



Fall 2026

Program Guide

Your Best Fall
Starts Here ▼



Welcome!

We are delighted to bring you our program guide, filled with activities and programs for all ages and abilities.

Our YMCA is more than a facility. It is a movement dedicated to the growth of all persons in spirit, mind and body, and to their sense of responsibility to each other and the global community. Building healthy communities through the power of belonging stems from our values of caring, honesty, respect, responsibility and inclusiveness. These are central to our mission, guiding our behaviours, attitudes and actions.

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

Darren & Jaxon: Sharing our Y Story

For more than 20 years, Darren has been a YMCA member, and today he enjoys sharing that experience with his son - Jaxon. Whether they're working out together at the Membertou or Downtown YMCA, their visits have become quality time together.

One of their favourite things about the YMCA is the welcoming atmosphere. The friendly staff, well-maintained facilities, and strong sense of community keep them coming back year after year. No matter which location they visit, they always feel at home.

"As a parent, it's important for me to lead by example," says Darren. "The YMCA has helped make fitness and wellness something that Jaxon and I can enjoy together."

Darren and Jaxon at the YMCA of Cape Breton's Membertou Branch.



Meet the team!



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



Billy Musgrave
*Facility and Maintenance
Manager*



Sheldon Grant
Wellness Centre Team Lead



Veronica Zabelina
*Supervisor of Membership
Services*



Colette Sexton
*Group Fitness
Coordinator*

Get to know Veronica

Originally from Havana, Cuba, Veronica came to Cape Breton in July 2022 with her husband. Before arriving in Canada, she earned a Bachelor of Law from the University of Havana and worked for the Ministry of Justice. She continued her educational journey at Cape Breton University, graduating in 2024 with a Post-Baccalaureate Diploma in Business Management.

That same year, Veronica joined the YMCA of Cape Breton as a Membership Services Associate. Her passion for serving others, dedication to our mission, and natural ability to connect with people led her to grow into the role of Membership Supervisor in 2025.

Veronica says what she loves most about Cape Breton is its breathtaking natural beauty as well as the friendly and welcoming people who have made her feel at home. She describes her work at our YMCA as a true blessing, giving her the opportunity to meet and build relationships with members.

We are incredibly grateful to have Veronica as part of our YMCA family. Her warm smile, and genuine care for our members help create an environment where everyone feels they belong. Thank you, Veronica, for the positivity, kindness, and exceptional member experience you bring to our YMCA every day.



Important Information

Membership & Registration

Updating your membership

- To put on hold, cancel or modify your membership, please visit our front desk. Request to cancel must be submitted in writing to front.desk@cb.ymca.ca or through the Cancellation Form online.

Facility access & child safety

- All visitors must sign in at the front desk and show a government issued photo ID.
- Children under 11 must be accompanied by an adult who is at least 18 years or older. The adult must supervise the child for the duration of the child's participation.

Member handbook

Everything you need to know about your membership and YMCA services & programming.



Looking to register?

Book squash court and sign up for a class:



capebreton.ymca.ca/schedules

Register for camp and child & youth programs:



activecommunities.com/ymcacapebreton

Registration Dates & Holidays

Children & Youth Programs

(Swim lessons, Hip Hop/Jazz, Home alone and Babysitting courses)

Registration opens on August 19th.

Swim Lessons

Continuous Swim Lessons begin

Sunday, September 6th.

Monday, September 7th, there will be no lessons due to the holiday.

Holiday Hours

>>There are no children & youth programs on holidays, including swim lessons.

- Labour Day (September 7th)**
Both branches open 8AM -8PM
- National Day for Truth and Reconciliation (September 30th)**
Frank Rudderham Family YMCA open 8AM to 8PM
Membertou Branch – CLOSED
- Thanksgiving (October 12th)**
Both branches open 8AM -8PM
- Remembrance Day (November 11th)**
Both branches open 12PM-8PM
- December 24th**
Both branches open 5AM -3PM
- December 25th**
Both branches closed
- December 26th**
Frank Rudderham Family YMCA - closed
Membertou branch open 8AM-8PM
- December 31st**
Both branches open 5AM-3PM
- January 1st**
Both branches closed

Frank Rudderham Family YMCA
399 Charlotte St., Sydney

Monday-Friday: 5AM-10PM
Saturday: 7AM-8PM
Sunday: 8AM-8PM

YMCA Membertou Branch
95 Maillard St., Membertou

Monday-Friday: 6AM-10PM
Saturday-Sunday: 8AM-8PM

Membership Benefits

Your membership is an all-inclusive access to our YMCA facilities and programs. By joining our Y, you also become a part of community that is there to help you shine.



