



S U M M E R 2 0 2 4

PROGRAM GUIDE

John W. Lindsay YMCA

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Community YMCA

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DOWNLOAD MY Y APP: [YMCAHFX.CA/APP](https://ymcahfx.ca/app)

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Download the Program Guide as PDF



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@ymcahd



INTERMEDIATE WORKPLACE FIRST AID

Intermediate Workplace First Aid provides comprehensive training covering all aspects of first aid. Intermediate Workplace First Aid incorporates Basic Workplace 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.

Intermediate Workplace First Aid with CPR/C & Intermediate Workplace First Aid with CPR/C – Recertification

Must have previously taken a full 2-day Intermediate Workplace First Aid Course (formerly Standard First Aid). Proof of current (not expired) Intermediate Workplace First Aid course completion is required to register.

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MEMBERSHIP

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 Benefits

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

PLUS Membership Benefits

PLUS members have all of General Benefits and more:

- + Adult-only locker rooms with extra amenities
- + Always clean and fresh towel
- + Body care products
- + Steam
- + Sauna
- + Lounge
- + Coffee and tee

Get your membership now!
ymcahfx.ca/membership

Child Safeguarding Sign-in / Sign-out Policy

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AQUATIC CENTRE

0 - 12 years:

- At the beginning of the class, participants must have their instructor sign them in with a parent/guardian (16+ years old) present.
- At the end of the class, participants must have their instructor sign them out with the same parent/guardian (16+ years old) present.

All members / non-members:

No photos or videos allowed at any time. This helps ensure other members' privacy.

Parents/guardians who are not in the water can observe lessons from three places:

- Great Hall tables (Tables and benches seat up to 15 people, Outlets nearby to charge devices, Public washrooms nearby).
- First Floor bench / hallway to/from change rooms (Closest view of participants, Bench seats 2-3 people, Washrooms available in change rooms).
- Third Floor benches in the Cardio Centre (Benches seat 6-8 people, Outlets nearby to charge devices, Washrooms available in hallway past the Gymnasium, near Group Fitness Studio)

YMCA Parent & Tot (6 - 18 mos) Swim Program

Parent & Tot #1: Splasher LEVEL 1 (6 to 18 mos)

Parent/guardian assists their child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as splashing with arms and legs as well as pool area orientation.

Program Equivalent:

- Lifesaving Society - Parent & Tot
- Red Cross - Starfish

Parent & Tot #2: Bubbler LEVEL 2 (18mos to 3yrs)

Parent/guardian assists their child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as holding on to the wall, kicking their feet, assisted front and back floats, and practicing safe swimming.

Program Equivalent:

- Lifesaving Society - Parent & Tot
- Red Cross - Duck and Sea Turtle

YMCA Preschool (3 - 5 yrs) Swim Program

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AQUATIC CENTRE

Preschool #1: Bobber LEVEL 1 (3 to 5 yrs)

Participant gains comfort in the water without a caregiver. Instruction covers skills such as entering and exiting the pool, blowing bubbles, progression for submersion, assisted front and back floats, glides, and safety.

Program Equivalent:

- Lifesaving Society - Preschool 1
- Red Cross - Sea Otter

Preschool #3: Glider LEVEL 3 (3 to 5 yrs)

Participant is comfortable beginning the transition from shallow to deep water (water is over the child's head when touching the bottom) with assistance. Instruction covers skills such as deep water activities and unassisted front and back floats in deep water.

Prerequisite: successful completion of Floater or one of its equivalents.

Program Equivalent:

- Lifesaving Society - Preschool 2
- Red Cross - Sunfish

Preschool #5: Surfer LEVEL 5 (3 to 5 yrs)

Participant explores diving, surface support, creative pool entries, and extends swim distances to 15m. Instruction covers skills such as retrieving object from deep water, front and back swim to 15m.

Prerequisite: successful completion of Diver or one of its equivalents

Program Equivalent:

- Lifesaving Society - Preschool 4
- Red Cross - Crocodile

Preschool #2: Floater LEVEL 2 (3 to 5 yrs)

Participant learns pool rules and is comfortable entering and exiting the pool on their own. Instruction covers skills such as swimming 10m, wearing a Personal Floatation Device (PDF, or life jacket), assisted jumps into the water, retrieving objects, and unassisted front and back floats and bobs.

