

# Program Guide



Follow us on  



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18+ years

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0 - 4 years

5 - 12 years 

13 - 17 years

18+ years

55+ years

Click on any age range or topic here that catches your eye.

First you'll find the programs *included* with a YMCA membership, followed by the *fee-based* programs we offer. Age ranges are listed under each program.

Learn more about navigating our Program Guide by [CLICKING HERE](#).

Etiquette and Child Safeguarding at the YMCA



Welcome to the

# YMCA

of Greater Halifax / Dartmouth



## About Us

We are a charity dedicated to nurturing the **inherent potential** in individuals just like you.

Because at the YMCA, we believe that when we create the conditions for individuals to **thrive**, it results in **stronger, connected communities** for all.

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.

As a charitable, non-profit organization, **we are committed to providing equal opportunities for all**, in welcoming spaces that are both nurturing and fun — a community of shared responsibilities, where children and families thrive.

Our charity creates opportunities for personal growth, fosters connection and supports change.

Through a wide variety of programs and services, we're building a brighter future across Nova Scotia.

[CLICK HERE  
to learn more](#)



# Memberships at the YMCA

## General membership

- Free group swimming lessons for all ages
- Unlimited drop-in pool activities including lane swims and family swims
- Unlimited drop-in group fitness classes including yoga, HIIT, zumba, cycling, and more
- Free orientations to the weight room and cardio centre
- Free consultations with our personal trainers
- Member discounts on registered programs and personal training
- Access to childminding
- Free membership hold options
- Access to Canadian YMCA membership centers

**CLICK HERE to get your membership now!**

[ymcahfx.ca/membership](http://ymcahfx.ca/membership)

## Plus membership

**All of General membership benefits *and more*:**

- + Adult-only locker rooms with extra amenities
- + Steam room
- + Sauna
- + Towels
- + Body care products
- + Coffee and tea
- + Lounge



Shine On

# Philanthropy at the YMCA

As a charitable, non-profit organization, YMCA of Greater Halifax/Dartmouth is committed to providing equal opportunities for all.

## Our Purpose

By igniting the potential in people, the YMCA helps in strengthening our evolving communities.

## Our Vision

A strong and thriving community where people feel they belong, have support to grow, and are actively giving back.

To fulfill our purpose, we need the support of donors and volunteers, to deliver all of our growing programs and services and offer financial assistance to our members.



## As a community charity, we believe:

- Everyone has the innate potential to thrive.
- All people should be treated with dignity and compassion.
- In helping those who need the most support.
- In truth and reconciliation with Indigenous Peoples and communities.
- Everyone has the right to participate.
- Everyone belongs.

At the YMCA, we have the power to impact the lives of thousands of youth in our community every year. We know that we need to reach more young people who need our help. And we need your support to help us get there.

## You can make a difference in the lives of youth in our communities.

Join us in investing in equal access for all. There are many programs and opportunities make an impact on by giving today


For more information, please reach out to our Development Team or go to [www.ymcahfx.ca/give](http://www.ymcahfx.ca/give)



# How To use this Program Guide

Click on any program description or image that catches your eye



 John W. Lindsay YMCA Programs

0 - 4 years

Fee-Based Programs

## Childminding

(18 mos - 12 yrs with a Parent / Guardian 16+ in the facility doing their own workout or program)  
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. Maximum drop-off services are 90 minutes.

Reservations and payment (\$4 per hour) can be made through our front desk staff. Parent / guardian must check in child with childminding staff after payment.

For YMCA members only.

You'll either be taken to:



More program information [within this Program Guide](#)


The [schedule](#) for the drop-in program on our website

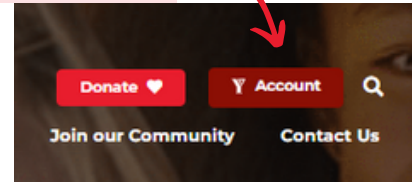
The [registration page](#) so you can sign up for the program

A webpage on [www.ymcahfx.ca](http://www.ymcahfx.ca) that has more information

*Try it now!* **CLICK HERE** to learn about  
**How To find and register for programs.**

# How To find and register for programs

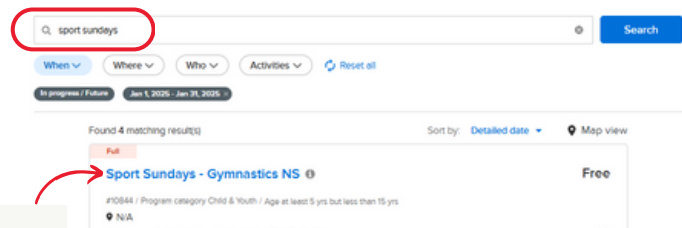
Step 1: Click on  Account at the top of our website




Step 2: Click on Programs



Step 3: Type key words into the search bar



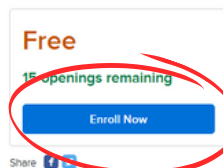
Tip: Click the program name to learn more (dates, fees, etc.)

Sport Sundays - Athletics NS - Free to Public Today! 

Activity Winter 2025 | #10837

Feb 23, 2025

Age at least 11 yrs but less than 14 yrs, Mixed



Step 4: Click Enroll Now when you're ready to register!

You will be prompted to log in to your YMCA account to register.

