We are committed to nurturing the potential of children, youth, adults and seniors in our community. In promoting healthy living and fostering social responsibility, the YMCA ensures that every individual has access to the essentials needed to reach their full potential.

Established in 1853, the YMCA has been helping members of Halifax/Dartmouth community grow in spirit, mind and body for over 165 years.

YMCA services include Health and Wellness, Employment, Child Care, Residential and Day Camping, Immigrant Programs, and Youth and Leadership Development. At the end of 2019, the YMCA will open the new John W. Lindsay YMCA, a 70,000 square foot facility at South Park and Sackville Street which will open its doors well over 500,000 times each year to welcome members of the community.
FOREVER FIT (55+) | A S

Increase your flexibility and energy levels with fun, basic fitness classes for people over 55. Classes are set to lively music and incorporate low-impact movements that are gentle on the joints and spine and are held in many convenient locations throughout HRM.

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>ADDRESS</th>
<th>DAYS &amp; TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apostle’s Anglican Church Hall</td>
<td>3077 George Dauphinee Ave. Halifax</td>
<td>Monday, Wednesday 9:30am – 10:30am</td>
</tr>
<tr>
<td>Bethany United Church Gym</td>
<td>2669 Joseph Howe Dr. Halifax</td>
<td>Monday 9:30am – 10:30am</td>
</tr>
<tr>
<td>Captain William Spry Community Centre</td>
<td>10 Kidston Rd. Halifax</td>
<td>Monday, Wednesday, Friday 9:00am – 10:00am</td>
</tr>
<tr>
<td>Dartmouth North Community Centre</td>
<td>125 Highfield Park Dr. Dartmouth</td>
<td>Tuesday, Thursday 10:15am – 11:15am</td>
</tr>
<tr>
<td>Emmanuel Church Hall</td>
<td>322 Herring Cove Rd. Halifax</td>
<td>Monday, Wednesday, Friday 10:00am – 11:00am</td>
</tr>
<tr>
<td>Faith Tabernacle Church</td>
<td>6225 Summit St. Halifax</td>
<td>Monday, Friday 9:30am – 10:30am</td>
</tr>
<tr>
<td>Findlay Community Centre</td>
<td>26 Elliot St. Dartmouth</td>
<td>Monday, Wednesday, Friday 10:45am – 11:45am</td>
</tr>
<tr>
<td>NSCC Akerley Campus Gymnasium</td>
<td>21 Woodlawn Rd. Dartmouth</td>
<td>Monday, Wednesday, Friday 9:15am – 10:15am</td>
</tr>
<tr>
<td>Rockingham United Church</td>
<td>12 Flamingo Dr. Halifax</td>
<td>Tuesday, Thursday 9:30am – 10:30am</td>
</tr>
<tr>
<td>St. Andrews Church Hall</td>
<td>6036 Coburg Rd. Halifax</td>
<td>Monday, Wednesday 9:30am – 10:30am, Friday 11:00am – 12:00pm</td>
</tr>
</tbody>
</table>
The YMCA Abilities in Motion Program is a fully accessible program designed to assist individuals in their pursuit of health and fitness. AIM welcomes individuals with mobility concerns who are motivated to pursue exercise and physical activity in a social environment and understand the benefits of regular physical activity on the spirit, mind, and body. In partnership with Nova Scotia Health Authority, our goal at AIM is to provide a supportive and fully inclusive environment for individuals with mobility concerns who wish to pursue fitness as a means of maintaining a healthy lifestyle, and as part of their rehabilitation efforts.

### YMCA AQUAFIT
YMCA warm water Aqua Fit is a low impact class using exercises recommended to soothe painful joints and improve mobility. This warm water class uses full body exercises to promote muscle strength and endurance as well as joint flexibility and overall balance. This class is appropriate for participants living with rheumatoid arthritis, osteoarthritis, fibromyalgia, psoriatic arthritis or any condition that limits mobility.