Prerequisite: successful completion of Bobber or one of its equivalents.

Program Equivalent:

- Lifesaving Society - Preschool 1
- Red Cross - Salamander

Preschool #4: Diver LEVEL 4 (3 to 5 yrs)

- The fourth level of our YMCA Preschool Swim program is Diver! Child (3-5 years) is getting comfortable in deep water. Instruction covers skills such as side-to-side rolls, work on arm action, and increasing front and back swim distances to 10m.

- Prerequisite: successful completion of Glider or one of its equivalents.

- Program Equivalent:
- Lifesaving Society - Preschool 3
- Red Cross - Sunfish

Preschool #6: Jumper LEVEL 6 (3 to 5 yrs)

- Participant continues deep water activities and further refines their front and back swim while they increase their endurance to 25m. Instruction covers skills such as front and back crawl, standing dive, and surface support for 45 seconds

- Prerequisite: successful completion of Dolphin or one of its equivalents.

- Program Equivalent:
- Lifesaving Society - Preschool 5
- Red Cross - Whale

YMCA Youth Learn to Swim (6 - 12 yrs) Program

Youth #1: Otter LEVEL 1 (6 to 12 yrs)

Instruction covers skills such as submersion, unassisted front, and back glide, and jumps into chest-deep water from a standing position.

Prerequisite: participant can glide without assistance

Program Equivalent:

- Lifesaving Society - Swimmer 1
- Red Cross - Swim Kids 1

Youth #3: Dolphin LEVEL 3 (6-12 years)

Participant spending more time in deep water and works to increase endurance and stamina. Instruction covers skills such as treading in deep water for 30 seconds, front glide with kick, side breathing, front and back swim with arm and leg action to a distance of 15m..

Prerequisite: participant can glide without assistance.

Program Equivalent:

- Lifesaving Society - Swimmer 2
- Red Cross - Swim Kids 2

Youth #2: Seal LEVEL 2 (6-12 years)

Instruction covers skills such as deep water jumping and breath control. Participants continue to work on their glides and will be able to glide up to 5m on their back.

Prerequisite: participant can glide without assistance.

Program Equivalent:

- Lifesaving Society - Swimmer 1
- Red Cross - Swim Kids 1

Youth #4: Swimmer LEVEL 4 (6 to 12 yrs)

Participant can recover an object in water 1.5m deep, tread water for 40 seconds, and front crawl for 15m distance. Instruction covers skills such as surface dives and deep water bobs

Prerequisite: successful completion of Dolphin or one of its equivalents.

Program Equivalent:

- Lifesaving Society - Swimmer 3
- Red Cross - Swim Kids 3 & 4

YMCA Youth Star Swim (6 - 12 yrs) Program

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AQUATIC CENTRE

Youth #5: Star 1 LEVEL 1 (6-12 years)

Participant works on endurance to complete a 75m swim. Instruction covers skills such as enhancing front and back crawl to initial standard, introduction of elementary backstroke, swimming on back for 25m, and treading water for 2 minutes

Prerequisite: successful completion of Swimmer – Level 4 or one of its equivalents

Program Equivalent:

- Lifesaving Society - Swimmer 4
- Red Cross - Swim Kids 5

Youth #7: Star 3 LEVEL 3 (6-12 years)

Participant continues to practice back crawl to the intermediate standard (75m swim), elementary backstroke to the initial standard (50m swim), and breaststroke to the initial standard (50m swim). Instruction covers skills such as eggbeater, surface support, 200m swim, and starting the Lifesaving Society's Canadian Swim Patrol curriculum.

Prerequisite: successful completion of Star 2 or one of its equivalents

Program Equivalent:

- Lifesaving Society - Swimmer 6
- Red Cross - Swim Kids 7 & 8

Youth #6: Star 2 LEVEL 2 (6-12 years)

Participant continues to develop front and back crawl to intermediate standard. Instruction covers skills such as introduction of breaststroke and an endurance swim of 100m.

Prerequisite: successful completion of Star 1 or one of its equivalents.

