



YMCA of Greater Halifax/Dartmouth

SUMMER 2021 PROGRAM GUIDE



Building healthy communities

#PowerofBelonging


ONE SIZE DOES NOT FIT ALL

All memberships include unlimited, all-inclusive access to swim lessons, fitness classes, pools, cardio, recreational programming, and ultimate flexibility - no cancellation fee, and membership holds for up to three months in a calendar year. AND, we offer special member rates for personal training, small group training, day camps, and specialty programs.

GENERAL MEMBERSHIP	
Membership	Biweekly Rate
Individual	\$28
Student	\$18.50
Partner	\$48
Youth	\$18.50
Family	\$60

General membership benefits

- No locked-in contracts
- A free fitness consultation
- Unlimited drop-in group fitness classes including yoga, bootcamp, cycling and more
- Unlimited drop-in pool activities including Aquafit and lane swimming
- Free swim lessons for all ages
- Member discounts on registered programs and personal training
- Free membership hold options
- Access to Canadian YMCA membership centres

PLUS MEMBERSHIP 	
Membership	Biweekly Rate
Individual Plus	\$44.80
Student Plus	\$35.30
Partner Plus (1 adult)	\$64.80
Partner Plus (2 adults)	\$81.60
Family Plus (1 adult)	\$76.80
Family Plus (2 adults)	\$93.60

Plus Membership Benefits

For an additional fee, our PLUS Membership offers adult-only locker rooms, with extra amenities, including towel service, body care products, steam, sauna and lounge.

Join the YMCA today visit www.ymcafx.ca/membership

Financial Assistance

We've structured our memberships models and rates to help ensure maximum value and affordability for as many individuals and families as possible. As a charity committed to building a healthy and inclusive community, the YMCA also offers financial assistance. We never turn away an interested member because of a lack of financial means. For more information about financial assistance please contact brittany.alminayan@halifax.ymca.ca

MARK YOUR CALENDAR FOR FALL REGISTRATION!

September 7th, 2021 in Person at 9:00 am or online at 7:00am.
(Phone calls accepted after 12:00 pm (902) 423-9622 ext. 0.)

Fall Session: Week of September 20th - Week of December 20th

www.ymcafx.ca/john-w-lindsay-ymca

INDIVIDUAL PERSONAL TRAINING

Work one-on-one with a certified personal trainer to effectively achieve your goals. No matter what obstacles you face, personal training will provide you with the individual attention you need. Individual training includes:

- An initial consultation
- Customized programming
- ongoing motivation,
- professional assistance

PACKAGE	PER SESSION	PACKAGE TOTAL	DISCOUNT
Fitness Starter Package	\$45	\$135	
6 Sessions	\$45	\$270	
10 Sessions	\$40	\$400	10%
20 Sessions	\$36	\$720	20%
40 Sessions	\$35	\$1400	22%

PARTNER PERSONAL TRAINING

Our certified personal trainer will work with you and a partner to achieve fast results with a fitness plan that is tailored to both of your specific needs. Partner personal training includes an initial consultation with both clients.

PACKAGE	PER SESSION/ PER PERSON	PACKAGE TOTAL	DISCOUNT
6 Sessions	\$31	\$186	
10 Sessions	\$28	\$280	10%
20 Sessions	\$25	\$500	20%
40 Sessions	\$24.5	\$980	22%

- All Sessions are 1-hour in length unless otherwise arranged with the trainer.
- Tax is NOT included in the prices shown.
- All packages include a 30min initial consultation during your first sessions.

To consult with a personal trainer and discuss package options, email: personal.training@halifax.ymca.ca. **To purchase you can do so online by clicking HERE** (www.ymcafx.ca/ymca-health-fitness/personal-training/) **or in person at the Membership Sales & Services desk.**

NUTRITION COACHING

Nutrition plays an important role in the prevention and management of chronic disease as well as the maintenance of our overall health. Nutrition can also influence our performance in the gym and on the field. Registered Dietitians can assist you in navigating the complex realm of food and nutrition, ensuring you meet your health and wellness goals.

Initial Nutrition Assessment (60mins) - \$85 During your first visit we will gather a thorough history and learn about your current eating habits and lifestyle. We will then review recommendations and set realistic goals to get you started. We will work as a team, developing a nutrition plan that is right for you, moving you towards your end health and wellness goals.

