



Shine On



Sault Ste. Marie

2025



Registration for  
Winter programs opens  
on **December 16th**  
(members)  
**December 18th**  
(non-members)

# Winter Brochure



Health, Fitness, Aquatics & Youth 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, Private Lesson Refunds

Program fees are non refundable after 30 days from the start of the program. Paid in full program, course or private lesson fees can be cancelled 7 days prior of the first day of the program start date. 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 *	\$60.50+\$15/child <small>(2 to 17 years)</small>
2 Adult Family*	\$115.00+\$15/child <small>(2 to 17 years)</small>
1 Adult Plus Family*	\$60.50+24.50+\$15/child <small>(2 to 17 years)</small>
2 Adult Plus Family*	\$115.00+\$49.00+\$15/child <small>(2 to 17 years)</small>
<b>NEW</b> Y Fit Card	\$33.50

(Access to Wellness Centre, regular change room, and walking track)

## 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

### Winter Swim Lessons and Programs start the Week of January 5, 2025

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.

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 our Online Membership Services or in-person at our Membership Services desk. Various dates and times available.

### All Ages, Private

Member: \$20.00/session, NON Member: \$33.00/session.

All fees plus tax. Registration for private lessons must be done in person through Membership Services or online through our Online Membership Portal.

### Days and Times for Private Lessons Winter 2025

Tuesday 4:00pm, 4:30pm

Thursday 4:00pm, 4:30pm

Sunday 9:30am, 10:00am, 10:30am, 11:00am





# AQUATICS SWIM LESSONS

## Parent & Tot 1 Splasher

*0-36 months*

Caregiver assists child to develop comfort in the water through songs and games. Instruction covers skills such as splashing with arms and legs, pool area, orientation, and practicing safe swimming.

## Bobber

*3yrs-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 & under 4'6"*

A leisure pool lesson, with a few visits to a big pool. Children 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 & 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*

The swimmer can confidently float, glide, and submerge unassisted in shallow end of the main pool. Ready for front/back crawl progressions and transition to deep water.

## Swimmer

*7 yrs- 13 yrs*

The 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 1-3

*9 yrs- 14 yrs*

The swimmer is comfortable in deep water and can swim a full width or length using front and back crawl. Participants will refine their strokes, and learn the rudiments of breaststroke/elementary backstroke.

## Star 4-6

*9 yrs-14 yrs*

The swimmer is comfortable in the deep end of the pool, can tread water for two minutes, and is familiar with most strokes. Swimmers will learn and refine basic egg beater, dolphin kick, and junior rescue techniques. Advanced strokes and endurance are emphasized.

## Adults- Beginner

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

Winter Swim Lessons and Programs start the Week of January 5, 2025





# AQUATICS SWIM LESSONS

**Swim Lessons start the week of Monday, January 5th, 2025.**

SSM YMCA members receive priority registration.

***Advance registration is required.***

Parent / Tot	Mon 5:00pm Tues 5:00pm Thur 5:00pm Sat 10:30am	Otter / Seal	Mon 5:30pm Tues 5:30pm Thur 5:30pm Sat 11:00am	Star 4 - 6	Mon 6:00pm Tues 6:00pm Thur 6:00pm Sat 11:30am
Bobber	Mon 5:30pm Tues 5:30pm Thur 5:30pm Sat 11:00am	Dolphin	Mon 5:00pm Tues 5:00pm Thur 5:00pm Sat 10:30am	Adult Beginner	Mon 6:30pm Tues 6:30pm Thurs 6:30pm
Floater / Glider	Mon 6:00pm Tues 6:00pm Thur 6:00pm Sat 11:30am	Swimmer	Mon 5:00pm Tues 5:00pm Thur 5:00pm Sat 10:30am	Private	Tues 4:00pm Thur 4:00pm
Diver	Mon 6:00pm Tues 6:00pm Thur 6:00pm Sat 11:30am	Star 1 - 3	Mon 5:30pm Tues 5:30pm Thur 5:30pm Sat 11:00am		

**Winter Swim Lessons and Programs  
start the Week of January 5, 2025**



*\*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.**

**Members:** Swimming Lessons are included with membership.  
**Non members:** Swimming Lessons are \$95.00+hst

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 (2 Lane)

**Monday to Friday 10:30am-12:00pm**

Two Lanes are available for laps; the rest of the pool is free for all activities.

## Endurance Swim

**Monday, Wednesday 7:45am-9:00am**

**Monday to Friday 12:15pm-1:15pm**

All lane ropes will be in the main pool during this swim. We ask that swimmers stay 2 to a lane and conclude your swim after 30mins if there are others waiting for a spot.

