



Fall 2022

# PROGRAM GUIDE

YMCA of Cape Breton

**Welcome! Come Join us this FALL and  
Find your Way at the YMCA!**

*There are so many ways to Play!*



# Our Mission

We are a charitable organization dedicated to the growth of all persons in spirit, mind and body and to their sense of responsibility to each other and the global community.



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## Hours & Locations



### Frank Rudderham Family YMCA

399 Charlotte St. Sydney

(902)562-9622(YMCA) ext. 1

#### Hours (effective Tuesday, September 7th):

Mon- Fri 5:00 am - 9:00 pm

Sat-Sun 8:00 am - 5:00 pm



### Membertou Wellness Center

Maillard St. Membertou

(902)270-9622 (YMCA)

#### Hours (effective Tuesday, September 7th):

Mon-Fri 6:00 am - 8:00 pm

Sat-Sun 8:00 am - 4:00 pm

\*Fall Hours effective Tuesday, September 6th

Healthy People  
For Healthy  
Communities

# FALL REGISTRATION:

In person & Online Open NOW! Fall Term: Week of September 12 to Week of December 17th, 2022

## Register Online! \*except swim lessons

To view your account, make payments, update your personal and payment information, register for activities & more, go to <https://ca.apm.activecommunities.com/ymcacapebreton/Home>

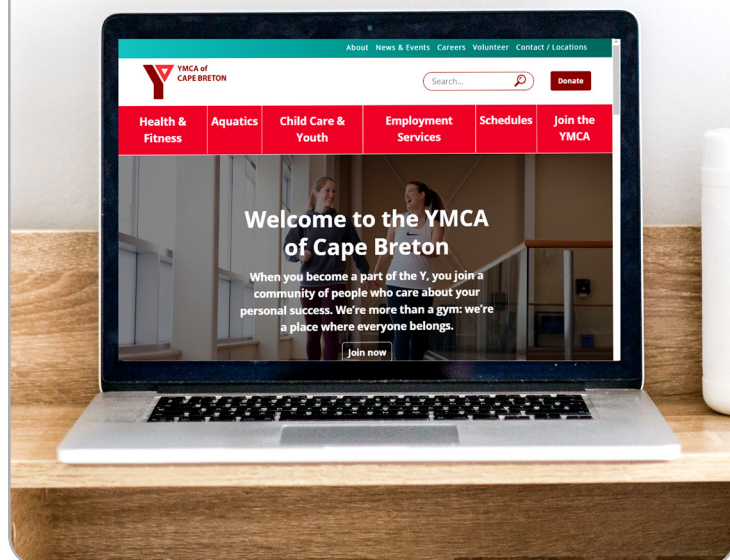
### First time logging in?

*Please do not create a new account as your information may be on file with us.*

- Click the Sign In/Up button and select “forgot login name”.
- Enter your email to obtain your login information.
- To create/reset your password, select “forgot password”.
- If you need assistance, please contact our Membership Desk: (902)562-9622 ext. 1.

## NEW WEBSITE

Check it out!



## Here's what you need to know!

- No locked-in contract or cancellation fees
- Ability to put your membership on hold for up to 16 weeks at no charge
- A complimentary fitness consultation to get you started and expert staff to help you achieve your fitness goals
- Access to YThrive and Y@Home+. Ask your membership services staff for more info
- Unlimited adult fitness and aquatics classes
- Open gym time and recreational sports including Basketball, Pickleball, Badminton, Squash (book your court up to 24hrs in advance)
- Open Swims and Lane Swims
- Day use lockers
- Guest privileges at all Canadian YMCAs
- Childminding and lots of family options!
- Access to two facilities
- Weekly registered swim lessons
- The YMCA is a scent-free environment.
- A YMCA membership is a privilege. Please respect policies, members, and property at all times.
- A valid government-issued photo I.D. is required for non-members 18 and over.
- Visit our website to learn more! <https://capebreton.ymca.ca/join-the-ymca/>

