

COME IGNITE YOUR FLAME &

Shine On

Fall 2023

PROGRAM GUIDE

Our Mission

Connect and ignite the potential in people, helping them to grow and give back to our communities.

Our Vision

Thriving communities where everyone can shine and feel they belong.



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Hours & Locations



Frank Rudderham Family YMCA

399 Charlotte St. Sydney

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

Hours (effective Tuesday, September 5th):

Mon- Fri	5:00am - 10:00pm
Saturday	7:00 am - 5:00 pm
Sunday	8:00 am - 5:00 pm



Membertou Wellness Center

Maillard St. Membertou

(902)270-9622 (YMCA)

Hours (effective Tuesday, September 5th):

Mon-Fri	6:00 am - 8:00 pm
Sat-Sun	8:00 am - 4:00 pm

****NEW HOURS - Effective October 16th**

Mon-Fri	6:00 am - 9:00 pm
Sat-Sun	8:00 am - 6:00 pm

FALL REGISTRATION:

In person & Online Open NOW! Fall Term:

Week of September 11th to Week of December 11th, 2023

WINTER REGISTRATION:

In person & Online Winter Term:

Week of December 12th to Week of March 11th, 2023

Register Online!

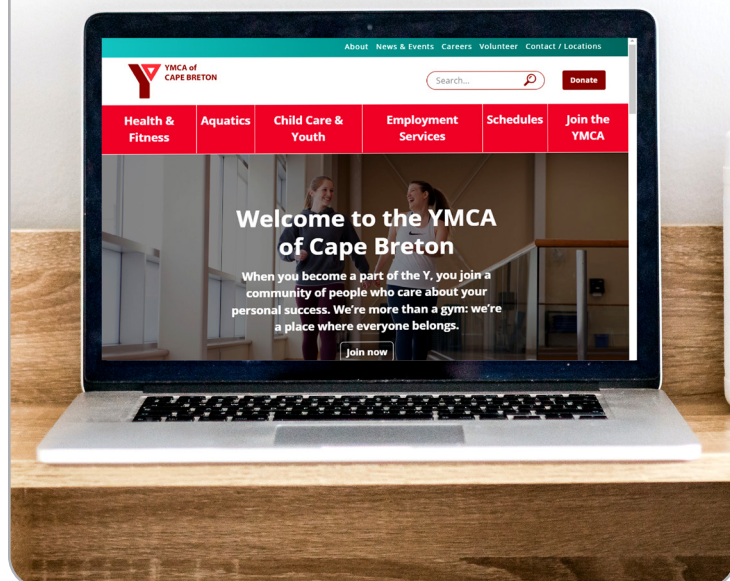
To view your account, make payments, update your personal and payment information, register for activities & more, go to **<https://ca.apm.activecommunities.com/ymcacapebreton/Home>**

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.

BOOK ONLINE!



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
- 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 4th:

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

NATIONAL DAY FOR TRUTH AND RECONCILIATION

Monday, October 2nd:

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

THANKSGIVING

Monday, October 9th:

- 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

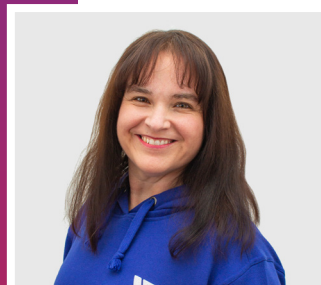
Y Team:



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)