## Adult Therapeutic

**Monday to Friday 9:15am-10:00am**

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.



## Underwater Hockey

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

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

**Various Times - See our Schedule**

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

## Tidal Vibes

**Tuesday 7:30pm-8:30pm**

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

Aquatic activities geared towards young adults ages, ages 13 to 24.

*New!*

## Sensory Swim

**Last Saturday of the month 2:00pm-3:00pm**

Sensory Swim is open to anyone who may benefit from a reduced sensory environment. Music will be turned off and sensory-friendly toys will be available. The swim will be on a drop-in basis, no registration is required. The swim is free to members; non-members will pay a \$6.50 "sensory swim fee" per individual. Individuals can bring as many support persons as they require.

## Soo Y Dolphins

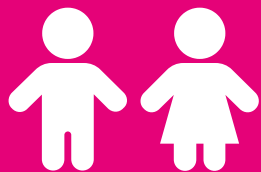
Members age 6-18yrs may join this competitive swim team, but must pay an additional fee of \$450. There is constant lap swimming and races. Contact Members Services for instructions on how to register.

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

**No programming on statutory holidays.**

**Winter Swim Lessons and Programs start the Week of January 5, 2025**





# CHILD & YOUTH REC PROGRAMS

## Youth Fun Zone

**Ages 6-12 Tuesday 6:15pm-7:00pm**

**Ages 6-12 Thursday 6:15pm-7:00pm**

Welcome to our Youth Fun Zone! Kids ages 6-12 will embark on a wild adventure of shuffleboard showdowns, bowling bonanza, and bocce ball brilliance. Dive into a world of wacky games, quirky obstacle courses, silly sports & creative challenges. It's a play paradise where every week brings new games and giggles - turning ordinary evenings into extraordinary escapades of joy and excitement!

*Located in the Gymnasium. **\*\*Drop-in program***

**Members: free, Non-members: day-pass**



*New!*

## Play and Stay!

**Ages 0-5 Monday & Friday 9:00am-12:00pm**

**Ages 0-5 Wednesday & Thursday 11:15am-2:00pm**

Join us at the YMCA for a special time for **children aged 0 to 5** and their parents or caregivers. Enjoy free playtime in the Activity Centre on the big blue mat, filled with soft toys for your little ones to play safely. Adults have a chance to connect while supervising their children. It's a perfect way to bond, make new friends, and create lasting memories. Come play and connect!

*An adult must supervise their children at all times, shoes are not allowed on the Activity Centre's blue mat. Located in the Activity Centre. **\*\*Drop-in program starting January 5, 2025***

**Members: free, Non-members: day-pass**

## Strong ME!

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

*New!*

Our Strong ME! Fitness Class is designed to empower young girls through fitness. This program focuses on teaching the fundamentals of exercise, including proper form for essential movements like squats, planks, and curls as well as understanding the basics of reps, sets, and selecting the right resistance. In addition to building physical strength, we'll work on boosting self-confidence through positive affirmations, goal setting, and positive self-talk. This class offers a supportive space for girls to grow both physically and mentally. *Located in the studio.*

## EmpowerHER!

**Ages 12-26 Wednesday 7:00pm-7:30pm**

*New!*

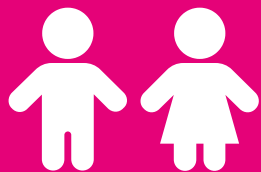
This 10-week program empowers women of all ages to build confidence and learn essential self defence skills in a supportive and inclusive environment. Participants will develop practical techniques to protect themselves, improve situational awareness, and foster strength through group activities. It is ideal for mothers, daughters, and friends looking to bond while prioritizing personal safety. No prior experience is needed! *Located in the Auditorium.*

**Members: \$30, Non-members: \$95**



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

**No programming on statutory holidays.**



# CHILD & YOUTH REC PROGRAMS

## Jr. Floor Hockey Hype Squad

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

Join us for an exciting program designed to help children build physical literacy, boost their confidence, and learn the basics of floor hockey! Through a mix of games and activities, children will not only improve their skills but also gain an understanding of the rules and teamwork involved in hockey. \*\*This winter, we're mixing things up by bringing the Jr and Sr groups together for exciting, challenging scrimmages that spark teamwork and take the fun to the next level! *Located in the Gymnasium (divided).*

