



Sault Ste. Marie
YMCA



2024



Winter Brochure



Health, Fitness & Aquatics Programs



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Welcome to the YMCA!

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 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:

If you have any questions regarding any of our policies, please don't hesitate to contact us at info@ssmymca.ca or call Membership Services at 705-949-3133.

Membership Rates + Extras

Monthly Membership Fees

all fees plus tax

Youth (up to 14)	\$31.28
Young Adult (15-23)	\$39.12
Young Adult Plus (18+)	\$39.12+\$23.00
Adult	\$57.02
Adult Plus	\$57.02+\$23.00
Couple	\$108.40
Couple Plus	\$108.40+\$46.00
Senior (65+)	\$45.65
Senior Plus (65+)	\$45.65+\$23.00
1 Adult Family *	\$80.75
2 Adult Family*	\$124.14
1 Adult Plus Family*	\$80.75+\$23.00
2 Adult Plus Family*	\$124.14+\$46.00

Day Pass

all fees plus tax

Youth (up to 14)	\$5.00
Young Adult (15-23)	\$6.50
Senior (65+)	\$8.00
Adult	\$10.00
Family	\$22.00

Add towel service (1 towel per visit) to any member package for \$10.00 / person (excluding Plus memberships where it is already included).

*FAMILY: A family consists of 1 or 2 adults, with children 17 and under who are currently living under the same address.

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.

Hours of Operation

Monday - Friday: 5:30am - 9:00pm

Saturday: 7:00am - 6:00pm

Sunday: 9:00am - 4:00pm

Program areas close 30 minutes before building closes.

We are **CLOSED** on the following Statutory Holidays: New Year's Day, Family Day, Good Friday, Easter Sunday, Victoria Day, Canada Day, August Civic Holiday, Labour Day, Thanksgiving, Christmas Day, Boxing Day. Visit us online for updates as they become available...

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.



Cardio equipment

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



Selectorized equipment

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



Body weight

Nervous about how to do a squat or a lunge? Fitness staff will help you with that form.



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!

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.





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 SWIM LESSONS

Our private lessons offer a one-on-one experience 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 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.*

2024 dates to be announced

Teensy Tadpoles

3 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.

2024 dates to be announced

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

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.

Swimmer

7 yrs - 13 yrs

Swimmer can confidently swim a full width on front/back, has a strong flutter kick, can jump in deep water and return to wall unassisted. Ready to learn full front/back crawl (face in) and strengthen deep / underwater skills.

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.



AQUATICS SWIM LESSONS

Swim Lessons start the week of January 9th, 2024. SSM YMCA members receive priority registration.
Advance registration is required.

Bobber	Tues 5:00pm Wed 5:30pm Thur 5:00pm Sat 12:00pm	Swimmer	Tues 5:30pm, 6:30pm Wed 6:30pm Thur 5:00pm, 6:30pm Sat 11:30am
Floater / Glider	Tues 5:30pm, 6:30pm Wed 5:00pm Thur 5:30pm, 6:30pm Sat 12:00pm	Star 1 - 2	Tues 5:00pm Wed 5:30pm Thur 5:00pm Sat 11:30am
Diver	Tues 6:00pm Wed 5:00pm Thur 5:30pm, 6:00pm Sat 11:00am	Star 3 - 4	Tues 5:00pm
		Star 5 - 6	Sat 10:45am(45mins)
Otter / Seal	Tues 6:00pm Wed 6:00pm, 6:30pm Thur 5:30pm Sat 11:00am	Adult Beginner	Tues 6:00pm(45mins)
		Adult Intermediate	Thur 6:00pm(45mins)
		Bronze Medallion**	Wed 5:00pm(90mins)
		Lifesaving Club	Fri 5:00pm(60mins)
Dolphin	Tues 5:30pm Wed 6:00pm, 6:30pm Thur 6:00pm Sat 11:30am	Private	Tues 4:30pm Wed 4:30pm Thur 4:30pm



**Bronze Medallion is free to members.
Prerequisites: 13 yrs or Bronze Star. Must be strong enough to swim 6 lengths and tread 2 mins.

**Swim Lessons are
FREE for Members**

Limit 1 swim registration per
child, per season.

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

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 the 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 the Gymnasium.*

Non Member: \$95.00

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 the Gymnasium.*

Youth Volleyball

Ages 10-13 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 the Gymnasium.*

Non Member: \$95.00

FUNDamentals of Soccer

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

Youth Soccer League

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 the 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 the 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 the Gymnasium.*

Members: \$55.00 Non Member: \$110.00

Youth Strength & Core

Ages 9-13 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. *Located in the 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 the Fitness Studio.*

All programs included in your YMCA Membership unless stated otherwise.

No programming on statutory holidays.