**CLICK HERE**  
to see  
**Online Registration FAQs**

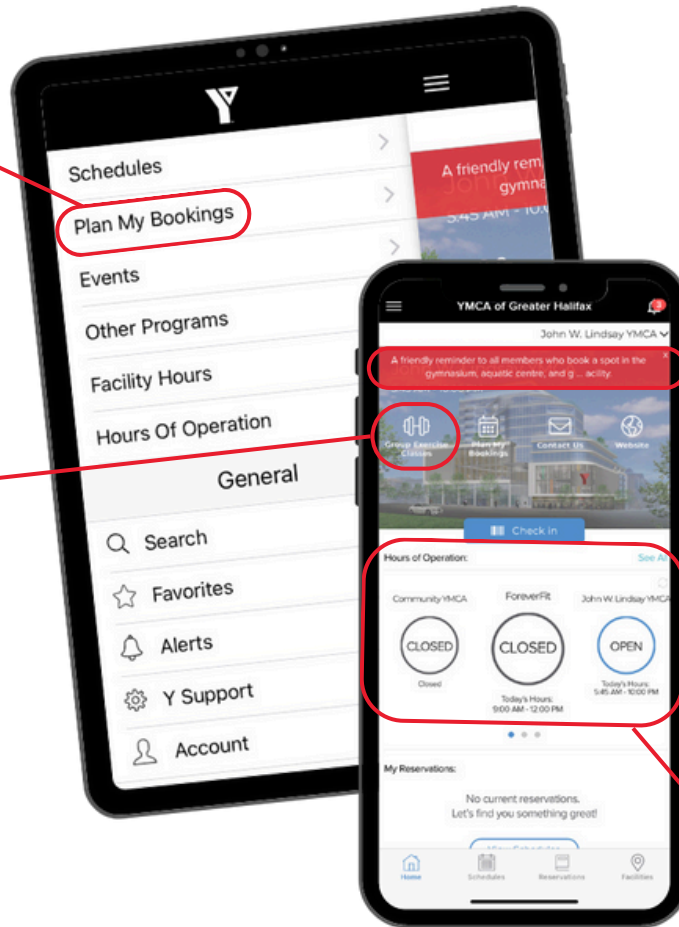


# How To book yourself a spot

## Download the **My Y** app

Members can explore Recreation programs through the **My Y app** and book themselves a spot!

Members can explore Group Fitness Classes through the **My Y app** and book themselves a spot!

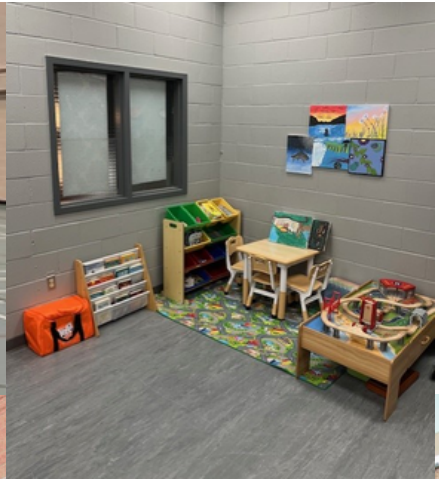


Members will receive the **fastest** notifications through the **My Y app** when there are major changes to schedules and facility hours.

Members can find their facility through the **My Y app** to see that day's opening hours.



# Community YMCA



2269 Gottingen St Halifax, NS B3K 3B7  
(902) 717-9646

[www.ymcahfx.ca/cy](http://www.ymcahfx.ca/cy)

## Hours of operation

|                 |                  |
|-----------------|------------------|
| Monday - Friday | 9:30 am-9:30 pm  |
| Saturday        | 9:00 am- 5:30 pm |
| Sunday          | 9:00 am- 8:30 pm |



# Community YMCA Programs

## 5 - 12 years

Fee-Based Programs



### Afterschool Program

Grade primary - Grade 12  
(5 yrs - 17 yrs)

Youth play a variety of sports throughout the week including soccer and basketball!

Our gymnasium time is divided by age with youth 5 - 12 playing in the gym from 3:00-4:00pm and youth aged 13 - 17 play in the gym from 4:00-5:00pm.

When youth are not in the gymnasium they can play cards, colour, or play video games in our lobby.

As a part of this program youth have a snack provided to them everyday at no additional cost. This program is a drop-in program, therefore it is **required that caregivers arrange drop off and pick up**. With caregiver permission youth are able to leave the program alone.

The Community Y Afterschool program is \$10 for the school year.

To register for this program visit the Community Y front desk for a registration form.

[CLICK HERE  
to learn about the  
John W. Lindsay  
Afterschool Program](#)

# Community YMCA Programs

## 5 - 12 years

### Fee-Based Programs

#### Babysitter Course

(11+ yrs)

This is an 8 hour long course that helps youth learn the skills needed to start babysitting. Youth will learn skills such as:

- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours
- How to make good decisions and manage difficult behaviours

In addition youth will learn games and activities they can do with children and information and strategies for each developmental stage.

This course takes place at the Community Y. We also offer the babysitter course periodically at our John W. Lindsay YMCA location.

To view dates, times, fees, and register for either location: [CLICK HERE](#)

#### Kids in the Kitchen

(11 - 17 yrs)

Kids in The Kitchen is a cooking program for youth to teach them the fundamental skills of cooking. Youth will spend **7 weeks** learning skills such as kitchen safety, measuring, reading recipes and meal planning while gaining confidence in the kitchen. The program ends with youth cooking a three course meal for their friends and family.

To register for the program please see the front desk at the Community Y for a registration form.



# Community YMCA Programs

## 13 - 17 years

Fee-Based Programs

### Babysitter Course

[Click Here](#) to see information about the Community Y Babysitter Course.

### Kids in the Kitchen

[Click here](#) to see information about the Community Y Kids in the Kitchen program.



### Youth Exchange

(14 - 19 yrs)

This program takes place over nine months, during which youth will regularly meet. They will learn about the diversity of people across Canada, the benefits of multiculturalism, develop leadership and employability skills, and create lasting memories and relationships.

Our YMCA Youth Exchange group will be paired with another group somewhere in Canada. Each group will spend time learning about the others' region, culture, and traditions. The best part for many is that each group will spend one week visiting the other in the spring!

Fundraising and meetings for a one-week "exchange" trip will happen once or twice a month over the nine months.



# Community YMCA Programs

## 18+ years

Fee-Based Programs

### Pickleball

(18+ yrs)

Book in for pickleball at the Community Y through the MyY app! Court bookings must be made for groups with a minimum of four players, and court bookings take place midday from Monday to Friday each week.