**Non-members: \$95.00**

## Sr. Floor Hockey Hustle

**Ages 9-12**      **Wednesday 5:00pm-6:00pm**

Get ready to hit the floor with our Sr. Floor Hockey Hustle, where young athletes aged 9-12 can sharpen their skills and have a blast! This program is all about building sportsmanship, enhancing hockey techniques, and playing exciting scrimmages whenever possible. Our coaches create a fun and supportive environment where kids can improve their game, skills, boost their confidence, and form lasting friendships. \*\*This winter, we're mixing things up by bringing the Jr and Sr groups together for exciting, challenging scrimmages that spark teamwork and take the fun to the next level! *Located in the Gymnasium (divided).*

**Non-members: \$95.00**

## Jr. Goal Getters Soccer

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

Welcome to the Jr. Goal Getters program! This program focuses on developing physical literacy, building confidence, and introducing the fundamentals of soccer in a fun and engaging way. We emphasize learning through play, ensuring that every child enjoys the experience while gaining valuable skills on and off the field. \*\*This winter, we're mixing things up by bringing the Jr and Sr groups together for exciting, challenging scrimmages that spark teamwork and take the fun to the next level! *Located in the Gymnasium.*

**Non-members: \$95.00**

## Sr. Kickstars Soccer

**Ages 9-12**      **Tuesday 5:00pm-6:00pm**

Get ready to kick it into high gear with our Sr. Kickstars Soccer program! Designed for kids ages 9-12, this program focuses on building confidence and soccer skills through exciting drills and friendly scrimmages. Our experienced coaches create a supportive and fun environment where players can sharpen their techniques, make new friends, and share plenty of laughs. \*\*This winter, we're mixing things up by bringing the Jr and Sr groups together for exciting, challenging scrimmages that spark teamwork and take the fun to the next level!

*Located in the Gymnasium.*

**Non-members: \$95.00**

## Jr. Dribblers Basketball

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

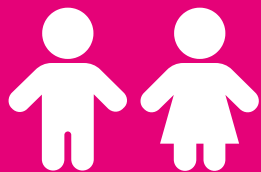
This program is designed to foster physical literacy in children, build their confidence, and introduce them to the game of basketball. Participants will engage in fun and interactive drills that teach the fundamentals of basketball, including dribbling, shooting, and basic game rules. Through a supportive and energetic environment, children will not only develop their physical skills but also learn teamwork and sportsmanship. \*\*This winter, we're mixing things up by bringing the Jr and Sr groups together for exciting, challenging scrimmages that spark teamwork and take the fun to the next level! *Located in the Gymnasium.*

**Non-members: \$95.00**



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

**No programming on statutory holidays.**



# CHILD & YOUTH REC PROGRAMS

## Sr. Swish Squad Basketball

**Ages 9-12 Thursday 5:00pm-6:00pm**

This dynamic program is designed for kids aged 9-12 who want to boost their confidence, refine their skills, and have a blast on the court. Each session is packed with engaging drills, skill-building exercises, and friendly scrimmages, all while fostering teamwork and making new friends. Our coaches create a fun, supportive atmosphere where laughter and game enjoyment are just as important as improvement. **\*\*This winter, we're mixing things up by bringing the Jr and Sr groups together for exciting, challenging scrimmages that spark teamwork and take the fun to the next level!**

**Non-members: \$95.00**

## Sr. Volleyball Squad

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

Dive into the Sr. Volleyball Squad where kids aged 9-12 get to experience the thrill of volleyball in a fun and dynamic setting! With a focus on skill-building and teamwork, kids will learn the fundamentals of the game through fun drills, exciting matches, and friendly competition. Our energetic coaches create an engaging environment where players can improve their techniques, build confidence, and make new friends on the court. Join us for a season of volleyball action that's packed with energy, excitement, and endless fun!

*Located in the Gymnasium.*

**Non-members: \$95.00**



## Introduction to Martial Arts

**Ages 5-7 Wednesday 6:00pm-6:30pm**

**Ages 8-12 Wednesday 6:30pm-7:00pm**

Fun and Fitness go together! This program offers your child basic martial arts skills. Participants will learn leadership skills as they participate in character-building games to make learning fun. They will learn to be team players and make good friends. This program has focus, self confidence, discipline, physical awareness, and respect. This 10-week program is designed to motivate students and positively encourage them. *Located in the Auditorium.*

