



YMCA of Greater Halifax/Dartmouth

# SPRING 2021 PROGRAM GUIDE



*Building healthy communities*

**#PowerofBelonging**

# MEMBERSHIP


## ONE SIZE DOES NOT FIT ALL

All memberships include unlimited, all-inclusive access to swim lessons, fitness classes, pools, cardio, recreational programming, and ultimate flexibility - no cancellation fee, and membership holds for up to three months in a calendar year. AND, we offer special member rates for personal training, small group training, day camps, and specialty programs.

GENERAL MEMBERSHIP	
Membership	Biweekly Rate
Individual	\$28
Student	\$18.50
Partner	\$48
Youth	\$18.50
Family	\$60

## General membership benefits

- No locked-in contracts
- A free fitness consultation
- Unlimited drop-in group fitness classes including yoga, bootcamp, cycling and more
- Unlimited drop-in pool activities including Aquafit and lane swimming
- Free swim lessons for all ages
- Member discounts on registered programs and personal training
- Free membership hold options
- Access to Canadian YMCA membership centres

PLUS MEMBERSHIP 	
Membership	Biweekly Rate
Individual Plus	\$44.80
Student Plus	\$35.30
Partner Plus (1 adult)	\$64.80
Partner Plus (2 adults)	\$81.60
Family Plus (1 adult)	\$76.80
Family Plus (2 adults)	\$93.60

## Plus Membership Benefits

For an additional fee, our PLUS Membership offers adult-only locker rooms, with extra amenities, including towel service, body care products, steam, sauna and lounge.

Join the YMCA today visit [www.ymcafx.ca/membership](http://www.ymcafx.ca/membership)

## Financial Assistance

We've structured our memberships models and rates to help ensure maximum value and affordability for as many individuals and families as possible. As a charity committed to building a healthy and inclusive community, the YMCA also offers financial assistance. We never turn away an interested member because of a lack of financial means. For more information about financial assistance please contact [brittany.alminayan@halifax.ymca.ca](mailto:brittany.alminayan@halifax.ymca.ca)

### MARK YOUR CALENDAR FOR SPRING REGISTRATION!

March 29th, 2021 in Person at 9:00 am or online at 7:00am.  
Phone calls accepted after 12:00 pm (902) 423-9622 ext. 0.  
[www.ymcafx.ca](http://www.ymcafx.ca)

Spring Session: Week of April 12th - Week of June 21, 2021  
Registered Programs will not be running on May 17th, 2021 (Victoria Day)

# PERSONAL TRAINING

## INDIVIDUAL PERSONAL TRAINING

Work one-on-one with a certified personal trainer to effectively achieve your goals. No matter what obstacles you face, personal training will provide you with the individual attention you need. Individual training includes:

- An initial consultation
- Customized programming
- ongoing motivation,
- professional assistance

PACKAGE	PER SESSION	PACKAGE TOTAL	DISCOUNT
Fitness Starter Package	\$45	\$135	
6 Sessions	\$45	\$270	
10 Sessions	\$40	\$400	10%
20 Sessions	\$36	\$720	20%
40 Sessions	\$35	\$1400	22%

## PARTNER PERSONAL TRAINING

Our certified personal trainer will work with you and a partner to achieve fast results with a fitness plan that is tailored to both of your specific needs. Partner personal training includes an initial consultation with both clients.

PACKAGE	PER SESSION/ PER PERSON	PACKAGE TOTAL	DISCOUNT
6 Sessions	\$31	\$186	
10 Sessions	\$28	\$280	10%
20 Sessions	\$25	\$500	20%
40 Sessions	\$24.5	\$980	22%

- All Sessions are 1-hour in length unless otherwise arranged with the trainer.
- Tax is NOT included in the prices shown.
- All packages include a 30min initial consultation during your first sessions.

