



**Sault Ste. Marie**  
**YMCA**

Registration for  
Spring programs  
opens on  
**March 18th!**

**2024**

# Spring Brochure

**Health, Fitness & Aquatics Programs**



# Where To Find It!

Welcome to the YMCA! page 3

Important Information page 4

Membership Rates + Extras page 5

Hours of Operation page 5

Fitness Orientations page 6

Aquatics page 7

Private Swim Lessons page 7

Swim Lessons pages 8-9

Aquatics Activities page 10

Strong Communities page 11

Child & Youth Rec Programs pages 12-13

Child & Youth Gymnastics page 14

Youth & Adult Rec Programs page 15

Summer Camps page 16

Personal Training page 17

Group Fitness Classes pages 18-19

SSM YMCA - Why Give? page 20





# 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. A fee of \$20 will be applied to all refunds

## **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](mailto:info@ssmymca.ca) or call Membership Services at 705-949-3133.

## Membership Rates + Extras

### Monthly Membership Fees

*all fees plus tax*

*(effective March 2024)*

Youth (up to 14)	\$33.50
Young Adult (15-23)	\$41.50
Young Adult Plus (18+)	\$41.50+\$24.50
Adult	\$60.50
Adult Plus	\$60.50+\$24.50
Couple	\$115.00
Couple Plus	\$115.00+\$49.00
Senior (65+)	\$48.50
Senior Plus (65+)	\$48.50+\$24.50
1 Adult Family *	\$86.00
2 Adult Family*	\$132.00
1 Adult Plus Family*	\$86.00+\$24.50
2 Adult Plus Family*	\$132.00+\$49.00

### 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 \$12.00 / 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 - 5:00pm

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

The qualified staff at the YMCA are committed to maximizing our members' swimming skills and knowledge of the water. Lakes are typically unsupervised areas, and we want to help all our families stay safe on their trips to camp and the beach this summer.

Swim programs are available for toddlers, kids, and adults of any level. Youngsters will develop skills and confidence in the water with our uniquely progressive, play-based approach to learning. In addition to various movement and swim skills, our lessons include basic boating skills and seasonal water safety.

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](mailto:jen.bridge@ssmymca.ca)

### All Ages, Private - 3 sessions

Member: \$60.00

NON Member: \$97.00

All fees plus tax.





# AQUATICS SWIM LESSONS

## 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. *\*\*Children must be able to walk. Care-givers are in the pool*

## 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.

## Bobber

4yrs- 7 yrs (under 4'6")

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 (under 4'6")

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 (under 4'6")

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.

## Surfer

4 yrs - 8 yrs (under 4'6")

For the very advanced youngsters who are ready for deep end skills and learning to swim like dolphins and frogs, but may feel out of place with the big kids or still want to play in the small pool

## Otter / Seal

7 yrs - 13 yrs (over 4'6")

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 (over 4'6")

The swimmer confidently floats, glides, and submerges unassisted in shallow end of the main pool. Ready for front / back crawl progressions and transition to deep water.

## Swimmer

7 yrs - 13 yrs (over 4'6")

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.

## Adults - Beginner

This is a main pool class designed for those who have no swimming experience or are nervous around the water. We keep a slow pace and teach you to move safely in shallow and deep water.

## Adults - Intermediate

This is a main pool class designed for those who are comfortable in the deep-end and have basic swimming skills. We will teach you to improve your strokes or fitness level based on your personal goals.





# AQUATICS SWIM LESSONS

**Swim Lessons start the week of Monday, April 8, 2024.** SSM YMCA members receive priority registration.  
***Advance registration is required.***

Bobber  
Tues 5:00pm  
Wed 5:30pm  
Thur 5:00pm  
Sat 12:00pm

Floater / Glider  
Tues 5:30pm  
Wed 5:00pm, 6:30pm  
Thur 6:30pm  
Sat 12:00pm

Diver  
Tues 6:00pm  
Wed 5:00pm, 6:00pm  
Thur 5:30pm  
Sat 11:00am

Surfer  
Thur 5:30pm

Otter / Seal  
Tues 6:00pm  
Wed 6:00pm  
Thur 5:30pm, 6:30pm  
Sat 11:00am

Dolphin  
Tues 5:30pm  
Wed 6:00pm  
Thur 6:00pm  
Sat 11:30am

Swimmer  
Tues 5:30pm, 6:30pm  
Wed 5:30pm, 6:30pm  
Thur 5:00pm, 6:30pm  
Sat 11:30am

