



W I N T E R 2 0 2 3 / 2 0 2 4

PROGRAM GUIDE

John W. Lindsay YMCA

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

Community YMCA

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



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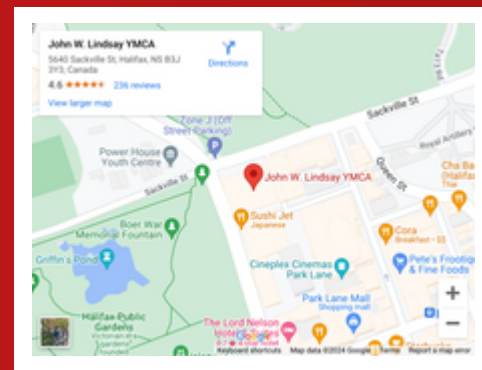
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📍 John W. Lindsay YMCA

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

 **Download the Program Guide as PDF**

 www.ymcahfx.ca

   **@ymcahd**



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

March 2-3 Saturday: 9:00-5:00 pm | Sunday: 9:00-5:00 pm



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MEMBERSHIP

YMCA 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

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



General Membership

- ✔ Individual - \$29 Biweekly
- ✔ Student - \$19.50 Biweekly
- ✔ Partner - \$49 Biweekly
- ✔ Youth - \$19.50 Biweekly
- ✔ Family - \$61 Biweekly

Plus Membership

- ✔ Individual - \$46.80 Biweekly
- ✔ Student - \$37.30 Biweekly
- ✔ Partner (1) - \$66.80 Biweekly
- ✔ Partner (2) - \$84.60 Biweekly
- ✔ Family (1) - \$78.80 Biweekly
- ✔ Family (2) - \$96.60 Biweekly



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WELLNESS SOLUTION

YMCA MEMBERSHIP

WELLNESS SOLUTION GROUP ORIENTATIONS

Our Wellness Coach will take members through the selectorized (pin-loaded) equipment in the gym. Great for newer exercises or those looking to refresh their knowledge.

Days	Times
Sundays	1:00 - 3:00 pm

Y Thrive

YThrive is our solution to get members support in learning how to workout in the fitness centre. Coaches meet with the members 1 on 1 and select a workout plan best suited for their goals and ability level. Appointments are scheduled every 30 days to check on their progress and adjust the workout.

Days	Times
Wednesdays	4:00 - 4:30 pm
Fridays	5:00 - 5:30 pm 6:00 - 6:30 pm



Book in the **MY Y App** or at our **Welcome Desk**.



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SPORT & FITNESS

Personal Training

INDIVIDUAL PERSONAL TRAINING

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

- An initial consultation (no cost)
- Customized programming, Ongoing motivation, Professional Assistance
- All Sessions are 1-hour unless otherwise arranged.
- Tax is NOT included in the prices shown.
- All packages include a 30min initial consultation during your first sessions.

Package	Member Session	Member Package	Non-Member	Non-Member Package
3 sessions	\$47.38	\$142.14	\$78.28	\$234.84
6 Sessions	\$47.38	\$284.28	\$78.28	\$469.68
10 Sessions	\$42.43	\$424.30	\$73.34	\$733.40
20 Sessions	\$38.17	\$763.4	\$69.06	\$1381.20
40 Sessions	\$37.13	\$1485.20	\$68.03	\$2721.20

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



PARTNER PERSONAL TRAINING

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

Package	Member Session	Member Package	Non-Member	Non-Member Package
6 Sessions	\$32.61	\$195.66	\$63.51	\$369.96
10 Sessions	\$29.66	\$296.60	\$60.56	\$605.60
20 Sessions	\$26.52	\$530.40	\$57.42	\$1148.40
40 Sessions	\$25.98	\$1039.20	\$56.88	\$2275.20



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SPORT & FITNESS

Fitness

GROUP FITNESS PROGRAMS

Drop-in group fitness classes are **FREE** with admission or when you sign up for a membership. A minimum of 3 participants is required to run classes.*

Aquafit: A full-body workout with a combination of cardiorespiratory, muscle conditioning, and interval training. Tone muscles, and increase endurance and flexibility. This is a medium to low impact class in shallow water and has no impact in deep water. Deepwater participants need not know how to swim but should be very comfortable in a flotation belt.