### YMCA AQUAFIT | DAYS & TIMES
<table>
<thead>
<tr>
<th>LOCATION</th>
<th>ADDRESS</th>
<th>DAYS &amp; TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nova Scotia Rehabilitation and Arthritis Centre: Grace Hansen Therapeutic Pool</td>
<td>3rd Floor, 1341 Summer St. Halifax</td>
<td>Monday, Tuesday, Wednesday, Thursday 6:00pm – 6:45pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Saturday 2:00pm – 4:00pm</td>
</tr>
</tbody>
</table>

*Restorative Pool Access: 6:45pm – 7:30pm*
As a multi-service organization committed to building healthy communities, the **YMCA Centre for Immigrant Programs** offers a variety of programming that supports newcomer settlement and integration with a focus on families, being place-based, active and engaged in community.

**YMCA ACTIVE LIVING | C Y A S**

Get moving at the Y! We believe that active living is an integral part of a healthy lifestyle, successful settlement and a useful tool for integration. YMCA Active Living promotes healthy activities for immigrants of all ages by providing opportunities for physical activities and partnered community outreach classes.

**Program components include:** fitness sessions, family fun days, talking circles, sewing social with the Atlantic Sewing Guild, and health and wellness workshops.

**YMCA SCHOOL SETTLEMENT | C Y**

We work in partnership with 34 **schools in HRM**, and 20 **schools across the province** with the objective of supporting newcomer parents and children through on-site school settlement. Our friendly YMCA School Settlement Support Staff work on site at elementary, junior and senior high schools.

**GENDER BASED VIOLENCE PREVENTION PROJECT (GBVP) | Y A**

The project focuses on capacity building of service providers to engage, support and better understand how gender-based violence impacts newcomer communities. Programming developed through the GBVP focuses on building healthy relationships, strong families, and providing information about preventing gender-based violence.

- Capacity Building
- Workshops & Presentations
- Resource Guides & Tools

**Funded by:**

Canada Immigration, Refugees and Citizenship Canada

**Financé par :**

Nouvelle-Écosse Immigration, Réfugiés et Citoyenneté Canada
YMCA Youth Outreach provides quality programming, leadership development and volunteer opportunities for newcomer youth ages 13 – 18. Program components include: field trips, volunteer opportunities, workshops, guest speakers, recreational activities and YMCA Homework Club.

EMPLOYMENT & EDUCATION NAVIGATION | Y A
The primary focus of this program is to support settlement needs of youth and adults with specific focus on navigating post-secondary opportunities. This assistance provides targeted, practical employment interventions that support securing entry level and transitional employment positions through:

- One-on-One support
- Group sessions
- Information and Referral

YMCA SATURDAY STUDY SKILLS | C
Who knew studying could be so fun? YMCA Saturday Study Skills provides weekly study skill programming to clarify and reinforce school routines in a safe and supportive environment for children ages primary to grade six.

Offered at two locations: YMCA Centre for Immigrant Programs and Community YMCA on Saturdays: 10:00 am - 12:00 pm

CANADIAN ORIENTATION ABROAD REFUGEE YOUTH PROJECT (COA) | Y
As part of a YMCA network across Canada we offer pre-arrival services to refugee youth:
- Information & Orientation
- Referrals
- Resources

YMCA CANADA CONNECTS | Y A S
YMCA Canada Connects is a volunteer based matching program focused on intercultural interaction and learning to provide support in the settlement and integration process.

- One-on-One Matching
- Family Matching

YMCA RECOGNIZING ENHANCING ALIGNING COMMUNITY HORIZONS (YREACH) | C Y A S
YREACH Settlement & Language Services delivers a province-wide, coordinated approach to language, settlement and integration services ensuring that eligible participants can access local resources, build networks and thrive in nine settlement hubs and over 20 language instruction sites across Nova Scotia.

