

Back On Track

2025 Fall Program Guide



Cape
Breton

Shine On

Hello, YMCA Community!

Welcome to our Fall 2025 Program Overview.

As we step into fall, it's the perfect time to **rediscover the routines** that help us feel our best—physically, mentally, and emotionally. Whether it's the energy of a group fitness class, the focus of lifting weights in the wellness centre, the rhythm of lane swimming, the fun of squash or pickleball, or the connection found in our senior programs—**there's something here for everyone.**

At the YMCA, we believe that **routine isn't just about repetition—it's about finding joy, strength, and community in the things that keep you coming back.** This season, we invite you to explore, engage, and embrace the activities that support your wellness journey. Let's make this fall a time to reset, recharge, and reconnect.

We're so glad you're here.

Anita Vosman-O'Rourke
Director of Member Relations





Tanya Horne
*Membership and Wellness
Manager*



Julie MacKinnon
Manager of Aquatics



Patricia Watt
*Manager of Recreational
Programming and Day Camps*



Sheldon Googoo
Membertou Branch Manager



Sheldon Grant
Wellness Centre Team Lead



Pooja Pooja
*Member Experience
Coordinator*



Veronica Zabelina
*Supervisor of Membership
Services*



Billy Musgrave
*Facility and Maintenance
Manager*

Important Member Updates

Holiday Hours

There are no Child & Youth Programming, including Swim Lessons.

Labour Day (September 1st)

Frank Rudderham Family YMCA open 8am -8pm

Membertou Branch open 8am -8pm

National Day for Truth and Reconciliation (September 29th)

Frank Rudderham Family YMCA open 8am to 8pm

Membertou Branch – CLOSED

Thanksgiving (October 13th)

Frank Rudderham Family YMCA open 8am -8pm

Membertou Branch open 8am -8pm

Remembrance Day (November 11th)

Frank Rudderham Family YMCA open 8am -8pm

Membertou Branch open 8am -8pm

Dates

- Senior Walking Program Registration opens on August 20th
- Swim Lesson Registration date starts on August 25th
- Fall Senior Wellness Initiative registration opens on September 1st
- Fall Children and Youth Programs begin the week of September 7th
- Children and Adult Swim Lessons begin the week of September 7th

Upcoming Events

- Senior Walking Program
September 16th - October 17th
November 18th - December 9th
- Fall Senior Wellness Initiative
October 7th - October 28th (Tuesdays)
November 5th - November 26th (Wednesdays)
- Seniors Expo – October 29th, 10am to 12pm
- Halloween Monster Smash – October 25th
- Battle of the Brains – November 8th
- Pickleball Tournament – Registration coming soon!
- Family Christmas Party - December 13th

Meet Trish!

Trish Watt brings over 15 years of expertise in recreation, program development, and guest services.

Originally from Vermont, her career has taken her from Montreal to Banff, Alberta, where she led snow school programs at Mount Norquay.

Now based in Cape Breton, Trish continues her passion for community engagement and inclusive programming. She holds a B.Sc. in Recreation Resource and Ski Area Management, is a certified CSIA Level 1 instructor, and is currently pursuing Level 2 certification.



Membership Prices

Prices effective July 1st, 2025

Membership Package	Price (before HST)	Additional Information
ONGOING BI-WEEKLY		
Children	\$25.20 (no tax)	Includes a Swim lesson/week and YMCA Kids programs. Ages 0 to 12 years
Youth/Student	\$27.50	Ages 13-24 years
Mature Student	\$27.50	25+, full time student
Adult	\$30	Ages 25-59 years
Senior	\$28.60	Ages 60 and above
Family	\$66.56	Best value: 2 adults & dependant children (under 24 y.o) living in the same household
2-Person Membership	\$50	Partners living in the same household
YEARLY		
Children	\$579.60	Prepay the lowest price
Youth/Student	\$632.50	Prepay the lowest price
Mature Student	\$632.50	25+, full time student
Senior	\$657.80	60+, prepay the lowest price
Adult	\$690	Prepay the lowest price
Family	\$1564	Paid in up to 3 installments
2-Person Membership	\$1150	Partners living in the same household