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.

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.

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.

Step & Strength: A combination class that uses the step for cardio and toning — great for all fitness levels!



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



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SPORT & FITNESS



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.

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



Check full Group Fitness Schedule on the website

FITNESS PROGRAMS

THIS WINTER

Restoring Body & Mind Pilates with NaRae
Pilates Series program is to help you optimize daily physical activities and exercises! It is aimed to help restore optimal postural alignment by mobilizing spines and strengthening & stabilizing the core with proper breathing techniques.

8 Weeks Program - January 15 - March 11 - No class on Monday, February 19- Heritage Day)

Days	Times	Rate*
Mondays	3:30 - 4:30 pm	Members \$80 Non-Members \$110

Tai Chi with Ping Lu
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.

10 weeks session - January 15-March 25 - No class on Monday, February 19- Heritage Day

Days	Times	Rate*
Mondays	6:00 - 7:00 pm	Members \$80 Non-Members \$110



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SPORT & FITNESS

Fitness

ACTIVE LIVING PROGRAMS

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

To register for AIM contact **Cathy Beirsto** at cathy.beirsto@halifax.ymca.ca

Forever Fit (55+): Forever Fit is an outreach program offered at sites throughout Greater Halifax/Dartmouth. Increase your flexibility and energy levels with fun, gentle fitness classes for participants over the age of 55. Classes are taught to lively music and incorporate low-impact movements that are gentle on the joints and spine.

To register for Forever Fit contact **Cathy Beirsto** at cathy.beirsto@halifax.ymca.ca



YMCA LIVEWELL

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.

For more information please contact livewell@halifax.ymca.ca

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.

For more information please contact livewell@halifax.ymca.ca



Fitness


SPORTS & RECREATION

Basketball: Book one of our basketball hoops at our Gymnasium. All ages are welcome, and nets can be lowered to accommodate children.

Pickleball: Pickleball is a fun racquet sport for players of all levels. Similar to badminton or tennis, players use solid square racquets to hit a perforated ball over a net. Invented in the 1960s, pickleball has exploded in popularity. Must be 8+ to participate. At the John W. Lindsay YMCA and the Community YMCA.

Badminton: Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Join in for a game of “singles” (with one player per side) and/or “doubles” (with two players per side). Must be 8+ to participate.

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

 [Check Our Gym Schedule on the website](#)



THIS SEASON SPORTS

NDO Basketball with Chaz

Basketball is a dynamic and fun sport that helps to build mental and physical stamina, strength, and skills. The YMCA has collaborated with NDOFITNESS to offer exciting 4-week basketball skills and development training program. Designed to progressively teach the fundamentals of basketball and gradually introduce different techniques that will increase their ability to effectively play the sport.

6 Week Session - No class on Monday, February 19-Heritage Day

Group	Days	Dates	Rate*
U10	Mondays & Wednesdays: 7:00-8:00 pm	Jan 15 - Feb 26	Members \$195 Non-Members \$225
U13	Fridays: 7:30-8:30 pm Sundays: 8:30 - 9:30 am	Jan 15 - Feb 26	Members \$195 Non-Members \$225

4 Week Winter Mini Session

Group	Days	Dates	Rate*
U10	Mondays & Wednesdays: 7:00-8:00pm	March 4 - 27	Members \$130 Non-Members \$150
U13	Fridays: 7:30-8:30 pm Sundays: 8:30 - 9:30 am	March 8 - 31	Members \$130 Non-Members \$150



THIS SEASON SPORTS

Learn to Play Pickleball with Paul and Michael

Pickleball is the fastest-growing sport in North America and is enjoyed by people of all ages. Our eight-session fall program is designed for kids 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.

For ages 16 and up

8 week session - January 21 - March 17 (No classes on February 18-due to the Heritage Day long weekend)

Level	Days	Time	Rate*
Beginner	Sundays	5:30 pm	Members \$80 Non-Members \$100
Intermediate	Sundays	6:30 pm	Members \$80 Non-Members \$100

Learn to Play Soccer with Adrian

This 8-week program will teach your child the basics of soccer introduction and how to play the sport as a team. Throughout the program, participants will learn proper fundamental movement skills and develop confidence with an understanding of the importance of teamwork.