TO REGISTER FOR ALL NEWCOMER PROGRAMS:
Please contact our Reception Desk: (T) (902) 457 - 9622 (E) yis@halifax.ymca.ca
104 - 7071 Bayers Rd Halifax, NS | @YMCAImmigrantServices

www.ymcahfx.ca
Education & Training
YMCA Junior Leaders is an exciting eight week YMCA program offered to youth ages 12 – 15 who are interested in leadership skills development and volunteer opportunities within the YMCA. Program components include: travel and out trips, educational workshops, leadership within YMCA Day Camps, career consideration and job search skills, and the development of program curriculum to be implemented by YMCA Junior Leaders.

SUMMER WORK STUDENT EXCHANGE
Experience a summer packed with adventure! The YMCA Summer Work Student Exchange is a unique national exchange program that brings together youth from various communities across the country. Participating youth ages 16 – 17, have the opportunity to improve their second official language skills and gain important employment experience through a work placement while on their exchange.

Apply online and start your journey! summer-work.com

Community
YMCA SENIOR SNOW REMOVAL
All seniors should have the ability to come and go as they please. YMCA Senior Snow Removal is a YMCA Program in partnership with Halifax Regional Municipality which provides a subsidized snow removal service for seniors with disabilities for safe access to areas which are the responsibility of the Municipality. The YMCA oversees all payments directly to the contractor and will ensure clearing of the following areas: front and back steps, walkways, ramps and access to fuel tanks.

YMCA COMMUNITY ACTION NETWORK (YCAN)
The YMCA Community Action Network (YCAN) is one of Canada’s national youth service initiatives, part of Canada Service Corps. The program is for young adults aged 15 to 30, and is led completely by the participants! Groups identify needs in their community and create service projects to address them, gaining employable skills throughout their journey. The YMCA’s role is to reduce barriers to participation and engage with youth who may not otherwise have a chance to participate in a service project.

Apply directly online: www.ymcahfx.ca/ycan

YMCA GROUP FITNESS CLASSES
Increase your metabolism, build lean muscle mass or burn fat. Our YMCA Group Fitness Programs are for individuals ages 14 and up who are focused on increasing their health and well-being through strength training and cardiovascular workouts. YMCA Group Fitness Classes incorporate a variety of aerobic and strength training exercises. Visit the YMCA website for classes and locations. Monday - Thursday: 7:00 am - 8:00 am

MARCH BREAK & SUMMER DAY CAMPS
The YMCA’s March Break and Summer Day Camps are exciting environments for campers to meet new friends and participate in a variety of fun-filled activities. Parents will see their children build confidence and learn skills that will last a lifetime.

Join us this March 19 - 22 and July – August for Summer Camp

March 18 - 22 from 7:30 am - 5:30 pm

Health & Fitness
YMCA BOOT CAMP
Burn calories and gain lean muscle mass in this intense full body workout. YMCA Boot Camp is a YMCA group fitness program for individuals 14 years and older who are interested in taking their fitness goals to a new level. YMCA Boot Camp focuses on power, strength and agility through high intensity interval training, strength training and cardiovascular endurance.

Tuesdays: 6:00 am - 7:00 am
Thursdays: 6:00 am - 7:00 am
Saturdays: 6:00 am - 7:00 am

YMCA YOGA
Revive your day and stretch it out at YMCA Yoga, a group fitness class for Yogi’s and Yogini’s ages 14 and up who are interested in physical activity with a therapeutic focus. YMCA Yoga uses classic postures and poses, and focuses on breath-work for development of a quiet mind geared towards ultimate relaxation.

PANTHERS BASKETBALL
We believe in carrying the books and the ball. Panthers Basketball is an extensive YMCA basketball program for children and youth ages 5 – 16 who are interested in skills development, teamwork, and a recreational and/or competitive basketball program. Our Panthers basketball girl/boy divisions include: Little Dribblers (ages 5-7), Junior Mini (ages 7-9), Mini (ages 9-11), Bantam (ages 12-13), and Midget (ages 13-14).

