

# Stoney Creek Community Centre, YMCA & Library PROGRAM SCHEDULE

January 7 - April 22, 2019

Stoney Creek Community Centre YMCA & Library  
920 Sunningdale Road East  
London, ON N5X 0H5  
519.667.4400  
ymcawo.ca/stoney-creek



## Monday

Time	Lap Pool		Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
	Ramp Side	Library Side								
5:30 AM										
6:00 AM										
6:30 AM				Bootcamp (6:00am-6:45am)						
7:00 AM					Open Gym					
7:30 AM										
8:00 AM				Group Active						
8:30 AM										
9:00 AM			Parent & Tot (9:00am-9:45am)	Group Power (9:15am)						
9:30 AM			Gentle Joints (10:00am-10:45am)	Group Blast (10:15am)	Open Gym	Preschool Gym & Swim	Child Minding			
10:00 AM										
10:30 AM										
11:00 AM			Family Swim (11:00am-11:45am)		TRX* (11:15am)					
11:30 AM										
12:00 PM			Shallow Aquafit (12:00pm-12:45pm)	Group Power						
12:30 PM										
1:00 PM			Swim to Survive**							
1:30 PM										
2:00 PM										
2:30 PM			Adult Swim			Pickleball				
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM			Swim Lessons*							
5:30 PM										
6:00 PM			JLC* Level 1							
6:30 PM			Y* Torpedoes							
7:00 PM			Family Swim (small pool only)	Group Power	Group Centery	Physical Literacy Soccer*	Active & Creative Kids (6-12yrs)			
7:30 PM				Group Blast	Cycle (6:00pm-6:45pm)					
8:00 PM			Shallow Aquafit (8:30pm-9:15pm)	Group Groove	Kettlebell*	Basketball 13+	Volleyball 13+			
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

## Tuesday

Time	Lap Pool		Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
	Ramp Side	Library Side								
5:30 AM										
6:00 AM										
6:30 AM										
7:00 AM						Cycle & Strength				
7:30 AM						Open Gym				
8:00 AM										
8:30 AM						Tai Chi Level II* (7:30am-8:15am)				
9:00 AM			Adult Swim							
9:30 AM			Parent & Tot (9:00am-9:45am)	Boot Camp (9:15am)	Gentle Yoga (9:15am)					
10:00 AM			Water Walking (10:00am-10:45am)	Group Active (10:15am)	Group Core (10:15am-10:45am)					
10:30 AM										
11:00 AM			Family Swim (11:00am-11:45am)		Lite & Lively* (11:00am-11:45am)					
11:30 AM										
12:00 PM			Deep Aquafit (12:00pm-12:45pm)		Group Centery					
12:30 PM										
1:00 PM			Swim to Survive**							
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM			Swim Lessons*							
5:30 PM			JLC* Level 2							
6:00 PM			Y* Torpedoes							
6:30 PM			Adult Masters							
7:00 PM			Family Swim	Group Blast	Y Not Shrink it!**					
7:30 PM				Group Power	Yoga					
8:00 PM						Active & Creative Kids (6-12yrs)				
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

## Wednesday

Time	Lap Pool		Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
	Ramp Side	Library Side								
5:30 AM										
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM			Parent & Tot (9:00am-9:45am)	Group Blast (9:15am)						
9:30 AM			Gentle Joints (10:00am-10:45am)	Group Groove (10:15am)	Group Centery (10:15am)					
10:00 AM										
10:30 AM			Family Swim (11:00am-11:45am)		Baby & Me Fitness* (11:15am)	Co-Ed Basketball 18+*				
11:00 AM										
11:30 AM			Shallow Aquafit (12:00pm-12:45pm)							
12:00 PM										
12:30 PM			Swim to Survive**							
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM			Adult Swim							
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM			Swim Lessons*							
5:30 PM			JLC* Level 1							
6:00 PM			Y* Torpedoes							
6:30 PM			Family Swim (small pool only)	Group Power	Group Centery	Physical Literacy Basketball*	Active & Creative Kids (6-12yrs)			
7:00 PM				Group Blast	Cycle (6:00pm-6:45pm)					
7:30 PM			Shallow Aquafit (8:30pm-9:15pm)	Group Groove	TRX*					
8:00 PM										
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

## Thursday

Time	Lap Pool		Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
	Ramp Side	Library Side								
5:30 AM										
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM			Parent & Tot (9:00am-9:45am)	Group Fight (9:15am)	Cycle (9:15am)					
9:30 AM			Water Walking (10:00am-10:45am)	Group Active (10:15am)	Group Core (10:15am-10:45am)					
10:00 AM										
10:30 AM			Family Swim (11:00am-11:45am)		Lite & Lively* (11:00am-11:45am)					
11:00 AM										
11:30 AM			Deep Aquafit (12:00pm-12:45pm)							
12:00 PM										
12:30 PM			Swim to Survive**							
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM			Swim Lessons*							
5:30 PM			Youth Lesions*							
6:00 PM			Y* Torpedoes							
6:30 PM			Adult Masters							
7:00 PM			Family Swim	Group Active	Y Not Shrink it!**					
7:30 PM				Group Blast	Group Centery	Physical Literacy Soccer*	Active & Creative Kids (6-12yrs)			
8:00 PM										
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

## Friday

Time	Lap Pool		Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
	Ramp Side	Library Side								
5:30 AM										
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM			Parent & Tot (9:00am-9:45am)	Group Power (9:15am)						
9:30 AM			Water Walking (10:00am-10:45am)	Group Active (10:15am)	Group Centery (10:15am)					
10:00 AM			PS Gym & Swim							
10:30 AM			Family Swim (11:00am-11:45am)		Baby & Me Fitness* (11:15am)					
11:00 AM										
11:30 AM			Shallow Aquafit (12:00pm-12:45pm)							
12:00 PM										
12:30 PM			Swim to Survive**							
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM			Swim Lessons* (2:30pm-7:00pm)							
5:30 PM			JLC* Level 2							
6:00 PM			Swim Lessons*							
6:30 PM			Aquatic** Leadership							
7:00 PM			Family Swim	Group Power						
7:30 PM				Group Blast						
8:00 PM										
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