For youth ages 6 - 12

8 Week Session - January 18 - March 7

Days	Time	Rate
Thursdays	5:30 pm	Members \$60 Non-Members \$95

Girl's Rock with Julie and Grace

The Girl's Rock program is designed to help young female and female identifying individuals navigate the often-overwhelming world of fitness and health. The program is open to female identifying youth from ages 12-15.

8 Week Session - January 16 - March 5

Days	Time	Rate*
Tuesdays	4:00 - 5:00 pm	Members \$60 Non-Members \$95





Aquatics YMCA Swim Program

The YMCA believes that learning to swim is a critical life skill. **The YMCA of Greater Halifax/Dartmouth offers one FREE swimming lesson at a time for members of all ages!** We are committed to reducing water-related injuries and encouraging more people to learn to swim and stay safe around water.

September 18, 2023 - June 23, 2024 Rolling Registration for GROUP swimming lessons!

Participants who register for group swimming lessons will register for their program until June 23, 2024; participants can register anytime for group swimming lessons throughout this time period.

Your paperless **progress report** will be available after your last class (Bring a Friend Day). You can find the link to your progress report here:
<https://swimgen.net/search/jwlymca>

Once your progress report is published, enter your YMCA Customer ID, %%CustomerID%%, in the search bar to view your report.

NOTE: to view your progress report, ensure that your Customer ID is 6 digits by adding 0's to the front of the number, e.g., 1234 is now 001234. If you need assistance with your SwimGen ID, please reach out to our membership team and they will be more than happy to assist you.

Admission Policy:

- 13 years old + can access the Aquatic Centre without adult/guardian supervision.
- 9 – 12 years must be accompanied in the water by a parent/guardian (adult/guardian must be at least 16 years of age) if they require a PFD or they are unsuccessful in completing a swim test.
- 9 – 12 years must be accompanied in the facility by a parent/guardian (adult/guardian must be at least 16 years of age) if they successfully complete the swim test.
- 8 years and under must have a parent in the water with them.

While you wait for your progress card to be available, you can see your **swimming level results** on your YMCA online account under My Account - Other Services - Active/Program Grade List. This information will be available to you after your class and will assist you with your future program registration needs.





Aquatics

YMCA Parent & Tot Swim

Program

Parent & Tot #1: Splasher LEVEL 1 (6 to 18mos) Caregivers assist their child (6-18 months) to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as splashing with arms and legs and pool area orientation. **Program Equivalent:**

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

Days	Times
Tuesday	4:55-5:25 pm
Thursday	4:55-5:25 pm
Saturday	9:30-10:00 am
Sunday	11:10-11:40 am

Parent & Tot #2: Bubbler LEVEL 2 (18mos to 3yrs) Caregivers assist their child (18 months-3 years) 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/back floats, and practicing safe swimming.

Program Equivalent:

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

Days	Times
Tuesday	4:55-5:25 pm
Thursday	4:55-5:25 pm
Saturday	9:30-10:00 am 11:30-12:00 pm
Sunday	11:10-11:40 am



YMCA Preschool Swim Program

Preschool #1: Bobber LEVEL 1 (3 to 5 yrs) The first level of our YMCA Preschool Swim program is Bobber! Child (3-5 years) 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

Days	Times
Monday	4:55-5:25 pm 5:30-6:00 pm 6:05-6:35 pm 6:40-7:10 pm
Wednesday	4:55-5:25 pm 6:05-6:35 pm 6:20-6:50 pm
Saturday	8:55-9:25 am 10:05-10:35 am 10:40-11:10 am
Sunday	10:00-10:30 am 10:35-11:05 am 11:45-12:15 pm 12:00-12:30 pm



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AQUATIC CENTRE

Preschool #2: Floater LEVEL 2 (3 to 5yrs) The second level of our Preschool Swim program is Floater! Child 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 (PFD), assisted jumps into the water, retrieving objects, and unassisted front and back floats and bobs.