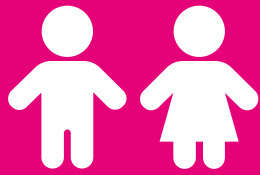
**Members: \$30, Non-members: \$95**



*We are pleased to partner with Soo Dan Hap-Ki-Do Cornacchios Martial Arts Centre to offer this programming. Grandmaster Peter Cornnacchio - 50 years of experience and President of the Canadian MooMooKwan Hapkido Korean Federation South Korea, Grandmaster Tracey Cornnacchio - 20 years of experience and Chairman Canadian MooMooKwan Hapkido Korean Federation.*

**Winter Programs start the  
Week of January 5, 2025**





# CHILD & YOUTH GYMNASTICS PROGRAMS

## Tuck & Tumble

**Ages 3-4**      **Wednesday 5:00pm-5:30pm**  
**Friday 5:00pm-5:30pm**  
**Saturday 10:30am-11:00am**

Get ready to jump, roll, and wiggle in our super fun gymnastics adventure! In this playful program, you'll learn to balance, stretch, and grow strong like a superhero while practicing fun moves on the soft, squishy floor. It's all about having a great time and discovering your inner gymnast with lots of giggles along the way! *Located in our Activity Centre.*

**Members: \$30.00, Non-members: \$95.00**

## Jr. Gymnastics

**Ages 7-8**      **Wednesday 6:15pm-7:00pm**  
**Friday 6:15pm-7:00pm**  
**Saturday 11:45am-12:30pm**

Welcome to Jr. Gymnastics—where the fun flips into action! In this exciting program, you'll learn to leap, stretch, and balance like a true gymnast while building up your strength and flexibility. Get ready to conquer cool moves and challenge yourself with awesome floor exercises that will have you feeling like a gymnastics champ in no time! *Located in the Activity Centre.*

**Members: \$55.00, Non-members: \$110.00**



## Cartwheels & Kicks

**Ages 5-6**      **Wednesday 5:30pm-6:00pm**  
**Friday 5:30pm-6:00pm**  
**Saturday 11:00am-11:30am**

In this exciting gymnastics program, you'll master awesome moves like cartwheels, kicks, and more while building super strength, amazing balance, and flexibility. Get ready to tumble, twist, and turn on the floor as you learn cool new skills and become a gymnastics superstar! *Located in our Activity Centre.*

**Members: \$30.00, Non-members: \$95.00**

## Sr. Gymnastics

**Ages 9-12**      **Saturday 12:30-1:30pm**

Step up your game with Sr. Gymnastics! This program is all about pushing your limits and mastering the essentials of gymnastics. You'll develop serious balance, flexibility, and strength while perfecting those key skills through dynamic floor exercises. Whether you're working on your flips, jumps, or powerful routines, you'll have a blast challenging yourself and reaching new heights in your gymnastics journey! *Located in our Activity Centre.*

**Members: \$60.00, Non-members: \$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.
- Cancelled classes due to uncontrolled closures or other reasons beyond the control of the SSM YMCA are not refundable.



# YOUTH & ADULT REC PROGRAMS

## Drop-In Volleyball

**Sunday 3:30pm-4:30pm**

**Thursday 7:15pm-8:30pm**

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

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.



## Pickleball

**Ages 18+**

**Monday to Friday 6:00am-8:45am (1/2 court)**

**Monday to Wednesday 9:00am-12:30pm**

**Friday 9:00am-12:30pm**

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

## Men's Advanced Pickleball League

**Ages 18+**

**Monday 4:00pm-8:30pm**



## Open Hoops

**Various Times. Check our Schedules**

Come in and shoot hoops. Bring friends or make new friends. You can bring your own ball or pick one up at Membership Services.



Pool, Group Fitness and Gymnasium schedules can always be found online at [ssmymca.ca/schedules/](https://ssmymca.ca/schedules/)



# 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 Studio. All Levels.

## Aqua Fit

**Monday to Friday 9:15am-10:15am**

**Wednesday 5:30pm-6:15pm**

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. Beginner to 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.

## Cardio Fit

**Monday 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. Beginner to intermediate.

## Core Conditioning

**Monday 6:00pm-6:45pm**

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Located in the Studio. All Levels.

## Cycle Fit

**Tuesday 12:10pm-12:50pm**

**Thursday 12:10pm-12:45pm**

**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. All Levels.

## Forever Fitness

**Monday 1:00pm-1:45pm**

A low impact workout that incorporates whole body movement training to build strength, improve balance, and increase range of motion to help you stay Forever Fit. Located in the Studio. All levels.