## Ready to Join? Here's How!

- Come in for a tour!
- Select a membership type that fits your needs
- Choose a payment plan that works for you



# Mark your Calendars!

## Holiday Hours:

### Labour Day Monday, September 5th:

- Frank Rudderham Family YMCA  
open 8:00am - 8:00pm
- Membertou Branch – CLOSED

### National Day for Truth and Reconciliation Friday, September 30th:

- Frank Rudderham Family YMCA  
open 8:00am - 8:00pm
- Membertou Branch – CLOSED
- No Child/Youth Programs including Swim  
Lessons

### Thanksgiving Monday, October 10th:

- Frank Rudderham Family YMCA  
open 8:00am - 8:00pm
- Membertou Branch – CLOSED
- No Child/Youth Programs including Swim  
Lessons

### Remembrance Day Friday, November 11th:

- Frank Rudderham Family YMCA  
open 12pm - 8:00pm
- Membertou Branch - CLOSED
- No Child/Youth Programs including Swim  
Lessons

## Y Team:

Anita Vosman-O'Rourke  
Director of Member Relations



Julie MacKinnon  
Manager of Aquatics



Tanya Horne  
Manager of Membership and  
Group Fitness



Janice Curnew  
Manager of Programs



Suzanne Riome  
Team Lead Membership  
Services (Membertou Branch)



Melissa Campbell  
Team Lead Membership  
Services



# Membership Fees



Effective June 1, 2022

Membership Package	PRICE (BEFORE HST)	
Children Ongoing Bi-weekly	<b>\$22.50</b> (no tax)	Ages 0 to 14 years.
Youth Ongoing Bi-Weekly	<b>\$24.50</b>	Ages 15-24 years
60+ Ongoing Bi-Weekly	<b>\$26.25</b>	60+ years
Adult Ongoing Bi-Weekly	<b>\$27.80</b>	Ages 25-59 years
<b>Family General Ongoing Bi-Weekly</b>	<b>\$63.50</b>	Best Value — Two adults and dependent children living in the same household (Children under the age of 24 years)
Adult <b>PLUS</b> Locker Room Available	<b>\$38.80</b>	Steam Room, 18 years of age and older
<b>Yearly</b> Memberships Available	Call for details	Can be paid in three Installments
<b>*New-</b> Couples/Two Person Bi-Weekly	<b>\$47.80</b>	Couple/Two Persons living in the same household
Financial Assistance Available	Based on ability to pay	Applications available on line or at our membership services desk.

## Financial Assistance

Can't afford the full cost of a Y Membership? Through our Financial Assistance, we enable children, youth, adults, and families to access our programs and services. We support those who are willing but unable to pay the full cost of our YMCA programs and services. If you or someone you know would like more information, contact **Membership Services** (902)562-9622 Option 1

## Corporate Memberships

Whether your organization is small or large, we can help! We have a variety of partnership options available to meet your company's unique needs. To learn more visit: <http://capebreton.ymca.ca/join-the-ymca/corporate>

**Building Enhancement Fee** is a non-refundable contribution which promotes the maintenance and investment in the future capital development of the facility. Anyone purchasing a new, or lapsed adult, senior, couple or family membership is subject to the fee with their first month's payment. \$25 Adults / Families, \$15 Children plus tax.

[capebreton.ymca.ca](http://capebreton.ymca.ca)

**Frank Rudderham Family YMCA|**  
**(902)562-9622 | 399 Charlotte St. Sydney**  
**Membertou Branch |**  
**(902)270-9622 | 95 Maillard St. Membertou**



# Individual Workout Plans



## YThrive - Find your Way!

This FREE program, for all Y Members, is an easy way to get fit and healthy at no extra cost to you. YThrive lends the support needed to get started, quick results to stay motivated and flexibility to get it done solo. YThrive provides exceptional workouts via download onto your device or paper copy options. YThrive offers programs for youth and beginners, as well as those with fitness experience. You and your coach will decide if this program is right for you, help you get started and follow up on your progress. As a valued Y Member, you will receive a FREE program update in 30 days and a brand-new program every 90 days.