Nutrition Follow-up Visit (30mins) - \$55 During your follow-up visits we will check-in on your progress and provide continued recommendations, education, and support. Follow-up appointments help keep you accountable, motivated, and on track to meeting your health and wellness goals.

To register click HERE (www.ymcafx.ca/nutrition/) **or email** mikaela.henderson@halifax.ymca.ca

Hours of operation (*subject to change*):

Monday to Friday - 5:45am-8:00pm
Saturday to Sunday - 7:45am- 5:00pm
Holidays: 10:00am - 5:00 pm

The John W. Lindsay YMCA

5640 Sackville St Halifax, NS B3J 1L2

GROUP FITNESS & ACTIVE LIVING

GROUP FITNESS PROGRAMS

The John W. Lindsay YMCA offers over 45 group fitness class options throughout each week. You can book up to 48 hours in advanced for any of our group fitness classes using our MyY App. Drop-in group fitness classes are FREE with admission or when you sign up for a membership. *A minimum of 3 participants is required to run classes.**

See the full schedule online or through our MyY App. Download the MyY App on Google Play store or at the App Store.

Google Play

play.google.com/store/apps/details?id=com.upace.ymcamy&hl=en_US

App Store

apps.apple.com/us/app/my-y/id1525136879

HIIT: Get the ultimate workout with Interval Training! Challenge and improve your cardiovascular fitness, balance, core strength and muscular endurance in this dynamic, high-energy workout. You will participate in a variety of non-choreographed cardio and resistance intervals throughout the class.

Bootcamp: Meet your fitness goals with this multi-level bootcamp. Challenge your strength, endurance, balance, agility, coordination and speed with drills that include multiple options suited to your fitness level.

Core Strength: Don't ignore your core! Challenge this important set of muscles in this dedicated core class. You will gain strength through a variety of exercises that work your abdominals, back muscles, glutes and more!

Gentle Fitness: Be gentle on your body while boosting your level of fitness! Improve your endurance, mobility and stability without the stress on your joints. This total body, low-impact workout combines resistance and balance exercises. Suitable for beginners and anyone requiring a modified program.

Full Body Strength: Boost your level of fitness and gain full body strength! Improve your muscle endurance, mobility and stability without the stress on your joints. This total body strengthening workout combines resistance and power. Suitable for all levels.

Hi/Lo: This class is high cardio but low impact. This means you are getting a great choreographed aerobic workout, but you get to control the intensity based on your fitness level. Hi/Lo gives participants the opportunity to perform manageable, low-impact movements between periods of high intensity.

Cycle: Up your cycling skills! Come prepared for a cardiovascular workout that emphasizes proper form, technique and safety. Challenge your endurance and stamina with hills, climbs, sprints and more on an indoor cycling bike.

Yoga Rediscover and improve your strength, balance, and flexibility through yoga. YMCA Yoga classes will help you relax your mind while gently, stretching, relaxing, and challenging your muscles. Yoga is safe and healthy for a wide range of body types. You'll soon notice a stronger, more balanced body and an increase in your overall feeling of health and vitality.

Gentle Yoga All the same benefits of our regular Yoga classes with a gentler approach. YMCA instructors are mindful of aging bodies, injuries, beginners. Improve your strength, balance, flexibility, and relax your mind while gently, stretching, and relaxing and challenging your muscles.

Stretch & Relaxation: Lengthen your muscles and calm your mind in this serene class. You will work on stretching, relaxation and mindfulness, incorporating a variety of lengthening movements and calming techniques. This class is for all levels. *

Zumba: Listen to latin music while learning fast paced dance routines. All levels welcome! Make sure to arrive 5 minutes before the class begins.

ACTIVE LIVING PROGRAMS

Forever Fit: Forever Fit is an outreach program offered at sites throughout Greater Halifax/Dartmouth. Increase your flexibility and energy levels with fun, gentle fitness classes for participants over the age of 55. Classes are taught to lively music and incorporate low-impact movements that are gentle on the joints and spine. *Please contact our Welcome Desk at (902) 423-9622 for the most up to date locations.*

Abilities in Motion (AIM): An accessible program designed to assist individuals in their pursuit of health and fitness. AIM's goal is to provide a supportive and inclusive environment for individuals with mobility concerns to pursue fitness as a means of maintaining a healthy lifestyle or as part of their rehabilitation efforts. YMCA Staff and volunteers work with individuals to set and achieve their short- and long-term fitness and recovery goals. Staff and volunteers are available to provide personal fitness plans and other resources to help you reach your fitness and rehabilitation goals.