Program Equivalent:

- Lifesaving Society - Swimmer 5
- Red Cross - Swim Kids 6 & 7

Youth #8: Star 4 LEVEL 4 (6-12 years)

Participant builds further endurance to swim 100m within 3 minutes. Instruction covers skills such as drowning prevention, Canadian Swim Patrol curriculum, dolphin kick (25m swim), eggbeater proficiency, elementary backstroke to the intermediate standard (75m swim).

Prerequisite: successful completion of Star 3 or one of its equivalents

Program Equivalent:

- Lifesaving Society - Rookie Patrol
- Red Cross - Swim Kids 8 & 9



YMCA Teen Swim Program

Jade - Level 1 (13-17 yrs)

It's never too late to learn how to swim! Learn the basic swimming skills to become comfortable in the water: how learn to safely enter and exit the pool, how to move through the water, and to float with and without assistance. Other skills such as breathing techniques, flutter kick, and front and back swimming may be introduced depending on individual abilities.

Aquamarine – Level 2 (13-17 yrs)

Learn the basic swimming strokes: Front Crawl, Back Crawl, Elementary Backstroke, and Breaststroke. Other skills such as surface support and lifesaving kicks may be introduced depending on individual abilities.

Coral – Level 3 (13-17 yrs)

Perfect your swimming strokes: Front Crawl, Back Crawl, Elementary Backstroke, and Breaststroke. Other skills such as surface support and lifesaving kicks may be introduced depending on individual abilities.

YMCA Adult Swim Program

Silver – Level 1 (18 yrs+)

Learn the basic swimming skills to become comfortable in the water by learning to safely enter and exit the pool, move through the water, and float with and without assistance in Adult Silver. Other skills may be introduced depending on individual abilities.

Ruby – Level 2 (18 yrs+)

Keep going with your basic swimming skills by learning how to swim front and back crawls, along with lifesaving kicks and surface support skills in Adult – Ruby.

Golden – Level 3 (18 yrs+)

Improve your basic swimming strokes: Front Crawl, Back Crawl in Adult – Golden. Other skills such as surface support and lifesaving kicks may be introduced depending on individual abilities.

Diamond – Level 4 (18 yrs+)

Perfect your swimming strokes: Front Crawl, Back Crawl, Elementary Backstroke, and Breaststroke. Other skills such as surface support and lifesaving kicks may be introduced depending on individual abilities.

Sapphire – Level 5 (18 yrs+)

Perfect your swimming strokes: Front Crawl, Back Crawl, Elementary Backstroke, and Breaststroke. Other skills such as surface support and lifesaving kicks may be introduced depending on individual abilities.

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AQUATIC CENTRE

AQUATIC DROP-IN PROGRAMS

Lane Swim: Ready to get your lane swim on? Choose your lane swim and get swimming! Lane Swimmers must follow circle swimming guidelines. All swimmers must be able to swim the full length of the pool (25 m) without stopping to participate in this program.

AquaFree: Don't want to swim lengths but want to take advantage of the water for your workout? AquaFree is the program for you! This program allows you to complete your aquatic workouts, physical therapy, or practice your swimming skills. All swimming abilities are welcome.

Hydrotherapy Whirlpool: (Seat 16 ppl) The purpose of a Hydrotherapy Whirlpool is to provide a warm water environment that will help to restore health and heal injuries. Hydrotherapy Whirlpool water temperature is typically about 38-40°C.

Rec Swim: What to have fun in the pool? Jump into a Rec Swim and have a good time! All swimming abilities are welcome. Please note that the pool admission policy, which outlines supervision requirements for youth, will apply

Kinder Splashpad: (0 to 6 yrs) Looking for something to do with your toddler? Come to our Splashpad time where the Teaching Pool is 5cm deep! Toys are available for your use. Come join in the fun!

Parent accompaniment is required.

Kinder Swim: (0 to 6 yrs) Kinder Swim time is when our Teaching Pool is 60cm deep! It's the perfect time to bring in your toddlers to practice their swimming skills! Toys are available for your use. *Parent accompaniment is required.*

Abilities in Motion Swim: See Health Management for more information

AquaFit: See Health Management for more information

Warm Water AquaFree:

Like our AquaFree program but in the warmer water of the Teaching Pool. Complete your aquatic workouts, physical therapy, or swimming skills practice. All swimming abilities are welcome.