**To consult with a personal trainer and discuss package options, email: [personal.training@halifax.ymca.ca](mailto:personal.training@halifax.ymca.ca). To purchase you can do so online by clicking [HERE](http://www.ymcafx.ca/ymca-health-fitness/personal-training/) or in person at the Membership Sales & Services desk.**

## NUTRITION COACHING

Nutrition plays an important role in the prevention and management of chronic disease as well as the maintenance of our overall health. Nutrition can also influence our performance in the gym and on the field. Registered Dietitians can assist you in navigating the complex realm of food and nutrition, ensuring you meet your health and wellness goals.

**Initial Nutrition Assessment (60mins) - \$85** During your first visit we will gather a thorough history and learn about your current eating habits and lifestyle. We will then review recommendations and set realistic goals to get you started. We will work as a team, developing a nutrition plan that is right for you, moving you towards your end health and wellness goals.

**Nutrition Follow-up Visit (30mins) - \$55** During your follow-up visits we will check-in on your progress and provide continued recommendations, education, and support. Follow-up appointments help keep you accountable, motivated, and on track to meeting your health and wellness goals.

**To register click [HERE](http://www.ymcafx.ca/nutrition/) or email [mikaela.henderson@halifax.ymca.ca](mailto:mikaela.henderson@halifax.ymca.ca)**

### Hours of operation:

Monday – Friday - 5:45am-8:00pm  
Saturday – Sunday – 7:45am- 7:00pm  
Holidays: 7:45 am - 7:00 pm

**The John W. Lindsay YMCA**  
5640 Sackville St Halifax, NS B3J 1L2



## THE CHANGE OF HEART PROGRAM

The Change of Heart Program is intended for people who have some form of heart disease, have had a heart attack, heart surgery, or have experienced angina. Change of Heart is supervised by certified YMCA trainers with experience in this area.

This 12-week program consists of two sessions weekly. Each session includes a group warm up, strength & conditioning, balance and stretch as well as your individual exercise program. In addition to the exercise component, there are regular group nutrition workshops with our Registered Dietitian.

- Two, 1.5hr Group Fitness Classes per week.
- Including Group exercise and Individual exercise with programming.
- Regular Group Nutrition Workshops with our Registered Dietitian.
- Schedule provided upon registration.

**Free for YMCA Members. Non-Member fee \$260.**

April 12 – July 8th, 2021 Mondays & Wednesdays 1pm - 2:30pm.

John W. Lindsay YMCA (5640 Sackville St) meet at Studio 2.

**To register click [HERE](http://www.ymcahfx.ca/change-of-heart) ( [www.ymcahfx.ca/change-of-heart](http://www.ymcahfx.ca/change-of-heart)) or in person at the Membership Sales & Services desk.**

## GROUP FITNESS PROGRAMS

The John W. Lindsay YMCA offers over 45 group fitness class options throughout each week. You can book up to 48 hours in advanced for any of our group fitness classes using our MyY App. Drop-in group fitness classes are FREE with admission or when you sign up for membership.

**See the full schedule online or through our MyY App. Download the MyY App on Google Play store or at the App Store.**

**Google Play**  
[play.google.com/store/apps/details?id=com.upace.ymcamy&hl=en\\_US](http://play.google.com/store/apps/details?id=com.upace.ymcamy&hl=en_US)

**App Store**  
[apps.apple.com/us/app/my-y/id1525136879](http://apps.apple.com/us/app/my-y/id1525136879)

**HIIT:** Get the ultimate workout with Interval Training! Challenge and improve your cardiovascular fitness, balance, core strength and muscular endurance in this dynamic, high-energy workout. You will participate in a variety of non-choreographed cardio and resistance intervals throughout the class.

**Bootcamp:** Meet your fitness goals with this multi-level bootcamp. Challenge your strength, endurance, balance, agility, coordination and speed with drills that include multiple options suited to your fitness level.

**Core Strength:** Don't ignore your core! Challenge this important set of muscles in this dedicated core class. You will gain strength through a variety of exercises that work your abdominals, back muscles, glutes and more!

