



2023

Fall Brochure

Health, Fitness & Aquatics Programs

REGISTRATION
OPENS ONLINE
& IN-PERSON ON
AUGUST 18TH!



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Online registration is available!

For more information, head to:
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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 looking for support as a newcomer to Canada, the Sault Ste. Marie YMCA is ready to help!

The YMCA is more than a fitness centre. 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 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 helping make available programs and services for 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.

Verbal harassment, threats or intimidation of YMCA staff or other members is taken very seriously and will not be tolerated and may lead to suspension or termination of a membership.

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



Membership Fees

MEMBERSHIP FEES (monthly)

All fees plus tax

Youth (up to 14)	\$31.28
Student 15+	\$39.12
Student 18+ Plus	\$39.12 + \$23.00
Adult	\$57.02
Adult Plus	\$57.02 + \$23.00
Senior 60+	\$45.65
Senior 60+ Plus	\$45.65 + \$23.00
1 Adult Family *	\$80.75
2 Adult Family*	\$124.14
1 Adult Plus Family*	\$80.70 + 23.00
2 Adult Plus Family*	\$124.14 + \$46.00
1Adult & 1 Adult Plus Family*	\$124.14 + \$23.00

HOURS OF OPERATION:

(effective October 2, 2023)

Monday - Friday	5:30am - 9:00pm
Saturday	7:00am - 6:00pm
Sunday	9:00am - 4:00pm

Program areas close 30 minutes before building closes.

STATUTORY HOLIDAYS: CLOSED

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

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

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, only caregivers of children under seven (7) years of age are permitted on the pool deck during lessons for any level. A guardian should be present on deck for children under 7 years of age. We ask that alternatively, 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 Membership Services. Various dates and times available.

Questions: jen.bridge@ssmymca.ca

All Ages, Private - 3 sessions

Member: \$52.50

NON Member: \$90.00

All Ages, Semi-Private - 3 sessions

Member: \$46.50

NON Member: \$75.00

All fees plus tax.

Aquatics Swim Lessons

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!

Parents & Pollywogs

18 mths - 3 yrs

The class is for caregivers looking for activities to share with their busy toddlers. Caregivers will learn to keep their kids safe around the water and help them with basic floating skills.

****This class is not designed for infants.**

Teensy Tadpoles

9 yrs - 5 yrs

For youngsters who are ready to let caregivers watch from the deck. They will learn basic floats and water exploration with assistance.

Bobber

4yrs- 7 yrs

A leisure pool lesson for first timers and those who are nervous about getting their face and ears wet.

Floater / Glider

4 yrs - 7 yrs

A leisure pool lesson for children who are already comfortable submerging and doing assisted floats; ready to learn to float and move on their own.

Diver

4 yrs - 7 yrs

A leisure pool lesson, with a few visits to a big pool. Child can float, move, and dunk underwater without any help; ready to learn some real strokes, but still a little too small for the big pool.

Otter / Seal

7 yrs - 13 yrs

A main pool lesson for first timers and those who are nervous about getting their face and ears wet AND are tall enough to touch in the shallow end of the main pool. Will learn unassisted floating and gliding by end of class set.

Dolphin / Swimmer

7 yrs - 13 yrs

The swimmer confidently floats, glides, and submerges unassisted in shallow end. Ready to learn rolls, deep end skills, and basic front/back crawl.

Star 1 - 2

9 yrs - 14 yrs

The swimmer is comfortable in deep water and can do a basic back/front crawl for the full width of the pool. Ready to fine tune front/back crawl and learn rudiments of breaststroke/elementary backstroke.

Star 3 - 4

9 yrs - 14 yrs

The swimmer is comfortable in the deep end of the pool and can tread water for two minutes, swim a full length back/front crawl, breast/elementary stroke. Ready to learn greater endurance and technique, as well as basic eggbeater, dolphin kick, and junior rescue techniques.

Star 5 - 6

9 yrs - 14 yrs

For strong swimmers, comfortable in the deep end of the pool, familiar with most strokes. Basic lifesaving techniques, advanced strokes, and endurance are emphasized.

Bronze Medallion

13+ yrs

For strong swimmers interested in becoming lifeguards. This is the first step, and pre-requisite to Bronze Cross.

Bronze Cross

13+ yrs

This certification qualifies the candidate to work as an assistant lifeguard and is the pre-requisite to National Lifeguard Service.

Aquatics

Swim Lessons

Swim Lessons start the first week of October

Registration is required

Participant must be a member of the YMCA

**FREE FOR
MEMBERS**

Information on Fall / Winter Swimming Lessons coming soon!