Star 1 - 2  
Tues 5:00pm, 6:30pm  
Wed 5:30pm, 6:30pm  
Thur 5:00pm  
Sat 11:30am

Star 3 - 4  
Tues 5:00pm  
Wed 5:00pm  
Thur 6:00pm

Star 5 - 6  
Sat 10:45am(45mins)

Adult Beginner  
Tues 6:00pm

Private  
Tues 4:30pm  
Wed 4:30pm  
Thur 4:30pm

*\*Sorry, there are no make-up lessons for group lesson cancellations due to unplanned closures.\**



**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



# AQUATIC ACTIVITIES

## Activity Swim (1 Lane)

<b>Monday to Friday</b>	<b>10:30am-11:45am</b>
<b>Monday</b>	<b>5:30pm-7:15pm</b>
<b>Wednesday</b>	<b>7:30pm-8:30pm</b>

One lane open for laps. The rest of the main pool is open for any other water recreation. Toys permitted in both main and leisure pools.

## Endurance Swim

<b>Monday to Friday</b>	<b>12:00pm-1:00pm</b>
<b>Tuesday</b>	<b>7:30pm-8:30pm</b>
<b>Thursday</b>	<b>7:30pm-8:30pm</b>

All lane ropes in the main pool – exclusively for lap swimming. Lanes are shared by 2 swimmers. No toys permitted in main pool. Leisure pool is open to anyone and toys are available.

## Swim Fit

<b>Monday</b>	<b>7:35am-8:45am</b>
<b>Wednesday</b>	<b>7:35am-8:45am</b>
<b>Saturday</b>	<b>9:35am-10:35am</b>

Similar to endurance, but lanes may be shared by 4 people, and there is a suggested workout posted. This swim is intended for FAST, STRONG swimmers who want vigorous cardio.

## Adult Therapeutic

<b>Monday to Friday</b>	<b>9:15am-10:00am</b>
<b>Monday to Friday</b>	<b>12:00pm-1:00pm</b>

Running adjacent to other activities in the main pool, this time in the leisure pool is intended for mature members who prefer to swim or do exercise in warm water. Toys and games are not permitted at this time.

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

**No programming on statutory holidays.**

## Underwater Hockey

<b>Monday</b>	<b>7:30pm-8:30pm</b>
---------------	----------------------

Just like it sounds, this is a hockey game played at the bottom of the pool with small sticks, snorkels and flippers. All members are welcome to come out and join the team, so long as they are comfortable in the deep end. Communal equipment is available at the guard office. Be prepared for a great workout and lots of fun!

## Family Swim

<b>Sunday</b>	<b>1:00pm-3:00pm</b>
<b>Friday</b>	<b>6:30pm-8:30pm</b>
<b>Saturday</b>	<b>1:00pm-3:00pm</b>

Both pools are open for all activities except lap swimming. Toys and noise permitted everywhere.

## Little Kiddles

<b>Monday</b>	<b>10:00am-11:00am</b>
<b>Wednesday to Friday</b>	<b>10:00am-11:00am</b>

This time slot is intended for caregivers bringing babies and toddlers to the pool. Small bath toys, lifejackets, and floating mats will be available. We ask that other swimmers stay clear at this time so that little ones can explore the pool in a non-threatening environment. Please note that the leisure pool is kept at a higher chlorine level than the main pool and may be very irritating to youngsters eyes. Although breastfeeding is permitted in the pool, we recommend sitting on the edge to avoid infant ingestion of chlorine and other strong chemicals.

## Soo Y Dolphins

Members age 6-18yrs may join this competitive swim team, but must pay an additional fee of \$450. There is constant lap swimming and races. Contact Members Services for instructions on how to register.

Join us in creating a community where everyone belongs. Donate to the YMCA!



The Sault Ste. Marie YMCA Strong Communities Campaign focuses on providing access and resources to YMCA programs that allow kids, youth, adults, seniors, and families an opportunity to reach their potential and live healthier, happier lives. It is an underlying goal of the YMCA to assist underprivileged youth and families in accessing Y programs and services regardless of their financial ability to pay full fees.