Come play and join our wonderful pickleball community!

For more information email [comm-y.gottingen@halifax.ymca.ca](mailto:comm-y.gottingen@halifax.ymca.ca)



# John W. Lindsay YMCA



5640 Sackville St Halifax, NS B3J 1L2

(902) 423-9622 (ext 0)

[www.ymcahfx.ca/jwl](http://www.ymcahfx.ca/jwl)

### Hours of operation

Monday - Friday 5:45am - 10:00pm

Saturday - Sunday 7:45am - 8:00pm

Holidays 7:00am - 8:00pm

# John W. Lindsay YMCA Programs

## 0 - 4 years

Included in Membership



### Kinder Gym

(6 mos - 5 yrs with a Parent / Guardian 16+)

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 Splash

(6 mos to 6 yrs with a Parent / Guardian 16+)

Looking for something to do with your toddler? Come to our Splashpad time where the Teaching Pool is 5 cm (2 inches) deep! Toys are available for your use. Come join in the fun!



### Kinder Swim

(6 mos to 6 yrs with a Parent / Guardian 16+)

Kinder Swim time is when our Teaching Pool is 60 cm (2 ft) deep! It's the perfect time to bring in your toddlers to practice their swimming skills! Toys are available for your use.

## Parent + Tot Swim Program

**Splasher** - Level 1: 6 mos - 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

**Bubbler** - Level 2: 18 mos - 3 yrs

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



[CLICK HERE to see the  
Swimming Lessons  
time chart](#)



# John W. Lindsay YMCA Programs

## 0 - 4 years

Included in Membership

### Preschool Swim Program (3 - 5 yrs)

#### **Bobber** - Level 1

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

#### **Floater** - Level 2

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

#### **Glider** - Level 3

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

#### **Diver** - Level 4

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

#### **Surfer** - Level 5

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

#### **Jumper** - Level 6

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



[CLICK HERE to see the Swimming Lessons time chart](#)



# John W. Lindsay YMCA Programs

## 0 - 4 years

Included in Membership



### Family Gym Time

*(2 - 12 yrs with a Parent / Guardian 16+)*

Open the MyY app and book your family in for some fun and energetic time in our beautiful YMCA gymnasium! Your family will can utilize most of our sporting equipment except for nets for racquet sports.

# John W. Lindsay YMCA Programs

## 0 - 4 years

Fee-Based Programs

### Private Lessons

(3+ yrs)

Private lessons provide one-on-one instruction to meet each swimmer's individual needs. All lessons are 30 minutes in length. There is no upper age limit to private lessons!

### Semi-Private Lessons

(3+ yrs)

Semi-private lessons provide instruction based on your swimming needs. Bring a friend or family member to learn with you! There is no upper age limit to semi-private lessons!



[CLICK HERE to see the Swimming Lessons time chart](#)



# John W. Lindsay YMCA Programs

## 0 - 4 years

Fee-Based Programs

### Childminding

(18 mos - 12 yrs with a Parent / Guardian 16+ in the facility doing their own workout or program)

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. Maximum drop-off services are 90 minutes.

Reservations and payment (\$4 per hour) can be made through our front desk staff. Parent / guardian must check in child with childminding staff after payment.

For YMCA members only.

### Tumblebugs

(3 - 6 yrs)

This is a drop-in basic movement program developed for young children. This program was created by experts in early childhood, physical education, and gymnastics right here in Nova Scotia. Tumblebugs teach the fundamentals of movement and help to develop physical literacy in young children.

This is *such* a popular program that we have doubled the spots available this year!

[CLICK HERE](#) to see dates, times, and pricing for members and non-members.



# John W. Lindsay YMCA Programs

## 5 - 12 years

Included in Membership

### Sport Sundays

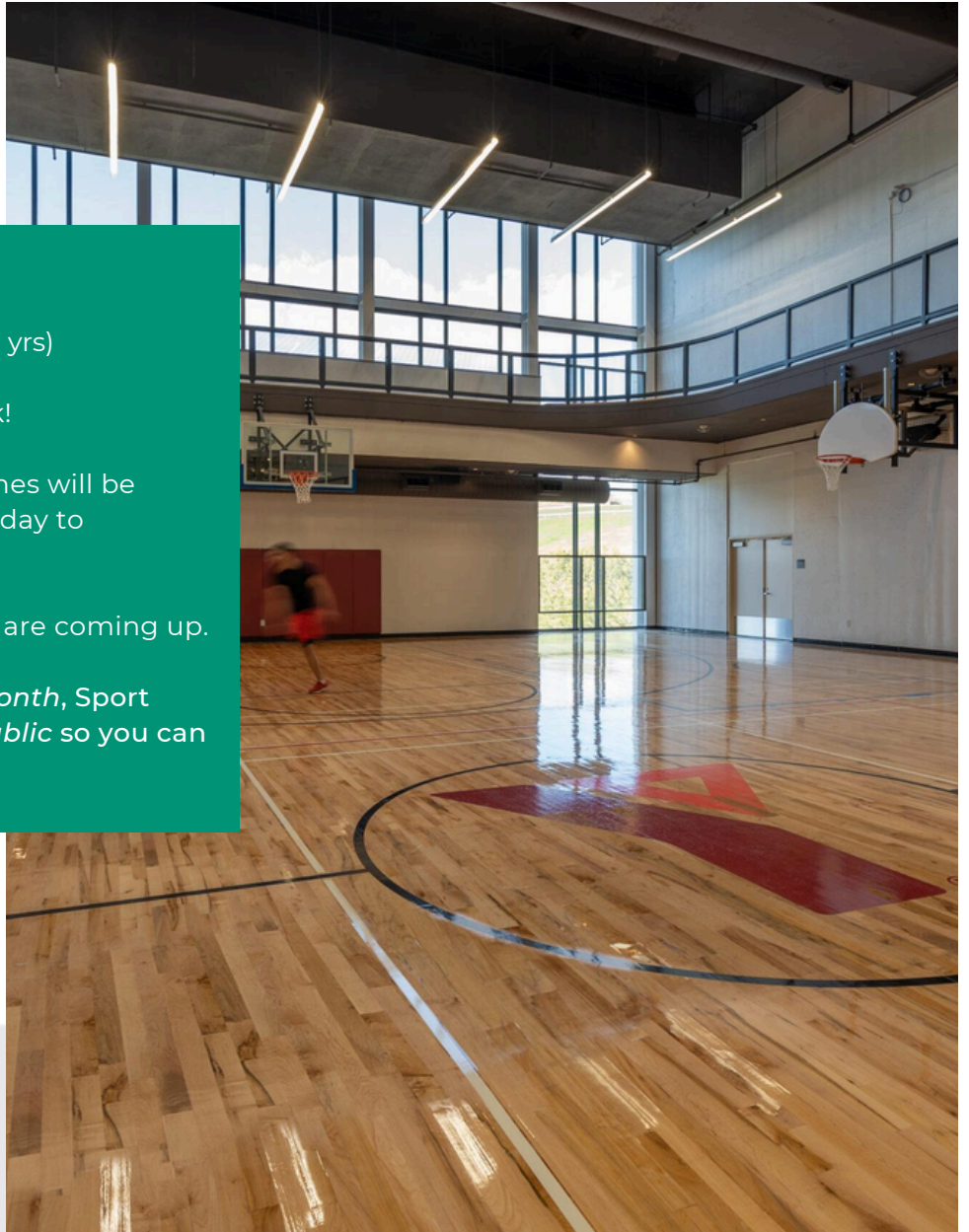
(ages vary each week from 4 - 17 yrs)