Parents & Polywogs	Mon 10:00am Wed 10:00am
Teensy Tadpoles	Mon 10:30am Wed 10:30am
Bobber	Mon 4:00pm, 4:30pm Wed 4:00pm, 4:30pm Thur 4:30pm, 5:00pm Fri 6:00pm Sat 11:00am, 11:30am
Floater / Glider	Sun 11:00am Mon 5:00pm Tues 5:30pm, 6:30pm Wed 5:00pm, 5:30pm Thurs 5:00pm, 5:30pm, 6:30pm Fri 6:00pm Sat 11:00am
Diver	Mon 6:30pm Tues 5:00pm Wed 5:30pm Thurs 6:00pm Sat 10:00am, 10:30am, 11:30am
Otter / Seal	Mon 5:00pm, 5:30pm Tues 5:00pm, 5:30pm Wed 6:30pm Sat 10:00am

Dolphin / Swimmer	Sun 11:00am Mon 5:30pm, 6:00pm Tues 6:00pm Wed 5:00pm, 6:30pm Sat 10:30am, 11:30am
Star 1 - 2	Sun 10:00am, 10:30am Mon 5:00pm Tues 5:30pm, 6:00pm Wed 5:00pm, 6:00pm Thurs 4:30pm, 5:30pm Sat 11:00am
Star 3 - 4	Sun 10:00am, 10:30am, 11:00am Mon 6:00pm Tues 6:00pm, 6:30pm Wed 6:00pm Thurs 5:30pm Sat 10:30am
Star 5 - 6	Mon 5:30pm Tues 6:00pm, 6:30pm Thurs 5:00pm Sat 10:00am
Adult Beginner	Mon 10:15am, 6:30pm Wed 10:15am
Adult Intermediate	Mon 11:05am Wed 11:05am
Bronze Cross Bronze Medallion Lifesaving Club	Fri 5:00pm Fri 5:00pm Fri 5:00pm

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 6-8 Thursday 5:00pm-6:00pm

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 6-8 Tuesday 5:00pm-6:00pm

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: \$65.00

All Sorts of Sports

Ages 9-12 Tuesday 6:15pm-7:15pm

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 Monday 6:15pm-7:15pm

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: \$65.00

FUNDamentals of Soccer

Ages 6-8 Wednesday 5:00pm-6:00pm

Y Soccer FC

Ages 9-12 Wednesday 6:15pm-7:15pm

Weekly participants will take part in soccer-related drills and skills. Each week, participants will take part in skills development, warm-up and cool-downs, as well as some fast scrimmages. This will provide an opportunity to develop or refine skills in a safe learning environment. **Located in our Gymnasium.**

Youth Floor Hockey League

Ages 9-12 Thursday 6:15pm-7:15pm

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.**

YBC Skills

Ages 8-10 Saturday 12:00pm-1:30pm

Ages 11-13 Saturday 2:00pm-3:30pm

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: \$55.00 Non Member: \$85.00

Youth Strength & Core

Ages 9-12 Saturday 10:45am-11:30am

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.**

Youth HIIT

Ages 9-13 Saturday 11:45am-12:15pm

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

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

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

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.

All registered programs are non-refundable, including cancelled classes due to uncontrolled closures or other reasons beyond the control of the SSM YMCA.

Child & Youth Rec Programs

No programming on statutory holidays.



Crafternoon

Ages 3-5	Saturday	11:45am-12:30pm
Ages 6-12	Saturday	12:45pm-1:30pm

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 Rec Room.**
Members: \$25.00 Non Member: \$55.00

Youth & Adult Rec Programs

FREE FOR MEMBERS

Volleyball

Adult 14+	Sunday	2:00pm-3:30pm
Advanced 14+	Monday	7:30pm-8:30pm
All Ages	Thursday	7:30pm-8:30pm

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

Monday's Volleyball is for advanced players. Please note that Advanced Volleyball requires a high level of skill to participate. Our volunteers reserve the right to evaluate any player's skills before playing. If necessary, you may be asked to attend another day to build the required skills.

Pickleball

Ages 18+	Monday	9:00am-12:45am
	Tuesday	9:00am-11:45am
	Wednesday	9:00am-12:45am
	Friday	9:00am-1:00pm

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

Group Fitness Classes

No programming on statutory holidays.

Aerobics and Bollywood Dance

Sunday 9:15am-10:00am

A fusion of various Indian and other styles of dance for a fun, high energy class. Come feel the music in this class where there are no defined dance rules.

Located in the **Studio**. **Intermediate**.

Aquafit

Monday 9:15am-10:15am

Tuesday 9:15am-10:15am

Wednesday 9:15am-10:15am

Thursday 9:15am-10:15am

Friday 9:15am-10:15am

This total body conditioning class combines cardiovascular training with strength benefits using the water as resistance. It is taught with both shallow and deep water (suspended) options so you can choose which end of the pool is best for you! Experience the benefits of water exercise with this low impact workout that is easier on the joints and allows for a gentle extension of your range of motion. Located in the **Pool**. **Intermediate**.