**Gentle Fitness:** Be gentle on your body while boosting your level of fitness! Improve your endurance, mobility and stability without the stress on your joints. This total body, low-impact workout combines resistance and balance exercises. Suitable for beginners and anyone requiring a modified program.

**Full Body Strength:** Boost your level of fitness and gain full body strength! Improve your muscle endurance, mobility and stability without the stress on your joints. This total body strengthening workout combines resistance and power. Suitable for all levels.

**Hi/Lo:** This class is high cardio but low impact. This means you are getting a great choreographed aerobic workout, but you get to control the intensity based on your fitness level. Hi/Lo gives participants the opportunity to perform manageable, low-impact movements between periods of high intensity.

**Cycle:** Up your cycling skills! Come prepared for a cardiovascular workout that emphasizes proper form, technique and safety. Challenge your endurance and stamina with hills, climbs, sprints and more on an indoor cycling bike.

**Yoga:** Find your inner strength and balance as you de-stress in this calming class. You will improve your flexibility, strength, balance and body awareness through a series of breathing exercises and poses. You will finish the class feeling centered and rejuvenated.

**Gentle Yoga:** Find your inner strength and balance as you de-stress in this gentle calming class. You will improve your flexibility, strength, balance and body awareness through a series of breathing exercises and simple poses. You will finish the class feeling centered and rejuvenated.

**Stretch & Relaxation:** Lengthen your muscles and calm your mind in this serene class. You will work on stretching, relaxation and mindfulness, incorporating a variety of lengthening movements and calming techniques. This class is for all levels. \*A minimum of 3 participants is required to run classes.\*

**YogaFit®** is modern fitness yoga that intertwines fitness moves with basic yoga postures in a heat building and flowing sequence leading to relaxing stretches and a 10 minute rest.

**Early Bird Fitness:** Calling all the early birds out there! This 7am fitness class is a Halifax YMCA tradition dating back 30 years! Join this group for 2 days of strength training and 2 days of Cardio then stretch and relax on Friday's with Yoga. This early morning fitness class is made for all levels and focuses on full body workouts. Circuit Training - Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to High-intensity interval training. It targets strength building and muscular endurance.

**Zumba:** Listen to latin music while learning fast paced dance routines. All levels welcome! Make sure to arrive 5 minutes before the class begins.

**DOWNLOAD OUR  
MY Y APP  
REGISTER FOR  
PROGRAMS AT  
THE JOHN W.  
LINDSAY**

Getting started is easy with these steps:

1. **Download My Y** from the App Store or Google Play Store
2. **Open the app** and enter your email associated with your YMCA membership account. A PIN will be sent to this email.
3. **Create your password** and start using the app!

## L'I'L DIPPER PROGRAM (6 MOS TO 5 YRS)

### SPLASHERS & BUBBLERS (6 mos - 3 yrs)

**Splashers – LEVEL 1 (6 to 18mos)** As the first level of our YMCA Li'l Dipper program, Splashers is a great way to introduce babies 6-18 months old to the water. Parents get in on the fun by participating with their children. At this early stage, children are still learning a lot about their environment. The goal of Splashers is to make children and parents comfortable in the water together, and (of course) to learn to splash with arms and legs!

**Bubblers – LEVEL 2 (3 to 5 yrs)** The second level of our YMCA Li'l Dipper program, Bubblers, is for children 18 months - 3 years old. We work with you to introduce your child to new movements in the water, including holding the wall, kicking feet, and blowing bubbles. Parents get in on the fun by participating with their children.