Sign up for membership and download our **My Y App to book for health & fitness classes, recreational sports or our aquatics drop-in programs!**

DOWNLOAD MY Y APP: [YMCAHFX.CA/APP](https://ymcahfx.ca/app)

YMCA Stroke Improvement Program *

*Additional program fees apply

Stroke Improvement 1

Perfect your Front and Back Crawl strokes.

Prerequisites: Attempted, or completed, Swimmer – Level 4 or equivalent.

Stroke Improvement 2

Perfect your Elementary Backstroke and Breaststroke.

Prerequisites: Attempted, or completed, Swimmer – Level 4 or equivalent.

YMCA Private Lessons *

*Additional program fees apply

Private Lessons:

Private lessons provide one-on-one instruction to meet each swimmer's individual needs. All lessons are 30 minutes in length.

Semi-Private Lessons:

Semi-private lessons provide instruction based on your swimming needs. Bring a friend or family member

AQUATIC LEADERSHIP PROGRAMS*

*Additional program fees apply

The YMCA is looking for youth 13+ who are interested in becoming a lifeguard and/or swim instructors.

Register for multiple certifications: Bronze Medallion, Bronze Cross, National Lifeguard, and YMCA Swim Instructor.

Bronze Star

Completion of Star 4 – 6 is recommended.

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Bronze Cross with Intermediate Workplace First Aid

Prerequisite: Must have completed Bronze Medallion and Basic Workplace First Aid

Bronze Medallion with Basic Workplace First Aid

Prerequisite: Must be 13 years old or 12 years old + completed Bronze Star

National Lifeguard Pool with CPR-HCP and Airway Management

Prerequisite: Must be 15 by the last day of course; must have completed Bronze Cross & Intermediate Workplace First Aid

YMCA Swim Instructor

Prerequisite: Must be 15 by last day of course; must have current Bronze Cross & Intermediate Workplace First Aid

Apply online at ymcahfx.ca/aquatics

LIFESAVING SPORT PROGRAMS

Junior Lifesaving Sport Fundamentals – Level 1

Play Fair is the underlying principle emphasized in this level. Participants practice in-water starts, jump starts from the deck, and stroke work. Introduction of lifesaving sport skills includes obstacle swim and object support.

Lifesaving Sport Fundamentals – Level 2

Respect for Others is the key theme in this level. Participants practice dive starts from the deck, open turns, in-water somersaults, strokes and sculling, as well as throwing accuracy and towing a mannequin with a rescue tube.

Lifesaving Sport Fundamentals – Level 3

Participants set short-term goals in this level while they master challenging skills including relay transitions, flip turns, stroke work over longer distances, swimming with fins, and the eggbeater kick.

Lifesaving Sport Fundamentals – Level 4

In this level, participants set long-term goals and learn how to stay healthy. Skills include dive starts from starting blocks, turns, 50m sprints, advanced throwing accuracy, and advanced rescue tube and mannequin tow skills.

Kinder Program (6 months - 12years)

Kinder Gym

- Parent/guardian required to accompany children.
- MyY app > Plan My Bookings > Kinder Gym

This program combines physical and artistic activities for your child. They will learn from a YMCA staff member or volunteer, how to run, jump, and play with basic movements. This is a fun time for your child to enhance their motor skills. This program is in the gymnasium (third floor) and equipment is provided

Kinder Splashpad, Kinder Swim - See Aquatics > Drop-in Programs for more information

Family Gym Time (2 – 12 years)

MyY app > Plan My Bookings > Family Gym Bookings

Open the MyY app and book your family in for some fun and energetic time in our beautiful YMCA gymnasium! There are 4 family bookings per hour and 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.

Family Gym Time is reserved for families with young children to connect and play. It is not the same as Open Gym Time (see Health, Fitness, and Recreation > Drop-in Programs for more information on Open Gym Time).

Fitness with Parent/Guardian (9 – 12 years)

Did you know that young people are welcome to use our cardio centre, weight room, or join a group fitness class with a parent or guardian (16+)? They can!

The parent, or guardian (16+), must be working out with the young person and is responsible for their behaviour.

Please see Member Etiquette for more information about sharing these spaces.