JUNIOR NBA
Will you be the next NBA All-Star? Junior NBA is an entry level YMCA Basketball Program providing children ages 5-7 with skills development (fundamentals) and training, weekly practices, and age-appropriate games in a fun and supportive atmosphere. Junior NBA curriculum has been developed by NBA Basketball Operations and experts in the child development and physical literacy fields.

For all Program Registration please contact the Community YMCA Front Desk: (902) 422-9622

Education & Training
Employment Services

BASIC ORIENTATION | A S
Attend a short orientation session to learn about the programs and services offered at our YMCA Employment Centres. Basic Orientation is required for anyone who desires to meet with a YMCA Career Practitioner.

COMPUTER SKILLS DEVELOPMENT WORKSHOPS

INTRODUCTION TO COMPUTERS | A S
Let us introduce you to computer basics. Introduction to Computers is a full one day workshop to explore and become familiar with the computer. This workshop is designed for those who are new to the computer or those who want to learn more about the basic operating system. Topics covered include Windows, opening, closing and saving documents, and using the internet.

MS WORD | A S
Get familiar with Microsoft Word. This one day workshop will teach you how to open, close, save and print documents. Participants will also learn the process of document formatting such as: font formatting, paragraphs, alignments, tabs, indenting, page numbering, and more!

KEYBOARDING | A S
Build your typing skills at our self-directed workshop! Keyboarding enables participants to learn how to touch type, improve accuracy and speed when using the keyboard.

INTERNET & E-MAIL | A S
Surf the web to find your dream job! Learn how to use the internet for job search and apply for jobs through e-mail platforms.

JOB SEARCH SKILLS DEVELOPMENT WORKSHOPS

CAREER CRUISING/LABOUR MARKET INFORMATION | A S
Let us point you in the right direction. Our Career Cruising/Labour Market workshop explores how your skills, interests, education and experience will be a perfect match for the right career.

DIRECTIONS | A S
Unemployed and looking for a career? This fun-filled yet intriguing one day workshop is designed to help you start the process of developing a clear career action plan.

RESUMÉ DEVELOPMENT & COVER LETTER | A S
Our Resumé Development & Cover Letter workshop takes participants through the process of analyzing, critiquing and developing their resumés. The second half of the workshop addresses the creation of a cover letter as a supplement to your resumé.

JOB SEARCH & NETWORKING | A S
Our Job Search & Networking workshop assists participants in answering the question “where are the jobs?” The workshop will also address ways to develop and expand your job search network.

INTERVIEW SKILLS | A S
Prepare yourself for the next interview by learning the do’s and don’ts of job interviews and understanding how to address difficult interview questions.

SOCIAL MEDIA | A S
Become social media savvy with the Y! This workshop focuses on three key social media sites – Facebook, LinkedIn and Twitter. Through this interactive workshop, participants learn how social media can enhance or harm job searching.

HOW TO SUCCEED ON THE JOB | A S
This workshop is designed to provide job seekers with information, skills and strategies for maintaining a job or moving within an organization. It also addresses how to deal with job dissatisfaction, making mid-career changes and adjusting to workplace transition.

PORTFOLIO EXPRESS | A S
A portfolio is useful for a number of career paths (job search, skills development, self-employment, entrepreneurship, etc.) Portfolio Express helps participants create a skills-based portfolio that is supported by evidence. During this program you will learn about the Recognized Prior Learning (RPL) and how to build and utilize your portfolio.

Six Sessions in January from 9:30 am - 12:00 pm
January 8, 9, 16, 22, and 23

Visit ymcansworks.ca for workshop schedules and registration at eight locations across HRM.