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
5:15-5:45	5:15-5:45	9:35-10:05	10:00-10:30
5:55-6:25	5:50-6:20	10:25-10:55	11:15-11:45
		11:30-12:00	12:35-1:05
			1:15-1:45

### BOBBERS & FLOATERS (3 - 5 yrs)

**Bobbers – LEVEL 3 (3 to 5 yrs)** The third level of our YMCA Li'l Dipper program, Bobbers, is for children 3-5 years old who are new to swimming. We continue to introduce fun activities in the water to activate the movements that will eventually lead to swimming. By the end, your child will be comfortable having their face in the water and will have learned basic movements while being supported. **NOTE: Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child.**

**Floaters – LEVEL 4 (3 to 5 yrs)** The fourth level of our YMCA Li'l Dipper program, Floaters, is for children 3-5 years old who have completed Bobbers or equivalent. We introduce floating and gliding, and continue to practice other movements. Through structured activities and play, children will also become comfortable submerging themselves under water. **NOTE: Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child.**

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
4:40-5:10	4:40-5:10	8:55-9:25	10:00-10:30
5:20-5:50	5:20-5:50	9:35-10:05	10:35-11:05
6:25-6:55	6:25-6:55	10:55-11:25	11:10-11:40
		12:10-12:40	12:25-12:55
		12:45-1:15	1:10-1:40
		12:55-1:25	

### GLIDERS & DIVERS (3 - 5 yrs)

**Gliders – LEVEL 5 (3 to 5 yrs)** The fifth level of our YMCA Li'l Dipper program, Gliders, is for children who are 3-5 years old and have completed Floaters or show an equivalent level of competence. Children will combine kicking with gliding to learn how to propel themselves through the water. **NOTE: Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child.**

**Divers – LEVEL 6 (3 to 5 yrs)** The sixth level of our YMCA Li'l Dipper program, Divers, is for children who are 3-5 years old and have completed Gliders or show an equivalent level of skill. Children will combine all the skills they have learned so far to swim on their front and back unaided for a distance of 10 metres. Your child will also learn to jump into and float in deep water unassisted. **NOTE: Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child.**

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
4:45-5:15	4:45-5:15	9:00-9:30	10:05-10:35
		10:10-10:40	12:00-12:30
		12:45-1:15	

### SURFER & DIPPER (3 - 5 yrs)

**Surfers – LEVEL 7 (3 to 5 yrs)** The seventh level of our YMCA Li'l Dipper swim program, Surfers, is for children 3-5 years old who have completed Divers or show an equivalent level of competence. We continue to help your child develop front and back swimming skills and build up to a distance of 15 metres. And now that your child is comfortable jumping into the water, we'll work on some creative, fun entries — ker-splash! **NOTE: Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child.**

**Dippers – LEVEL 8 (3 to 5 yrs)** The eighth and final level of our YMCA Li'l Dipper swim program, Dippers, is for children who are 3-5 years old and have completed Surfers or show an equivalent skill level. We introduce the front and back crawl as well as underwater swimming. Children at this level will have achieved a foundation of swimming skills and be able to front swim a distance of 25 metres. **NOTE: Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child.**

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
5:50-6:20	5:50-6:20	10:05-10:35	10:40-11:10
		11:35-12:05	

## LEARN TO SWIM PROGRAM

### OTTER/SEAL (6 - 12yrs)

**Otter** The first of four levels in our national YMCA Learn to Swim program, Otter teaches your child how to stay safe in the water and to develop their swimming skills. Otter will teach your child the basics of pool safety, going underwater, and gliding on their front and back. **NOTE: Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child.**

**Seal** The second of four levels in our national YMCA Learn to Swim program, Seal teaches your child how to stay safe in the water and to develop their swimming skills. In this level they will further develop the skills of gliding, kicking, and submerging. **NOTE: Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child.**

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
4:45-5:15	4:45-5:15	9:00-9:30	10:05-10:35
		10:10-10:40	12:00-12:30
		12:45-1:15	

### DOLPHIN/SWIMMER (6 - 12 yrs)

**Dolphin** The third of four levels in our national YMCA Learn to Swim program, Dolphin teaches kids how to stay safe in the water and to develop their swimming skills. Your child will be introduced to swimming on their front, back, and underwater.