- Drop-in group fitness classes can be booked in the MyY app (be sure that each person has booked their spot).
 - We also offer free orientations to the cardio centre and weight room that can be booked in the MyY app. Equipment does not need to be booked.
- See Health, Fitness, and Recreation > Drop-in programs for more information.

Sign-in / Sign-out Policy

0 – 12 years:

At the beginning of any activity, participants must have a YMCA staff member sign them in with a parent/guardian (16+ years old) present.

At the end of the class, participants must have a YMCA staff member sign them out with the same parent/guardian (16+ years old) present.

No photos or videos allowed at any time. This helps ensure other members' privacy.

AFTERSCHOOL AND EVENING PROGRAMS FOR YOUTH

Afterschool program (13 - 18 years)

Socialize with friends, enjoy a snack, and play games on Mondays, Wednesdays, and Fridays at the John W. Lindsay YMCA! This program is in the Family & Child Development Centre (third floor), also called the fishtank room, and all are welcome.

Our Community Y location also has an afterschool program with different details: Please see ymcahfx.ca/cyafterschool for more information.

The YMCA of Greater Halifax/Dartmouth also runs before- and afterschool programs around the region called YPHD. Please see ymcahfx.ca/yphd for more information.

Y Eats

Come enjoy a free hot meal at the John W. Lindsay YMCA on Tuesdays and Thursdays. This program is in the Family & Child Development Centre (third floor), also called the fishtank room, and all are welcome!

Our Community Y location also has a Y Eats program with different details: Please see ymcahfx.ca/cyafterschool for more information

YCAN (15 - 30 yrs)

The YMCA Community Action Network (YCAN) is one of Canada's national youth services initiatives, part of the Canada Service Corps.

Participants identify the needs in their community and create service projects to address them, gaining employable skills throughout their journey.

Learn more: ymcahfx.ca/youthleadership
Preston Simmons: preston.simmons@halifax.ymca.ca

DAY CAMPS *

*Additional fees apply

5 – 12 years: Day Camps

Our Day Camps offer a fun-filled day for campers to meet new friends and participate in activities.

Parents will see their children build confidence and learn skills that will last a lifetime. Camps include daily swimming and field trips within our community.

Search Day Camp in our YMCA Program Search for more information. All cancellations must be made at least 14 days (two weeks) prior to the start of the camp date to be considered for a full refund.

- **March Break Day Camp** • **PD Day Camp** • **Holiday Day Camp**
- **Summer Day Camps** at 6 locations! See ymcahfx.ca/summercamp for more information

6 – 16+ years: Big Cove Overnight Camps

See ymcahfx.ca/bigcove for more information.

- Little Big Cove
- Junior Program
- Senior Program
- Leadership I
- Leadership II

CHILDMINDING *

*Additional fees apply

0.5 – 12 years: Childminding

Enjoy your workout while we take care of your little one(s). Experienced childminding staff will ensure the health and safety of your child(ren) while you enjoy our facilities.

For member only! Price: \$4 per hour

Maximum drop-off services are 90 minutes.

Reservations and payment can be made through our welcome desk.

EVENING AND WEEKEND PROGRAMS FOR YOUTH*

*Additional fees apply

Tumble Bugs (3 - 6 yrs)

Tumblebugs is a drop-in basic movement program developed for 3-6-year-old children.

This program was created by experts in early childhood, physical education, and gymnastics right here in Nova Scotia.

R
Tumblebugs teach the fundamentals of movement and help to develop physical literacy in young children.

Swim, Pizza, Movie (5- 12 yrs)

Join us for a youth-only evening at the John W. Lindsay YMCA! The swim is from 6:00-6:45 followed by a movie with pizza and popcorn.

This is a popular program so register quickly for it!

Kinder Gym (6 months - 5years)

This program combines physical and artistic activities for your child. They will learn from a YMCA staff member or volunteer, how to run, jump, and play with basic movements. This is a fun time for your child to enhance their motor skills. This program is in the gymnasium (third floor) and equipment is provided

*Parent/guardian required to accompany children.
MyY app > Plan My Bookings > Kinder Gym*

First Tee Golf (6- 13 yrs)

Has your child wanted to try golf? Looking to learn a new skill? Let them try a six-week program to try it out.