2 Wellness Centres: downtown Sydney and Membertou



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



Pool access: Aqua Fitness, Swim Lessons, Open swim and Lane Swim



YRide Studio - high energy Cycle Class for all levels!



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



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



Recreational Sports including Basketball, Pickleball and Badminton



YThrive – FREE coaching program



Y@Home – virtual classes, children's programs and mealplan recipes

Membership Package	Price (before HST)		Additional Information
	Ongoing bi-weekly	Yearly	
Children	\$26.46 (no tax)	\$608.58	Includes a Swim lesson/week and kids programs. Ages 0 to 12 years
Youth/Student	\$28.88	\$664.12	Ages 13-24 years
Mature Student	\$28.88	\$664.12	25+, full time student
Adult	\$31.50	\$724.50	Ages 25-59 years
Senior	\$30.03	\$690.69	Ages 60 and above
Family	\$71.40	\$1642.20	2 adults & dependent children (under 24 y.o) living in the same household
2-Person Membership	\$63	\$1207.50	2 people living in the same household

Membership pricing as of July 1, 2026.

*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.



YMCA Financial Assistance Program
ACCESS FOR ALL

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

Special Offerings



Birthday Parties

Celebrate at our Y! Book the pool, gymnasium or community room with your family and friends.

What's included in bouncy house rental:

- Bounce house
- 2 staff attendants
- 2 hours in the gymnasium
- Gymnasium space for up to 50 participants

YMCA staff are responsible for light cleaning only.

Cost: members \$290.00 +tax; non-members \$310.00 +tax. Effective September 1st, 2026 for new bookings.

What's included in pool party:

- 1 Hour in the Pool with lifeguard on deck
- Use of pool toys
- Use of family locker/change room

Cost: \$160.00 +tax for an hour or \$210+ tax for 2 hours.



Book a date online

For more information, please contact our Membership Services desk at (902) 562-9622



Recreational Sports

We offer pickleball, badminton, basketball and squash for all ages and levels at our Frank Rudderham Family YMCA. You can join a class, try or enjoy Open Gym times with your friends and family.

Book a spot for pickleball



Book squash court



Check open Gym times (no registration needed)



Y@Home

Y@HOME+ is a virtual YMCA experience providing YMCA members with FREE access to hundreds of programming and services you can do both at home and at your YMCA.

- 30+ Live Fitness Classes Every Week
- 200+ On-demand Fitness Videos
- Kids and Family Activities
- Coaching and meal prep



Log in

Please contact us for an access code
(902) 562-9622

55+ Active Living

Fitness

RIPPED

Monday, Wednesday, Friday-7:40am Strength

Fit Forever

Monday-9:15am Cardio Strength

Stronger Together

Tuesday-10:00am Strength

Living Fit

Thursday-10:30am Cardio Strength

Getting Started: Functional Strength & Wellness

Monday, Wednesday-1:30pm Strength
Tuesday, Thursday-9:15am

Beginner Basics

Monday, Friday-1:15pm Cardio Strength

Hatha Yoga

Monday-10:30am (Membertou)
Monday-6:00pm
Tuesday, Thursday-7:45am (Membertou)
Saturday-9:30am (Membertou)

Beginner Yoga

Tuesday-6:00pm

Gentle Flow Yoga

Wednesday-11:00am
Wednesday-4:15pm (Membertou)

Chair Yoga

Tuesday, Thursday-10:30am (Membertou)
Saturday-11:30am (Membertou)

Chair Yoga Plus

Friday-10:30am (Membertou)

Yoga - All Levels

Sunday-8:10am

Pilates (Beginner/Intermediate)

Saturday-7:45am

Zumba

Monday, Wednesday-7:00pm

Grit & Grace

Wednesday-9:30am (Membertou)

Aquatics

Aqua Fitness

Monday, Wednesday-7:30am
Tuesday, Thursday-8:45am
Monday, Wednesday-7:00pm
Friday-7:30am
Sunday-9:30am
Sunday-5:30pm