### Personal Training Find your Way!

Investing in a Personal Trainer is a great option if you have specific personal or sports training goals, have mobility limitations, injuries or just need someone to keep you accountable. The Trainer will work with you one-on-one, develop an exercise program specifically for your needs, encourage you and help you set and reach your goals.

**Personal Training Packages and Rates  
available at our Membership Services Desk.**

To book your FREE Wellness Centre appointment  
or your YThrive appointment:

Call: (902) 562-9622 ext. 1

Book online: [ymcaofcapebreton.punchpass.com](http://ymcaofcapebreton.punchpass.com)

# Group Fitness Programs

Register up to 24 hours in advance to reserve your spot!

Group Fitness: [ymcaofcapebreton.punchpass.com](http://ymcaofcapebreton.punchpass.com)

Aquatics: [ymcaofcapebretonaquatics.punchpass.com](http://ymcaofcapebretonaquatics.punchpass.com)

**AQUAFIT** A class for all fitness levels! The high resistance of water and available equipment offers an excellent, full body workout while minimizing impact on joints. The shallow end is available for non-swimmers.

## **AQUA RECOVERY** \*reg program

Physical conditioning in our pool. Ideal for people with joint issues. We place emphasis on stretching and muscle toning to improve and retain range of motion.

**AQUA STRETCH** A gentle exercise class in our pool. It uses basic exercises, principles and movements and adapts them to a shallow water environment. With the release of gravity, the body can find the best stretch that mat yoga may restrict. Any person of any fitness level can improve their wellness through aqua stretch.

## **AQUA THERAPY** \*reg program

A water exercise program that consists of a variety of exercises that are done in the pool and are designed to provide relief for several health issues including lower back pain and neck pain. Water therapy exercise is especially helpful in cases where a land-based exercise program is not possible due to the intensity of pain, decreased bone density, or disability.

**CARDIO CORE** is a fun fast paced interval training class with lots of enthusiasm! This class uses combination moves to develop muscle and core, as well as increasing cardio capacity. We use weights, balls, bands and bells to ensure a variety of workouts. Come and give this class a try...lots of support for individual workouts and best of all lots of laughs!

**CYCLE FIT** 50 minutes of spinning through every type of terrain, improving your cardio and lower body strength. We offer 10+ classes each week!

**FIRE UP** will get your metabolism revved up with a fast-paced total body workout featuring a combination of cardio, weights, and core moves. The 40-minute class will have timed intervals with a rest when you need to philosophy. Suitable for all fitness levels. Come get fired up!

**GROUP ACTIVE** Incorporates all elements of fitness, increases cardio endurance, builds your strength, and improves your balance and flexibility.

**GROUP BLAST** 60 minutes of athletic cardio training that uses a step in a wide variety of ways. This highly effective workout will get your heart pounding as you improve your cardio fitness, agility, coordination, power and strength with exciting music and motivational coaching.

**GROUP POWER** A barbell-based program that will help strengthen all your major muscles in an inspiring, motivating group environment.

**GROUP RIDE** Encourages you to roll over hills, chase the pack, climb mountains, and spin your way to burning calories and strengthening your lower body.

**HIIT** A high-intensity interval training class with various training techniques, allowing you to give one hundred percent effort, through quick, intense bursts of exercise, followed by short recovery periods.

**LINE DANCING** Exercise your body & mind by dancing to lively, upbeat music. Grab some friends for an hour of fun and do the Boot Scootin Boogie!

**LIVING FIT** If you are a beginner to intermediate fitness enthusiast, this class offers low-impact cardio moves, and strengthening. Bring a friend or meet a new one!