RECREATION

Basketball: Book one of our basketball hoops at our Gymnasium. All ages are welcome, and nets can be lowered to accommodate children. *Book on the My Y App or call our Welcome Desk at (902) 423-9622 to book 48 hours in advance.*

Family Bubble Gym Time: Book your family in for some fun and energetic time in our gymnasium! Up to 5 family members can join. Your family will be reserving a quadrant of our gymnasium and can utilize any of our sporting equipment except for nets. *Book on the My Y App or call our Welcome Desk at (902) 423-9622 to book 48 hours in advance.*

Pickle Ball: Pickleball is a fun racquet sport for players of all levels. Similar to badminton or tennis, players use solid square racquets to hit a perforated ball over a net. Invented in the 1960s, pickleball has exploded in popularity. Come join us to play one of North America's fastest growing sports! Must be 8+ to participate. *Book on the My Y App or call our Welcome Desk at (902) 423-9622 to book 48 hours in advance.*

Badminton: Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Join in for a game of "singles" (with one player per side) and/or "doubles" (with two players per side). Must be 8+ to participate. *Book on the My Y App or call our Welcome Desk at (902) 423-9622 to book 48 hours in advance.*

Table Tennis: Table tennis is a game resembling tennis, played on a table divided by a net with small paddles and ball bounced. Must be 8+ to participate. *Stop by Welcome Desk to pick up your paddles.*

DOWNLOAD OUR
MY Y APP
REGISTER FOR
PROGRAMS AT
THE JOHN W.
LINDSAY

Getting started is easy with these steps:

1. Download MyY from the App Store or Google Play Store
2. Open the app and enter your email associated with your YMCA membership account. A PIN will be sent to this email.
3. Create your password and start using the app!

PRIVATE LESSONS

Private Lessons: Private lessons provide one-on-one instruction to meet each swimmer's individual needs. All lessons are 30 minutes in length. **NOTE:** Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child should they be under the age of 6 and unable to swim 5 metres front and back.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:00-4:30	4:00-4:30	4:00-4:30	4:00-4:30	12:00-12:30
4:35-5:05	4:35-5:05	4:35-5:05	4:35-5:05	12:35-1:05
5:10-5:40	5:10-5:40	5:10-5:40	5:10-5:40	1:10-1:40
5:45-6:15	5:45-6:15	5:45-6:15	5:45-6:15	1:45-2:15
6:20-6:50	6:20-6:50	6:20-6:50	6:20-6:50	2:20-2:50
6:55-7:25	6:55-7:25	6:55-7:25	6:55-7:25	
7:30-8:00	7:30-8:00	7:30-8:00	7:30-8:00	

Family Bubble Private Lessons: Take a swimming class as a family! Family Bubble lessons provide instruction based on your family's swimming needs. All lessons are 30 minutes in length. **NOTE:** Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child should they be under the age of 6 and unable to swim 5 metres front and back.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	5:10-5:40 6:20-6:50			12:00-12:30 1:45-2:15

AQUATIC LEADERSHIP COURSES

Lifesaving Society's Bronze Medallion with Emergency First Aid

(Pre-Req: 13+ years OR Bronze Star) Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education – judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance.

DATES	TIMES	FEE
July 5 - 8	4:00-9:30 pm Exam July 8 6:30-9:30 pm	Member: \$200.00 Non-Member: \$250.00
July 26-29	4:00-9:30 pm Exam July 29 @6:30-9:30 pm	Member: \$200.00 Non-Member: \$250.00
August 7/8 & 14/15	10:00-5:00 pm Exam August 15 @1:00 pm	Member: \$200.00 Non-Member: \$250.00

Lifesaving Society's Bronze Cross with Standard First Aid *(Pre-Req: Bronze Medallion)* As the Lifesaving Society's Assistant Lifeguard certification, Bronze Cross prepares lifesavers for the safety supervision role and responsibilities of assistant lifeguards in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.