Aqua Recovery

Monday, Wednesday, Friday-10:50am

Gentle Aqua Fitness with Debbie

Tuesday-10:50am

Aqua Therapy

Tuesday, Thursday-1:15pm

Adult Learn to Swim

Sunday-12:45pm

Lane Swim

Monday-6:15am, 12:00pm, 8:15pm
Tuesday-12:00pm, 8:15pm
Wednesday-6:15am, 12:00pm, 8:15pm
Thursday-11:00am, 12:05pm, 8:15pm
Friday-6:15am, 12:00pm, 1:05pm
Saturday, Sunday-8:15am

Adult Leisure Swim

Monday, Wednesday, Friday-9:45am

Open Swim

Tuesday-7:45am

Recreation

Pickleball

Friday-12:00pm
Sunday-10:00am

Beginner Pickleball

Tuesday, Thursday-1:05pm
Wednesday-11:00am

Ladies Pickleball

Monday-11:00am

Social

Line Dancing

Friday-10:30am

We now offer diabetes prevention program

SMALL STEPS FOR BIG CHANGES

Small Steps for Big Changes is an evidence-based diabetes prevention program that **empowers people at high risk of developing type 2 diabetes** to make lasting diet and exercise changes, and reverse their risk. The program consists of **6 one-on-one personalized counseling sessions** with a trained coach over 1 month and is delivered at YMCAs across Canada.



To qualify you need to be diagnosed with prediabetes and have an HbA1c between 5.7% and 6.4%



Program is **free** for all and available to community



SSBC was developed at the University of British Columbia by the **Diabetes Prevention Research Group**

Registration coming soon!



Judy & Edmund

Their message is simple: it's never too late to start. **At 75 and 81, Judy and Edmund are proof that staying active can make a tremendous difference at any age.** The couple joined the YMCA of Cape Breton two years ago and now come five days a week for Strength Training and Aqua Fitness.

Since becoming active at our YMCA, they noticed significant improvements in their strength and balance, making everyday activities easier and more enjoyable. **One accomplishment they are especially proud of is being able to comfortably pick up their grandchildren.**

Beyond the physical benefits, the YMCA has become an important part of their social lives. They have formed meaningful friendships with others who share a commitment to healthy, active living and look forward to seeing familiar faces each week.



"The instructors are exceptional, they encourage, support, and motivate everyone while ensuring exercises are done safely. Their enthusiasm and genuine care make every class enjoyable. The YMCA has become an important part of our lives, and we're grateful to be part of such a welcoming and supportive community."

Adult Fitness Group Classes

Prior registration is required for all the classes:



All the classes are for **members only** and are included with all the packages and a day pass.

H.I.I.T & Functional H.I.I.T

Cardio

Designed for all levels, this class focuses on functional movement, typically working two to three body parts at a time using intervals of 45-second work with 15 seconds of rest, packaged into a compact 35 minute class

Strong Nation

Cardio

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

30/30

Cardio

Strength

You can expect 30 minutes of intense cardio and 30 minutes of strength conditioning. This class will push your body to the max.

Zumba

Cardio

Ditch the Workout, Join the Party! You don't need to be a great dancer to feel welcomed in a Zumba class. The class is about moving to the music and having a good time.

Total Body Conditioning

Cardio

Strength

Simple strength exercises to build muscle and support healthy bones short, manageable cardio intervals to improve stamina and recovery core and mobility work to help you move with ease.

Fire Up

Cardio

Strength

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!

Total Toning Express

Cardio

Strength

A 45-minute full-body toning class using targeted exercises and bodyweight movements. Great for building strength and endurance. Suitable for all fitness levels.

Adult Fitness Spin Classes

Prior registration is required for all the classes:



All the classes are for **members only** and are included with all the packages and a day pass.



Choose your spin class! Check **spin studio** online schedule for the up-to-date information.

YRide

Cardio

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

Cardio

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.

Group Ride

Cardio

MOSSA

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

YRide Strength

Cardio

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!

YRide Shake Up

Cardio

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!

Adult Fitness Group Classes

Prior registration is required for all the classes:



All the classes are for **members only** and are included with all the packages and a day pass.

Y Workout of the Day (YWOD)

Cardio

Strength

Y Workout of the Day (WOD) is the perfect blend of strength, endurance and cardiovascular fitness!