**Swimmer** The last level in our national YMCA Learn to Swim program, Swimmer teaches children how to stay safe in the water and to develop their swimming skills. In this class, kids will learn front and back crawl, and how to tread water. Children at this level will have achieved a solid foundation of swimming skills and be able to front swim for a distance of 25 metres

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
5:50-6:20	5:50-6:20	10:05-10:35	10:40-11:10
		11:35-12:05	

**Registrations for swim lessons opens March 29, 2021** in Person at 9:00 am or online at 7:00am ([www.ymcahfx.ca/aquatics/swimming-lessons](http://www.ymcahfx.ca/aquatics/swimming-lessons))

Phone calls accepted after 12:00 pm (902) 423-9622 ext. 0.  
[www.ymcahfx.ca](http://www.ymcahfx.ca)

## STAR PROGRAM

### STAR 1/2 (6 - 12 yrs)

**Star 1 - LEVEL 1** The first level of our YMCA Star Program is for children who have completed the Swimmer level in our Learn to Swim program. In this class, kids will learn to use the whip kick on their back and the egg-beater motion for treading water. We will help your child continue to develop front and back crawl technique and endurance. We also introduce your child to other aspects of swimming such as competitive swimming, lifesaving, synchronized swimming, aquatic fitness, and water polo.

**Star 2 - LEVEL 2** The second level of our YMCA Star Program, we focus on the backstroke, and continue to help kids refine their stroke technique and increase their endurance.

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
5:15-6:00	5:15-6:00	9:30-10:15 10:45-10:30	10:35-11:20 12:25-1:10

### STAR 3/4 (6 - 12 yrs)

**Star 3 - LEVEL 3** The third level of our YMCA Star Program, in this level your child will focus on the breaststroke and egg-beater motion for treading water, while continuing to build endurance in the pool. We will also introduce young swimmers to introductory lifesaving concepts.

**Star 4 - LEVEL 4** The fourth level of our YMCA Star Program, in this level we will help your child focus on the sidestroke, and we will continue to introduce lifesaving skills.

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
5:20-6:05	5:20-6:05	9:35-10:20	11:10-11:55

### STAR 5/6 (6 - 12 yrs)

**Star 5 - LEVEL 5** The fifth level of our YMCA Star Program, we will introduce the butterfly stroke along with lifesaving and first aid elements from the Rookie and Ranger levels of the Canadian Swim Patrol program.

**Star 6 - LEVEL 6** The sixth level of our YMCA Star Program, swimmers will continue to develop lifesaving and first aid skills at the Ranger and Star level of the Canadian Swim Patrol program. They will also begin to learn how to teach others to swim.

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
6:25-7:10	6:30-7:15	10:40-11:25	

### STAR 7 (6 - 12 yrs)

**Star 7 - LEVEL 7** The Seventh level of our YMCA Star Program, bridges to the YMCA Assistant Swim Instructor and Lifesaving Society's Bronze programs. In addition to first aid and lifesaving skills, swimmers will also continue to build their abilities by selecting from a list of optional skills to learn, including advanced strokes, water polo, synchronized swimming, or aquatic fitness.

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
6:30-7:15	6:25-7:10		

## CHILD & YOUTH AQUATICS PROGRAMS

**Jr. Lifesaving Sport – Strokes:** Increase your endurance and increase your swimming speed by joining the Jr. Lifesaving Sport – Strokes! Here you will work on developing the swimming skills needed to be successful in as a lifesaving sport athlete! **NOTE:** All participants must have completed Star 1 or equivalent to ensure that they have the necessary skills to safely participate.

TUESDAY	SATURDAY	PROGRAM FEE
6:05-6:50	1:30-2:15	Members ONLY

**Jr. Lifesaving Sport – Skills & Drills:** What to try something different? Join our Jr. Lifesaving Sport – Skills & Drills program! Here you will learn all of the different aspects of being a lifesaving sport athlete: teamwork, leadership, and lifesaving skills. All of these are developed while having fun learning and perfecting the different events: Obstacle Swim, Manikin Tow, Line Throw, and much, much more! **NOTE:** All participants must have completed Star 1 or equivalent to ensure that they have the necessary skills to safely participate.