Try a different sport every week!

Different Provincial Sport coaches will be coming to the YMCA every Sunday to showcase their sport.

[CLICK HERE](#) to see which ones are coming up.

On the *last Sunday of every month*, Sport Sundays will be *open to the public* so you can bring a friend!





# John W. Lindsay YMCA Programs

## 5 - 12 years

Included in Membership

### Family Gym Time

(2 - 12 yrs with a Parent / Guardian 16+)

Open the MyY app and book your family in for some fun and energetic time in our beautiful YMCA gymnasium! Your family will can utilize most of our sporting equipment except for nets for racquet sports.

### Table Tennis

(5 - 12 yrs with a Parent / Guardian 16+)

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.

### Fitness with a guardian

(9 - 12 yrs with a Parent / Guardian 16+)

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*.

[CLICK HERE](#) to see *Group Fitness* class types.

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



# John W. Lindsay YMCA Programs

## 5 - 12 years

Included in Membership

### Youth *Learn to Swim* Program (6 - 12 yrs)

#### **Otter** - Level 1

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

#### **Seal** - Level 2

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

#### **Dolphin** - Level 3

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

#### **Swimmer** - Level 4

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

[CLICK HERE to see the Swimming Lessons time chart](#)



# John W. Lindsay YMCA Programs

## 5 - 12 years

Included in Membership

### Youth *Star* Swim Program (6 - 12 yrs)

#### **Star 1 - Level 5**

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.

Program Equivalent:

- Lifesaving Society - Swimmer 4

#### **Star 2 - Level 6**

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.

Program Equivalent:

- Lifesaving Society - Swimmer 5

#### **Star 3 - Level 7**

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.

Program Equivalent:

- Lifesaving Society - Swimmer 6

#### **Star 4 - Level 8**

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).

Program Equivalent:

- Lifesaving Society - Rookie Patrol

#### **Star 5 - Level 9**

Participant works on increasing endurance to complete a 500m swim, swims 200m in 6 minutes, as well as front and back crawl of 75m each. Instruction covers skills such as sidestroke, breaststroke advanced standard, and surface dives. Rescue skills include demonstrating non-contact rescue using buoyant aid, and 5lb object support for 1 minute.

Program Equivalent:

- Lifesaving Society - Ranger Patrol

#### **Star 6 - Level 10**

Participant (6-12 years) continues to develop endurance completing a 600m swim, and swims 300m in 9 minutes. Instruction covers skills such as continuing in the Canadian Swim Patrol curriculum in preparation for lifesaving courses.

Program Equivalent:

- Lifesaving Society - Star Patrol

[CLICK HERE to see the Swimming Lessons time chart](#)



# John W. Lindsay YMCA Programs

## 5 - 12 years

Included in Membership

### Youth *Stroke Improvement* Program (6 - 12 yrs)

#### **Stroke Improvement 1**

Perfect your Front and Back Crawl strokes.

#### Prerequisites:

- Attempted, or completed, Swimmer - Level 4 or equivalent.

#### **Stroke Improvement 2**

Perfect for your Elementary Backstroke and Breaststroke.

#### Prerequisites:

- Attempted, or completed, Swimmer - Level 4 or equivalent.



[CLICK HERE to see the Swimming Lessons time chart](#)



# John W. Lindsay YMCA Programs

## 5 - 12 years

Fee-Based Programs

### SwimAbilities (6 - 12 yrs)

SwimAbilities is a small group program for young people with special needs.

The goal of this program is to assist young people in developing their aquatic skills with the goal of integrating into the larger group swimming lessons where possible. Seasonal assessments are included in this program.

All participants interested in joining the YMCA's SwimAbilities program must complete the **SwimAbilities Questionnaire** to ensure that this program will meet the participant's learning needs.

This can be accessed through our membership team at the front desk.

#### **Otter** - Level 1

[CLICK HERE](#) to see *Youth Learn to Swim Program: Otter - Level 1* for description of skills covered and prerequisites.

#### **Seal** - Level 2

[CLICK HERE](#) to see *Youth Learn to Swim Program: Seal - Level 2* for description of skills covered and prerequisites.