Donations provide an opportunity to send children from Sault Ste. Marie and area to camp, help a child from a priority neighbourhood learn to swim, support seniors, and give parents piece of mind knowing their children are in a safe place when they are participating in activities at our local YMCA. The Strong Communities Campaign supports all ages and stages. No one is turned away from the Y, and your donation helps make that possible!

Donate at [www.SSMYMCA.CA/donate](http://www.SSMYMCA.CA/donate)

**COMMUNITY STRONG  
RACE WEEKEND  
JUNE 22 & 23, 2024**



The Community Strong Race Weekend raises funds to support programming and services provided by Algoma Family Services Foundation and the Sault Ste. Marie YMCA.

Learn more and register for one or more races at [www.saultstrong.ca](http://www.saultstrong.ca)





# CHILD & YOUTH REC PROGRAMS

## FUNDamentals Floor Hockey

**Ages 6-8 Thursday 4:30pm-5:30pm**

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 4:30pm-5:30pm**

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**

## Youth Volleyball

**Ages 9-12 Tuesday 6:00pm-7:00pm**

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 4:30pm-5:30pm**

## Youth Soccer League

**Ages 9-12 Wednesday 6:00pm-7:00pm**

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 6:00pm-7:00pm**

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 9-12 Saturday 10:30am-12:00pm**

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 9-12 Saturday 10:30am-11:15am**

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 9-12 Saturday 11:30am-12:00pm**

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

## Twirling Tots *new!*

**Ages 4-6 Tuesday 4:30pm-5:15pm**

Introducing our brand new beginner jazz dance program, where kids become the stars of their own show! Join us as we embark on a thrilling journey of discovering movement and expression through dance and music. You can be sure to look forward to the end of the season performance! *Located in the Fitness Studio.*

**Members: \$30.00 Non Member: \$95.00**

## Introduction to Martial Arts *new!*

**Ages 4-6 Wednesday & Thursday 4:00pm-4:30pm**

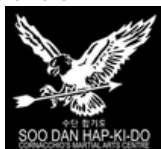
**Ages 5-7 Wednesday & Thursday 4:30pm-5:00pm**

**Ages 8-12 Wednesday & Thursday 5:00pm-5:45pm**

Fun and Fitness go together. This program offers your child basic martial arts skills. Participants will learn leadership skills as they take part in character building games to make learning fun. They will learn how to be team players and how to make good friends. This program has a focus, self-confidence, discipline, physical awareness, and respect. This program 10 week (2 nights per week) program is designed to motivate students and encourage them in a positive way *Located in the Activity Centre.*

**Members: \$30.00 Non Member: \$160.00**

We are pleased to partner with Soo Dan Hap-Ki-Do Cornacchio's Martial Arts Centre to offer this programming.



## Move and Groove *new!*

**Ages 7-12 Tuesday 5:30pm-6:15pm**

This dance program is designed to introduce the basics of jazz dance to those with little to no experience! Participants will learn the art of dance and music, using rhythm and teamwork. This class will help improve musicality, strength, flexibility, and confidence. Participants will also be able to look forward to the end of the season performance! *Located in the Activity Centre.*

**Members: \$30.00 Non Member: \$95.00**



## Gym Ready Teens: Foundations of Fitness *new!*

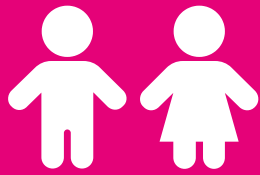
**Ages 13-16 Saturday 10:30am-11:15am**

**Ages 13-16 Saturday 11:30am-12:15pm**

Our "Gym Ready Teens" program aims to teach fundamental skills and safe lifting techniques to teens while giving them a chance to challenge themselves with technical lifts. This program will be a combination of learning and hands-on application. Our goal is to instill confidence and competence, equipping our youth with the skills they need to navigate the gym environment with ease and enthusiasm for a lifetime of healthy habits. *Located in the Fitness Centre on turf.*

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

**No programming on statutory holidays.**



# CHILD & YOUTH GYMNASTICS PROGRAMS

## Tuck & Tumble

<b>Ages 3-4</b>	<b>Monday</b>	<b>4:30pm-5:00pm</b>
	<b>Friday</b>	<b>4:30pm-5:00pm</b>
	<b>Saturday</b>	<b>10:30am-11:00am</b>

This introductory gymnastics program develops balance, flexibility, strength, and basic gymnastics skills in preparation for all four events in artistic gymnastics. Gymnasts will engage in these basic skills and conditioning exercises using the floor.