CHILD & YOUTH REC PROGRAMS

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. *Classes are 30 minutes.*

Members: \$30.00 Non Member: \$95.00

Jr. Gymnastics

Ages 7-8

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. *Classes are 45 minutes.*

Members: \$55.00 Non Member: \$110.00

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. *Classes are 30 minutes.*

Members: \$30.00 Non Member: \$95.00

Sr. Gymnastics

Ages 9-13

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. *Classes are 60 minutes.*

Members: \$60.00 Non Member: \$160.00

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Saturday

10:30am Tuck & Tumble
11:15am Cartwheels & Kicks
12:00pm Jr. Gymnastics
1:00pm 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.
- All registered programs are non-refundable, including cancelled classes due to uncontrolled closures or other reasons beyond the control of the SSM YMCA.



YOUTH & ADULT REC PROGRAMS

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 the 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-12:45pm
Tuesday 9:00am-11:45am
Wednesday 9:00am-12:45pm
Friday 9:00am-12:45pm

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





PERSONAL TRAINING

We can help you reach your full potential.

Whether you are a beginner or experienced athlete, our certified personal trainers will create an individualized program that is tailored to your unique goals and fitness level. With expert guidance and support, you'll receive the attention and coaching needed to maximize your results and prevent injury. Reach out today to schedule your first one-on-one session and unlock your full potential.

Personal Training Packages and Rates

All Personal Training Rates subject to HST.

YMCA members

1 session \$60

6 sessions \$300

(\$50 / session)

12 sessions \$600

(\$50 / session)

24 sessions \$1080

(\$45 / session)

Non-members

\$85 / session

Small Group Training

6 Sessions \$600

(\$100 / session)

12 Sessions \$1020

(\$85 / session)

24 Sessions \$1920

(\$80 / session)

Receive one on one training with the benefits of being with others. Share a trainer with your family, friends or teammates. Sessions can accommodate 2-3 people.





GROUP FITNESS CLASSES

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 fitness studio.** *Intermediate.*

Aqua Fit

Monday to 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 to 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.*

Core Conditioning

Monday 5:15pm-6:00pm

This class is designed to build core strength and other stabilizing muscles while improving posture through a variety of exercises. A variety of equipment will be used, and the instructor will provide plenty of guidance throughout the workout. **Located in the fitness studio.** *All Levels.*

Winter Schedule starts January 7th, 2024.

All programs included in your YMCA Membership unless stated otherwise.

No programming on statutory holidays.

Cycle Fit / Cycle Fit Intense

Monday 6:15pm-7:00pm

Tuesday 12:10pm-12:50pm

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

Thursday 12:10pm-12:50pm

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 fitness 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 fitness studio.** *Beginner to Intermediate.*

Full 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! **Located in the fitness studio.** *Intermediate to Advanced.*

Introductory Vinyasa

Monday 7:15pm-8:00pm

Friday 5:30pm-6:15pm

Our Introductory Vinyasa class is a welcoming orientation to the flowing style of Vinyasa Yoga. Geared towards those new to yoga, the class features a blend of breath awareness, primary poses, and an orientation to sun salutation punctuated vinyasa flows. More detailed guidance on alignment and technique will be provided for each pose, making it more accessible for beginners. This class is suited to anyone looking to share a slower-paced and more restorative flow. **Located in the fitness studio.** *All Levels.*



GROUP FITNESS CLASSES

Joints 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. **Located in the fitness studio on Monday and Wednesday, in the auditorium on Friday. Beginner.**

Line Dancing

Friday	10:15am-11:45am
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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 fitness 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 fitness studio. All Levels.**

Muscle Fit

Tuesday	9:15am-10:15am
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Strength training exercises using hand weights, body bars, stability balls and more. **Located in the fitness studio. Intermediate to Advanced.**

Power Vinyasa Yoga

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

Power Vinyasa Yoga focuses on building strength, flexibility, and stamina. In this class, participants can expect a sequence of poses and movements that flow together, on the breath, in a fast-paced manner. Classes built around the energizing sun salutation provide a full-body workout, helping to strengthen muscles, increase cardiovascular fitness, and enhance the mind-body connection. Adjustments to sequencing are offered to cater to all levels. **Located in the fitness studio. All Levels.**

Rhythmic Beat Based Spin

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 fitness studio. Intermediate to Advanced.**

Step Aerobics

Wednesday	9:15am-10:15am
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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 fitness studio. All Levels.**

Stretch and Strengthen

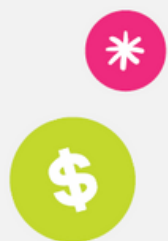
Thursday	10:30am-11:15am
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Learn to strengthen your core, balance and flexibility. Learn functional movements and train to help lower the chance of injury and prepare you for daily tasks. TheraBand's and other equipment will be used. **Located in the fitness studio. Intermediate to Advanced.**

Zumba / Zumba Gold

Tuesday	10:30am-11:30am
Wednesday (Gold)	1:00pm-1:45pm
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 fitness 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