Participants will tackle constantly varied workouts that are specifically designed to utilize everyday movements, incorporating strength, power, endurance and stamina to elevate health to the next level!

****Participants are asked to complete 5 minutes of easy cardio on any stationary machine before joining class****

Line Dancing

Cardio

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

Bhangra Blast

Cardio

Bhangra is a folk dance that originated in the Punjab region of India and Pakistan. Dance has always been an outburst of joy and happiness for people worldwide, bhangra shares the same feeling. It is also often associated with the happiness of farmers after a successful harvesting season. The heavy rhythmic swing of Bhangra music remains popular in modern Punjabi culture and

is also played on dance floors worldwide, often remixed with the western music.

Focusing on Bhangra, it comprises of further subclasses of various folk dances of Punjab like Jhummar, Luddi, Dhamaal, Mirza and Sammi. In this class you will learn a blend of all these dances and burn a lot of calories while enjoying and dancing your hearts to the fullest.

Ripped

Strength

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.

Evolve (Muscle Fit)

Strength

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.

Living Fit

Cardio

Strength

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!

Adult Fitness Group Classes

Prior registration is required for all the classes:



All the classes are for **members only** and are included with all the packages and a day pass.

Group Groove

Cardio

MOSSA

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.

Group Active

Cardio

Strength

MOSSA

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

Group Blast

Cardio

MOSSA

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

Cardio

MOSSA

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.

Group Power

Strength

MOSSA

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

Getting Started Functional Strength & Wellness

Strength

This full-body class focuses on building strength, balance, mobility, flexibility, and endurance through safe, functional movements that support everyday activities. Participants will be guided on proper equipment use with modifications if needed.

Along with physical training, general wellness habit guidance will help participants feel confident in supporting their overall health. The class is suitable for a wide range of fitness levels and is perfect for those returning to exercise or building a foundation for active living.

Adult Fitness Group Classes

Prior registration is required for all the classes:



All the classes are for **members only** and are included with all the packages and a day pass.



We offer yoga **for all levels and abilities**, choose what fits you best!

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!

Chair Yoga

Gentle seated yoga practice for anyone new to exercise or with limited mobility. Focus is on increasing flexibility, strength and balance.

Chair Yoga Plus

This Chair Yoga class also includes standing poses for an increased movement of joints as well as improvement of balance.

Live a more active lifestyle with flexible joints as well as increased strength, a sharpening of the mind, and a fortified sense of self.

Eleanor's teaching style is gentle as well as informative - adhering to the Iyengar and Anusara Yoga styles, which stress alignment.

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.

Sign up for **YTHRIVE**



YTHRIVE is a fitness coaching **6-month program** to help make exercise accessible, achievable, and enjoyable for those new to the YMCA and is **included in your membership**.

YTHRIVE vs. Personal Training

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.

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 expertise 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.

Book your first appointment

Meet your YTHRIVE coach to start the program. To access workout library, please visit **ythrивe.ca**. Having trouble accessing the resources? Give us a call (902) 562-9622 or send an email to front.desk@cb.ymca.ca



Aquatics

Programs & Courses

Aqua Therapy & Recovery

This low-intensity class focuses on improving mobility, flexibility and balance, while reducing pressure on joints and muscles, making movement easier and more comfortable for those experiencing health concerns, chronic pain, decreased muscle or bone density, arthritis, injury recovery, or physical disabilities. Our focus is on restoring movement, building confidence, improving strength and endurance, through therapeutic water-based exercise.

>> Included in Membership/Members only

Aqua Fitness

A full-body workout that is gentle on the joints and combines cardiovascular exercise, strength training, and flexibility movements in a dynamic, low-impact environment.

>> Included in Membership/Members only

Registration is required. To sign up, scan QR code or visit capebreton.ymca.ca



Bronze Medallion

Ages 13 years and up

In Bronze Medallion we emphasize the lifesaving principles embodied in the four components of water-rescue education: judgement, knowledge, skill, and fitness. Rescuers learn tows and carries as well as defence methods and releases, preparing themselves for challenging rescues of increased risk involving conscious and unconscious victims of various types.

To take this course, you must be 13 years or older, or have completed Bronze Star. Bronze Medallion is a Lifesaving Society (LS) certification offered through the YMCA.