[CLICK HERE](#) to see the Swimming Lessons time chart



# John W. Lindsay YMCA Programs

## 5 - 12 years

Fee-Based Programs

### Lifesaving Sport

#### **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.

#### **Junior 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.

#### **Junior 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.

#### **Junior 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.

#### **Junior Lifesaving Sport Team**

Want to keep up your lifesaving skills? Join our Jr. Lifesaving Sport Team! Here you will learn all of the different aspects of being a jr. lifesaving sport athlete: teamwork, leadership, and lifesaving skills. All of these are developed while having fun learning and perfecting the different events: Obstacle Swim, Manikin Tow, Line Throw, and much, much more!

NOTE: All participants must have completed Star 1 or equivalent to ensure that they have the necessary skills to safely participate.

[CLICK HERE to see the Pool Schedule.](#)



# John W. Lindsay YMCA Programs

## 5 - 12 years

### Fee-Based Programs

#### 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!

#### Learn to Play Soccer

(6 - 12 yrs)

This 6-week program will teach your child the basics of soccer introduction and how to play the sport as a team. Participants will warm up together, work on essential skills like passing, receiving, and how to handle the ball, and have some scrimmage time to play soccer. This is a great way to learn a sport and meet others!

#### First Tee - Intro to 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.

#### Tumblebugs

(6 - 13 yrs)

[CLICK HERE](#) to learn more about Tumblebugs!

#### Kid's Night In

(5 - 12 yrs)

At this special event, you can drop off your youth in care of YMCA staff leaders, and have the night to yourself! Youth will participate in activities such as swimming, movies, games, and more! Supper is included!

#### Learn to Play Basketball

(10 - 14 yrs)

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.

#### Babysitter Course

(11+ yrs)

This is an 7 hour long course that helps youth learn the skills needed to start babysitting. Youth will learn skills such as:

- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours
- How to make good decisions and manage difficult behaviours

In addition youth will learn games and activities they can do with children and information and strategies for each developmental stage.

This course takes place at the John W. Lindsay YMCA. We also offer the babysitter course periodically at our Community Y location. **To view dates, times, fees, and register for either location:**

[\*\*CLICK HERE\*\*](#)



# John W. Lindsay YMCA Programs

## 5 - 12 years

Fee-Based Programs

### Day Camps

(5 - 12 yrs)

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.

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.

### Childminding

(18 mos - 12 yrs with a Parent / Guardian 16+ in the facility doing their own workout or program)

[CLICK HERE](#) for more information.



# John W. Lindsay YMCA Programs

## 13 - 17 years

Included in Membership

### Teen Swim Program (13 - 17 yrs)

#### **Jade** - Level 1

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

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

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.

[CLICK HERE to see the Swimming Lessons time chart](#)



# John W. Lindsay YMCA Programs

## 13 - 17 years

Included in Membership

### Youth Orientation

(13 - 17 yrs)

Learn about how to use the facility on your own now that you can!

This orientation teaches you about your membership, how to scan in, what you can use, and what our facility etiquette is. You will meet staff around the facility as well to make future visits more comfortable.

### Group Fitness

Teens are welcome to join *any Group Fitness* classes on the schedule!

### Also...

- Open Gym Time
- Hoop Bookings
- Pick-Up Basketball
- Badminton Bookings
- Pickleball Bookings
- Table Tennis Bookings

See [18+ Recreation Drop-ins](#) for more information.

### Weight Room + Cardio

Use the weight room on your own or with friends! A great way to get and stay active. Please see *Member Etiquette* for more information about sharing these spaces.

We offer free orientations to the weight room (YThrive) and cardio centre that can be booked in the *My Y app*. Equipment does not need to be booked.



# John W. Lindsay YMCA Programs

## 13 - 17 years

Fee-Based Programs



### Afterschool Program

(13 - 17 yrs)

Socialize with friends, enjoy a snack, study, and play games from 3:00-5:00pm, Tuesday to Friday at the John W. Lindsay YMCA!

This program is in the “fish tank room” on the third floor (Family & Child Development Centre) and all teens are welcome.

To register for this program speak with the John W. Lindsay YMCA front desk staff.

Our Community Y location *a/lso* has an afterschool program with different details. Please see [ymcafx.ca/cyafterschool](http://ymcafx.ca/cyafterschool) for more information.

The YMCA of Greater Halifax/Dartmouth also runs before- and afterschool programs around the region called YPHD. Please see [ymcafx.ca/yphd](http://ymcafx.ca/yphd) for more information.

Sometimes the John W. Lindsay, Community Y, and / or YPHD Afterschool Programs have swim time at the John W. Lindsay as well! Check with the program leader for specific dates and times.



# John W. Lindsay YMCA Programs

## 13 - 17 years

Fee-Based Programs



### Bronze Star

(10+ yrs)

Participant 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.

Completion of Star 4 – 6 is recommended.

### Bronze Medallion *with Basic Workplace First Aid*

Participant gains 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 defense 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.

**Prerequisite:** Must be 13 yrs+ OR have completed Bronze Star.

### Bronze Cross *with Intermediate Workplace First Aid*

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.

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

### National Lifeguard Pool *with CPR-HCP and Airway Management*

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.

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

### YMCA Swim Instructor

Share your love of swimming with others! As a leader in the pool, you can play an essential role in helping others learn to swim and improve their health in many ways.

You will learn a variety of teaching techniques, progressions, and more. To put it all into practice, you'll also work alongside a certified YMCA Swim Instructor to teach children during a swim lesson.

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



Click each course  
to register



# John W. Lindsay YMCA Programs

## 13 - 17 years

Fee-Based Programs



### YMCA Group Fitness Instructor Certification Course

(16+ yrs)

Did you know that teens can become certified to lead group fitness classes? They can! In fact, some of our current volunteer instructors began when they were in their late teens.

We offer certification courses 3x per year: Winter, Spring, and Fall.

