

# PROGRAM SCHEDULE



July 2 - August 25, 2019

Monday schedule table with columns for Pool, Family Pool, BMO, Studio, Gym, LLA, LLB, SGCA, SGCB and rows for each hour from 5:30 AM to 10:00 PM.

Tuesday schedule table with columns for Pool, Family Pool, BMO, Studio, Gym, LLA, LLB, SGCA, SGCB and rows for each hour from 5:30 AM to 10:00 PM.

Wednesday schedule table with columns for Pool, Family Pool, BMO, Studio, Gym, LLA, LLB, SGCA, SGCB and rows for each hour from 5:30 AM to 10:00 PM.

Thursday schedule table with columns for Pool, Family Pool, BMO, Studio, Gym, LLA, LLB, SGCA, SGCB and rows for each hour from 5:30 AM to 10:00 PM.

Friday schedule table with columns for Pool, Family Pool, BMO, Studio, Gym, LLA, LLB, SGCA, SGCB and rows for each hour from 5:30 AM to 10:00 PM.

Saturday schedule table with columns for Pool, Family Pool, BMO, Studio, Gym, LLA, LLB, SGCA, SGCB and rows for each hour from 7:00 AM to 9:00 PM.

Sunday schedule table with columns for Pool, Family Pool, BMO, Studio, Gym, LLA, LLB, SGCA, SGCB and rows for each hour from 7:00 AM to 9:00 PM.

### Hours of Operation

Monday - Friday: 5:30 am - 10:30 pm  
Saturday: 7:00 am - 9:00 pm  
Sunday: 7:00 am - 7:00 pm  
Statutory Holidays: 8:00 am - 4:00 pm

### Key Notes:

\*Registration Required

\*\*Specialty Program - Registration & Additional Fee Required

Program withdrawals or refunds must be done within the first 2 weeks of programs. Refunds will be a prorated amount.

Back to back programs and classes may require a short transition time. Thank you for your patience as we set up/tear down

All program areas close 30 minutes before building closure.

- Parent & Tot (6 months-3 years)
- 3-5 years
- 6-12 years
- 13 +
- Family
- Spectrum Program



# 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. Please inquire about what programs we offer and how to sign up.

## 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 guardian to 4 swimmers. Children 9-12 years of age must have a guardian at least 13 years of age present on the pool deck while they are tested. If they pass the facility swim test, the guardian may leave the pool deck, but remain in the building. For 9-12 years the ratio of guardians to swimmers is 1:8.

## 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

8:30am - 3:00pm & 4:00pm - 8:00pm

## Friday

8:30am - 3:00pm

## Saturday & Sunday

7:45am - 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.

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

July 1, Canada Day  
August 5, Civic Holiday  
(Program areas will close at 3:30pm these days)

## 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

## Special Dates:

**YMCA Summer Day Camp Begins**  
Tuesday July 2, 2019!

**Stoney Creek Fall Program Registration**  
Saturday August 24, 2019 10:00am

**Swimming Lesson Progress Cards:**  
<http://swimgen.net/search/stoneyymca>



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



@yourymcawo Facebook.com/StoneyCreekY Swimgen QR Code