Program Equivalent:

- Lifesaving Society - Preschool 1
- Red Cross - Salamander

Days	Times
Monday	4:55-5:25 pm 6:05-6:35 pm 6:40-7:10 pm
Wednesday	4:55-5:25 pm 5:30-6:00 pm 6:05-6:35 pm 6:40-7:10 pm
Saturday	8:55-9:25 am 10:40-11:10 am
Sunday	10:00-10:30 am 10:35-11:05 am 12:00-12:30 pm

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

Program Equivalent:

- Lifesaving Society - Preschool 2
- Red Cross - Sunfish

Days	Times
Monday	5:30-6:00 pm 6:20-6:50 pm
Wednesday	5:30-6:00 pm
Saturday	10:05-10:35 am
Sunday	10:00-10:30 am 11:45-12:15 pm

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

Program Equivalent:

- Lifesaving Society - Preschool 3
- Red Cross - Sunfish

Days	Times
Saturday	10:20-10:50 am
Sunday	12:00-12:30 pm

Preschool #5: Surfer LEVEL 5 (3 to 5yrs) The fifth level of our YMCA Preschool Swim program is Surfer! Child (3-5 years) 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.

Program Equivalent:

- Lifesaving Society - Preschool 4
- Red Cross - Crocodile

Days	Times
Saturday	10:55-11:25 am
Sunday	11:45-12:15 pm

Preschool #6: Jumper LEVEL 6 (3 to 5yrs) The sixth and final level of our YMCA Preschool Swim program is Jumper! Child (3-5 years) further refines front and back swim to 25m and continues deep water activities. Instruction covers skills such as front and back crawl, standing dive, and surface support for 45 seconds.

Program Equivalent:

- Lifesaving Society - Preschool 5
- Red Cross - Whale

Days	Times
Saturday	10:55-11:25 am



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AQUATIC CENTRE

Youth: 6 - 12 Years

YMCA Learn to Swim Program

Youth #1: Otter LEVEL 1 (6 to 12 yrs) The first of four levels in our YMCA Learn to Swim program is Otter! Child (6-12 years) can glide without assistance. Instruction covers skills such as submersion, unassisted front and back glide and jumps into chest deep water from a standing position.

Program Equivalent:

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

Days	Times
Monday	4:55-5:25 pm 5:30-6:00 pm 6:40-7:10 pm
Wednesday	4:55-5:25 pm 5:30-6:00 pm 6:20-6:50 pm
Saturday	8:55-9:25 am 9:45-10:15 am
Sunday	10:00-10:30 am 12:35-1:05 pm



Youth #2: Seal LEVEL 2 The second of four levels in our YMCA Learn to Swim program is Seal! Child (6-12 years) is comfortable in deep water. Instruction covers skills such as deep water jumping and breath control. Participants continue to work on glides and glide up to 5m on their back.

Program Equivalent

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

Days	Times
Monday	4:55-5:25 pm 6:55-7:25 pm
Wednesday	4:55-5:25 pm 6:05-6:35 pm 6:40-7:10 pm
Saturday	8:55-9:25 am 10:20-10:50 am
Sunday	10:00-10:30 am 11:10-11:40 am

Youth #3: Dolphin LEVEL 3 The third of four levels in our YMCA Learn to Swim program is Dolphin! Child (6-12 years) spends 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 distance of 15m.

Program Equivalent:

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

Days	Times
Monday	4:55-5:25 pm 6:55-7:25 pm
Wednesday	4:55-5:25 pm 6:55-7:25 pm
Saturday	9:30-10:00 am
Sunday	10:35-11:05 am 11:25-11:55 am



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AQUATIC CENTRE

Youth #4: Swimmer LEVEL 4 (6 to 12 yrs) The last level in our YMCA Learn to Swim program is Swimmer! Child (6-12 years) can recover an object in water 1.5m deep, tread water for 40[SE1] [FO2] seconds, and front crawl for 15m distance. Instruction covers skills such as surface dives and deep water bobs.

Program Equivalent:

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



Days	Times
Monday	5:30-6:00 pm 7:30-8:00 pm
Wednesday	5:30-6:00 pm 7:30-8:00 pm
Saturday	11:30-12:00 pm
Sunday	10:35-11:05 am 12:35-1:05 pm

Youth: 6 - 12 Years

YMCA Star Swim Program

Youth #5: Star 1 LEVEL 1 The first level of our YMCA Star Program is Star 1! Participant (6-12 years) works on endurance to complete a 75m swim. Instruction covers skills such as enhancing front crawl to initial standard and back crawl to initial standard, introduction of elementary breaststroke, swimming on back for 25m, and treading water for 2 minutes.