Membership Prices & Benefits

Prices effective July 1st, 2023

MEMBERSHIP PACKAGE	PRICE (Before HST)	BENEFITS
Children Ongoing Bi-Weekly	\$23.⁵⁰ (no tax)	Includes a Learn to Swim lesson/week and YMCA Kids programs. Ages 0 to 14 yrs
Youth Ongoing Bi-Weekly	\$25.⁵⁰	Ages 15-24 years
Adult Ongoing Bi-Weekly	\$28.⁰⁰	Ages 25-59 years
60+ Ongoing Bi-Weekly	\$27.²⁵	60+ years
Family On-going Bi-Weekly	\$64.⁰⁰	Best Value 2 adults & dependent children living in the same household (Children under 24yrs)
Children Yearly	\$540.⁵⁰	Prepay for the lowest price
Youth Yearly	\$586.⁵⁰	Prepay for the lowest price
Adult Yearly	\$644.⁰⁰	Prepay for the lowest price
60+ Yearly	\$626.⁷⁵	Prepay for the lowest price
Family Yearly	\$1472.⁵⁰	Prepay for the lowest price - two installments
Couples On-going Bi-Weekly	\$49	Couple/Partner living in the same household

*Ongoing Memberships -Cancel anytime!

**Adult Plus Membership available for an additional cost for those 18 years of age and over.

***Facility Enhancement Fee-\$25.00 Families; \$15.00 Adult/Children



**YMCA Financial
Assistance Program**
ACCESS FOR ALL

Financial Assistance Available! Apply at our Membership Services Desk or online:
Membership Assistance - YMCA Cape Breton

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 YThrive Wellness Centre Appointment:

Call: (902) 562-9622 ext. 1

Book online:
ymcaofcapebreton.punchpass.com

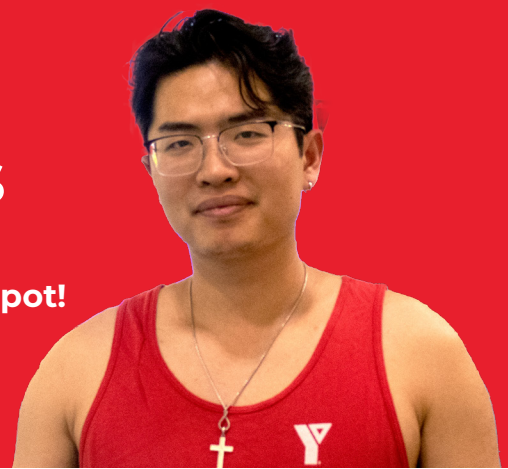


Group Fitness Programs

Register up to **THREE** Days in advance to reserve your spot!

Group Fitness: ymcaofcapebreton.punchpass.com

Aquatics: 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

**registered 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

**registered program*

Aquatic therapy is 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

An intense blend of cardio and weight training intervals that's sure to push your fitness level to the max. If you want a challenge, this is the class for you!

FIRE UP

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

Sixty 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 FIGHT

Group Fight® is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

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!

PILATES

Pilates involves a series of classical Pilates exercises performed on a mat without equipment. Each exercise emphasizes breath, core conditioning, and body awareness. Instructors will pay special attention to alignment and form. Whether you're a beginner or expert practitioner, this mat workout will strengthen the core, tone the hips and thighs, and flatten the abs.

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!

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!



To Learn More, Visit:
capebreton.ymca.ca

Early Years (6 Months – 5 Years)

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.



PARENT & ME: The first level of YMCA Preschool Swim Lessons, Splashers is a great way to introduce babies (18 months to 3yrs) 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 3 DAYS IN ADVANCE: 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

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.

***NEW TUMBLEBUGS (18MO-4YRS)**

An introductory program for basic movement and modified gymnastics that is fun, safe, inclusive and developmentally appropriate for toddler and preschool aged children. The consistent and progressive activity plans include both active and quiet segments with directed and exploratory learning.

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.

DATES:

Friday, October 6 (English Schools)
Friday, October 27 (French and English Schools)
Friday, October 27 (French and English School)
Friday, November 17 (French & English Schools)
Thursday, November 30 (French School)
Friday, December 1 (English Schools)

Tuesday, January 2 (French School)
Friday, March 1 (English School)
Thursday, March 28 (English Schools)
Tuesday, April 2 (French School) T
Thursday, April 18 (French School)

***REGISTRATION FOR HOLIDAY CAMPS:**

MONDAY, DEC 4, 9AM
Holiday Camps: Dec 21, 22, 27, 28, 29

***REGISTRATION FOR MARCH BREAK CAMPS:**

MONDAY, MARCH 4, 9AM
March Break Camps: March 11, 12, 13, 14, 15

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: aquatics.team@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):

Mini Chefs - A program designed to be an introduction to the kitchen. Mini Chefs will help inspire children ages 5-7 to learn how to cook by establishing basic skills with simple, age appropriate recipes.