This is a youth development program created by First Tee - Golf Canada.

The program introduces the game of golf and its values to young people by using fun indoor games and activities. This program is in the gymnasium (third floor) and equipment is provided.

Panthers Basketball (U10, U12, U14, U16)

See more information at ymcahfx.ca/panthers

Panthers Basketball registrations for Fall 2024 programs begins in mid-August 2024. See the link above for details.

Paint your Pride (5- 12 yrs)R

Welcome to our very first Paint you Pride! We want to get you ready for the Pride Festival and meet friends while doing it. In this special evening, youth will decorate and snack on ice cream (non-dairy options available) while they watch a movie together. After the movie, everyone will have a chance to paint a blank flag and decorate a white YMCA Shine On t-shirt. T-shirts will be yours to keep and wear as you like! We can't wait for you to join us.

GROUP FITNESS

INCLUDED IN MEMBERSHIP

Drop-in Recreation (Gymnasium):

- **Cardio Centre**
- **Badminton**
- **Table Tennis**
- **Walking Track**
- **Weight Room**
- **Family Gym Time**
- **Hoops**
- **Pickleball**
- **Volleyball**
- **Open Gym Time ***

**Need to work on a skill that requires space? Dance, juggle, shoot hoops, or something else. Some restrictions apply. Please double check with staff if you're unsure of whether your activity fits into open gym time.*

Studio 1 – Cycling classes

Y Ride: 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.

ABSolutely: Enjoy a 15-minute core class after you finish the Y Ride class or as a stand-alone experience. Please come already warmed up if you are joining as a stand-alone class

Sign up for these classes
through [My Y App](#)
Download: ymcahfx.ca/app

Studio 2 – Strength-based and Upbeat classes

Abilities in Motion (AIM): The YMCA Abilities in Motion (AIM) Program is a fully accessible program designed to assist individuals in their pursuit of health and fitness.

AIM welcomes individuals with mobility concerns who are motivated to pursue exercise and physical activity in a social environment and understand the benefits of regular physical activity on the spirit, mind, and body.

Boxing Basics: Learn the fundamentals of boxing and experience a fighter's workout without having to get in the ring! This class spends some time in Studio 2 and some time using the punching bag in our weight room

Glutes and Core: This is your lower body solution. Target your legs and abs with this fun, energizing class.

Cardio Kickbox: Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. An experienced instructor leads cardio kickboxing class by demonstrating choreographed movements of punches, kicks, and knee strikes set to fast-paced music

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.

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.

High Intensity Interval Training (HIIT): Come try our fast-paced, high energy HIIT class if you need a great workout in a hurry! Expect a wide variety of intervals of work and rest in each class. Some of our volunteer instructors combine HIIT and Strength in the same workout – be sure to try them all!

Step: Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.

Sign up for these classes through [My Y App](#)

Studio 3 – Quiet classes

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.

Pilates: Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. These classes complement many other fitness regimes and benefit both beginners and regular exercisers of all types.

Chair Fit: Complete a full body workout from your chair! We use body weight and bands to challenge your muscles at a level that suits you.

Core & Mobility:

Strengthen your core and teach your body to move simply and greatly. Improve your core strength and stability, leading to a healthier core and back. Decrease aches and pains by improving your flexibility and overall mobility.

Pool

AquaFit: The high resistance of water and available equipment offers an excellent workout while minimizing the impact on joints. All fitness levels are welcome.

Table Tennis

Grab a friend or competitor, borrow some paddles and a ball from the front desk, and get playing! Our table is located on the third floor just outside our Community Room, past the Family & Child Development Centre

Walking Track

The YMCA has collaborated with NS Walks to offer our members a free, weekly walking club. Members and non-members are welcome to attend. Walking clubs are excellent for meeting others, rehabilitating after an injury, getting back into regular physical activity, or getting out of adverse weather. This program happens up at the track (fourth floor).



Check full Group Fitness Schedule on the website

ORIENTATIONS

Cardio Centre: Learn how to safely use a specific piece of cardio equipment of your choice. Appointments are 15 minutes in length and we only cover one piece of cardio equipment per appointment. Feel free to book multiple appointments to learn about multiple pieces of equipment!

