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. In early 2020, the YMCA will open the new John W. Lindsay YMCA at the corner of Sackville and South Park Street, a 70,000 square foot facility of potential - for healthy activity, for belonging, and for community building.
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.

Our **six-week summer sessions begin on July 3rd** at the following locations:

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>ADDRESS</th>
<th>DAYS &amp; TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emmanuel Church Hall</td>
<td>322 Herring Cove Rd. Halifax</td>
<td>Monday, Wednesday, Friday 9:30am-10:30am</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>NSCC Akerley Campus Gymnasium</td>
<td>21 Woodlawn Rd. Dartmouth</td>
<td>Monday, Wednesday, Friday 9:15am-10:15am</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. Six-week summer session begins June 24 - ending August 2nd.

<table>
<thead>
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<th>LOCATION</th>
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<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>
</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.

**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

To learn more about Gender-Based Violence Prevention visit: [www.ymcahfx.ca/gender-based-violence-prevention-project-gbvp](http://www.ymcahfx.ca/gender-based-violence-prevention-project-gbvp)
YMCA YOUTH OUTREACH | CY

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 | YA

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 RECOGNIZING ENHANCING ALIGNING COMMUNITY HORIZONS (YREACH) | CAS

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.

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 | YA

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

TO REGISTER FOR ALL NEWCOMER PROGRAMS:

Please contact our Reception Desk:
(T) (902) 457 - 9622
(E) yis@halifax.ymca.ca
@YMCAImmigrantServices

104 - 7071 Bayers Rd Halifax, NS

www.ymcahfx.ca

/YMCAHD

@YMCAHD

@YMCAImmigrantServices
Community YMCA

SUMMER DAY CAMP | C Y
Where will you be this Summer? YMCA Summer Day Camps are a place where kids grow, make new friends and strengthen their independence, all while connecting with their community. In Summer, children and youth ages 5 – 12 learn new skills and discover their potential. Our dynamic curriculum contributes to increased self-esteem, leadership skills development and healthy, active kids.

Our 2019 Summer Day Camps are full! To learn more about our March Break and Summer Day Camps visit: www.ymcahfx.ca/communityymca

Monday - Thursday: 7:00 am - 8:00 am

Health & Fitness

YMCA BOOT CAMP | Y A S
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 | Y A S
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. Fridays: 7:00 am - 8:00 am

YMCA T-BALL HOME RUN PROGRAM | C
T-Ball is a non-competitive program focused on fun, fitness, fundamentals where players five - eight years are first introduced to the basics of baseball and softball. Cost for the eight-week program is $75.

Sundays: 10:00 am - 11:00 am
Beginning July 7th - August 25th

YMCA INDOOR SOCCER | A S
Get over the mid-week hump, and get ready to sweat! We welcome all adults 18+ to our indoor soccer drop in at the Community YMCA gymnasium. It’s not only easy get involved, it’s a great way to connect with other adults from the neighbourhood that share a love for the game.

Wednesdays: 6:00 pm - 8:00 pm
Beginning July 10th - September 11th
Drop In: $3

COMMUNITY VENDOR MARKET | Y A S
Join us every Saturday afternoon from 1:30 pm - 5:30 pm this summer as we host a variety of local vendors from the north end community for our Community Y Summer Vendor Market.

Cost per table: $10

Education & Training

SUMMER WORK STUDENT EXCHANGE | Y
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 COMMUNITY ACTION NETWORK (YCAN) | Y
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/yca

For all program and vendor registration please contact:
Brittany Alminayan
brittany.alminayan@halifax.ymca.ca
(902) 422- 9622 x 236

Building healthy communities
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.

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.

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

WELLNESS WEDNESDAY | A S
Join us on the fourth Wednesday of each month as we engage in “Talk Session” surrounding spirit, mind, body topics of overall wellness.

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

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 NS WORKS LOCATIONS:

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YMCA PURDY’S WHARF CHILD CARE CENTRE | C
MONDAY - FRIDAY Centre Hours: 7:30 am - 5:30 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)
Our Locations

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

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

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

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

John W. Lindsay YMCA
COMING SOON

Nova Scotia Rehabilitation and Arthritis Centre (AIM & AquaFit)

Forever Fit Locations

School Settlement Sites

www.ymcahfx.ca /YMCAHD @YMCAHD @YMCAHD
YMCA Events & Initiatives

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

SAVE THE DATE

Volunteer Appreciation Event on the Garrison Grounds – July 13
Halifax Pride Festival Parade – July 20
Spring Garden Business Association (SGABA) Children’s Fest – Aug 11

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.

Our 2019 season is already underway and we’d like 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/