Program Equivalent:

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

Days	Times
Monday	4:55-5:40 pm
Wednesday	4:55-5:40 pm
Saturday	8:55-9:40 am
Sunday	11:10-11:55 am

Youth #6: Star 2 LEVEL 2 The second level of our YMCA Star Program is Star 2! Participant (6-12 years) continues to develop front and back crawl to intermediate standard. Instruction covers skills such as introduction of breaststroke and endurance swim of 100m.

Program Equivalent:

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

Days	Times
Monday	5:30-6:15 pm
Wednesday	5:30-6:15 pm
Saturday	9:30-10:15 am
Sunday	10:35-11:20 am

Youth #7: Star 3 LEVEL 3 The third level of our YMCA Star Program is Star 3! Participant (6-12 years) continues to practice back crawl intermediate standard 75m, elementary backstroke initial standard 50m, and breaststroke initial standard 50m. Instruction covers skills such as eggbeater surface support, 200m swim, and starting Lifesaving Society's Canadian Swim Patrol curriculum.

Program Equivalent:

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

Days	Times
Monday	6:05-6:50 pm
Saturday	10:05-10:50 am
Sunday	11:45-12:30 pm



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AQUATIC CENTRE

Youth #8: Star 4 LEVEL 4 The fourth level of our YMCA Star Program is Star 4! Participant (6-12 years) builds further endurance to swim 100m within 3 minutes. Instruction covers skills such as drowning prevention, Canadian Swim Patrol curriculum, dolphin kick 25m, eggbeater proficiency, elementary backstroke intermediate standard 75m.

Program Equivalent:

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

Days	Times
Wednesday	6:05-6:50 pm
Saturday	10:40-11:25 am

Youth #9: Star 5 LEVEL 5 The fifth level of our YMCA Star Program is Star 5! Participant (6-12 years) 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
- Red Cross - Swim Kids 10

Days	Times
Saturday	11:15-12:00 pm

Youth #10: Star 6 LEVEL 6 The sixth level of our YMCA Star Program is Star 6! 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
- Red Cross - Swim Kids 10 and can complete swim 500 m continuously

Days	Times
Saturday	11:15-12:00 pm

YMCA Private Lessons

Private Lessons: Private lessons provide one-on-one instruction to meet each swimmer's individual needs. All lessons are 30 minutes in length. **Semi-Private Lessons** provide instruction based on your swimming needs. Bring a friend or family member!

Private	Private	Semi-Private
Monday: 4:55-5:25pm 5:30-6:00 pm 5:45-6:15 pm 6:05-6:35 pm 6:20-6:50 pm 6:40-7:10 pm 6:55-7:25 pm 7:30-8:00 pm	Tuesday: 4:55-5:25 pm 5:30-6:00 pm 6:05-6:35 pm 6:20-6:50 pm 7:45-8:15 pm	Monday: 6:05-6:35 pm
Wednesday: 4:55-5:25 pm 5:30-6:00 pm 5:45-6:15 pm 6:05-6:35 pm 6:40-7:10 pm 6:55-7:25 pm 7:30-8:00 pm	Thursday: 4:55-5:25 pm 5:30-6:00 pm 6:05-6:35 pm 6:20-6:50 pm 7:45-8:15 pm	Wednesday: 6:40-7:10 pm
Saturday: 8:55-9:25 am 9:30-10:00 am 10:05-10:35 am 10:40-11:10 am 10:55-11:25 am 11:30-12:00 pm	Sunday: 10:00-10:30 am 10:35-11:05 am 10:50-11:20 am 11:10-11:40 am 11:25-11:55 am 12:35-1:05 pm	Saturday: 11:30-12:00 pm Sunday: 12:35-1:05 pm

Additional program fees apply





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AQUATIC CENTRE

Aquatics

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.

Days	Times
Tuesday	5:30-6:15 pm

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.

Days	Times
Tuesday	6:05-6:50 pm

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.

Days	Times
Tuesday	6:55-7:40 pm

YMCA Lifesaving Sport Program

Junior Lifesaving Sport Fundamental – 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 a 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 manikin with a rescue tube.