>> Available to members and non-members.
Fee \$180 plus tax

September 25-27th

Registration is required. To sign up, scan QR code or visit **YMCA of Cape Breton Activenet Communities**



Bronze Cross

Ages 13 years and up

We offer Bronze Cross classes for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. In this class we focus on the principles of teamwork, procedures, and the use of special equipment.

To take this course, you must have completed Bronze Medallion AND Emergency or Standard First Aid. Bronze Cross is a Lifesaving Society (LS) certification offered through the YMCA. It is a prerequisite for all LS advanced training programs, including National Lifeguard and Instructor certifications (YMCA, Lifesaving Society and Red Cross).

>> Available to members and non-members.
Fee \$190 plus tax

October 9-12th
October 16-18th

Aquatics Swim Lessons

Not sure what level?
Find your latest
SwimGen report card:



Preschool (Ages 18 months-5 years)

Continuous Swim Lessons begin Sunday, **September 6th**. Monday, September 7th, there will be no lessons due to the holiday.

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!

>> Included in Membership/Members only

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.

>> Included in Membership/Members only

Teens & Adults (12 years and up)

Adult Swim Lessons

Teens and adult swim lessons are grouped together and are considered adult swim lessons.

>> Included in Membership/Members only



Membership must be maintained during summer to guarantee enrollment for swim lessons. Otherwise, your spot will be canceled and new registration will be required.

Private and Semi-private Lessons

We offer private and semi-private (for 2 swimmers starting at the age of 3 with similar abilities) lessons

>> Included in Membership/Members only

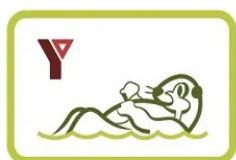
Aquatics Swim Lessons

Not sure what level?
Find your latest
SwimGen report card:



Children (Ages 6-12 years)

Continuous Swim Lessons begin Sunday, **September 6th**. Monday, September 7th, there will be no lessons due to the holiday.



Otter

Introductory Level for beginner swimmers. Otter will teach your child the basics of pool safety, going underwater, and gliding on their front and back. During these classes, your child will also select from an optional list of skills to learn during the session.



Seal

Seal is for children 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 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 who have completed Dolphin or have equivalent skills. In this class, kids will learn front and back crawl, and how to tread water. 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 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.



Membership must be maintained during summer to guarantee enrollment for swim lessons. Otherwise, your spot will be canceled and new registration will be required.

Children & Youth Programs

Prior registration is required for all the programs:



All the programs are for **members only** and are included with all the packages or a day pass.

Mini Mix Masters

Ages 5-8 years

Get ready to stir up some fun! Mini Mix Masters is a hands-on cooking adventure designed for children ages 5 to 7. Young chefs will explore a variety of easy recipes, learn foundational kitchen skills, and discover the excitement of preparing their own snacks and treats. With a focus on creativity, confidence, and fun, this program is the perfect recipe for budding cooks to shine.

Mondays 5:30-7pm

Junior Chefs' Club

Ages 9-12 years

Calling all future foodies! Junior Chefs Club is a hands-on cooking program where kids ages 8 to 12 can explore the world of food in a fun and supportive environment. Participants will learn essential cooking techniques, experiment with fresh ingredients, and prepare recipes they can recreate at home. It's the perfect blend of skill-building, creativity, and tasty fun.

Mondays 5:30-7pm

STEAM

Ages 5-12 years

Spark curiosity and creativity in our hands-on STEAM program! Children will explore Science, Technology, Engineering, Arts, and Math through exciting experiments, building challenges, creative projects, and interactive activities. Each week, participants will develop problem-solving skills, teamwork, and confidence while discovering how STEAM shapes the world around us.

Tuesdays 6-7:30pm

Active Y Kids

Ages 5-12 years

Multi-sport program designed to help children build physical literacy while having fun. Participants will be introduced to a range of sports and activities, learning new skills, improving coordination, and developing teamwork. With something new to try throughout the session, Active Y is the perfect way to stay active and discover new interests.

Thursdays 6-7:30pm

Children & Youth Programs

Prior registration is required for all the programs:



All the programs are for **members only** and are included with all the packages or a day pass.

NEW

Playtime Connections

Ages 2 months and up

Join us for a welcoming weekly gathering designed for parents, guardians, grandparents and caregivers and their little ones to connect, play, and grow together. This relaxed and supportive program offers an opportunity to meet other families, build friendships, and share the joys and challenges of parenting in a warm community environment.