TUESDAY	SATURDAY	PROGRAM FEE
6:55-7:55	2:20-3:20	Members: \$88.00 Non-Members: \$138.00

## ADULTS & TEEN LESSONS

**Teen Beginner:** It's never too late to learn how to swim! Learn the basic swimming skills to become comfortable in the water: how learn to safely enter and exit the pool, how to move through the water, and to float with and without assistance. Other skills such as breathing techniques, flutter kick, and front and back swimming may be introduced depending on individual abilities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
	5:15-6:00				

**Teen Intermediate:** Learn the basic swimming strokes: Front Crawl, Back Crawl, Elementary Backstroke, and Breaststroke. Other skills such as surface support and lifesaving kicks may be introduced depending on individual abilities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
	5:15-6:00				

**Teen Advanced:** Perfect your swimming strokes: Front Crawl, Back Crawl, Elementary Backstroke, and Breaststroke. Other skills such as surface support and lifesaving kicks may be introduced depending on individual abilities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
	6:05-6:00				

**Adult Beginner:** It's never too late to learn how to swim! Learn the basic swimming skills to become comfortable in the water: how learn to safely enter and exit the pool, how to move through the water, and to float with and without assistance. Other skills such as breathing techniques, flutter kick, and front and back swimming may be introduced depending on individual abilities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
6:40-7:25	6:40-7:25	6:40-7:25	5:15-6:00 5:50-6:35	11:20-12:05	11:45-12:30

**Adult Intermediate:** Learn the basic swimming strokes: Front Crawl, Back Crawl, Elementary Backstroke, and Breaststroke. Other skills such as surface support and lifesaving kicks may be introduced depending on individual abilities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
7:00-7:45	7:00-7:45	7:00-7:45	6:40-7:25 7:10-7:55	11:30-12:15	1:00-1:45

**Adult Advanced:** Perfect your swimming strokes: Front Crawl, Back Crawl, Elementary Backstroke, and Breaststroke. Other skills such as surface support and lifesaving kicks may be introduced depending on individual abilities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
				12:05-12:50	



## PRIVATE LESSONS

**Private Lessons:** Private lessons provide one-on-one instruction to meet each swimmer's individual needs. All lessons are 30 minutes in length. **NOTE:** Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child should they be under the age of 6 and unable to swim 5 metres front and back.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
4:40-5:10	4:40-5:10	4:40-5:10	4:40-5:10	9:00-9:30	10:05-10:35
5:15-5:45	6:55-7:25	5:15-5:45	5:15-5:45	10:20-10:50	11:25-11:55
6:45-7:15	7:30-8:00	6:05-6:35	7:30-8:00	11:00-11:30	11:50-12:20
7:15-7:45		7:15-7:45		12:10-12:40	12:00-12:30
7:20-7:50		7:20-7:50		12:45-1:15	1:10-1:40
7:30-8:00		7:30-8:00		12:55-1:25	

**Family Bubble Private Lessons:** Take a swimming class as a family! Family Bubble lessons provide instruction based on your family's swimming needs. All lessons are 30 minutes in length. **NOTE:** Due to COVID-19 restrictions, instructors will be teaching from the pool deck and parents are expected to be in the water with their child should they be under the age of 6 and unable to swim 5 metres front and back.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
6:05-6:35	4:40-5:10	6:45-7:15	4:40-5:10	9:30-10:00 11:35-12:05	10:35-11:05 12:35-1:05

## AQUATIC LEADERSHIP COURSES

**Lifesaving Society's Bronze Star with Basic First Aid - (10+ years)** Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to save yourself and others.

DATES	TIMES	FEE
Tuesdays April 15-June 24	6:05-7:05	Member: \$90.00 Non-Member: \$140.00

**Lifesaving Society's Bronze Medallion with Emergency First Aid - (13+ years)** Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education – judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance.