Weight Room: Learn how to safely use a few pieces of equipment in the weight room. Appointments are 30 minutes in length and only cover pin-selected machines. Feel free to book multiple appointments to continue your learning as you incorporate weight training into your routine.

Table Tennis

Grab a friend or competitor, borrow some paddles and a ball from the front desk, and get playing! Our table is located on the third floor just outside our Community Room, past the Family & Child Development Centre

YThrive: The YThrive program includes a series of workouts designed by Y Canada trainers to support your fitness experience at your local YMCA. Workouts are grouped into 5 themes based on typical fitness levels and approaches to working out: Grow (for youth), Begin, Balance, Boost, and Flex. See ythrive.ca for more information.

In this appointment you will meet with a YMCA Wellness Coach, receive the password for accessing online workouts, and complete the YThrive quiz together. You will receive a workout card based on your quiz results and our Wellness Coach will show you the exercises. All the exercises can be completed in 50 minutes or less and will require equipment found in our facility.

Walking Club

The YMCA has collaborated with NS Walks to offer our members a free, weekly walking club. Members and non-members are welcome to attend. Walking clubs are excellent for meeting others, rehabilitating after an injury, getting back into regular physical activity, or getting out of adverse weather. This program happens up at the track (fourth floor).

YMCA PERSONALIZED TRAINING *

*Additional fees apply

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 personal training includes an initial consultation, customized programming, ongoing motivation, and professional assistance.

Partner 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

Small Group Training

Our certified personal trainer will work with your small group (3 – 8 people) to achieve fast results with a fitness plan that is tailored to your requests. Want to train with family, friends, or coworkers? Grab a few people and begin small group training today! Small group training includes an initial consultation with the clients involved.

To consult with a personal trainer and discuss package options, email: personal.training@halifax.ymca.ca

To **purchase** online, click ymcahfx.ca/personaltraining or visit our Service Desk.

YMCA SPECIALITY PROGRAMS

Tai Chi

This 10-week program will teach you everything you need to begin your own Tai Chi practice.

Simplified Tai Chi (a set of 24 moves) is very popular in China and internationally.

Tai Chi has been described as “moving meditation” and is an enjoyable way to reduce stress. It is known to improve balance, mobility, co-ordination and prevent falls for the elderly.

Pickleball – Skills and Drills

All levels welcome! Book a spot in this pickleball workshop. Let our experts guide you in beginner and intermediate workshops so you can get into, or improve, your pickleball game.

6 – 10 years: Learn to Play Basketball

Welcome to our "Learn to Play Basketball" program, designed to introduce young athletes in Halifax to the exciting world of basketball! Focusing on teaching the fundamental skills necessary for success in the game, we aim to foster a love for the game and cultivate a vibrant basketball culture within our community from an early age

Pride Week

Pride themed drop-in programs

YMCA LIVEWELL PROGRAMS

YMCA LiveWell are designed for those living with specific chronic conditions*. Program access comes from both physician and self-referrals. They each offer a comprehensive intake process, supervision, and progression within a socially supportive environment with trained professionals. LiveWell programs embrace a person-centric approach that focuses on chronic disease self-management and helping participants take back control of their own health and transition into other YMCA programs.

**Chronic conditions are defined broadly as conditions that last 1 year or more and require ongoing medical attention, limit activities of daily living, or both. See below for the classes we currently offer*

CanWell

This 12-week supervised exercise and education program is for people with any type of cancer at any stage. Whether you've been recently diagnosed, are in the middle of treatment or in remission, this 12-week exercise and education program can help. CanWell is offered through a partnership between the YMCA, Nova Scotia Health and Dalhousie University. You will be supported by specially-trained YMCA staff including a clinical exercise physiologist.

Seniors Assessment Day

Come see where you're at with your health and fitness! Members and non-members are welcome to come down to the John W. Lindsay YMCA for a free assessment. All assessments will be low impact and have options for all abilities and limitations. Participants will leave with a copy of how they scored, information on the exercise resources we offer at the YMCA, and the ability to chat with our clinical exercise physiologist and volunteers about what's next. These assessments happen in the gymnasium with stations set up to move between.

Active for Life

Active for Life is designed to improve strength, balance, and general fitness for anyone managing a chronic disease. This program is intended for those with risk factors or who have stable medical conditions following medical treatment from a chronic disease diagnosis.