[CLICK HERE](#) for the full certification course descriptions.

We're looking to add afterschool (teen-only) fitness classes, so don't wait - get certified this winter!

We can't wait to see what type of class you'll lead.



# John W. Lindsay YMCA Programs

## 18+ years

Included in Membership

### Adult Swim Program (18+ yrs)

#### **Silver** – Level 1

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

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

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

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

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.



[CLICK HERE to see the  
Swimming Lessons  
time chart](#)

# John W. Lindsay YMCA Programs

## 18+ years

Included in Membership

### 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.

### 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.

### AquaFit

See *18+ Group Fitness* for more information.

### 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.

### 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.

### Hydrotherapy Whirlpool

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. Does not require a reservation. Seats 16.



Sign up for these drop-in programs through the **My Y App**



What about *Kinder Swim*?  
Can't I drop in to that?

Yep! You can.

**Click Here** for Kinder Swim and other Parent + Tot programs!

**CLICK HERE** to see the Pool Schedule.



# John W. Lindsay YMCA Programs

## 18+ years

Included in Membership

### Group Fitness (drop-in classes)

#### STUDIO 1

##### 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.

##### Ride 101

A free, 30-minute “learn to ride” cycling workshop offered once per month to get you comfortable on a spin bike. Learn proper bike adjustment and safety, correct posture during a ride, and work through a 15-minute class teaching various spinning drills.



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

# John W. Lindsay YMCA Programs

## 18+ years

Included in Membership

### Group Fitness (drop-in classes)

#### STUDIO 2

##### **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.

##### **Cardio Kickboxing**

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.



Find the full **Group Fitness** schedule on the website



Sign up for these classes through the **My Y App**



##### **Glutes & Core**

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

##### **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 & Strength**

A combination class including cardio using a step (with or without risers) and strength training using free weights, body weight, and barbells. Great for all levels! Please arrive 5 minutes early to allow enough time for equipment set up.

##### **Zumba**

Listen to latin music while learning fast-paced dance routines. Be sure to give yourself some grace with your first Zumba class since it might take a few classes to really get the rhythm of it! All levels are welcome and the most important thing is to have fun.



# John W. Lindsay YMCA Programs

## 18+ years

Included in Membership

### Group Fitness (drop-in classes)

#### STUDIO 3

##### 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.

#### 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.



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

##### Yoga 101

Offered monthly, this Yoga 101 class is designed for those who are new to practicing.

Whether it's your first time learning Yoga, or you are interested in focusing more on the basic concepts and movements, this free 45 minute yoga class is for you!

Unlike most yoga classes, interaction/discussion is encouraged between the participant (s) and yoga instructor, during the class.



13+ yrs can attend group fitness classes on their own!

Did you know that youth 9 - 12 yrs can attend a group fitness class with a parent / guardian 16+?

##### Want to BE the instructor?

Learn about our certification courses by clicking here!



# John W. Lindsay YMCA Programs

## 18+ years

Included in Membership

### Fitness Orientations

#### Cardio Centre Orientations

Know how to use the treadmill but not the rower or stair climber?

Learn how to safely use a specific piece of cardio equipment of your choice in this orientation. 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!

#### YThrive

The YThrive program includes a set of workouts designed by Y Canada trainers to support your fitness experience.

In your YThrive appointment you will meet with a YMCA Wellness Coach, receive the password for accessing online workouts, and complete the YThrive quiz together.

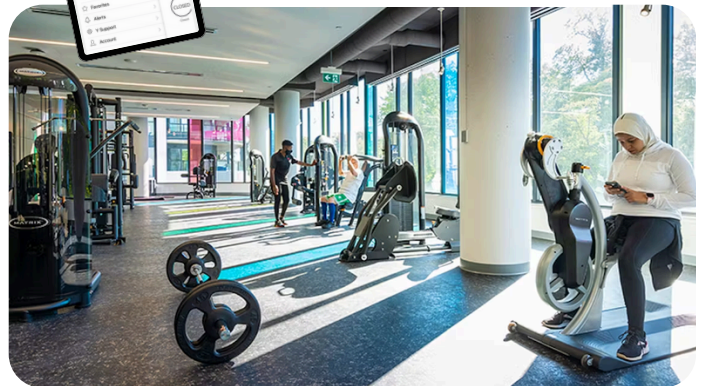
You will receive a workout card based on your quiz results and our Wellness Coach will show you the exercises.

All the exercises can be completed in 50 minutes or less and will use equipment found in our facility.

See [ythriv.ca](http://ythriv.ca) for more information.



Sign up for these orientations through the **My Y App**



#### Youth Orientations

CLICK HERE to learn more about the special orientations we offer youth 13-17 years old in our facility.

# John W. Lindsay YMCA Programs

## 18+ years

Included in Membership

### Recreation (drop-in)

#### 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.

#### Family Gym Time

CLICK HERE to see more information.

#### Hoop Bookings

All levels welcome! A designated time to work on your skills and shooting efficiency. Four (4) total hoops for booking, up to two people per hoop.

#### Pick-Up Basketball

New to the JWL YMCA, the full gymnasium is reserved for pick-up basketball. Come with a few friends or jump in with other members on the court. All skill levels are welcome.

Please remember some simple Pick Up Basketball etiquette:

- There is zero tolerance on aggression towards others, play to have fun and not to foul!
- No dunking, grabbing, or hanging from the rim. Let's keep everyone safe and protect the equipment
- Winner stays on – if you win, you stay on the court and continue to play. If you lose, you sit, and next team in cue gets a chance to play.

#### Badminton Court Bookings

All levels welcome! Book one of our three (3) badminton courts to pay with a group. Equipment can be borrowed from the membership desk.

#### Pickleball Court Bookings

All levels welcome! Book one of our three (3) pickleball courts to pay with a group. Equipment can be borrowed from the membership desk.