DATES	TIMES	FEE
April 9-11	Friday: 5:00-9:00 Saturday: 8:00-5:00 Sunday: 8:00-5:00 Exam: April 11 6:00-8:00	Member: \$200.00 Non-Member: \$250.00

**Lifesaving Society's Bronze Cross with Standard First Aid - (13+ years)** As the Lifesaving Society's Assistant Lifeguard certification, Bronze Cross prepares lifesavers for the safety supervision role and responsibilities of assistant lifeguards in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.

DATES	TIMES	FEE
April 24-25 & May 1-2	Saturday: 9:00-5:00 Sunday: 9:00-5:00 Exam: May 2 6:00-8:00	Member: \$165.00 Non-Member: \$215.00

**National Lifeguard Pool - (15+ years)** National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard. The course develops the basic lifeguarding skills, principles and decision-making processes that will assist the lifeguard to evaluate and adapt to different aquatic facilities and emergencies.

DATES	TIMES	FEE
May 28-31 & June 11-13	Friday: 5:00-9:00 Saturday: 9:00-5:00 Sunday: 9:00-5:00 Exam: June 13 6:00-10:00	Member: \$265.00 Non-Member: \$315.00

## STANDARD FIRST AID

**Standard First Aid:** Standard First Aid includes CPR-C certification. Standard First Aid provides comprehensive training covering all aspects of first aid. Standard First Aid incorporates Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies.

DATES	TIMES	FEE
April 17-18 May 8-9 June 5-6	8:30-4:30 pm	Member: \$115.00 Non-Member: \$165.00

### DETERMINE WHAT SWIM LEVEL IS RIGHT FOR YOUR CHILD

1. If your child has taken a YMCA swim lesson within the last 6 months, **visit [swimngen.net/search/jwlymca](http://swimngen.net/search/jwlymca)** to see your child's last swim report card. You will need your child's membership number or access number.
2. If your child hasn't taken a swim lesson contact the John W. Lindsay YMCA front desk Staff or consult the conversion chart [HERE \(www.ymcahfx.ca/aquatics/swimming-lessons/\)](http://www.ymcahfx.ca/aquatics/swimming-lessons/)

### SAFE SWIMMING WITH COVID-19

**Before you get into the water please read our safety check-list to keep you safe while you swim.** [CLICK HERE \(www.ymcahfx.ca/wp-content/uploads/2021/01/Safe-Swimming-with-COVID-19.pdf\)](http://www.ymcahfx.ca/wp-content/uploads/2021/01/Safe-Swimming-with-COVID-19.pdf)

### COVID OPERATIONAL PROCEDURES

The YMCA is committed to ensuring a safe and welcoming environment at all times. The safety of our members, participants, staff and volunteers is paramount and we will take all measures necessary to ensure that we are abiding by Public Health regulations. We wanted to take the time to describe what you can expect upon visiting your YMCA.

**For more information click [HERE \(www.ymcahfx.ca/john-w-lindsay-ymca\)](http://www.ymcahfx.ca/john-w-lindsay-ymca)**

# ADDITIONAL INFORMATION

## YMCA SUMMER DAY CAMPS ARE COMING SOON!!

The YMCA 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.

Camp will run from 8:30am to 5:30pm Monday through Friday at both the John W Lindsay and Community YMCA's. **Online Registration will open at 8:00am on April 12, 2021.**

For more information, please contact our Membership Manager, Brittany Alminayan at [brittany.alminayan@halifax.ymca.ca](mailto:brittany.alminayan@halifax.ymca.ca)

## CHILD PROTECTION INFORMATION

For contact tracing and Child Protection, everyone entering our YMCA must scan their membership card at the welcome desk, or sign in with our welcome desk team with Government issued photo ID.

### Sign-in/out policy:

- At the beginning of the class, participants 12 years old and under must check in with the instructor with an adult (16 yrs+).
- At the end of the class, participants 12 years old and under must check out by the same adult.