**Members: \$30.00 Non Member: \$95.00**

## Jr. Gymnastics

<b>Ages 7-8</b>	<b>Monday</b>	<b>5:30pm-6:15pm</b>
	<b>Friday</b>	<b>5:30pm-6:15pm</b>
	<b>Saturday</b>	<b>11:30am-12:15pm</b>

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: \$110.00**

## Cartwheels & Kicks

<b>Ages 5-6</b>	<b>Monday</b>	<b>5:00pm-5:30pm</b>
	<b>Friday</b>	<b>5:00pm-5:30pm</b>
	<b>Saturday</b>	<b>11:00am-11:30pm</b>

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. Gymnasts will develop their strength, flexibility, balance and spatial awareness.

**Members: \$30.00 Non Member: \$95.00**

## Sr. Gymnastics

<b>Ages 9-12</b>	<b>Saturday</b>	<b>12:30pm-1:30pm</b>
	<b>Saturday</b>	<b>1:30pm-2:30pm</b>

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: \$60.00 Non Member: \$160.00**



## 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

## Drop-In Volleyball

**Sunday 2:00pm-3:30pm**

**Monday 7:30pm-8:30pm**

**Thursday 7:30pm-8:30pm**

Come out and practice your serves, setting, and spikes by joining in on a pick-up game of volleyball. Come alone or with a group of friends; all skill levels are welcome. Teams will be created as players arrive for each session. Regular team rotation and quick games will ensure everyone gets fair playing time. YMCA volleyballs will be provided or you are welcome to bring your own. Please ensure that you are wearing appropriate footwear and gym attire when playing.

## Drop-In Basketball *new!*

**Ages 13-17 Saturday 12:15pm-1:45pm**

If you're between the ages of 13 and 17 and you've got a passion for hoops, then this is the place to be! Whether you're a seasoned pro or just starting out, our inclusive and exciting game welcomes players of all skill levels. Join us every Saturday for an electrifying session of fast-paced, high-flying basketball fun. *Located in the Gymnasium*



## Pickleball

**Ages 18+**

**Monday 6:00am-8:45am 1/2 court  
9:00am-2:30pm**

**Tuesday 6:00am-8:45am 1/2 court  
9:00am-11:45am**

**Wednesday 6:00am-8:45am 1/2 court  
9:00am-2:30pm**

**Thursday 6:00am-9:45am**

**Friday 6:00am-8:45am 1/2 court  
9:00am-2:30pm**

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





# Looking for an incredible summer job experience?



## Are you, or is someone you know, looking for a summer job?

YMCA Summer Day Camps offer a fun and enriching summer employment experience! The Sault Ste. Marie YMCA is now accepting resumes for several Y Summer Day Camp positions, including:

- Summer Day Camp Counsellors
- Summer Day Camp Lifeguards
- a Summer Day Camp Site Lead
- Support & Inclusion Counsellors

Descriptions of each position and instructions on how to apply can be found on the Careers page on our website at [www.ssmymca.ca/careers](http://www.ssmymca.ca/careers)



## YMCA Summer Camp Registration

Registration opens in April.

Follow us on Facebook

(@SaultSteMarieYMCA) and on

Instagram (@ssmYMCA) for updates!





# 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

### Family & 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. Family Training: Ages 13+ and a parent or guardian must participate in each session.*







# 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.**

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

**No programming on statutory holidays.**

## Cycle Fit

**Monday 6:15pm-7:00pm**  
**Tuesday 12:10pm-12:50pm**  
**Wednesday 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
--------	-----------------

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
---------	----------------

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
-----------	----------------

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

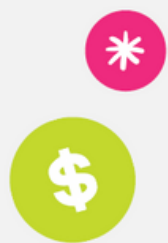
Thursday	10:30am-11:15am
----------	-----------------

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/](http://WWW.SSMYMCA.CA/SupportUs/Donate/)  
or contact Don Ferguson, [don.ferguson@ssmymca.ca](mailto:don.ferguson@ssmymca.ca)