***NEW - KIDS IN THE KITCHEN (AGES 8-12)**

A program designed to get kids in the kitchen cooking with confidence! Kids ages 8-12 will learn basic cooking skills that they can use at home, while cooking an easy meal or recipe each week

***NEW - HOME ALONE (AGES 10 & UP)**

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. (Fee based program: \$40)

BALLET (AGES 5-12 YEARS OLD)

An essential foundation for all dance. The basics and more are introduced with patience and care, not to mention fun! Fall and Spring sessions will culminate in a short performance at our Holiday Party/ Children Expo



REGISTER UP TO 3 DAYS IN ADVANCE: ymcaofcapebretonaquatics.punchpass.com

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

HIP HOP/JAZZ(AGES 5-12 YEARS OLD)

Jazz/Hip Hop will give you a taste of both while having a lot of fun and getting great exercise. It's a great place to build a foundation and love of dance. Fall and Spring sessions will culminate in a short performance

LEARN TO PLAY SQUASH (AGES 7 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.

***NEW - BABYSITTING COURSE (AGES 12 & UP)**

Students of this course must be at least 12 years old or turning 12 within the calendar year. The program enables the students to demonstrate their capabilities and maturity by completing the course under the responsible direction of the instructor. Topics include: Becoming a successful babysitter, Caring for children from three months to school-aged, The behaviour and misbehaviour of children, Handling Emergencies, Caring for a sick or injured child, Prevention and basic First Aid (Fee based program: \$60)



To Learn More, Visit:
capebreton.ymca.ca

Ages 12-18 Years *All NEW!

YOUTH ZONE

A safe space where youth aged 12-18 can come relax, hang out, charge their devices, play cards or just chat with their friends, our youth zone is monitored by staff but is otherwise completely youth led.

SAFE SISTERS

This free program is designed to provide a safe space for girls and female-identifying youth to learn about and discuss personal safety and positive well-being in terms of their community, their own body and social media. Enjoy activities and conversations with your peers, and YMCA staff, discussing everything from day-to-day life to a variety of issues facing youth today. Together we'll cook a nutritious meal and complete an activity and discussion about the weekly topic. Once a month, we'll do a physical activity outdoors or in the gym. Each week offers a new theme based on relevant issues participants are facing in their neighbourhood, their schools and their personal lives. Topics include body image, self-esteem, substance use, self-harm, mental health and wellness, importance of physical health, personal boundaries, nutrition, social media, life skills, positive relationships and more.

Y MINDS TEEN

Y Mind Teen is a free seven-week mental wellness program for teens ages 13 to 18 who are experiencing symptoms of mild-to-moderate anxiety or stress. Participants learn and practice evidence-based strategies to help manage anxiety. Y Mind Teen is led by trained mental health professionals and gives teens the chance to connect with peers who are experiencing similar thoughts and feelings.

YOUTH TRI CLUB

Open to youth 12-18 years old, the Youth Triathlon Club is a great way to promote a lifelong passion for physical activity. With three fun sports- swimming, biking and running, triathlons offer kids the chance to learn various exercise skills while gearing up for the big event! Train with Y coaches to be your best at swimming, biking, and running! (Fee based program: \$25)



Aquatics Program & Courses

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.**

To learn more email:
aquatics.team@cb.ymca.ca



Upcoming Courses!

Bronze Medallion - September 22nd - 24th

**Bronze Cross - October 20th - 2nd
October 27th - 29th**

Bronze Medallion - November 10th - 12th

**Bronze Cross - December 9th - 11th
December 15th - 17th**

Swim lessons start the week of Sept 11th

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

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

ADULT LEARN TO SWIM!

