



Welcome to the YMCA

Hours of Operation:
Mon-Fri 6:00am-10:00pm
Sat-Sun 7:00am-5:30pm
(705) 748-9622
sales@ceo.ymca.ca
www.ymcaofceo.ca

YMCA's Mission

The YMCA of Central East Ontario is a charity and vital leader supporting growth of spirit, mind and body. At the YMCA we build strong kids, strong families, strong communities.

Financial Assistance

At the YMCA, our doors are open to everyone, regardless of their ability to afford program fees. Our purpose is to help individuals grow in spirit, mind and body through a supportive network, and we work hard to make sure that money is not a barrier for anyone to join the YMCA. Through charitable donations, fundraising and other sources, YMCAs across the country are able to offer financial assistance so that all families and individuals can participate in YMCA programs.

Membership Policies

There are no contracts at the YMCA, we ask you to sign a membership agreement form. There are no joining fees or cancellation fees. If you do need to make a change to your account we ask for notice in writing 4 business days before your payment processes. You also have the option to hold your membership payments for up to a 3-month timeframe.

Bring a Friend

The YMCA encourages you to Bring a Friend. Your guest can accompany you to the facility for up to 3 visits at no charge. The guest will be required to sign in with front desk staff. Any guest 16 years plus will be asked to show photo ID before entering.

Y@Home

At the YMCA, we are committed to supporting you and your family's health and wellness. Enjoy free YMCA programs, activities and instructors in the comfort of your own living room. You can expect a safe, fun and impactful experience for everyone in your family. Some features of the Y@Home program include: Live fitness classes every week, Exclusive on-demand fitness videos, Healthy eating meal plans, Fitness challenges, Kids and family activities and Wellness programs.

Using other YMCA's

Your YMCA membership will allow you to access other YMCA facilities across Canada. We recommend you contact that branch to verify any restrictions that may be in place.

Youth Programming



KidsKare

Let the Y care for your child in a fun and safe environment while you work on your personal health and fitness goals.

KidsKare is a 90 minute service we offer while you enjoy our Y facilities and programs at a nominal cost. Our caring, creative, fun and professional staff are here to make sure that your child's time at the Y is as much fun as yours. Children spend their time engaged in supervised play, arts and crafts, reading stories and much more.

What to Bring: Diapers, wipes, change of clothes, snack, bottle or water bottle

Ages: Recommended ages for the KidsKare program is newborn to 9 years

Treehouse

The Treehouse is our multi-level indoor play area that allows children to slide, climb, explore, swing and more! Our recommended ages for the Treehouse are 9 years and under. Private and group bookings are available to members only. Drop-in times are available for members or those who purchase a day pass. Socks are required for anyone accessing the Treehouse space (no shoes allowed). Parent/guardians are required to be inside the play structure to actively supervise their child(ren). No cell phone use in program spaces.

PA Days & Camps

Participants will play active games, complete arts and crafts and will be going for a swim! Please bring healthy snacks, healthy lunch, waterbottle, bathing suit, towel and socks and running shoes. Camp runs from 8:00am-5:00pm each day. Registration can be completed online or in person.

Registered Programs

The YMCA offers a variety of registered programs and courses for children ages 0-12+ years such as swimming lessons, gymnastics, build it, kid fit fun, leadership courses, babysitting, home alone and so much more. YMCA members receive discounted pricing on programming and early registration. Please visit our website to view our Program Guide for more information.

Birthday Parties

Book your child's birthday party or special event at the YMCA and you will be amazed by the memories you will make! Party space available Saturday or Sunday afternoons. Birthday parties include a party room, use of the Treehouse or gym and the pool* (*3 hour options only). Bring your own food and decorations, birthday child and 9 friends included in the price. For more information please speak with our Membership team.



Important information for Surf Members

Please shower before entering the pool area

No outdoor footwear/cell phones permitted on deck

Lap Pool

Temperature- 78-82°F

Length- 25 metres

Depth- 1-1.5 metres (shallow end), 2.4 metres (deep end)

Therapy pool

Temperature - 88-92°F

Length- 16.5 metres

Depth- 0.75-1 metre

Spa

Temperature- 98-102°F

Depth- 1 metre

Rules (age restrictions)

- 0-7 years- No access (may sit on side with feet in)
- 8-12 years- May use if accompanied by guardian aged 16+
- 13+- Permitted access to spa

Maximum 8 people at a time- please limit usage if others are waiting

Aquafit Classes (registration required)

We offer a variety of aquafit classes including gentlefit, aquafit and deep water aquafit. Classes are offered 6 days per week.

Registration for classes opens every Thursday at 1pm for the following week. Registration can be done online through our website or in person. No additional fee.

Maximum of 3 classes per week please

Swimming Lessons/ Learn- to- swim programs available for all ages.

Adult Swims are for those 16 years plus

Family Swims are available for all ages.

Please refer to the pool schedule for more information on when these swim times are available

Important information for Turf Members



15+ years to access the Lifestyle Centre

Teen Strength course available for those ages 10-14

Please wear clean closed toed shoes when using the Lifestyle Centre, gymnasium or studio

Bags and coats should be locked in a locker in the change room

YThrive

YThrive is a **FREE fitness coaching program** that will help you improve your health and physical performance. As a valued Y member, you get a **FREE new routine every 90 days!**

Whether you're looking to enhance your athletic performance, lose weight, increase your energy, or reduce your stress, our team of dedicated fitness experts has designed a program to fit your life.

YThrive provides you with the support to get started, quick results to stay motivated, and flexibility to get it done solo. It doesn't matter where you are now with your fitness and health goals, it matters where you're going

Fitness Classes

A variety of drop-in fitness classes are included with your membership (classes include yoga, cyclefit, core, strength etc). Please see the Adult Fitness schedule for class days and times.

Personal Training

Work one-on-one with a certified personal trainer. 30 and 60 minute sessions available. Purchase just one session or purchase a full training package to help reach your goals.

Pickleball

Registration for sessions opens every Thursday at 1pm for the following week. Registration can be done online or in person. No additional fee.

Please refer to the Open Gym schedule for specific days and times

Squash

Squash Lessons are available, please ask the Membership staff for more information.

Squash courts can be booked online through our website. Bookings open every Thursday at 1pm for the following week.