#### Drop-in Pickleball

All levels welcome! Interested in pickleball but don't have a partner? Come for our drop-in pickleball time(s) to join like-minded players. **Meet others and enjoy a game together!** Nets are set up and you can play "singles" (one player per side) or "doubles" (two players per side), depending on how many show up that day. There are twelve spots available, with a max of four people per court. Similar to "pick up basketball", players will rotate courts. Please ensure everyone gets a chance to play.

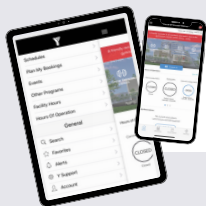
#### Table Tennis Bookings

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 Club

The YMCA has collaborated with NS Walks to offer our members a free, weekly walking club. Walking clubs are excellent for meeting others, rehabilitating after an injury, getting back into regular physical activity, or getting out of adverse weather.

Members and non-members are welcome to attend for free. Please check in before your walk at the front desk if you are not a YMCA member. This program happens up at the track (fourth floor).



Book yourself a spot or court through the **My Y App**





# John W. Lindsay YMCA Programs

## 18+ years

Included in Membership

### Yoga & Meditation

A workshop to combine restorative yin yoga poses with guided meditation. This 60-minute workshop will help you to relax your muscles and joints with gentle yoga poses leading into full body and mind relaxation with two, 10 minute silent meditation practices. Learn to use the skills of meditation to reduce stress, gain clarity and add awareness to your daily actions. This workshop is suitable to all levels

### Embodied Boundaries

PA workshop that blends yoga, reflection and community. In this 90-minute workshop, explore how yoga poses, and breath can deepen your self-awareness, strengthen personal boundaries and foster meaningful connections.

### Fascial Stretch

*\*NEW FORMAT\**

Are you ready to learn techniques that connect your body, mind and spirit? This Fascial Stretch Workshop will transform how you view your body and how stretching can positively effect you through enhancing flexibility, reducing pain, improving athletic performance and helping in recovery from an injury or disease.

**CLICK each program  
to book yourself a spot!**



### Yoga 101

Yoga 101 Offered monthly, this Yoga 101 class is designed for those who are new to practicing. [CLICK HERE](#) to learn more!

### Ride 101

Ride 101 is a free, 30-minute cycling workshop offered once per month to get you comfortable on a spin bike. [CLICK HERE](#) to learn more!

### Pickleball 101

Curious to see what Pickleball is all about? Come for this hour of fun and find out more with one of our experienced Pickleball instructors, who will show you tips and tricks of the game. **This pickleball workshop is free of charge.** [CLICK HERE](#) to find dates and times.

### Finances 101

This empowering beginner-friendly workshop is designed to equip participants with the tools and knowledge to take charge of their personal finances. The session covers foundational topics such as budgeting, saving, debt management and financial goal setting- providing practical strategies to build lasting financial confidence.

### Finances 102

Building on the foundation established in Finances 101, this workshop delves into advanced strategies for managing, growing, and protecting your wealth. Participants will learn how to invest their savings effectively using both registered and non-registered accounts. We will cover the benefit of registered accounts such as RRSPs, TFSA, FHSA and RESP.



# John W. Lindsay YMCA Programs

## 18+ years

Included in Membership

### Parenting supports

We have partnered with [NS Community Health Teams](#) to bring you some brief workshops this winter to better support your well-being. YMCA staff will be available in the room to entertain your little ones while you learn from the NS Community Health Team.

These are free to the public, so invite a fellow parent or come and meet others!



January 21 - [Behaviour 101](#) (10:00am - 11:00am)

January 28 - [Screen Time 101](#) (10:00am - 11:00am)

February 4 - [Move More](#) (10:00am - 11:00am)

February 11 - [Healthy Eating 101](#) (10:00am - 11:00am)

February 18 - [Take Charge of your Stress](#) (10:00am - 12:00pm)

**CLICK each program  
to book yourself a spot!**



# John W. Lindsay YMCA Programs

## 18+ years

Included in Membership

### YMCA Live Well

These programs are designed for those living with specific chronic conditions\*.

Program access comes from both physician and self-referrals. Each program includes 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:*

#### **Small Steps for Big Change**

Small Steps for Big Changes is an evidence-based diabetes prevention program that helps people make lasting diet and exercise changes. The program consists of six one-on-one sessions over one month. Clients receive personalized exercise training, learn motivational techniques to help stick with exercise, and strategies for meal planning.

Free for YMCA members and includes one-month free membership to the YMCA for non-members.

#### *Are you Eligible?*

[CLICK HERE](#) to take a short survey.

If you qualify, our team will contact you and schedule your first coaching session.

#### **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.

#### **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.

#### **MoveWell**

With a focus on mobility and intentional movement, this class also mixes in resistance and cardiovascular training for a well-rounded hour of exercise and use of our facility. This class is geared towards older adults and individuals managing chronic conditions.



# John W. Lindsay YMCA Programs

## 18+ years

Fee-Based Programs

### Learn to Practice *Pilates*

Suitable for all levels, this 6 week program will progress you through floor-based Pilates exercises to help build strength, flexibility, balance, and a strong posture. Learn to control your lateral breathing and engage your deep core muscles with controlled and precise movements.

### Learn to Practice *Tai Chi*

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. This 6 week program will help you meet people, improve balance, mobility, co-ordination, and prevent falls.

**CLICK each program  
to book yourself a spot!**



### Learn to Play *Badminton*

Become acquainted with the game of badminton through learning the basic skills and knowledge needed to play the game well. This 6 week program will focus on the correct way to hold a racket, different types of services, movement on court (footwork) and when to use basic skills.

### Learn to Play *Pickleball*

Pickleball is the fastest growing sport in North America and is enjoyed by people of all ages. This 6 week program is designed for people who want to learn pickleball for fun and recreation.

The topics covered using fun drills will include: learning hand-eye coordination skills, learning to dink, learning to volley, hitting groundstrokes, learning to serve and learning the rules of the game.