Tuesday - 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

Swim Gen Instructions

We are excited to offer you a convenient way to view your child's progress report for our learn to swim program. Please log onto the following link to get started: <https://swimgen.net/search/cbymca>

Please type in your Participant ID in order to view the progress report.

If you experience any problems please contact our aquatics department by email: aquatics.team@cb.ymca.ca or call 902-270-8726



To Learn More, Visit: capebreton.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

*NEW FIRST TEE GOLF

First Tee - Canada is a youth development program offered by Golf Canada that introduces the game of golf and its inherent values to young people.

This program helps shape the lives of young people from all walks of life by reinforcing values like integrity, respect and perseverance through the game of golf. Our mission is to impact the lives of young people by providing educational programs that build character, promote life-enhancing values and healthy choices through the game of golf. In collaboration with the PGA of Canada, First Tee - Canada instills character development as a fundamental element of Golf Canada's junior golf program.

*NEW FLOOR CURLING

Floor curling is an inclusive curling experience for people of all ages and abilities. Floor curling provides a social and inclusive curling experience that does not require ice. Floor curling can be played on any smooth, flat surface. Floor curling is a game that requires strategy, communication, teamwork, and precision. Our program will develop the skills in children aged 5-12 that they will use to play a game that will last through their lifetime.



*NEW NHL STREET

NHL STREET is designed to provide kids and their families the best of what youth sports can be: having fun, staying active, making friends, and creating great memories. That's why the NHL and the YMCA are inviting you to join our street hockey league where kids of all skill levels can learn and play. When you join NHL STREET™, you can expect a fast-paced game that teaches teamwork, creativity, and resilience. Created with parents in mind, we're ensuring the pressure, schedules, and costs typically associated with hockey (and other youth sports) are kept in check. No ice. Limited rules. Unlimited fun. Discover hockey more accessible and affordable than ever before. (Fee based program: \$40)

Upcoming Events

CBU ORANGE OUT DAY

Friday Sept 15

SENIORS CROCKPOT PROGRAM

Sept 26-Oct 17

AGM

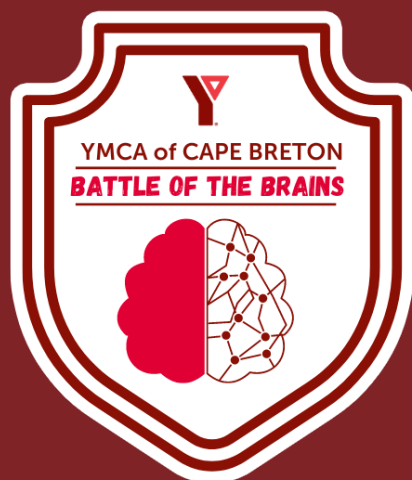
Thursday, Sept 21

SENIOR'S EXPO

Friday Oct 20

BATTLE OF THE BRAINS

Saturday, Nov 4



FAMILY CHRISTMAS PARTY

Saturday, December 16th

TRI COACHING CLINIC

details TBD

YOU'RE INVITED!

Paint the Y Orange

Frank Rudderham Family YMCA
399 Charlotte St, Sydney

Bring this invitation and receive a **FREE** 3-day pass to the YMCA of Cape Breton on September 15.

Sign Up Now to book your space in classes and programs:
YRide, Zumba, Yoga, CBU Swim, Bhangra Dance, Group Power, Squash, Badminton, Pizza and Movie night for 5-12 year olds and more!

Sign Up Now:
<https://ymcaofcapebreton.punchpass.com/classes>

To book CBU Swim times:
please call the Front Desk at 902-562-9622 x 1

SEPTEMBER 15
ALL DAY EVENT

Shine On

Seniors Crockpot Program

We are excited to launch our senior crockpot cooking and fitness program!

Register for one of our four sessions!
Each session is 4 weeks long and will take place on Tuesdays.

Registration Opens on September 5

Register in person or online at:

http://ca.apm.activecommunities.com/ymcacapebreton/Activity_Search/1483