*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, Pilates, 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 anywhere

Financial Assistance

YMCA Financial Assistance is available to all, serving individuals and families who have the greatest need in our community. Apply at our Membership Services Desk or online: capebreton.ymca.ca



**YMCA Financial
Assistance Program**
ACCESS FOR ALL



Group Fitness

H.I.I.T

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.

CARDIO INTERVALS

Cardio Intervals is fun and easy to follow! Alternating cardio and strength segments and finishing with a quick core workout on the floor.

LIVING FIT

If you are a beginner to intermediate fitness enthusiast, this class offers low-impact and strengthening cardio moves.

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.

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 minutes of intense cardio and 30 minutes of strength conditioning. This class will push your body to the max. When you finish you will feel the burn.

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.

STEP & REP

A 45 to 60 minutes class choreographed to energetic music. After a brief warm-up, participants will alternate between intense cardio using the step and strength training using a variety of tools, including bands, kettlebells, body weight and dumbbells. Get the heart pumping and feel the burn all in one session!

ZUMBA

The high-energy classes are set to upbeat music and feature choreographed dance numbers that you might see in a night-club. 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.

YRIDE

Spin gets your legs pumping with a high-powered indoor bike class set to energetic music. Working those major muscles in your legs also strengthens your most important muscle: your heart. Since you control the intensity of the workout by adjusting your own bike, it's a great workout for individuals of all ages and experiences.

YRIDE EXPRESS

An abbreviated version of our traditional Spin class...in and out in 30 minutes! Gets your legs pumping with a high-powered indoor bike class set to energetic music.

YRIDE & STRENGTH

Heart-pumping spin and strength training all in one class. Using a variety training protocols and tools, your heart and muscles will thank you!

Y RIDE "SHAKE UP"

Get ready to elevate your fitness game with Y Ride: Shake Up! This dynamic indoor cycling class keeps your workout

fresh and exciting by featuring a different surprise format every week. From themed rides and interval challenges to endurance tests and dance-inspired sessions, each class is designed to challenge your limits and keep you guessing. Perfect for riders of all levels who crave variety and motivation. Y Ride: Shake Up ensures you'll never experience the same ride twice. Come prepared to sweat, smile, and discover new ways to ride!

MUSCLE FIT

A strength-based group fitness class designed to help participants develop muscular endurance and strength for an active lifestyle. Participants use a barbell and weighted plates to challenge their muscles throughout a choreographed strength routine taught to music.

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 to rest. Suitable for all fitness levels. Come get fired up!



GETTING STARTED STAY STRONG

Are you looking to get started and stay strong? Then this is the class for you! This is a full body strength training class with a focus on balance. You will use equipment and your own body weight to help gain strength, mobility and independence in your body.

FIT FOREVER

Improve balance, agility and strength for body awareness around physical abilities and limitations by learning techniques to reduce injury. Incorporate it into your routine and perform daily tasks with minimal resources. Bonus - socialize with like-minded participants!

DANCE FOR HEALTH - BALLET PLUS

Gentle dance movement to music to improve mobility, tone muscles, improve gait and balance and even stabilize and slow the progression of neurological conditions like Parkinson's by short recovery periods.



YTHRIVE vs. Personal Training

Both are valuable services the YMCA provides to support members in their fitness journey, yet they are not the same. They serve unique purposes, benefits, and formats and we are here to help you choose the service that best aligns with your needs and goals.

Purpose:

YTHRIVE is a 6-month generalized program that is included in membership. A YTHRIVE coach provides education and motivation to help you feel comfortable and confident to use YMCA amenities and services. For instance, A YTHRIVE coach may instruct the member on how to adjust the settings on the treadmill, sign up for a yoga class, or access the locker rooms.