YMCA CERTIFICATIONS ^{*}

^{*}Additional fees apply

Group Fitness Instructor

The Group Fitness Instructor Certification Course (40 hours) teaches the necessary knowledge and skills to assess clients and create safe, effective, and appropriate classes. Students in this course will learn the principles and correct application of strength and cardiovascular conditioning, a wide variety of specific exercises and fundamental assessment skills, the fundamentals of coaching, societal factors that influence health and well-being, and basic business practices for fitness professionals. There are written and practical components in this course.

Personal Trainer

The Personal Training Certification Course (40 hours) teaches the necessary knowledge and skills to assess clients and create safe, effective, and appropriate programs. Students in this course will learn the principles and correct application of strength and cardiovascular conditioning, a wide variety of specific exercises and fundamental assessment skills, the fundamentals of coaching, societal factors that influence health and well-being, and basic business practices for fitness professionals. There are written and practical components in this course.

Aquafit Instructor

The Aquafit Instructor Certification Course (30 hours) teaches the necessary knowledge and skills to assess clients and create safe, effective, and appropriate classes. Students in this course will learn the principles and correct application of strength and cardiovascular conditioning, a wide variety of specific exercises and fundamental assessment skills, the fundamentals of coaching, societal factors that influence health and well-being, and basic business practices for fitness professionals. There are written and practical components in this course.

Intermediate Workplace First Aid

Intermediate Workplace First Aid (formerly Standard First Aid) includes CPR-C certification. Intermediate Workplace First Aid provides comprehensive training covering all aspects of first aid. Intermediate Workplace First Aid incorporates Basic Workplace First Aid (formerly 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.

Intermediate Workplace First Aid Recertification

Must have previously taken a full 2-day Intermediate Workplace First Aid Course (formerly Standard First Aid). Proof of current (not expired) Intermediate Workplace First Aid course completion is required to register.

MEMBER ETIQUETTE

Check in when you arrive: Membership card OR MyY app barcode.

If you are 13+ years old you can access the John W. Lindsay YMCA without supervision. If you are 0-12 years old you must have a parent/guardian with you at all times (16+ yrs). If you are 9-12 years old you may attend group fitness classes and use the weight room or cardio centre with the supervision of a parent/guardian (16+ yrs). The parent/guardian is responsible for all behaviour in these spaces.

Lock up your things. You can borrow a lock from the membership desk if you forgot yours.

Share the equipment. Be mindful of long rest breaks on a machine. Typical rest time is 1-3 minutes. If another member asks how long you'll be on the machine: let them know how many sets you have left and consider letting them share the equipment while you rest.

No dropping weights - always place them down quietly. If it feels "too heavy" to place them down - lift lighter weights. If you feel "too tired" to place them down - do fewer repetitions.

No photos or videos. Respect others' rights to privacy. They may not want to be in the background or have their voice or face in your video.

Put away free weights and other equipment after use. Clean /sanitize equipment after use. Spray and paper towels stations are all around the weight room, cardio centre, and group fitness studios.

Keep the space tidy. No jackets, backpacks, or outdoor footwear permitted on the floor. Staff will ask you to place in a locker if they see it on the floor. No food or open cups allowed.

Wear appropriate gear. No sandals, bare feet, or socked feet throughout the facility. This is for your safety. The exception is on the pool deck and in the change rooms. Indoor, non-marking footwear only. Wear clean and appropriate bathing attire when using the pool or hydrotherapy whirlpool.

PLEASE SEE YMCAHFX.CA FOR MORE INFORMATION



John W. Lindsay YMCA

5640 Sackville St Halifax, NS B3J 1L2
(902) 423-9622 (ext 0)
www.ymcahfx.ca/jwl

Hours of operation:

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

Community YMCA

2269 Gottingen St Halifax, NS B3K 3B7
(902) 880-0535
www.ymcahfx.ca/cy

Hours of operation:

Monday to Friday: 9:30 am-9:30 pm
Saturday to Sunday: 8:30 am- 6:30 pm

ABOUT THE YMCA OF GREATER HALIFAX/DARTMOUTH

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 170 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 have a strong sense of belonging



[Download the Program Guide as PDF](#)



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