## **30/30**

You can expect 30 mins of intense cardio and 30 mins of strength conditioning. This class will push your body to the max. When you finish you will feel the burn!

**PARENT & BABY** Are you a parent with a baby and looking to fit fitness into your busy schedule? Join us for a 45 minute interactive class for parents and babies at the Membertou YMCA. This class is suitable for those with infants or those with babies who may be crawling, or even walking! It is recommended that the baby can support their neck for most exercises, so an infant car seat can be used so your baby is safe while you perform the exercise with dumbbells. This is a great opportunity to socialize with other parents while adding movement into your routine.

**PILATES** involves a series of classical Pilates exercises performed on a mat without equipment. Each exercise emphasizes breath, core conditioning, and body awareness. Whether you're a beginner or expert practitioner, this mat workout will strengthen the core, tone the hips and thighs, and flatten the abs.\*Yoga mat and large foam roller and 2 yoga blocks are required\*

**RIPPED:** If you are looking for an intense resistance work out, this is the class for you. High reps, light weights and watch as your muscles become lean & toned. Let's get ripped!

**STRONG NATION** combines body weight, muscle conditioning, cardio and plyometric training moves, synced to original music specifically designed to match every single move.

**YOGA:** we offer a variety of yoga classes to suit all ages and stages. The classes we offer are Beginner Yoga, Hatha Yoga, Chair Yoga, Flow Yoga and Gentle Yoga. Please bring a mat!

**ZUMBA:** The high-energy classes are set to upbeat music and feature choreographed dance numbers that you might see in a nightclub. You don't need to be a great dancer to feel welcome in a Zumba class. With the tag line, "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, no rhythm required.



# Early Years

**(6 Months – 5 Years)** *Week of September 12 - Week of December 17th*

*You're never too young  
to enjoy the water!*

For children between 6 months and 5 years old, YMCA Preschool Swim Lessons will introduce your baby, toddler, or preschooler to the basics of swimming.

Each level in the program has been designed with your child's natural growth and development in mind. We know each child is unique, so our YMCA Swim Instructors encourage your child to progress at their own pace to reach their potential.

There are eight levels in YMCA Preschool Swim Lessons: Splashers, Bubblers, Bobbers, Floaters, Gliders, Divers, Surfers, and Jumpers.

Explore all the levels to find the one that's right for your child.



**SPLASHERS/ Parent & Me:** The first level of YMCA Preschool Swim Lessons, Splashers/ Parent & Me is a great way to introduce babies (18 months -3 years old) to the water. Parents get in on the fun by participating with their children. At this early stage, children are still learning about their environment. The goal of Splashers is to make children and parents comfortable in the water together, and (of course) to learn to splash with arms and legs! Splashers is led by a certified YMCA Swim Instructor who knows how to create a fun, stimulating environment for babies to get their splash on!

**BOBBERS:** For children 3-5 years old who are new to swimming. Children are encouraged to attend without a parent.

In Bobbers, we'll continue to introduce fun activities in the water to activate the movements that will eventually lead to swimming. By the end, your child will be comfortable having their face in the water and will have learned basic movements while being supported.

Bobbers is taught in small groups by a certified YMCA Swim Instructor who will help your children feel comfortable in the water without a parent.

**REGISTER UP TO 24 HOURS IN ADVANCE:** [ymcaofcapebretonaquatics.punchpass.com](http://ymcaofcapebretonaquatics.punchpass.com)

**Visit our website for program times:** <https://capebreton.ymca.ca/schedules/>

## CHILDMINDING (AGES 6 MONTHS-5 YEARS):

In childminding, Y staff will watch your child while you remain in the building for a workout or otherwise accessing our facilities. Our child minding room is fun, clean and bright! Filled with age appropriate toys, books, and equipment with small children in mind, your child is sure to have fun while you get a workout. Register up to 24hrs in advance: [ymcacebreton.punchpass.com](https://ymcacebreton.punchpass.com)

## ACTIVE PLAY TIME (1-5 YEARS OLD/5-12 YEARS OLD):

The program provides age-appropriate sports equipment, toys and our always popular Bounce House! Staff will provide fun and games, as well as help monitor children. Parents/Guardians are required to remain in the program.