Levels	Days	Times
1 & 2	Saturday	1:15-2:00 pm

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, swim with fins and 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 block, turns, 50 m sprint, advanced throwing accuracy and advanced rescue tube and manikin tow skills.

Levels	Days	Times
3 & 4	Saturday	2:05-2:50 pm



Aquatics

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.

Days	Times
Monday	7:15-8:00 pm
Tuesday	6:55-7:40 pm 7:30-8:15pm
Wednesday	7:15-8:00 pm
Thursday	5:30-6:15 pm 6:55-7:40 pm
Saturday	11:15-12:00 pm
Sunday	12:20-1:05 pm

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.

Days	Times
Monday	7:15-8:00 pm
Tuesday	6:40-7:25 pm 7:30-8:15 pm
Wednesday	7:15-8:00 pm
Thursday	6:40-7:25 pm 7:30-8:15 pm

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.

Days	Times
Monday	7:15-8:00 pm
Tuesday	6:40-7:25 pm
Thursday	6:05-6:50 pm 7:30-8:15 pm
Sunday	12:20-1:05 pm

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.

Days	Times
Wednesday	7:15-8:00 pm
Thursday	6:40-7:25 pm
Sunday	12:20-1:05 pm

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.

Days	Times
Thursday	6:55-7:40 pm

Aquatics

AQUATIC LEADERSHIP PROGRAMS

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 Medallion with Basic Workplace First Aid

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

January 11-14, 2024

February 1-4, 2024

Fri: 6:00 pm - 10:00 pm | Sat & Sun: 9:00am -5:00pm

Thu: 5:30 -9:00 pm

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

March 7-10 & 21-24

Fri: 6:00pm - 10:00pm | Sat & Sun: 9:00am -6:00pm

Thu: 5:30 -9:30 pm

Bronze Cross with Intermediate Workplace First Aid

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

January 18-21 & 26-28

February 8-11 & 23-25

Fri: 6:00 pm - 9:30 pm | Sat & Sun: 10:00am -5:00pm

Thu: 6:00 -8:00 pm

YMCA Swim Instructor

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

March 1-3

Fri: 6:00pm - 10:00pm | Sat & Sun: 10:00am - 4:30pm

Apply online at ymcahfx.ca/aquatics/



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AQUATIC CENTRE

Aquatics

Other Leadership Swim Program

Bronze Star - Prerequisite: None (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.

Days	Times
Saturday	1:15-2:45 pm

OTHER AQUATICS PROGRAMS

Stroke Improvement 1 - (Pre-req: Attempted or Completed Swimmer or equivalent) Perfect your Front and Back Crawl strokes.

Days	Times
Monday	7:15-8:00 pm

Stroke Improvement 2 - (Pre-req: Attempted or Completed Star 2 or equivalent) Perfect your Elementary Backstroke and Breaststroke.

Days	Times
Wednesday	7:15-8:00 pm



SwimAbilities

SwimAbilities is a small group program for children with special needs. The goal of this program is to assist children in developing their aquatic skills with the goal to integrate into larger group swimming lessons where possible – seasonal assessments are included in this program.

SwimAbilities - Otter: In this level, the **child (6-12 years)** can glide without assistance. Instruction covers skills such as submersion, unassisted front and back glide, and jumps into chest-deep water from a standing position.

Days	Times
Saturday	1:15-1:45 pm 2:25-2:55 pm

SwimAbilities – Seal: In this level, **child (6-12 years)** is comfortable in deep water. Instruction covers skills such as deep water jumping and breath control. Participants continue to work on glides and glide up to 5m on their back.

Days	Times
Saturday	1:50-2:20 pm 3:00-3:30 pm



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AQUATIC CENTRE

Aquatics

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, do you! This program is designed to allow pool users the space required to complete their aquatic workouts, physical therapy, or swimming skills practice. All swimming abilities are welcome.

Hydrotherapy Whirlpool: (Seat 16pp!) 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 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.

Child Protection Sign-in/out Policies

- At the beginning of the class, participants 12 years old and under must check in with the instructor with an adult (16 yrs+).
- At the end of the class, participants 12 years old and under must check out by the same adult.
- Parents who are not in the water can observe lessons from the pool-level windows or from the Great Hall.
- Videography and photography are not permitted to ensure our member's privacy.