DATES	TIMES	FEE
July 12-15 & 20-22	4:00-9:00 pm Exam: July 23 @ 5:00 pm	Member: \$165.00 Non-Member: \$215.00
August 3-5 & 9-11	4:00-9:00 pm Exam August 12 @ 4:00-7:00 pm	Member: \$165.00 Non-Member: \$215.00
August 12-14 & September 2-4	Thursday/Friday: 4:00-9:00 pm Saturday: 9:00-5:00 pm Exam: September 4 @ 2:30 pm	Member: \$165.00 Non-Member: \$215.00

Lifesaving Society's National Lifeguard & Standard First Aid Recertification *(Pre-Req: Previously completed National Lifeguard Pool & Standard First Aid)* National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard. The course develops the basic lifeguarding skills, principles and decision-making processes that will assist the lifeguard to evaluate and adapt to different aquatic facilities and emergencies.

DATES	TIMES	FEE
July 3	9:00-5:00 pm	Member: \$75.00 Non-Member: \$125.00
September 4	9:00-5:00 pm	Member: \$75.00 Non-Member: \$125.00

STANDARD FIRST AID

Standard First Aid: Standard First Aid includes CPR-C certification. Standard First Aid provides comprehensive training covering all aspects of first aid. Standard First Aid incorporates Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies.

Lifesaving Society's Standard First Aid

DATES	TIMES	FEE
July 17/18	9:00-5:00 pm	Member: \$115.00 Non-Member: \$130.00
August 17/18 & 24/25	6:00-9:00 pm	Member: \$115.00 Non-Member: \$130.00

Lifesaving Society's Standard First Aid Recertification

(Pre-Req: Previously completed Lifesaving Society's Standard First Aid)

DATES	TIMES	FEE
July 4	9:00-5:00 pm	Member: \$60.00 Non-Member: \$75.00

Aquatic Leadership Instructor Courses

Lifesaving Society's Examiner Course *(Pre-Req: Lifesaving Instructor Certification)* The Examiner course is the first step in the three-step process to become certified as an Examiner for the Lifesaving Society. The Examiner course prepares candidates to apprentice successfully as an Examiner on the exam of their choice, and it builds on the evaluation experience that candidates have attained in instructor-evaluated awards and content.

DATES	TIMES	FEE
July 15 & 16	6:00-9:00 pm	Members: \$50.00 Non-Members: \$75.00

Lifesaving Society's Lifesaving & First Aid Instructor Combination Course *(Pre-Req: 16 yrs + Bronze Cross & Standard First Aid)* The Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. Because the Society's first aid awards are recognized by the Workplace Safety & Insurance Board (WSIB), the Society complies with the WSIB's request that only "first aid instructors" teach WSIB-approved courses.

DATES	TIMES	FEE
August 5-8	Thursday: 6:00-10:00 pm Friday: 4:00-9:00 pm Saturday/Sunday: 8:00-6:00 pm	Members: \$145.00 Non-Members: \$170.00

REGISTRATION NOW OPEN

Visit <https://ymcahfx.ca/aquatics>

Lifesaving Society's National Lifeguard Instructor Course - (Pre-Req: 15 yrs+, Lifesaving Instructor, & National Lifeguard) The National Lifeguard Instructor course provides candidates with an understanding of the principles and practices on which the National Lifeguard program is based and explores teaching approaches and techniques appropriate for National Lifeguard candidates.

DATES	TIMES	FEE
August 19-20	Thursday/Friday: 5:00-9:00 pm Saturday: 9:00-6:00 pm	Members: \$120.00 Non-Members: \$145.00

Lifesaving Society's Lifesaving Sport Coach Level 1 Course - (Pre-Req: Lifesaving Instructor) Provides training for Lifesaving Instructors who wish to coach Lifesaving Sport at the community level. The course focuses on the fundamentals of coaching and Lifesaving Sport skills in the pool or in open water.

DATES	TIMES	FEE
August 27/28	Friday: 6:00-10:00 pm Saturday: 9:00-6:00 pm	Members: \$120.00 Non-Members: \$145.00

DETERMINE WHAT SWIM LEVEL IS RIGHT FOR YOUR CHILD

1. If your child has taken a YMCA swim lesson within the last 6 months, visit swimgen.net/search/jwlymca to see your child's last swim report card. You will need your child's membership number or access number.
2. If your child hasn't taken a swim lesson contact the John W. Lindsay YMCA front desk Staff or consult the conversion chart [HERE \(www.ymcahfx.ca/aquatics/swimming-lessons/\)](http://www.ymcahfx.ca/aquatics/swimming-lessons/)

SAFE SWIMMING WITH COVID-19
Before you get into the water please read our safety check-list to keep you safe while you swim. [CLICK HERE \(www.ymcahfx.ca/wp-content/uploads/2021/01/Safe-Swimming-with-COVID-19.pdf\)](http://www.ymcahfx.ca/wp-content/uploads/2021/01/Safe-Swimming-with-COVID-19.pdf)



CHILD MINDING

CHILD MINDING SERVICES

The YMCA is pleased to offer members Child Minding Services for children ages 2 and up. Enjoy your workout while we take care of your little one(s). Experienced child minding staff will ensure the health and safety of your child(ren) while you enjoy our facilities.