## PLAYPALS (SWIM & GYM) (6MO - 5YRS):

Our bi-weekly swim and gym program is one of our most popular! **Play Pals (Swim)** is a great way to introduce babies 3 months -5 years old to the water. Parents get in on the fun by participating with their children. At this early stage, children are still learning a lot about their environment. The goal of **Play Pals(Swim)** is to make children and parents comfortable in the water together and (of course) to learn to splash with arms and legs! After your swim head on over to the gym for **Play Pals(Gym)** a free play with age appropriate toys, ride on cars and a whole lot of fun! Staff are present in the gym to start off with a story or a song, a game, and to engage the little ones in play. This program requires a parent or guardian to swim alongside the child (1 adult per 2 children), as well as keep an eye on them in the gymnasium.

**REGISTER UP TO 24 HOURS IN ADVANCE:** [ymcaofcapebretonaquatics.punchpass.com](https://ymcaofcapebretonaquatics.punchpass.com)

Visit our website for program times: <https://capebreton.ymca.ca/schedules/>

## PD Day Camps

No school? No problem! Keep your kids active and happy while helping them grow and learn! YMCA PD day camps offer elementary school aged children fun-filled days of activities like swimming, arts and crafts, sports, and games. We offer day camps at the YMCA for all PD days for the CBVRCE and CSAP schools.

**Register NOW OPEN online via:**<https://capebreton.ymca.ca/child-care-youth/summer-day-camps/>

### DATES:

Friday, September 23 (French School)  
Friday, October 7 (English Schools)  
Thursday, November 10 (French School)  
Friday, November 18 (English Schools)  
Thursday, November 24 (French School)



Friday, December 2 (English Schools)  
Friday, March 3 (English Schools)  
Friday, March 31 (English Schools)  
Thursday, April 6 (French School)  
Thursday, April 20 (French School)  
Friday, May 19 (French School)

# Ages 6-12 Years

## Learn to Swim Programs



### OTTER

Introductory Level for beginner swimmers aged 6-12 years old. Otter will teach your child the basics of pool safety, going underwater, and gliding on their front and back. The first of four levels in our national YMCA Learn to Swim program, Otter teaches your child how to stay safe in the water and to develop their swimming skills. During these classes, your child will also select from an optional list of skills to learn during the session.



### SEAL

Seal is for children 6-12 years old who have completed Otter or who have equivalent skills. In this level they will further develop the skills of gliding, kicking, and submerging.



### DOLPHIN

Dolphin is for children 6-12 years old who have completed Seal or who demonstrate an equivalent skill set. Your child will be introduced to swimming on their front, back, and underwater.



### SWIMMER

Swimmer is for children 6-12 years old who have completed Dolphin or have equivalent skills. In this class, kids will learn front and back crawl, and how to tread water. The last level in our national YMCA Learn to Swim program. Children at this level will have achieved a solid foundation of swimming skills and be able to front swim for a distance of 25 metres.



### STAR PROGRAM

Swimming lessons for children 6 – 12 years old who have mastered basic swimming skills, the YMCA Star program is a series of swimming lessons focused on technique, stroke development and endurance. During the Star Program, your child will have the opportunity to meet new people and explore other facets of aquatics, like competitive swimming, water sports and aquafit classes.

## Swim Lesson Notes:

- Must have an active Y membership to register for swim lessons
- Register online: Annual Swim Lesson Registration – YMCA Cape Breton
- Not sure of your child's swimming level? Swim assessments are available by contacting: [julie.mackinnon@cb.ymca.ca](mailto:julie.mackinnon@cb.ymca.ca)

## Child Protection Policy

### Children 6 months - 12 years:

- Children 12 years and under must be accompanied by an adult (16+ yrs).
- The adult must stay in the YMCA building for the duration of the class.
- Adults accompanying children 10 years and under must remain on the pool deck for the duration of the class.



