

# SEASON OF CHANGE

It is your  
time to *Shine On*

**2024 Fall  
Programming**



# Hello YMCA Community,

Welcome to our **Fall 2024** Program Overview!

The YMCA of Cape Breton is dedicated to fostering a healthy, vibrant community through our diverse range of programs. This fall, we are excited to share new initiatives that will further ignite the potential of our community.

Your involvement and partnership are integral to our mission. Together, we can create lasting positive change and support the well-being of our people. We hope we can inspire you to join us in our efforts to give back to the community where everyone feels like they belong.

Sincerely,

**Anita Vosman-O'Rourke**  
Director of Member Relations



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# Important Dates

## Children and Youth Registration programs dates

### Jazz:

1st session (6-weeks) will be held on Sept 22-Oct 27.

Registration date: Sept 8th

2nd session (6-weeks) will be held on Nov 3 - Dec 8.

Registration date: Oct 20th

### Hip Hop:

1st Session (6-weeks) will be held Sept 18- Oct 23.

Registration date: Sept 4th

2nd session (6-weeks) will be held Oct 30-Dec 4.

Registration date: Oct 16th

**Ballet:** Stay tuned for registration and program dates!

### NHL Street:

Younger group session will be held from Oct 15-Dec 3 and older group dates will be held from Oct 18-Dec 6.

Registration for both sessions will be open Sept 17 and close Sept 24.

## Program Start Dates

Fall Children and Youth Programs begin the week of September 9th

Children and Adult Swim Lessons begin the week of September 16th

Swim Lesson registration Date is Aug 26th

Annual Pool Closure Dates are Aug 24th – Sept 8th

Continuous Swim Lessons begin Monday Sept 16th

# Holiday Hours

## Labour Day

### Monday, September 2nd:

- Frank Rudderham Family YMCA open 8:00am - 8:00pm
- Membertou Branch open 8:00am - 4:00pm
- No Child/Youth Programs including Swim Lessons

## National Day For Truth And Reconciliation

### Monday, September 30th:

- 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 open 8:00am - 4:00pm
- No Child/Youth Programs including Swim Lessons

## Remembrance Day

### Friday, November 11th:

- Frank Rudderham Family YMCA open 12pm - 8:00pm
- Membertou Branch open 8:00am - 4:00pm
- No Child/Youth Programs including Swim Lessons

# Upcoming Events

October 18th - Seniors Expo

November 2nd - Battle of Brains

December 14 - Family Christmas Party

# Membership Prices

Prices effective October 1st, 2024

Membership Package	Price (before HST)	Additional Information
Children Ongoing Bi-weekly	\$24.44 (no tax)	Includes a Learn to Swim lesson/week and YMCA Kids programs. Ages 0 to 14 years
Youth Ongoing Bi-weekly	\$26.52	Ages 15-24 years
Adult Ongoing Bi-weekly	\$29.12	Ages 25-59 years
60+ Ongoing Bi-weekly	\$28.34	Ages 60 and above
Family Ongoing Bi-weekly	\$66.56	<b>Best value:</b> 2 adults & dependant children living in the same household (children under 24 years)
Couples Ongoing Bi-weekly	\$50.96	Couples living in the same household
Children Yearly	\$562.12	Prepay the lowest price
Youth Yearly	\$609.96	Prepay the lowest price
60+ Yearly	\$651.82	Prepay the lowest price
Adult Yearly	\$669.76	Prepay the lowest price
Family Yearly	\$1531.40	Paid in 2 installments

\*Ongoing Memberships -Cancel anytime with three day notice

\*\*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



# Membership Benefits



2 Wellness Center Locations



Aqua Fitness, Swim Lessons, Open swim and Lane Swim



Group Fitness Classes - Yoga, Zumba, Cardio and Strength Training Classes



Recreational Sports including Basketball, Pickleball and Badminton



Squash Court - with over 100 hours of court times available each week



YRide Studio - high energy Cycle Class for all levels!