YMCA NS WORKS LOCATIONS:

YMCA EMPLOYMENT CENTRE OF HALIFAX
2269 GOTTINGEN STREET
(T): (902) 425 - 3464
(F): (902) 425 - 3120
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (DARTMOUTH)
DARTMOUTH SHOPPING CENTRE
118 WYSE ROAD - UNIT 14
(T): (902) 461 - 2513
(F): (902) 461 - 4622
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (COLE HARBOUR)
5 CUMBERLAND DRIVE
COLE HARBOUR, NS
(T): (902) 462 - 6871
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (EASTERN PASSAGE)
1515 MAIN ROAD
EASTERN PASSAGE, NS
(T): (902) 461 - 8260
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (MIDDLE MUSQUODOBOIT)
12335 HIGHWAY 224
MUSQUODOBOIT, NS
(T): (902) 384 - 2390
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (PORTERS LAKE)
5228 HIGHWAY 7
PORTERS LAKE, NS
(T): (902) 827 - 4117
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (MAIN STREET)
35 WILFRED JACKSON WAY
DARTMOUTH, NS
(T): (902) 466 - 7649
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (SHEET HARBOUR)
22756 HIGHWAY 7
SHEET HARBOUR, NS
(T): (902) 885 - 2810
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

www.ymcahfx.ca /YMCAHD @YMCAHD @YMCAHD

YMCA NS WORKS LOCATIONS:

YMCA EMPLOYMENT CENTRE OF HALIFAX
2269 GOTTINGEN STREET
(T): (902) 425 - 3464
(F): (902) 425 - 3120
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (DARTMOUTH)
DARTMOUTH SHOPPING CENTRE
118 WYSE ROAD - UNIT 14
(T): (902) 461 - 2513
(F): (902) 461 - 4622
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (COLE HARBOUR)
5 CUMBERLAND DRIVE
COLE HARBOUR, NS
(T): (902) 462 - 6871
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (EASTERN PASSAGE)
1515 MAIN ROAD
EASTERN PASSAGE, NS
(T): (902) 461 - 8260
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (MIDDLE MUSQUODOBOIT)
12335 HIGHWAY 224
MUSQUODOBOIT, NS
(T): (902) 384 - 2390
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (PORTERS LAKE)
5228 HIGHWAY 7
PORTERS LAKE, NS
(T): (902) 827 - 4117
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (MAIN STREET)
35 WILFRED JACKSON WAY
DARTMOUTH, NS
(T): (902) 466 - 7649
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)

YMCA EMPLOYMENT CENTRE (SHEET HARBOUR)
22756 HIGHWAY 7
SHEET HARBOUR, NS
(T): (902) 885 - 2810
Centre Hours: Monday - Friday (9:00 am - 4:00 pm)
YMCA Purdy’s Wharf Child Care Centre is a licensed YMCA Child Care Centre that has been in operation for over 25 years providing quality, inclusive care for families with children ages 3 months to six years. YMCA Purdy’s Wharf Child Care Centre implements national YMCA Playing to Learn curriculum and offers the following programs to families:

- Infant Care (3 – 18 mos)
- Toddler Care (18 mos – 2 yrs)
- Preschool Care (3 yrs - 6 yrs)
YMCA PHYSICAL HEALTHY DEVELOPMENT | CY (YPHD)

A healthy and fun alternative to after school care! YPHD is a program for children in primary to grade 6 offered at seven schools in Halifax and designed to increase physical activity levels of children before school, during lunch and after school. YPHD offers families a healthy alternative for care in a fun, inclusive and active environment.

YPHD sites:

- Duc d’Anville School (12 Clayton Park Dr.)
- Inglis Street School (5985 Inglis St.)
- Halifax Central Junior High (1787 Preston St.)
- Goresbrook Junior High (5966 South St.)
- Springvale School (92 Downs Ave.)
- St. Catherine’s School (2188 Connolly St.)
- Westmount School - inside Apostles Anglican Church (6670 Bayers Rd.)