## More!!!

### ACTIVE Y (AGES 5-12 YEARS OLD):

Our new and improved Active Y program will focus on building the frameworks of physical literacy, with a monthly focus on different skills and drills. Your child will get to try out tennis, basketball, soccer, floor hockey and more!



### CREATIVE Y (AGES 5-12 YEARS OLD):

Our Creative Y program will have your children expressing themselves in all kinds of different ways. Each week will have a different focus, but you can expect your child to come home sharing their artwork, paintings and crafts to proudly display at home, or perhaps they'll show off their new musical talent, dance skills or the science project they worked on at Creative Y! Our caring and talented staff have lots of their own special skills to share and we expect your budding artists, scientists and entrepreneurs will bring their own ideas to the table as well! We look forward to creating with you!

### MINI CHEFS (AGES 5-12 YEARS OLD):

Each week our Mini Chefs will focus on one new ingredient, learning where it comes from, how to prepare it, and they will use it in a new dish!

### LEARN TO PLAY SQUASH (AGES 10 AND UP!):

Participation in our learn to play program can give your child the confidence, drive, enjoyment, and fitness they'll need for the rest of their lives.

*\*Goggles required for youth, available at the front desk*

### PARENTS NIGHT OUT PIZZA AND MOVIE NIGHT (AGES 5-12 YEARS OLD):

This program is fun for kids AND their grownups! Leave the kids with us where they'll have pizza, popcorn and water while watching a family friendly movie while you get two hours to yourself. They are welcome to come in their pjs and can bring a pillow and blanket if they like. \$5 fee per child.

Program REGISTER ONLINE: [ymcacapebreton.punchpass.com](http://ymcacapebreton.punchpass.com)

PROGRAM	DAY	TIME	PRE-REGISTRATION REQUIRED
Active Y	Thursday	5:00pm-7:00pm	Yes
Creative Y	Tuesday	5:00pm-7:00pm	Yes
Mini Chefs	Monday	5:00pm-6:15pm 6:30pm-7:45pm	Yes
Learn To Play Squash	Wednesday	4:30pm-5:30pm (ages 10-14) 5:30pm-6:30pm (ages 15 and up)	Yes
Parents Night Out Pizza and Movie Night	Friday	6:30pm-8:30pm	Yes
Active Playtime	Saturday	11:30-12:30	No

**REGISTER ONLINE: [ymcacapebreton.punchpass.com](http://ymcacapebreton.punchpass.com)**

# Aquatics Program & Courses

## BRONZE STAR WITH BASIC FIRST AID

Candidates develop swimming proficiency, lifesaving skills and personal fitness. Candidates learn CPR and self-rescue skills needed to become their own lifesaver. **Pre-requisites: None.**

## BRONZE MEDALLION WITH EMERGENCY FIRST AID

Judgment, knowledge, skills and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. **Pre-requisites: Completed Bronze Star or 13 years old by the exam date.**

## BRONZE CROSS

Begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. **Pre-requisites: Bronze Medallion & Emergency First Aid certifications.**

## NATIONAL LIFEGUARD POOL WITH WORKPLACE STANDARD FIRST AID & CPR - C

This course provides candidates with an understanding of the principles and practices on which the National Lifeguard Program is based and explores approaches and techniques appropriate for National Lifeguard Candidates. **Pre-requisite: Bronze Cross & 15 years old by the exam date.**





**! Pool will be closed from Aug 27th and reopening Sept 9th (possibly earlier).**

**Swim lessons start the week of Sept 12th**

### PRIVATE LESSONS

One-on-one classes which allows for an individualized swimming experience. Swimmers can focus on specific skills or work toward completing their swimming levels. **For ages 3+ years. Fees apply.**