We offer child minding services by reservation only (with at least 24 hours) notice for Saturdays from 10am to 2pm for a maximum of 90 minutes drop-off.

RATE TYPE	PRICE
MEMBERS	\$4 per hour

Making Reservations: Reservations must be made at our Welcome Desk. Reservations can be made up to two weeks in advance. If you are unable to keep your reservations, you must notify our Welcome Desk (902) 423-9622 ext. 0 or you will be required to pay for your reserved time.

YMCA SUMMER DAY CAMPS ARE ON!

The YMCA Summer Day Camps are exciting environments for campers to meet new friends and participate in a variety of fun-filled activities. Parents will see their children build confidence and learn skills that will last a lifetime.

Camps will run starting July 5 to August 27 from 8:30am to 5:30pm Monday through Friday at both the John W Lindsay and Community YMCA's.

Online Registration: <https://ymcahfx.ca/day-camps/register/>

For registration details, please contact Brittany Alminayan at brittany.alminayan@halifax.ymca.ca

CHILD PROTECTION INFORMATION

For contact tracing and Child Protection, everyone entering our YMCA must scan their membership card at the welcome desk, or sign in with our welcome desk team with Government issued photo ID.

Sign-in/out policy:

- At the beginning of the class, participants 12 years old and under must check in with the instructor with an adult (16 yrs+).
- At the end of the class, participants 12 years old and under must check out by the same adult.

Parents who are not in the water can observe lessons from the pool level windows or from the Great Hall.

Videography and photography are not permitted to ensure our member's privacy.

Admission Policy:

- 12 years and up can access the aquatic facility without adult supervision.
- 9 – 11 years can access the aquatic facility with an adult/guardian in the building (adult/guardian must be at least 16 years of age) with the successful completion of a swim test.
- 9 – 11 years must be accompanied by a parent/guardian (adult/guardian must be at least 16 years of age) if they require a PFD or they unsuccessful in completing a swim test.
- 8 years and under must have a parent in the pool with them.



ABOUT THE YMCA OF GREATER HALIFAX/DARTMOUTH

The YMCA of Greater Halifax/Dartmouth is a dynamic charity that connects more than 50,000 people daily. Since 1853, the YMCA has been promoting positive values that build individuals' spirit, mind, and body. We provide programs to help those living in our communities and continually work to create stronger, and healthier communities.

For 167 years we've cared for kids, shaped leaders for tomorrow, helped generations of people come together for support, and provide experiences that last a lifetime.

We are committed to providing equal opportunities for all, in a welcoming space that is both nurturing and fun – a community of shared responsibilities, where children and families can thrive.

We envision strong and caring communities that result in:

- Strong and connected families
- Healthy seniors with strong social circles that volunteer, and stay involved
- Resilient and healthy children who thrive and lead healthy, long lives
- Confident and skilled young leaders
- Motivated adults that take charge of their health, get active, and become role models and mentors
- Immigrants who engage and participate in their community
- Teens who feel confident and a strong sense of belonging

COVID OPERATIONAL PROCEDURES

The YMCA is committed to ensuring a safe and welcoming environment at all times. The safety of our members, participants, staff and volunteers is paramount and we will take all measures necessary to ensure that we are abiding by Public Health regulations. We wanted to take the time to describe what you can expect upon visiting your YMCA.

For more information click [HERE](http://www.ymcahfx.ca/john-w-lindsay-ymca)
(www.ymcahfx.ca/john-w-lindsay-ymca)





**YMCA of
Greater Halifax/Dartmouth**

Hours of operation:

Monday to Friday - 5:45am-8:00pm
Saturday to Sunday – 7:45am- 5:00pm
Holidays: 10:00am - 5:00 pm

The John W. Lindsay YMCA

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