF OPERATION:

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

Program areas close 30 minutes before building closes.

### STATUTORY HOLIDAYS:

CLOSED

Civic Holiday Family Day Boxing Day  
 Labour Day Good Friday Thanksgiving  
 Easter Sunday Victoria Day Canada Day

Christmas Eve: 7:00am - 2:00pm  
 Christmas Day: Closed  
 New Year's Eve: 7:00am - 2:00pm  
 New Year's Day: Closed

## Day Pass (all fees plus tax)

Adult (25+)	\$10.00
Family	\$22.00
Senior (60+)	\$8.00
Student	\$6.50
Youth	\$5.00

**Lockers:** Lockers are reserved for day use only. Please bring your own lock. Coin operated lockers are available in the Family Change Room, on a first come, first serve basis. The YMCA is not responsible for lost or stolen contents.

**\*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.

# Fitness Orientations

New to the fitness center?  
Not sure where to start?

We have 4 separate fitness center orientations for you to try.

The best part of these orientations... they are included with your membership and given by a personal trainer or wellness coach.



Orientations to choose from are:

## Cardio equipment

fitness staff will take you through how to use the cardio machines safely.



## Body weight

nervous about how to do a squat or a lunge fitness staff will help you with that form.



## Selectorized equipment

fitness staff will show you how to set up and safely use the weight machines.



## Free weights

ever wondered about dumbbells, bars, weight plates, and benches? Let our staff help you become comfortable using all the fitness center has to offer!

## 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.

## 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. 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.

# Aquatics

## Swim Lessons

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 practice 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 YMCA 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))

## Private Lessons

Our private lessons offer you a private or semi-private class for any swimming ability. You will have the option to work through the YMCA swim curriculum or create a customized goal-based curriculum with our certified instructors. Registration for private lessons must be done through the Aquatics Department or Membership Services.

Questions: [wraeanna.burkhardt@ssmymca.ca](mailto:wraeanna.burkhardt@ssmymca.ca)

### Youth, Private

**Member:** \$17.50

### Adult, Private

**Member:** \$20.00

### Youth, Semi-Private

**Member:** \$15.50

### Adult, Semi-Private

**Member:** \$15.50

# Aquatics

## Swim Lessons

Session runs January 9 - June 17

Knowing how to swim can save your life - or even someone else's. Taught by certified YMCA instructors, our swimming lessons will give you lifelong skills to help you be safe in and around the water. And you just might develop a lifelong passion for swimming!

### Parent Assisted

*Ages 6 months - 3 years*

The curriculum is focused on fun activities and games in the pool as well as water comfort. Adult and child learn basic water skills, while playing games and singing songs.

Parent Assisted

### Bobber/Floater/ Glider

*Ages 3 - 5*

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.

Bobber/Floater/Glider

### Diver/Surfer/ Jumper

*Ages 3 - 5*

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.

Diver/Surfer/Jumper

### Star 1-4

*Ages 6 - 13*

The Star 1-4 program focuses on improvement and learning of the core swim strokes as well as confidence in deep water. The optional items give your child opportunities to explore competitive swimming, synchronized swimming, water polo and aquatic fitness.

Star 1-4

### Star 5-7

*Ages 6 - 13*

The Star 5-7 program focuses on building endurance while streamlining the core swim strokes. This program will also introduce participants to some basic lifesaving skills included in the Lifesaving Society's Swim Patrol program.

Star 5-7

### Otter-Seal

*Ages 6 - 13*

### Dolphin-Swimmer

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.

Otter/Seal | Dolphin/Swimmer



# Aquatics Swim lessons

Registration is required

Participant must be a member of the YMCA

FREE FOR  
MEMBERS

## Session runs: January 9 - June 17

### Tuesday

4:30 PM Bobber/Floater  
5:15 PM Glider/Diver

4:30 PM Otter/Seal  
5:15 PM Otter/Seal  
6:00 PM Otter/Seal

4:30 PM Dolphin/Swimmer  
5:15 PM Dolphin/Swimmer  
6:00 PM Dolphin/Swimmer

**Star 1-4**  
6:00 PM Star 1-2

### Wednesday

4:30 PM Parent Assisted  
4:30 PM Bobber/Floater

5:15 PM Otter/Seal  
6:00 PM Otter/Sea

6:00 PM Dolphin/Swimmer

**Star 1-4**  
5:15 PM Star 1-2

### Thursday

4:30 PM Glider/Diver  
5:30 PM Surfer/Jumper

4:30 PM Otter/Seal  
5:30 PM Otter/Seal  
6:15 PM Otter/Seal  
7:15 PM Otter/Seal

5:30 PM Dolphin/Swimmer  
7:15 PM Dolphin/Swimmer

**Star 1-4**  
4:30 PM Star 1-4  
6:15 PM Star 1-4

**Star 5-7**  
6:15 PM Star 5-7

### Saturday

9:00 AM Parent Assisted

9:30 AM Bobber/Floater  
10:15 AM Bobber/Floater  
11:00 AM Bobber/Floater

11:45 AM Glider/Diver

9:30 AM Otter/Seal  
11:00 AM Otter/Seal

11:45 AM Dolphin/Swimmer

**Star 5-7**  
10:15 AM Star 5-7

*Classes are 30 minutes.*

*Star 1-7 classes are 45 minutes.*

*Parent Assisted is a parented lesson which requires a parent to be in the water handling their child.*

## Swim Test

*Children ages 6-10 years may have their swim level assessed every visit.*

**If they are successful:** May swim unaccompanied. An adult (16+) must remain in pool area and be responsible for the children's supervision.