The YTHRIVE program is designed to allow YTHRIVE coaches to share exercise knowledge within their scope.


Personal Training is a recurring service that provides a customized workout plan and coaching. Personal training helps you reach targeted goals, optimal performance levels, and particular health outcomes. For example, a workout plan would look very different if you are losing weight, recovering after a knee injury or preparing for a marathon.

Personal Trainers have more training than YTHRIVE coaches, enabling them to offer these specialized services to a member.

Format:

YTHRIVE is a free service and over the course of 6 months, you will have 4 sessions with a YTHRIVE coach and 3 check-ins by phone or email. Sessions are done individually.

Personal Training sessions are done individually or with a partner and last for 60 minutes. It is a paid service which is led by a certified Personal Trainer with specialized knowledge in fitness and exercise.

A photograph of a middle-aged man with short dark hair and glasses, smiling broadly. He is wearing a dark grey t-shirt with a small "IBON" logo on the sleeve. He has a large tattoo on his left arm. The background is a blurred gym setting with other people and equipment. The image is partially covered by a white diagonal shape on the left side.

**Take the
guesswork
out of
exercise and
see improved
results.**

Whether you're just getting started or an experienced exerciser, the YTHRIVE fitness program can help you stay active, reach your goals, and have fun along the way.

Sign up for YTHRIVE today.





Group Groove - Get to the Group Groove dance floor for a cardio bash that makes the time and sweat fly. You'll smile and shout your way to a healthier body and an energized soul, moving to a playlist of hip hop, club, and Latin favorites. If you love the idea of getting stronger with a smile, RSVP now for Group Groove's 60-minute party.



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



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



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



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® 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!

Wellness for Seniors

SENIOR WALKING PROGRAM

A free community program for seniors with varying abilities, including those who utilize walking aids such as wheelchairs, walkers, and canes.

This initiative will provide a safe environment for participants to walk on a designated track under the supervision of an Occupational Therapist (OT), who will also do an assessment and gait analysis. We also offered walking aids to those who may not have the financial means to acquire them thanks to Age-Friendly Community Grant to promote healthy aging in our community.

The first cohort has recently finished the program and we are going to have 3 more this fall/winter:

September 16th - Oct 17th

November 18th - December 9th

January 27th- February 17th

Registration opens on August 20th.

You don't have to be a Y member to participate so feel free to bring friends and family!





SENIOR WELLNESS INITIATIVE

Made possible thanks to the New Horizons for Seniors Grant.

This 4-week program at Frank Rudderham Family YMCA is designed to enhance the health and well-being of seniors in our community through a combination of nutritional education and strength training sessions.

Training will help to improve balance, movement, and overall physical strength with weekly sessions led by certified fitness instructors. Nutritional program will teach how to make healthy, easy meals using an Air fryer.

October 8th - October 29th (Tuesdays)

November 5th - November 26th (Wednesdays)

January 13th - February 3rd, 2026 (Tuesdays)

February 11th - March 4th, 2026 (Wednesdays)

Time: 9:30- 11:30am

Registration opens on September 1st



Aquatics

AQUA FIT

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

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

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.



Become an Aquatics Volunteer!

Join our Aquatics Team and receive High School credits at the same time.
To become a volunteer, email: aquatics.team@cb.ymca.ca

AQUA THERAPY **registered program*

Aquatic therapy is a water exercise program that consists of a variety of exercises designed to provide relief for several health issues, including lower back pain and neck pain. Water therapy 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.

Swim Lessons

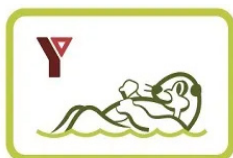
We offer private, semi-private (for 2 swimmers starting at the age of 3 with similar abilities) and Adult Learn to Swim. Preregistration required, fees apply.