Aqua R.O.M

Monday 11:15am-12:00pm

Tuesday 11:15am-12:00pm

Wednesday 11:15am-12:00pm

Thursday 11:15am-12:00pm

Friday 11:15am-12:00pm

Using light strengthening exercises and relaxation in the warm waters of the leisure pool, Aqua R.O.M (Range of Motion) encourages the use of a full range of motion in easy movements. This class can help those with arthritis, joint issues and low mobility. Located in the **Pool**. **Beginner**.

Cycle Fit/Cycle Fit Intense

Monday 6:15pm-7:00pm

Tuesday 12:10pm-12:50pm

Thursday 12:10pm-12:50pm

Wednesday 5:30pm-6:15pm (Intense)

Saturday 8:30am-9:15am

Train your cardiovascular system on the stationary bike. Join the instructor in a class that is music-driven to train for endurance, get your heart pumping, and your legs moving. In a class, you will experience high-intensity drills, strength climbs and endurance rides, with the ability to do it all at a pace that suits you best. Located in the **Studio**. **Advanced**.

Forever/Fun Fitness

Monday 1:00pm-1:45pm

Friday 1:00pm-1:45pm

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**. **Beginner to Intermediate**.

Group Fitness Classes

No programming on statutory holidays.

Joins in Motion

Monday 10:30am-11:00am
Wednesday 10:30am-11:00am
Friday 10:30am-11:00am

Enjoy mild strengthening and stretching exercises. This program can be for older adults and anyone needing slow gentle movement. **Mondays & Wednesdays: Located in the Studio. Fridays: Located in the Auditorium. Beginner**

Let's HIIT It!

Friday 12:00pm-12:45pm

Bring your energy & imagination because this class follows a new circuit based, full body workout every week. **Located in the Studio. Intermediate to Advanced.**

Line Dancing

Friday 10:15am-11:45am
(Starting October 6th)

Get moving and learn how to line dance. Several dances will be taught during this social and fun-filled time. The first 30 minutes of the class are for beginners. **Located in the Studio. All levels.**

Low Impact Aerobics

Monday 9:15am-10:15am
Thursday 9:15am-10:15am

A low impact class combining aerobic and bodyweight exercises to strengthen and tone the body with minimal stress on the joints. **Located in the Studio. All Levels.**

Muscle Fit

Tuesday 9:15am-10:15am

Strength training exercises using hand weights, body bars, stability balls and more. Perfect for all levels of fitness. **Located in the Studio. Intermediate to Advanced.**

Rhythmic Beat Based Cycling

Tuesday 6:00pm-6:45pm
Thursday 6:00pm-6:45pm

We're putting our SPIN on cycling, in a music beat based way! Feed off the incredible instructor's energy in the room with a combination of endurance and strength building. A whole total body workout that you won't regret! The music is loud, and the lights are glowing to give the motivation and endurance you need with a mix of fast sprints, heavy climbs, push-ups, jumps and more all timed to the beat of the music. You'll be counting down the hours until you're back on the bike and in our kickass beat-based class. See you there! **Located in the Studio. Intermediate to Advanced.**

Step Aerobics

Wednesday 9:15am-10:15am

Step aerobics is a fun choreographed cardiovascular workout utilizing 4-10-inch platforms to increase the intensity. As well as being an excellent fat burner, step aerobics strengthens the core and targets key muscle groups. **Located in the Studio. All levels.**

Stretch and Strengthen

Thursday 10:30am-11:15am

Learn to strengthen your core, balance and flexibility. Learn functional movements and train to help lower the chance of injury and prepare you for daily tasks. TheraBand's and other equipment will be used. **Located in the Studio. Intermediate to Advanced.**

Total Body Blitz

Tuesday 5:00pm-5:45pm

A combination of strength, cardio and core with timed intervals of work and rest to keep your heart rate up and get those calories burning. **Intermediate to Advanced. Located in the Studio. All levels.**

Group Fitness Classes

No programming on statutory holidays.

Yoga

Monday 7:15pm-8:00pm
Wednesday 6:30pm-7:15pm
Sunday 10:30am-11:15am

Join us for Yoga as we move through different poses with different focuses each class. Explore your range of motion, flexibility and breath in these all-levels classes. **Located in the Studio. All levels.**

Zumba / Zumba Gold

Tuesday 10:30am-11:30am
Wednesday 1:00pm-1:45pm (**GOLD**)
Thursday 5:00pm-5:45pm
Friday 9:15am-10:00am

A cardio workout with Latin flavor and international zest. Zumba Gold is a cardio workout at a little slower pace. **Located in the Studio. All levels.**





SAULT STE. MARIE YMCA



WHY GIVE?



\$25

per month

KEEP A CHILD SAFE

Give a child a safe
and fun place to go
after school

\$50

per month

HELP TEENS BUILD CONFIDENCE

Help a youth build
confidence and
experience nature at a
YMCA Summer Camp

\$100

per month

GIVE FAMILIES TIME

Help an entire family
enjoy 'unplugged'
time together

Donate Today

Visit WWW.SSMYMCA.CA/SupportUs/Donate/
or contact Don Ferguson, don.ferguson@ssmymca.ca