Children's Programs- Dance, Creative Y, Fun Y, PlayPals, Childminding and more



YThrive – FREE exercise and coaching program



Y@Home – virtual YMCA programs & services, that you can do from home

## Financial Assistance Available

Apply at our Membership Services Desk or online: [capebreton.ymca.ca](https://capebreton.ymca.ca)  
Membership Assistance - YMCA Cape Breton



**YMCA Financial  
Assistance Program**  
**ACCESS FOR ALL**

# Individual Workout Plans

## Y Thrive 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

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 Front Desk

To book your FREE YThrive Wellness Centre Appointment  
Call: 902 562 9622 (ext1)  
Learn more [capebreton.ymca.ca](https://capebreton.ymca.ca)





# Swim Lessons

## 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

Sunday's - 12:40pm to 1:20 pm  
\*Pre-registration required. You can sign up on the front desk or online through Activenet communities. Learn more on our website [capebreton.ymca.ca](http://capebreton.ymca.ca)

## Become Aquatics Volunteer!

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)

## 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://swim-gen.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](mailto:aquatics.team@cb.ymca.ca) or call 902-270-8726



# Group Fitness Programs

## 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!

# Group Fitness Programs

## 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 workout, 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.

## NEW - Vitality & Wellness: A wellness program for seniors

Expected start date: October 2024.

This 6-week program is tailored towards seniors seeking to enhance their quality of life. Learn about nutrition and enjoy a variety of low-impact exercises and movement routines for any skill level that promote flexibility, balance, and overall physical fitness. Also share your fitness journey with fellow participants and enjoy healthy snacks afterwards!



# Early Years (6months - 5 years)

**PARENT & ME:** The first level of YMCA Preschool Swim Lessons. It 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 the class is to make children and parents comfortable in the water together, and to learn to splash with arms and legs! Parent & Me 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.



# Early Years (6months - 5 years)

## CHILDMINDING (AGES 6MO-5Y):

In childminding, Y staff will watch your child while you remain in the building for a work-out 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. \*Membership or Daypass Required

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

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-5Y):

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. After your swim, you 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.

# PD Day Camp Dates

October 11th - Professional Development Day (English Only)

October 25th - NSTU Conference Day  
(English and French)

November 18th - Administrative Day (French Only)

November 22nd - Assessment & Evaluation Day  
(English Only)

December 5th - Teacher Professional Practice Day  
(English Only)

December 23rd - Holiday PD Camp (English and French)

December 27th - Holiday PD Camp (English and French)

December 30th - Holiday PD Camp (English and French)

January 2nd - Holiday Camp (English and French)





# 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 Lessons Notes:

- Must have an active Y membership to register for swim lessons
- Register online: [capebreton.ymca.ca](https://capebreton.ymca.ca)
- Not sure of your child's swimming level? Swim assessments are available by contacting: [aquatics.team@cb.ymca.ca](mailto:aquatics.team@cb.ymca.ca)

# Ages 6-12 Years

## **ACTIVE Y (AGES 5-12Y)**

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 Y)**

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 5-12Y):**

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. (Daypass required if non-member)

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

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. Nonmembers are required daypass)

## **\*NEW - HOME ALONE (AGES 10Y & 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)\*Offer bi-monthly

## **BALLET (AGES 5-12Y)**

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

\*Registered Program

## **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

# Ages 6-12 Years

## HIP HOP/JAZZ (AGES 5-12Y)

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 stu-

dents 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)

\*Offer bi-monthly

## \*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)



# Ages 12-18 Years

## 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 - stay tuned for start date!

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.





# Aquatics Courses

Registration dates coming soon!

## 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.

Dates: October 4-5th

## BRONZE CROSS WITH WORKPLACE STANDART FIRST AID & CPR - C

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

Dates: October 8-10th & October 15-17th

## NATIONAL LIFEGUARD CERTIFICATION COURSE

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.

Dates: September 13-15th & September 20-22nd

### Certification Training

To learn more about how to become a YMCA Swim Instructor, Lifeguard or to join our Jr. Lifeguard Program  
email: [aquatics.team@cb.ymca.ca](mailto:aquatics.team@cb.ymca.ca)





# Be the Spark

This fall, we're excited to launch our "Be the Spark" campaign, shining a spotlight on the powerful impact our donors have on YMCA members. Your generous contributions do more than just fund programs—they ignite possibilities! Thanks to you, we're able to subsidize memberships and classes, ensuring that everyone in our community has access to the life-changing benefits of health, wellness, and belonging at the Y.

When you donate, you're not just giving money; you're giving someone the chance to transform their life. Whether it's a child learning to swim, a senior staying active, or a family building healthy habits together, your support makes it all possible.

**Donate today and be the  
spark that changes lives!**

## Contact & Locations

### Frank Rudderham Family YMCA

399 Charlotte St. Sydney (902)562  
9622 (YMCA) ext. 1

Monday to Friday 5:00am to 10:00pm  
Saturday: 7:00am to 8:00pm  
Sunday: 8:00am to 8:00pm

### Membertou Branch

95 Maillard St. Membertou  
(902)270-9622

Monday to Friday: 6:00am to 10:00pm  
Saturday and Sunday 8:00am to  
7:00pm