Get Certified as a Lifeguard

To learn more about how to become a YMCA Swim Instructor, Lifeguard or to join our Junior Lifeguard Program, email: aquatics.team@cb.ymca.ca

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 meters.



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 aqua fit classes.

Note to Parents:

- Active Y membership is required to register for swim lessons
- Adults accompanying children 12 and under must remain on the pool deck for the entire duration of the class
- Not sure of your child's swimming level? View your child's progress by scanning the QR code and entering Participant ID. If you experience problems please contact: aquatics.team@cb.ymca.ca or 902-270-8726



PARENT & ME

The first level of YMCA Preschool Swim Lessons. It is a great way to introduce babies (18 months to 3 years) 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.





Children's Programs

PD Day Camp Dates

Keep the boredom at bay with a day packed full of excitement at the YMCA PD Day Camps! Designed for elementary-aged kids, our campers go on swimming adventures, do arts & crafts, play sports & active games and make tons of new friends.

Fall

September 29
October 24
November 21

Winter

December 4
December 22, 23 & 24
December 29, 30 & 31

Early Years (3 months - 5 years)

ACTIVE PLAY TIME (1-5Y/6-12Y)

Got a little one with big energy? Bring them to Active Playtime—a lively, open-gym experience where kids can run, jump, climb, and play to their heart's content! It's a great way for children to burn off energy, build coordination, and have a blast with their grown-ups and new friends.

Parents are encouraged to join the fun, and our friendly staff are always ready to spark the next game or adventure. Whether it's chasing bubbles, building obstacle courses, or just zooming around, there's never a dull moment at Active Playtime!

PLAYPALS (SWIM & GYM) (3MO-5Y)

Our weekly swim and gym program is one of our most popular! Play Pals (Swim) is a great way to introduce babies 3 months to

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.

TUMBLEBUGS (AGES 18MO-4Y)

Maximum 12 children each session

Program Description: An introductory program for basic movement and modified gymnastics for children aged 18 months to 4 years, 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.

CHILDMINDING (6MO-5Y)

Available with a membership or a day pass

Program Description: In childminding, Y staff will watch your 6 months to 5-year-old 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. The fall session wraps up with a short performance where campers get to show off their skills to parents and guardians!



Child Protection Policy

- 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 12 years and under must remain on the pool deck for the duration of the class

Ages 6 Years And Up

ACTIVE Y (AGES 5-12Y)

Each month, kids will dive into a different sport, learning the skills and drills that build strong physical literacy—all while having a blast. From curling to basketball, soccer to pickleball, and so much more, your child will get to explore a variety of activities in a fun, supportive environment.

CREATIVE Y (AGES 5-12Y)

Our Creative Y program is all about imagination and self-expression! Each week, your young artist will explore a new craft or creative activity—whether it's painting, building, or designing. You can look forward to them coming home, excited to share their latest masterpieces and creative adventure!

***NEW MINI MIX MASTERS (AGES 5-7Y):**

Welcome to Mini Mix Masters—where little chefs take their first steps into the world of cooking! Designed especially for curious kids ages 5 to 7, this hands-on program sparks creativity and confidence in the kitchen. Through fun,

age-appropriate recipes and playful skill-building activities, children will learn the basics of cooking while mixing, measuring, and making delicious memories. It's the perfect recipe for learning, laughter, and a lifelong love of food!

***NEW JUNIOR CHEFS' CLUB (AGES 8-12Y)**

Get ready to chop, stir, and sizzle! Junior Chefs Club is the ultimate kitchen adventure for kids ages 8 to 12 who are ready to level up their cooking game. Each week, young chefs will roll up their sleeves and dive into hands-on lessons where they'll master essential kitchen skills and whip up tasty, easy-to-make meals. From knife safety to flavor basics, this program builds confidence, creativity, and independence—one delicious dish at a time!