Cancellation Dates:

- December 11 - January 9, 2024
- February 17 - 19, 2024
- March 11 - 17, 2024
- March 29-April 1, 2024



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



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CHILD & YOUTH

Play & Learn

CHILD & YOUTH PROGRAMS

Child Minding Services

The YMCA is pleased to offer members child minding for children ages 18 months to 12 years old. Enjoy your workout while we take care of your little one(s).

Experienced child minding staff will ensure the health and safety of your child(ren) while you enjoy our facilities.



Rate Type	Price
Members	\$ 4 per hour

Childminding is available **Monday – Thursday**, 4:00 pm – 8:00 pm, and **Saturdays** 9:00 am – 5:00 pm. Maximum drop-off services are 90 minutes. Reservations can be made after a child minding punch pass or day pass is purchased.

Reservations can be made on **MY Y APP** or through our welcome desk by calling (902) 423-9622 ext. 0. *24-hour notice for all cancellations must be provided, and charges to apply for any cancellations not made prior to the 24-hour time frame.*

CHILD PROGRAMS

Kinder Gym: (6 months -5 yrs) accompanied by parent/guardian) This is a drop-in program that combines physical and artistic activities for your child. In the gymnasium, your child will learn to run, jump, and play with basic movements. This is a fun time for your child to enhance their motor skills.

Days	Times
Wednesdays	9:00 - 9:50 am

Kinder Swim: (0 to 6 yrs) Kinder Swim time is when our Teaching Pool is 60cm deep! Toys are available for your use. Parent accompaniment required.

Days	Times
Monday	10:00 - 10:30 am
Wednesday	10:00 - 10:30 am
Friday	10:00 - 11:00 am

Tumble Bugs: (3 to 6 yrs) Join our exciting Tumblebugs program, designed especially for young children in Nova Scotia. Developed by experts in early childhood, physical education, and gymnastics, Tumblebugs teaches essential movement skills and builds physical confidence. **Starts Oct 14th**

Days	Times	Location
Saturday	9:00 - 9:45 am	John W. Lindsay YMCA



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CHILD & YOUTH

Play & Learn

CHILD & YOUTH PROGRAMS

YOUTH PROGRAMS

Kids in the Kitchen: (12 yrs+) **Only offered at Community YMCA.** As part of our Y-EATS program, a cohort of six youth meet on Mondays after school for 6-weeks to plan, prep and cook some of their favourite dishes.

Days	Times
Mondays	3:00 - 5:00 pm

Y-EATS at John W. Lindsay YMCA: (13-19 yrs) Drop-in after school on Thursdays! Come socialize with nutritious food, friends and games! **Starts September 14th**

Days	Times	Location
Thursdays	3:00 - 4:00 pm	John W. Lindsay YMCA

First Tee Golf: (6 to 12 yrs) Is your child curious about golf or eager to learn a new skill? Dive into our exciting 6-week golf introduction program, designed for youth by First Tee - Golf Canada. We make learning golf fun with games and activities held indoors in a gymnasium. Our trained instructors will guide your kids through the program. It's only \$4 per class, totaling just \$24!

Group	Days	Times	Location
6 - 8 years old	Fridays	4:30 - 5:00 pm	John W. Lindsay YMCA
9 - 12 years old	Fridays	5:00 - 5:45 pm	John W. Lindsay YMCA

After-School Program: (All children and youth ages 5 to 18) Our After School program is a program that offers a safe and welcoming space for children and youth after school hours. Participants will be able to use the Community YMCA facilities and we offer a wide range of activities including, Art, Learn a Sport, E-Sports Tournaments, and our **Y-EATS Program.**