Each week may include interactive circle time with music and movement, engaging play and developmental activity stations for children, and plenty of time for conversation and connection among parents and caregivers. Whether you're looking to expand your support network, enjoy quality time with your child, or simply get out and connect with others, Playtime Connections is the perfect place to belong. Come make new friends, create lasting memories, and enjoy a fun-filled morning together!

Starts September 23rd
Wednesdays 10-11:30am

Hip Hop & Jazz

Ages 5-12 years

Join us this fall for our new 8-week registered program! Two sessions will be offered starting the week of September 7, with registration opening in August. The program

concludes with a special parent showcase, giving participants the opportunity to share and celebrate what they have learned.

September 9-28
November 4 - December 16
Wednesdays 6-7:30pm

Play Pals Swim & Gym

Ages 3 months-5 years

Join us for a fun-filled morning of swimming, movement, and play! Play Pals Swim & Gym is designed for preschoolers and their parent/guardian to explore, socialize, and stay active in a welcoming environment.

Children will have the opportunity to burn off energy, make new friends, and build confidence through both aquatic and gym-based activities.

In the pool, participants will enjoy toys, balls, hoops, and other fun equipment while developing gross motor skills and water comfort. In the gym, children can run, climb, play, and use their imagination through a variety of active play opportunities

Tuesdays and Thursdays
Swim Time: 10:00am-10:45am
Gym Time: 10:30am-11:30am

Children & Youth Programs

Prior registration is required for all the programs:



All the programs are for **members only** and are included with all the packages or a day pass.

Parents Night Out - Pizza & Movie

Ages 5-12 years

Need a night off? We've got you covered! Parents' Night Out: Movie Night offers children ages 5 to 12 a fun-filled evening of movies, pizza, popcorn, and friends, all at no cost this year. Kids are encouraged to wear their PJs and bring a blanket and pillow to create the ultimate cozy movie experience. While they're enjoying a great night at the YMCA, parents can take advantage of a few hours to relax, recharge, or enjoy a night out of their own.

Fridays 6-9pm

FREE

Active Playtime

Ages 1-12 years

Active Playtime is the perfect outlet for little ones with big energy! Join us for a fun-filled open gym experience featuring a bouncy castle, active play equipment, and plenty of space to run, jump, climb, and explore. Children will have opportunities to build coordination, confidence, and social skills while making new friends and having a blast. Parents and caregivers are encouraged to join in the fun and create active memories together!

Saturdays

Ages 1-5 years: 10-11am

Ages 6-12 years: 11am-12pm

Childminding

Ages 6 months-5 years

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.

Mondays-Thursdays 5:30-7:30pm
Saturdays 8-10:30am

Learn to Play Squash

Ages 9 years and up

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!

Wednesdays

Ages 9-14 years: 5-5:40pm

Ages 15 years and up: 5:45-6:30pm

Children & Youth Courses & Camp

Prior registration is required for all the programs:



Babysitting

Ages 12 years and up

Ready to build confidence, learn valuable life skills, and meet new friends? Our Babysitter Training Course is designed for youth who are at least 12 years old, or turning 12 within the calendar year. Participants will meet every Thursday for two hours, gaining the knowledge and practical skills needed to become responsible and capable babysitters.

Throughout the program, students will learn how to care for infants, toddlers, and school-aged children, understand child behavior, respond to emergencies, provide basic first aid, and care for sick or injured children. Interactive activities and discussions help participants develop leadership, responsibility, and decision-making skills in a fun and supportive environment.

The program concludes with a special celebration session, giving participants a chance to recognize their achievements, connect with new friends, and celebrate everything they've learned.

>> Available for members and non-members. Fee: \$60 plus tax

**Thursdays 5:30-7:30pm
September 10-October 1
October 8-November 5**

Home Alone

Ages 10 years and up

The Home Alone Program is 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.

>> Available for members and non-members. Fee: \$40 plus tax

1-day course on Saturdays, 9am-12pm

**September 19th
October 17th
November 14th
December 23rd**

PD Day Camp

Turn a day off school into a day full of excitement at YMCA PD Day Camp. Kids can spend the day swimming, creating, playing, and exploring through a variety of hands-on activities and active games.

>> Available for members and non-members for a fee

**September 25
October 23
November 20
December 4
December 21-23, 29, 30**