ACTIVE PLAY TIME (1-5Y/6-12Y)

Lively, open-gym experience where kids can run, jump, climb, and play to their heart's content! It's a great way for children to burn off energy, build coordination, and have a blast with their grown-ups and new friends.

Parents are encouraged to join the fun, and our friendly staff are always ready to spark the next game or adventure. Whether it's chasing bubbles, building obstacle courses, or just zooming around, there's never a dull moment at Active Playtime!

HIP HOP/JAZZ (AGES 5-12Y)

Get ready to move, groove, and shine in our Hip Hop program! It's a super fun way to get active while learning awesome dance moves. Whether your child is new to dance or already loves it, this is the perfect place to build confidence and rhythm. And the best part? The fall session wraps up with a short performance where campers get to show off their skills to parents and guardians!

PARENTS NIGHT OUT PIZZA AND MOVIE NIGHT (AGES 5-12Y)

Calling all kids ages 5–12—and their grownups! Need a couple of hours to yourself? Drop the kids off for a cozy night of fun while you enjoy a well-deserved break. They'll kick back in their PJs with pizza & popcorn while watching a family-friendly movie with friends. They can even bring a pillow and blanket to get extra comfy! Just \$5 per child (on top of a day pass or children's membership) covers all the tasty treats. It's the perfect recipe for a relaxing night—for everyone!

LEARN TO PLAY SQUASH (AGES 7+)

Our Learn to Play program is all about building confidence, having fun, and getting active! Your child will discover the joy of movement while gaining the skills and motivation that can last a lifetime. It's a great way to spark their love for the game—all while having a blast!

STEM (5-7Y/8-12Y)

STEM Explorers is a hands-on program that inspires kids to explore Science, Technology, Engineering, and Math through fun experiments, creative challenges, and real-world problem-solving. Activities include building machines, coding, and discovering how STEM applies to everyday life. The program promotes teamwork, innovation, and a passion for learning.

BABYSITTING COURSE (AGES 12+)

2-Day Course, \$60 fee.

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 behavior and misbehavior of children, Handling Emergencies, Caring for a sick or injured child, Prevention and basic First Aid.

September 20

9:00am–3:00pm &

September 21

9:00am–2:00pm

Registration dates:

September 2–16

November 15

9:00am–3:00pm &

November 16

9:00am–2:00pm

Registration dates:

October 27 – November 10

HOME ALONE COURSE (AGES 10+)

Course fees: \$40

The Home Alone Program is a 1-day course designed to provide children 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.

October 11

9:00am–12:00pm

Registration dates:

September 22– October 6

December 13

9:00am–12:00pm

Registration dates:

November 24 –December 8



NEW Programs

MINI MUSICIANS (7-9Y)

Weekly music program designed to inspire future band stars! Each 1.5-hour session is a hands-on musical journey led by a passionate instructor, with small groups of up to 10 students to ensure everyone gets plenty of personal attention and time to shine. Kids will have a blast while building confidence and curiosity for their musical future!

RHYTHM RANGERS (10-12Y)

Weekly music program designed to ignite curiosity and excitement in young students (ages 7–10, grades 2–4) as they prepare for future school band classes. Each 1.5-hour session is led by a dedicated instructor and capped at 10 students to ensure personalized attention and a hands-on experience.

Give Back to Your Community!

With the help of donations, the YMCA of Cape Breton programs and services make it possible for participants to reach their potential to grow, lead, thrive and belong.



Ongoing impact with
monthly giving



Make a one-time
donation

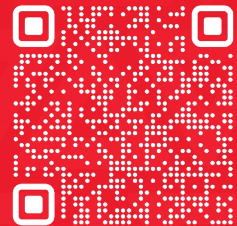


Talk to us about
making a big impact

Learn more about ways to give and the impact of your donation by visiting our website.

capebreton.ymca.ca

Charitable Registration Number: 107434201 RR 0001



Shine On

**Interested in learning more?
Connect with us:**

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