### *Pickleball Skills & Drills*

**\*NEW FORMAT\***

Are you unsure if you are a beginner or intermediate level pickleball player? Our Skills and Drills course can accommodate both beginner and intermediate level players in both a split and unified class format wherein students will be assigned drills and course materials suitable for their individual needs and skill levels.

# John W. Lindsay YMCA Programs

## 18+ years

Fee-Based Programs

### Personal Training

#### Personal Training

(10+ yrs)

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, assessment, customized programming, ongoing motivation, and professional assistance.

#### Partner Training

(10+ yrs)

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

(10+yrs)

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.

#### Getting Started with someone...

- ✓ Set up a free consultation with the trainer you want to work with:  
[personal.training@halifax.ymca.ca](mailto:personal.training@halifax.ymca.ca)
- ✓ Discuss your goals, health history, and any injuries they should know about during your free consultation
- ✓ Decide on the number of sessions that make sense during your free consultation
- ✓ Purchase sessions (*non-refundable / non-transferrable*)
- ✓ Fill out your Client Intake Form
- ✓ Begin your sessions! (typically the first session is an assessment of your current strength, balance, mobility, etc.)



#### Meet our trainers!

We offer packages of 3, 6, 10, 20, and 40 sessions to meet your personal training needs.

Non-member pricing is available, as well!

**Want to BE the personal trainer?**  
Learn about our certification course by clicking here!



# John W. Lindsay YMCA Programs

## 18+ years

### Fee-Based Programs

### Personal Training Certification

(19+ yrs)

The **Personal Trainer Certification Course** (48 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. The 2-hour practical exam will be scheduled once all assignments have been submitted and passed. Most participants will be ready to challenge the practical exam (being observed personal training) in June or July 2025 able to begin applying for Personal Trainer positions once fully certified.

**Intermediate Workplace First Aid + CPR-C** are requirements to be employed as a Personal Trainer. These certifications are not included and must be pursued on your own.

We offer **First Aid + CPR** courses throughout the year as well. [CLICK HERE for First Aid + CPR courses.](#)

### Group Fitness Instructor Certification

(16+ yrs)

The **Group Fitness Instructor Certification Course** (36 in-person 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.

**NOTE:** YMCA Staff can register in person or over the phone and must prove employment to receive the discounted staff rate.

What about **Aquafit**?  
Can I get certified to teach that?

Yep! You can. Our next **AquaFit Instructor Certification Course** happens in Fall 2025!



# John W. Lindsay YMCA Programs

## 18+ years

Fee-Based Programs

### Intermediate Workplace First Aid - Certification

(19+ yrs)

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

It 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 (formerly Standard First Aid) *includes CPR-C certification.*

[CLICK HERE](#) for dates, fees, and to register.

### Intermediate Workplace First Aid - Recertification

(19+ yrs)

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 (formerly Standard First Aid) includes CPR-C certification.

**Pre-Requisites:** Proof of *current (not expired)* Intermediate Workplace First Aid Course (or Standard First Aid).

[CLICK HERE](#) for dates, fees, and to register.

**NOTE:** YMCA Staff can register in person or over the phone and must prove employment to receive the discounted staff rate.



# John W. Lindsay YMCA Programs

## 55+ years

Included in Membership

### Group Fitness

#### OFF-SITE

##### Forever Fit

(55+ yrs)

Forever Fit is a physical fitness and health education program that happens in community centres around HRM.

The class is offered two to three times per week in six locations in community centres across Halifax and Dartmouth.

Our YMCA Forever Fit classes are led by qualified YMCA fitness instructors and set to lively music. Each session is made up of four parts which focus on improving participants' aerobic fitness, balance, strength and flexibility.

**Want to BE the instructor?**  
Learn about our certification courses  
by clicking here!



#### **Please Note:**

Those without a YMCA Membership can attend by purchasing a punch-pass through the John W. Lindsay YMCA (phone or in person).

Questions?  
[forever.fit@halifax.ymca.ca](mailto:forever.fit@halifax.ymca.ca)





# Etiquette and Child Safeguarding at the YMCA

[CLICK HERE](#)  
to see our  
Child Safeguarding policies

## **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 (16+) 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. We also have minors and vulnerable adults in the facility whose privacy should be protected.

## **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 your things 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.
  - Indoor, non-marking footwear only.
  - The exception is on the pool deck and in the change rooms.
- Wear clean and appropriate bathing attire when using the pool or hydrotherapy whirlpool.

## **No glass in the Aquatic Centre.**

- This includes glass goggles / face-masks, glass bottles, etc.



# Etiquette and Child Safeguarding at the YMCA

## Child Safeguarding Sign-in / Sign-out Policy

### 0 - 12 years:

- At the beginning of a class or program for children and youth, participants must have YMCA staff (their instructor) sign them in with a parent/guardian (16+ years old) present.
- At the end of the class, participants must have YMCA staff (their instructor) sign them out with the same parent/guardian (16+ years old) present.

### In the pool...

- 0 - 8 year olds must have a parent / guardian (16+) with them in the water, within arms reach
- 9 - 12 year olds must have a parent / guardian (16+) with them in the water, within arms reach, if they require a PFD or they are unsuccessful in completing a swim test
  - 9 - 12 year olds *who have successfully completed the swim test* must still have a parent / guardian 16+ in the facility while they are in aquatics programming
- 13+ years can access the pool(s) without adult / guardian (16+) supervision
- 16+ year can access the hot tub

### All members / non-members:

Parents/guardians can observe swimming lessons from two places:

- Great Hall
  - Tables and benches seat up to 15 people
  - Outlets nearby to charge devices
  - Public washrooms nearby
- First Floor bench / hallway near general change rooms
  - Closest view of participants through pool-level windows
  - Bench seats 2-3 people
  - Washrooms available in men's, women's, and universal change rooms nearby



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John W. Lindsay YMCA  
etiquette