## Full Body Blitz

**Wednesday 5:15pm-6:00pm**

A combination of strength, cardio and core with timed intervals of work rest to keep your heart rate up and calories burning! Located in the Studio. Intermediate to advanced.

## Gentle Yoga

**Tuesday 1:00pm-2:00pm**

*New!*  
Focusing on smooth, thoughtful, low-impact movements at a comfortable pace. Using slow, rhythmic movement to nurture the joints, muscles, and connective tissue. soothe and relax the nervous system, encourage better digestion, decrease stress response, improve sleep patterns, and createspace to relax and heal. Incorporating gentle practice just once a week will help you maintain balance in your body and avoid yoga burnout. If you've limited yourself to one type of yoga, consider opening to a new, slower form of practice. Located in the Studio. All Levels.

**Winter Programs and Group Fitness  
start the Week of January 5, 2025**



# GROUP FITNESS CLASSES

## Hatha Yoga

**Sunday 10:30am-11am**

Based in Hatha tradition, connect and explore the subtler aspects of yourself – physically, mentally, emotionally, and spiritually. Focus on creating a stronger body-mind connection through breath and movement. Asanas, postures and movements that help improve alignment, mobility, balance, flexibility, strength, and an opportunity stretch, unwind, and release tension. Participants are encouraged to tune into their own body and practice at their own pace in accordance with needs and goals. Located in the Studio. All levels.

## Lunch Time HIIT

**Wednesday 12:10pm-12:45pm**

Spice up your lunchtime with a 35-minute HIIT session that's both fun and invigorating. Enjoy short bursts of exercise followed by quick recovery periods, incorporating weights, cardio, core, and stabilizer exercises for a well-rounded workout! With energizing music to keep you motivated, you'll leave feeling refreshed and ready to tackle the rest of your day. Perfect for all fitness levels—make lunch the best part of your day! Located in the Studio. All levels.

## 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 Studio. All levels.



## Muscle Fit

**Tuesday 9:15am-10:15am**

This fun and high-energy class utilizes dumbbells, body bars, bands, and more to strengthen the major muscle groups of the body. Build the foundations of movement with exercises that work your core and stabilizer muscles. A lengthy warm up and cool down is incorporated to improve overall mobility. Experience with movements like lunges, planks, and squats are suggested, but not required. 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.

## Sit Fit

**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 in the Rec Room. All Levels.

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

**No programming on statutory holidays.**



# GROUP FITNESS CLASSES

## Starter Muscle Fit

**Thursday 9:15am-10:15am**

Join us for a fun and engaging class that offers a gentler approach to strength training while still providing a challenging workout. This class utilizes dumbbells, body bars, bands, and more to strengthen the major muscle groups with lower impact and slower, controlled movements. Stabilizer exercises are included to offer a well-rounded workout. A lengthy warm and cool down is incorporated to improve overall mobility. Previous experience is not required. Located in the Studio. All levels.

## Step Aerobics

**Wednesday 9:15am-10:15am**

This fun, choreographed cardiovascular workout utilizes a 4-10 inch platform to increase intensity, helping you burn fat while strengthening your core and targeting key muscle groups. With classic step moves and upbeat, motivating music, you'll be stepping on and around the bench to improve your agility and coordination. Whether you're looking to challenge yourself or just have a good time, this class is designed to be exciting, welcoming, and the perfect way to get your body moving. Located in the Studio. Intermediate to advanced.



## Stretch and Strength

**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. All levels

## Sweet Release Yoga

*New!*

**Thursday 5:00pm-5:45pm**

Deep Stretch is an ancient yoga practice to slow down, pay attention and listen to our body. Stretch and release muscles & connective tissues, deepen your movements, open and lengthen hips, pelvis, inner/outer thighs, and spine. Faster pace sequences encourage strength, but if deep stretches are not practiced, muscles and joints become susceptible to injury; flexibility and mobility can occur rapidly as we age. It also helps us to enjoy other forms of yoga by lubricating joints and improving flexibility to move more freely. Located in the Studio. All Levels.

## Tabata30

**Monday 5:15pm-5:45pm**

Power up your fitness in just 30 minutes with Tabata30! This high-intensity interval training (HIIT) class combines bursts of cardio, strength, and resistance exercises with short recovery times, all set to energizing music. Get a total-body workout that pushes your limits, burns calories, and leaves you feeling strong—all in half an hour! Located in the Studio. Intermediate to advanced.

## Zumba / Zumba Gold

**Tuesday 10:30am - 11:30am**

**Wednesday 1:00pm-1:45pm (Gold)**

**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?

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per month

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

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