## Saturday

Time	Lap Pool			Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
	Library Side	Middle	Ramp Side								
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM											
9:00 AM				</							

# MEMBERSHIP INFORMATION

## Membership Benefits

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

- Access to programs at all YMCA of Western Ontario branches
- Free drop-in recreational and adult group fitness programs
- Discounted speciality program rates (i.e. Day Camps)
- Free child minding services for our young members ( 3 months-5 years)
- 1 swimming lesson per child, per session
- Family and lane swim times
- 2 registered dry land programs per child per session
- Free wellness coaching sessions
- Y Thrive Fitness Programs
- Unlimited drop in programs no registration required
- Canada-wide YMCA usage

## 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.

## YMCA Core Values

- Honesty
- Caring
- Respect
- Responsibility

## Membership Etiquette

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

## Volunteer Opportunities

All YMCA endeavours involve a partnership of staff and volunteers. For volunteer opportunities and information please visit [www.ymcawo.ca/volunteer](http://www.ymcawo.ca/volunteer)

## YMCA Strong Kids

The YMCA Strong Kids program provides financial assistance to members in our community. As a charitable organization, the YMCA strives to serve all segments of the community. If your current financial circumstances are limiting your ability to participate, financial assistance memberships may be provided. Contact us for more information.

### Did you know:

1 in 3 participants in YMCA programs are here because of generous donors to our campaign. Ask us how to get involved today!

## YMCA School Year Day Camps

Our School Year Day Camps provide the same commitment to camper growth and development as our traditional Summer Day Camp programs. They are a great way for your camper to grow with us all year round.

## City of London Spectrum Programming

We offer a large selection of Spectrum Programs both with swim lessons and dry land programming on behalf of the City of London. For Spectrum Program Registration please contact the City of London online at: [london.ca/playyourway](http://london.ca/playyourway) or by telephone: 519-661-5575.

## Guest Passes/Day Passes

Members are encouraged to bring guests to the YMCA in order to introduce someone new to the branch at no cost. Each member can introduce as many first time guests as they wish, but each guest must be on their first visit to the YMCA. Day passes are available to the general public. All individuals accessing the facility must present valid photo ID. Proof of age may be required. All users must fill out a Waiver of Liability, and Guest Code of Conduct before access to the facility is granted.

## Child Protection Policy:

The YMCA is committed to ensuring that it:

- Provides a safe environment for children and young people
- Identifies children and young people who are suffering, or likely to suffer significant harm
- Takes appropriate action to see that such children and young people are kept safe at the YMCA.
- Members are required to scan their YMCA membership card or provide photo ID to access the facility

## Building Access Policy:

Children 8 and under must be accompanied by a parent/guardian while in the facility. All guests entering into the YMCA must sign in at the Membership Desk and show valid photo ID.

## Swim Admission Policy:

Children 8 years of age and younger MUST be accompanied in the water, within arms reach, by a guardian at least 13 years of age. The ratio of guardians to swimmers is 1:2, unless the swimmers are wearing lifejackets, in which case the ratio is 1:4. Children 9-12 years of age must also be accompanied by someone 13 years of age or older, unless they successfully complete a facility swim test. If they pass the facility swim test, the guardian may leave the pool deck, but must remain in the building.

## Registered Programs:

Participants who miss two consecutive registered programs in-a-row, without notice, will automatically be removed from program if there is a wait list.

## Kids Fitness Access

Kids 10-12 years can access the fitness centre under supervision by a parent or guardian. It is recommended they book an appointment with a YMCA Wellness Coach prior to use or participate in our YThrive Grow program.

## Child Minding

Child minding is included in your family membership. It can be used by those who require care for their child(ren), while they are in the facility. Parent/Guardian must remain in the building. Limit of 2 hours.

### Monday - Thursday

8:00am - 3:00pm & 4:00pm - 8:00pm

### Friday

8:00am - 3:00pm

### Saturday & Sunday

8:00am - 12:30pm

## Sign In/Out Policy:

Every child must be signed-in and out of each program they are participating in. Children ages 8 and under must be signed-in by their parent/guardian or authorized adult. Valid photo ID must be presented when picking up and signing a child out of a program. Parent/Guardian or authorized adult must remain in the building. Children ages 9-12 years old are able to sign themselves in and out of programs.

## Programs Start Dates:

All registered programs begin January 7, 2019.

## Holiday Building Hours 8:00am-4:00pm

Monday, February 18 (Family Day)  
Friday April 19 (Good Friday)

Program areas will close at 3:30pm.

## Holiday Program Schedule

Child Minding	Child Minding Room	8:00am - 12:30pm
Active & Creative Kids	Gym	9:00am - 12:00pm
Preschool Gym & Swim	Gym	9:00am - 11:00am
Group Fitness Class	BMO Studio	10:00am - 11:00am
Family Swim	Family Pool	10:00am - 2:00pm
Aquafit	Lap Pool	2:30pm - 3:15pm

## Swimming Lesson Progress Cards

<http://swimgen.net/search/stoneyymca>

## Special Dates:

### March Break

March 11-17, 2019

### Holiday Schedules

April 23-28, 2019

### Sweat for Strong Kids

May 2, 2019



Put a better you in motion. It's your time to thrive. [Ythrive.me](http://Ythrive.me)

@yourymcawo Facebook.com/StoneyCreekY Swimgen QR Code