### SEMI-PRIVATE LESSONS

Two-on-one classes for swimmers similar in age and swimming ability. These classes are great for parents who would like their children, or their child and their friend, to be in the same class. **For ages 3+ years. Fees apply.**

To learn more email:  
[julie.mackinnon@cb.ymca.ca](mailto:julie.mackinnon@cb.ymca.ca)

### ADULT LEARN TO SWIM!

**Tuesday and Thursdays 7:00pm**

\*Pre-registration required. Available online or in person: <https://ca.apm.activecommunities.com/ymcacapebreton/Home>



## BECOME A YMCA AQUATICS CENTER VOLUNTEER!

INFORMATION DAY COMING SOON!  
Stay tuned for more information!

### High School Credits!

Interested in joining our Aquatics Team and receive High School credits at the same time?

To learn more email: [aquatics.team@cb.ymca.ca](mailto:aquatics.team@cb.ymca.ca)

### COMING SOON!

#### Ai Chi

Water supports our body's weight making exercising easier and more relaxing. Water provides gentle resistance to movement which eases strain on tender joints and gently develops muscle strength. We begin with Ai Chi movements because they are so gentle, stress relieving and easy to do. opposing team's goal. The team with the most goals at the end of the game wins the match. Stay tuned for more information!



**REGISTER ONLINE: [CAPEBRETON.YMCA.CA](https://ca.ymca.ca)**



# Recreation Sports - Find your way, Play at the YMCA

## What we offer

- Adult Basketball
- Open Gym time Basketball
- Youth Basketball
- Learn to Play Squash
- Squash
- Badminton
- Pickleball
- Dodge Ball

**CHECK OUT OUR COMPLETE LIST OF SCHEDULED TIMES AND OPEN GYM TIMES.**

\*Remember during open gym times you can book your court in advance!

<https://ymcaofcapebreton.punchpass.com>

## 12 Week Programs

(Starting the week of Sept 25)

### JAZZ/HIP HOP:

Wednesdays: 5:30-6:15, 6:30-7:15  
Membertou

### BALLET:

Sundays:  
12:00pm-12:45pm and 1:00pm-1:45pm



# Upcoming Events



## EXCEL PROGRAM

In Partnership with NSHA and Dalhousie University the YMCA of Cape Breton is proud to offer EXCEL!

**EXCEL** is the **EX**ercise for **C**ancer to **E**nhance **L**iving Well Study.

To be eligible, participants must:

- Have/had a cancer diagnosis
- Be pre-cancer treatment, receiving treatment, or within 3 years treatment completion
- Able to participate in mild/moderate physical activity
- 18+ yrs old and able to consent in English

**Fall Sessions starts**

**September 12th.**

To see if you qualify and to learn more, please email: [EXCancer@nshealth.ca](mailto:EXCancer@nshealth.ca) or call: 902-473-2035



## SPIN FOR STRONG KIDS

Visit our Website for more information  
[capebreton.ymca.ca](http://capebreton.ymca.ca)

Plus - Mossa and Zumba Fun!



**Saturday, September 24<sup>th</sup>**

9am - 1pm at Frank Rudderham Family YMCA  
Gymnasium

Followed by a cool down social at Island Folk Cider!

Book your bike Starting Sept 1st at:  
<https://ymcaofcapebreton.punchpass.com>.

Presented by: Sydney Credit Union and Rogers Communications  
For more information contact: 902-270-8725

ISLAND FOLK  
cider house



## YMCA PEACE WEEK

**November 19th-26th, 2022**



As part of YMCA Peace Week, YMCAs across Canada present the YMCA Peace Medal to individuals or groups who, without any special resources, status, wealth or position, demonstrate a commitment to the values of P-E-A-C-E through contributions made within their local, national, or global community



**Stay tuned to learn more about this year's Peace Medal Nomination Process!**