**If they are not successful:** Must be accompanied in water by an adult (16+) and may wear a life jacket. 2 children: 1 guardian ratio.

# Child & Youth Rec Programs

*No programming on statutory holidays.*

## FUNDamentals Floor Hockey

**Ages 5-8**    **Thursdays**    **5:00 - 6:00 PM**

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.**

## FUNDamentals Basketball

**Ages 5-8**    **Tuesdays**    **5:00 - 6:00 PM**

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.**

**Non Member: \$60.00**

## All Sorts of Sports

**Ages 9-12**    **Tuesdays**    **6:15 - 7:15 PM**

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.**

## Youth Volleyball

**Ages 10-14**    **Mondays**    **6:15 - 7:15 PM**

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 Gymnasium.**

**Non Member: \$60.00**

## Youth Floor Hockey League

**Ages 9-12**    **Thursdays**    **6:15 - 7:15 PM**

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 partake 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.**

## Youth Dryland Sport Conditioning

**Ages 9-12**    **Saturdays**    **10:45 - 11:30 AM**

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.**

## YBC SKills

**Ages 8-10**    **Saturdays**    **12:00 - 1:30 PM**

**Ages 11-13**    **Saturdays**    **2:00 - 3:30 PM**

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. **Located in our Gymnasium.**

**Members: \$50.00 Non Member: \$80.00**

## Youth HIIT

**Ages 9-13**    **Saturdays**    **11:45 - 12:15 PM**

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. **Located in our Fitness Studio.**

**All programs included in your Membership unless stated otherwise.**

# Child & Youth Rec Programs

No programming on statutory holidays.

## Tuck & Tumble

### Ages 3-4

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.

**Members: \$55.00 Non Member: \$85.00**

## Jr. Gymnastics

### Ages 6-9

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.

**Members: \$55.00 Non Member: \$85.00**

## Cartwheels & Kicks

### Ages 5-6

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.

**Members: \$55.00 Non Member: \$85.00**

## Sr. Gymnastics

### Ages 10-14

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 engage in conditioning to improve their flexibility, strength and spatial awareness that can translate to other sports.

**Members: \$80.00 Non Member: \$110.00**

## Monday

4:30 PM Tuck & Tumble  
4:30 PM Cartwheels & Kicks  
5:15 PM Jr. Gymnastics

## Tuesday

4:30 PM Tuck & Tumble  
4:30 PM Cartwheels & Kicks  
5:15 PM Jr. Gymnastics  
5:15 PM Sr. Gymnastics

## Wednesday

4:30 PM Tuck & Tumble  
4:30 PM Cartwheels & Kicks  
5:15 PM Jr. Gymnastics

## Thursday

4:30 PM Tuck & Tumble  
4:30 PM Cartwheels & Kicks  
5:15 PM Jr. Gymnastics  
5:15 PM Sr. Gymnastics

## Saturday

10:30 AM Tuck & Tumble  
11:15 AM Cartwheels & Kicks  
12:00 PM Jr. Gymnastics  
1:00 PM Sr. Gymnastics

## Registered Programs

Please notify the YMCA if your child will be missing a class. Missing three consecutive classes may result in your child's space being given to a child on the wait list. This includes both youth recreation programs and aquatic lessons.

**Tuck & Tumble + Cartwheels & Kicks classes are 30 minutes.**

**Jr. Gymnastics & Sr. Gymnastic classes are 45 minutes.**

# Child & Youth Rec Programs

No programming on statutory holidays.

## Silly Science

**Ages 3-5**      **Saturday**      **10:00 AM - 10:30 AM**

**Ages 6-12**      **Saturday**      **10:45 AM - 11:30 AM**

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.

**Members: \$25.00 Non Member: \$55.00**

## Crafternoon

**Ages 3-5**      **Saturday**      **11:45 AM - 12:30 AM**

**Ages 6-12**      **Saturday**      **12:45 PM - 1:30 PM**

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

**Members: \$25.00 Non Member: \$55.00**

# Youth & Adult Rec Programs

**FREE FOR MEMBERS**

## Volleyball

**Advanced**      **Mondays**      **7:30 PM - 8:30 PM**

**Ages 15+**      **Thursdays**      **7:30 PM - 8:30 PM**

Serve, volley, bump, block and more for the new and experienced player. **Located in our Gymnasium.**

**Mondays Volleyball is for Advanced players.**

## Pickleball

**Ages 18+**      **Monday**      **9:00 AM - 2:00 PM**

**Tuesday**      **9:00 AM - 11:45 AM**

**Wednesday**      **9:00 AM - 2:00 PM**

**Thursday**      **9:00 AM - 11:45 AM**

A fun racquet sport that combines the elements of tennis, badminton and table tennis. **Located in our Gymnasium.**