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>All YPHD Sites</td>
<td>7:30am – 9:00am</td>
</tr>
<tr>
<td>Inglis Street School</td>
<td>12:00pm - 1:00pm</td>
</tr>
<tr>
<td>St. Catherine’s School</td>
<td>12:00pm – 1:00pm</td>
</tr>
<tr>
<td>Duc d’Anville School</td>
<td>12:00pm – 1:00pm</td>
</tr>
<tr>
<td>All sites</td>
<td>1:30pm – 5:30pm</td>
</tr>
<tr>
<td>Community YMCA – PD Day Care</td>
<td>7:30am – 5:30pm</td>
</tr>
</tbody>
</table>

*kids present from 3:00pm – 5:30pm
Our Locations

YMCA Association Services
Unit 306—5670 Spring Garden Rd.
Halifax, NS, B3J 1H6
(902) 423 - 9709

YMCA Purdy’s Wharf Child Care Centre
1969 Upper Water St., Purdy’s Wharf
Tower II - Suite 207
Halifax, NS, B3J 3R7
(902) 492 - 3622

Community YMCA
Employment Services (Halifax)
2269 Gottingen Street
Halifax, NS, B3K 3B7
Community YMCA: (902) 422 - 9622
Employment: (902) 425 - 3464

YMCA Employment Services (Dartmouth)
Dartmouth Shopping Centre, Unit 14
118 Wyse Rd.
Dartmouth, NS, B3A 1N7
(902) 461 - 2513

YMCA Centre for Immigrant Programs
104—7071 Bayers Rd.
Halifax, NS, B3L 2C2
(902) 457 - 9622

John W. Lindsay YMCA
COMING SOON

Nova Scotia Rehabilitation and Arthritis Centre (AIM & AquaFit)
34 School Settlement Sites across HRM:

**BASINVIEW ELEMENTARY**
273 BASINVIEW DRIVE
HALIFAX, NS
(T): (902) 832 - 8480

**BEDFORD ELEMENTARY**
2 OCEANVIEW DRIVE
BEDFORD, NS
(T): (902) 832 - 5800 X 611262

**CHEBUCTO HEIGHTS ELEMENTARY**
220 COWIE HILL RD
HALIFAX, NS
(T): (902) 479 - 4298

**CITADEL HIGH SCHOOL**
1855 TROLLOPE ST
HALIFAX, NS
(T): (902) 491 - 4444 X 2831038

**CLAYTON PARK JUNIOR HIGH**
45 PLATEAU CRESCENT
HALIFAX, NS
(T): (902) 457 - 8930

**C.P. ALLEN HIGH SCHOOL**
22 INNOVATION DRIVE
BEDFORD, NS
(T): (902) 832 - 8964 X 7551337

**CUNARD JUNIOR HIGH**
121 WILLIAMS LAKE RD
HALIFAX, NS
(T): (902) 479 - 4413

**DARTMOUTH HIGH SCHOOL**
95 VICTORIA RD
DARTMOUTH, NS
(T): (902) 464 - 2457

**DUC D’ANVILLE ELEMENTARY**
12 CLAYTON PARK DRIVE
HALIFAX, NS
(T): (902) 457 - 8940

**ECOLE BURTON ETTINGER**
52 ALEX ST
HALIFAX, NS
(T): (902) 457 - 8948

**FAIRVIEW ANNEX**
141 RUFUS AVE
HALIFAX, NS
(T): (902) 457 - 8948

**FAIRVIEW HEIGHTS ELEMENTARY**
210 CORONATION AVE
HALIFAX, NS
(T): (902) 457 - 8953 X 110

**FAIRVIEW JUNIOR HIGH**
155 ROSEDALE AVE
HALIFAX, NS
(T): (902) 457 - 8960

**GORSEBROOK JUNIOR HIGH**
5966 SOUTH ST
HALIFAX, NS
(T): (902) 421 - 6749

**GROSVENOR WESTWORTH ELEMENTARY**
4 DOWNING ST
HALIFAX, NS
(T): (902) 457 - 8422

**HIGHLAND PARK JUNIOR HIGH**
3579 ROBBIE ST
HALIFAX, NS
(T): (902) 493 - 5124

**INGLIS STREET ELEMENTARY**
5985 INGLIS ST
HALIFAX, NS
(T): (902) 421 - 6767

**J. L ILSLEY HIGH SCHOOL**
38 SYLVIA AVE
HALIFAX, NS
(T): (902) 421 - 6749

**JOHN MACNEIL ELEMENTARY**
62 LEAMAN DRIVE
DARTMOUTH, NS
(T): (902) 464 - 2488

**JOHN MARTIN JUNIOR HIGH**
7 BRULE ST
DARTMOUTH, NS
(T): (902) 464 - 2408

**JOSEPH HOWE ELEMENTARY**
2577 MAYNARD ST
HALIFAX, NS
(T): (902) 421 - 9785

**MADELINE SYMONDS JUNIOR HIGH**
290 WHITE HILL RUN
HAMMONDS PLAINS, NS
(T): (902) 421 - 6749

**OXFORD ELEMENTARY**
6364 NORTH ST
HALIFAX, NS
(T): (902) 421 - 6763

**PARK WEST SCHOOL**
206 LANGBRAE DRIVE
HALIFAX, NS
(T): (902) 457 - 7800 X 5271062

**PRINCE ANDREW HIGH**
31 WOODLAWN RD
DARTMOUTH, NS
(T): (902) 464 - 2081

**WESTMOUNT ELEMENTARY**
6700 EDWARD ARAB AVE
HALIFAX, NS
(T): (902) 493 - 5164

**ROCKINGSTONE HEIGHTS ELEMENTARY**
1 REGAN DRIVE
HALIFAX, NS
(T): (902) 479 - 4452

**ROCKY LAKE JUNIOR HIGH**
670 ROCKY LAKE DRIVE
BEDFORD, NS
(T): (902) 832 - 8952 X 1050

**ST. AGNES JUNIOR HIGH SCHOOL**
6981 MUMFORD RD
HALIFAX, NS
(T): (902) 493 - 5132

**ST. CATHERINES ELEMENTARY**
3299 CONNOLLY ST
HALIFAX, NS
(T): (902) 493 - 5143

**ST. JOSEPH’S A. MCKAY ELEMENTARY**
5389 RUSSELL ST
HALIFAX, NS
(T): (902) 493 - 5180

**ST. MARY’S ELEMENTARY**
5614 MORRIS ST
HALIFAX, NS
(T): (902) 421 - 6749

**SPRINGVALE ELEMENTARY**
92 DOWNNS AVE
HALIFAX, NS
(T): (902) 479 - 4606

**SOUTHDALE NORTH WOODSIDE (P-8)**
36 HASTINGS DRIVE
DARTMOUTH, NS
(T): (902) 464 - 2081
YMCA Events & Initiatives

Join us in celebrating annual YMCA events and initiatives! Visit our website for up to date event information.

SAVE THE DATE

March Break Day Camp – March 18 – March 22
Next YMCA Community Action Network (YCAN) cohort begins in March (March - June)
Portfolio Express Workshops – January 8, 9, 16, 22, and 23 (Cole Harbour YMCA NS Works Centre)
Annual General Meeting/Volunteer Recognition Event – May 2

This year we are celebrating Big Cove YMCA Camp’s 130th year! With our rich history as Canada’s oldest overnight camp and 130 years of tradition and growth, Big Cove YMCA Camp has a proud commitment of serving camper-families in Nova Scotia. Our exciting programs truly are the pinnacle of the Big Cove YMCA Camp experience.

Registration has already opened for the 2019 season, and we want to thank all of our dedicated staff, volunteers and Big Cove Alumni who make camp a reality every year.

For more information about Big Cove YMCA Camp and registration visit: www.ymcahfx.ca/register-today/