

MEMBERSHIP INFORMATION

YMCA Mission Statement

The YMCA is a multi-service charity that provides opportunities for personal growth in spirit, mind and body for people of all backgrounds, beliefs and abilities.

Member Etiquette

Since the YMCA strives to create a positive and welcoming environment for all participants all YMCA members are expected to act with consideration for others and take responsibility for treating all community members with caring, honesty and respect.

YMCA Core Values

- Honesty
- Caring
- Respect
- Responsibility

Benefits of a YMCA Membership

YMCA Membership is about total health in spirit, mind and body. As a member at one of Canada's leading charitable organizations, adults and students can also look forward to these membership benefits:

- Unlimited adult fitness and aquatics classes
- Access to programs at all YMCA of Western Ontario branches
- Free drop-in classes
- Discounted specialty program rates
- Wellness Coaching Sessions
- Open gym time
- Family and lane swims
- Recreational sports
- Use of day lockers and General Change Rooms
- Canada-wide YMCA usage

Memberships for Children Include:

- Unlimited drop-in programs
- Three registered programs per session (1 wet, 2 dry)
- Recreational swim and gym time
- Member discount on certification programs
- Reduced rate for special holiday/PA Day programs

Membership Assistance

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.

YMCA Strong Kids

YMCA Strong Kids Campaign provides financial assistance to members in our community ensuring access to all programs and services that the YMCA offers, regardless of their inability to pay. 34% of our members and program participants received financial support through our YMCA Strong Kids Campaign.

Volunteer Opportunities

All YMCA endeavours involve a partnership of staff and volunteers. For volunteer opportunities and an application please visit www.ymcawo.ca.

Security/Lockers

The YMCA Centre Branch now has security lockers for your protection in our Men's/Woman's 14+, and Family Change Rooms. Please see Membership Services to have your membership card punched in order to use this security benefit. Any of our staff are available to show you how these lockers work.

Parking

Our parking lot has 89 spots. As such, we ask members to limit use of the parking lot to 3 hours maximum while using the facility. Any cars parked more than 3 hours may be subject to a warning, and/or a city issued ticket. For your security, please not leave valuables out in the open in your automobile.

Body Mechanics - Physiotherapy & Chiropractic Services

Schedule your appointment today!
(519) 858-2931

Wellspring London and Region Cancer Support Centre

Wellspring offers one-to-one peer support, support groups, information sessions, coping skills, and programs at no cost and without referral.
(519) 438-7379

YThrive

Complimentary YThrive appointments are included in your membership. Book your appointment today and get setup on Begin, Flex, Boost, Balance, or Grow. Those with any health concerns will have a personalized program created by a certified trainer. Register with a Membership Services Representative. Ythrive Grow appointments are available for participants 10-12 yrs.

Yoga

Techniques focus on postures, breathing and meditation. Participants will gain strength and flexibility, while teaching mind and body relaxation. Participants are encouraged to bring their own yoga mats. All of our Yoga Programs run for 75 minutes, with the exception of our lunch express classes that run for 60 minutes. Please note that there are buffer times built into the set time to allow for setup and tear-down of the studio.

Personal Training

Whether you want to take your training to the next level, or just need that extra dose of motivation, we have trainers on hand to help you meet your fitness goals. One on one or group training sessions are available. Ask membership Services for details on our various personal training packages.

Child Minding (3 months-5 years)

Child Minding is a service included in your YMCA membership. It can be used by those who require care for their child/childr while they are in the facility for up to 2 hours. The Child must have an active membership, and parents must stay within the building. Children with inactive or no memberships must pay the Child Minding Fee with Membership Services.

- Monday 8:45am-12:00pm & 5:00pm-8:15pm
- Tuesday 8:45am-12:00pm & 5:00pm-8:15pm
- Wednesday 8:45am-12:00pm & 5:00pm-8:15pm
- Thursday 8:45am-12:00pm & 5:00pm-8:15pm
- Friday 8:45 am-12:00pm
- Saturday 8:45am-1:00pm
- Sunday 8:45am-1:00pm

Drop Zone (3 - 12 years)

Monday - Thursday 4:45pm in Childminding

Make it to your fitness class on time! Drop off your child(ren) early for their evening program in Childminding. They will be brought down to their evening program.

School Year Camp

Our full-day PA Day Camp and Holiday Day Camp is a great way to get a little taste of camp, during the school year. Here at the Centre Branch YMCA our camp shares an emphasis on both indoor and outdoor active play. Our programming focuses on the development stages of the campers and grows with them, as they grow with the YMCA.

PA Days:

- September 28, 2018
- October 26, 2018
- November 16, 2018

Fri Y

Drop your 4-12yr old off with us on selected Friday Nights for Treehouse, Pizza, Craft, and a Swim while you go out for dinner, check out a movie, or get in some personal time. 5:00pm-8:00pm.

**Must register before 5:15pm in order to be placed on the pizza order.

- Fri Y Dates:
- September 21, 2018
 - October 19, 2018
 - November 23, 2018

Aquatic Leadership

We offer a range of leadership courses for participants aged 9-16 years old. Geared toward swimmers who are looking to start on the path to obtaining the National Lifeguard (NL) award, those looking for an aquatic challenge and improve fitness levels or to simply increase their knowledge and awareness of Aquatic related emergencies. For more information, course pre-requisites and fees, please visit our website <http://ymcawo.ca/cb-aquatic-leadership>

Private Swim Lessons

Is your child stuck on a certain stroke or needs help getting comfortable in the large pool? Are you looking to enhance your strokes or confidence in the pool? Then private lessons are the way to go! This is a great way to improve self esteem and confidence for any age in the water. Please fill out a private lesson request form at the front desk.

Swimming Lesson Progress Cards:

<https://swimngen.net/search/ymcawo>

Swim Admission Policy

Children 8 years of age and younger MUST be accompanied by a guardian at least 13 years of age. The ratio of guardians to swimmers is 1:2, unless all the swimmers are wearing lifejackets, in which case the ratio is 1:4.

Children 9 to 12 years of age must have a guardian at least 13 years of age present on the pool deck while they swim. If they pass the facility swim test the guardian may leave the pool deck. The ratio of guardians to swimmers is 1:8.

This policy is subject to the discretion of the lifeguard on duty, who may require older children to be within arms reach and for more guardians based on the swimming ability of the swimmers and their guardians.

The Y gave me the balance I was looking for:

"I am a 38 year old police officer, married with two active children. Balancing shift work, a busy home life and staying healthy was challenging.

Being introduced to YThrive made my life easier. My workouts became more productive in a shorter period of time. Staying active at the YMCA has eliminated my high blood pressure and has given me the balance I was looking for." - Marc

Holiday Schedule

October 8, 2018

Holiday Program Schedule

Children	Childminding (3months-5yrs)	9:30-11:30am
	Drop-In Tree house (5-12 yrs)	9:30-11:30am
Adult Fitness	Instructor's Choice Studio A	10:00-11:00am
Large Pool	Lane Swim	8:00am-3:30pm
	Open Swim	12:00-3:30pm
Small Pool	Deep Aquafit	10:00-10:45am
	Shallow Aquafit	11:00-11:45am
	Family Swim	12:00-2:00pm
	Open Swim	2:15-3:30pm

Special Dates:

Program Start Date: September 17, 2018



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