Parents who are not in the water can observe lessons from the pool level windows or from the Great Hall.

Videography and photography are not permitted to ensure our member's privacy.

### Admission Policy:

- 12 years and up can access the aquatic facility without adult supervision.
- 9 – 11 years can access the aquatic facility with an adult/guardian in the building (adult/guardian must be at least 16 years of age) with the successful completion of a swim test.
- 9 – 11 years must be accompanied by a parent/guardian (adult/guardian must be at least 16 years of age) if they require a PFD or they unsuccessful in completing a swim test.
- 8 years and under must have a parent in the pool with them.

## ABOUT THE YMCA OF GREATER HALIFAX/ DARTMOUTH

The YMCA of Greater Halifax/Dartmouth is a dynamic charity that connects more than 50,000 people daily. Since 1853, the YMCA has been promoting positive values that build individuals' spirit, mind, and body. We provide programs to help those living in our communities and continually work to create stronger, and healthier communities.

For 167 years we've cared for kids, shaped leaders for tomorrow, helped generations of people come together for support, and provide experiences that last a lifetime.

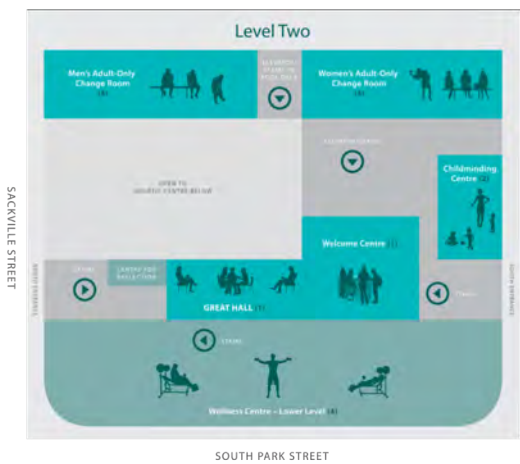
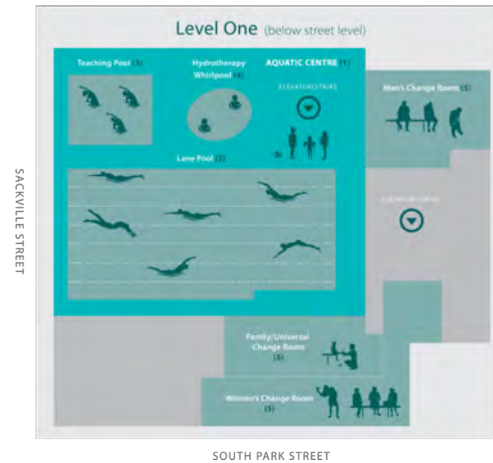
We are committed to providing equal opportunities for all, in a welcoming space that is both nurturing and fun – a community of shared responsibilities, where children and families can thrive.

### We envision strong and caring communities that result in:

- Strong and connected families
- Healthy seniors with strong social circles that volunteer, and stay involved
- Resilient and healthy children who thrive and lead healthy, long lives
- Confident and skilled young leaders
- Motivated adults that take charge of their health, get active, and become role models and mentors
- Immigrants who engage and participate in their community
- Teens who feel confident and a strong sense of belonging

## THE JOHN W. LINDSAY YMCA FLOOR PLAN

Book a free tour of our facility and discover 70,000 square feet of health and wellness programming and resources. Visit [www.ymcahf.ca/take-a-tour](http://www.ymcahf.ca/take-a-tour)





**YMCA of  
Greater Halifax/Dartmouth**

**Hours of operation:**

Monday – Friday - 5:45am-8:00pm

Saturday – Sunday – 7:45am- 7:00pm

Holidays: 7:45 am - 7:00 pm

**The John W. Lindsay YMCA**

5640 Sackville St Halifax, NS B3J 1L2

(902) 423-9622 (ext 0) | [www.ymcahfx.ca](http://www.ymcahfx.ca)