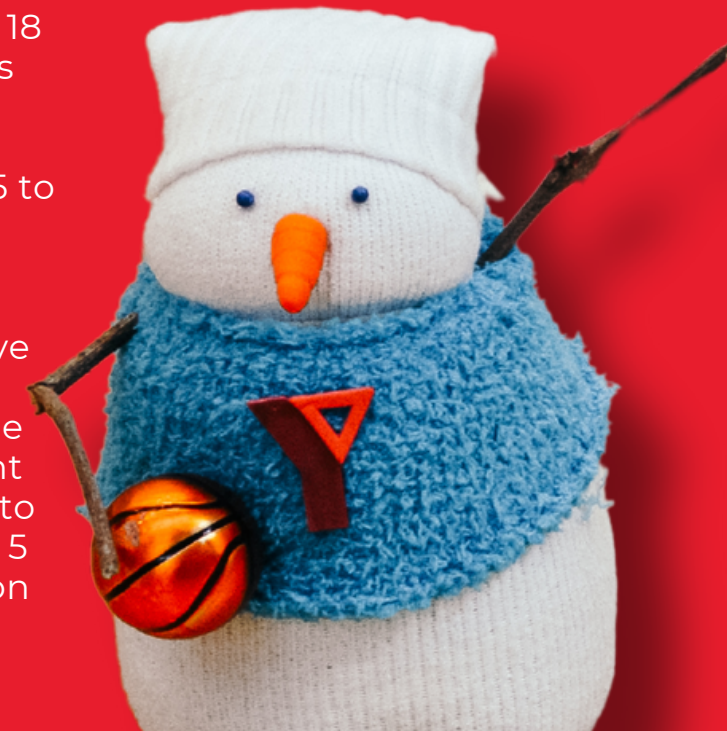
Cost: 10 \$ per child

Hannah Rhude: hannah.rhude@halifax.ymca.ca (902) 220-9771

Days	Times	Location
Monday to Friday	3:00 - 5:00 pm	Community YMCA

Basketball

Panthers Basketball: (5 - 18 yrs) Panthers Basketball is an extensive YMCA basketball program for children and youth ages 5 to 18 who are interested in skills development, teamwork, and a recreational or competitive basketball program. Our program offers a full range of basketball development programs from beginner to rep teams spanning ages 5 to 18. For more information and to register visit: ymcahfx.ca/panthers





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CHILD & YOUTH

OTHER YOUTH PROGRAMS

Y MIND

(13 - 18 yrs) Y Mind Teen is a free seven-week mental wellness program delivered throughout HRM. This program supports teens ages 13 to 18 who are experiencing symptoms of mild-to-moderate anxiety or stress. Participants learn and practice evidence-based strategies to help manage anxiety. For more information and registration, please visit:

www.ymcahfx.ca/ymind or contact our Y Mind staff team: at ymind@halifax.ymca.ca

Brianna Cromwell: brianna.cromwell@halifax.ymca.ca

YMCA HEAD START

(12 -17 yrs) YMCA Head Start is for students looking for part-time or summer employment who are welcome to our Job Search Camp. The students will join workshops including Resume Development, Career Planning, Job Search, Interview Preparation, Access to online career tools for students, Community Projects, Volunteer Opportunities, Training allowance, and more. Learn more:

www.ymcahfx.ca/youthleadership

YOUTH TRANSITIONS

(15 - 18 yrs) This new program aims to help youth transition to their next stages of life. Whether that's Jr. high to High school, High school to Higher education, Vocations, Employment, or Personal development. This program has three main components: One-on-one support, Life skills workshops, and A mentorship program where youth will be matched up with a mentor to provide healthy role models and develop a healthy supportive relationship. For more information visit:

www.ymcahfx.ca/ytp

O'Neil Barton: oneil.barton@halifax.ymca.ca

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:

www.ymcahfx.ca/youthleadership

Preston Simmons: preston.simmons@halifax.ymca.ca

YOUTH EXCHANGES

YMCA Youth Exchanges Canada (YEC) (12-17 yrs) This program is a national exchange program that pairs groups of 10 to 30 participants together from different provinces and territories, staying at least five days in each other's communities. This program aims to provide youth with the opportunity to develop a broader understanding of Canadian identity, connect with diverse communities, and develop leadership skills. Learn more:

www.ymcahfx.ca/youthleadership

Brianna Cromwell: brianna.cromwell@halifax.ymca.ca



***All Prices listed here are before tax**



John W. Lindsay YMCA

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

Community YMCA

2269 Gottingen St Halifax, NS B3K 3B7
(902) 717-9646
www.ymcahfx.ca/cy/



ABOUT THE YMCA OF GREATER HALIFAX/DARTMOUTH

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

For 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



www.ymcahfx.ca



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