

THE YMCA OF CHATHAM-KENT
WELLNESS

Programs
for your new,
state-of-the-art
YMCA in
Chatham-Kent

July 2011 - September 11, 2011

Your path to health and wellness begins at your YMCA

The Technogym Smart Key is a system that assists you and your Wellness Coach in obtaining your fitness goals. The Smart Key is a motivating, interactive system that monitors your exercise program and tracks your results.

Included in your first year YMCA membership your Wellness Coach will connect with you 14 times. These connections will be in person, through your technogym key and email.

Your Wellness Coach will provide you with support and guidance through your workout program and assist you in achieving your goals, and a higher level of fitness.

Our Wellness Coaches are available to provide ongoing tips on exercise programs and technique to our members. If you have questions, please talk to a Wellness Coach today.

The YMCA is committed to supporting the health and well-being of our members by providing access to multiple programs. We will help you achieve your personal fitness goals.

We all perform better when we are working with another person; especially for someone who wants to excel.

Personal Training

Certified personal trainers provide motivation, education and results. The YMCA offers individual, partner and group training sessions.

Book your consultation today! Sessions are scheduled at your convenience. Please see a qualified trainer or inquire at Membership Services to book a consultation.

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Creating Balance

A 12 week program that allows you to work with a trainer to develop your personalized weight management program and increase your success!

Benefits of Membership

As a member of the YMCA of Chatham-Kent, you are invited to enjoy a selection of youth programs and swimming lessons at your convenience. Try a variety of our drop-in programs, a Day Camp or perhaps schedule a birthday party at your Y.

Summer Hours of Operation

Effective July 1 - September 5, 2011

Monday - Friday	5:00am	-	9:00pm
Saturday	8:00am	-	6:00pm
Sunday	8:00am	-	4:00pm
Holidays	9:00am	-	4:00pm

All program areas will close 15 minutes prior to facility closing.

Volunteering at the YMCA

Volunteers are essential to the YMCA. Volunteers, by their nature, help connect the YMCA to its identity, as an Association of people motivated to service their community. By offering their time, skills and expertise Volunteers help us provide the widest possible range of services to our membership and the community. Please see Membership Services for more information and to receive an application.

YMCA BULLDOG TRIATHLON

4 great events, 1 great weekend!

SATURDAY, AUGUST 20, 2011

Kids of Steel

10:00 a.m. start

Events for ages 6 to 15 years

1:30 p.m. start

Adult Try-A-Tri

SUNDAY, August 21st, 2011

10:00 a.m. start

Sprint Triathlon and Duathlon

To register:

- Online at www.bulldogtriathlon.com

- In person at the YMCA

All proceeds go to the YMCA of Chatham-Kent Strong Kids Campaign and to the Chatham YMCA Pool Sharks.

2011-2012 YMCA VOLLEYBALL LEAGUE

YMCA of Chatham-Kent's indoor volleyball leagues are a great opportunity to get active and to enjoy recreational play with a bit of friendly competition. Evening games are played throughout the week beginning September 26th 2011 and will run through late April 2011.

YMCA members \$95.50 (Plus applicable taxes)

Non-members \$132.50 (Plus applicable taxes)

Visit www.ymcaswo.ca for more details.

LEARN TO RUN 5KM (FALL)

This program is intended to support those currently able to walk briskly for 30 minutes.

The goal with safe and progressive exercise design is to be able to run 30 minutes (5 km). Each week participants begin with a brief seminar focusing on important aspects necessary to know about running form and training.

Participants must be 14+ years.

Tuesdays, 5:45-6:45 pm

Sept. 20, 2011 – Nov 29, 2011

Members: included Non-Members: \$65

(Plus applicable taxes)



Things to Know

- Wellness Centre access is for individuals 13 years of age and older (13 & 14 year olds MUST have an orientation with a Wellness staff member prior to use).
- Please LOCK all personal items in a locker. No gym bags, purses, etc. are permitted in the Wellness Centre.
- Appropriate exercise clothing and footwear must be worn at all times. No street wear please. Sandals are not permitted - clean and dry walking or running shoes only.
- Food and beverages (other than water bottles) are not permitted in the Wellness Centre.
- A maximum of 30 minutes permitted on the cardiovascular equipment during busy times.
- Please do not rest on equipment for extended periods of time between sets. This will allow others to use the equipment.
- Be respectful of other members and wipe down the machines after each use.
- Please return equipment to its appropriate area.
- No cameras or cell phones allowed on the Wellness floor.
- Respect the guidance of Wellness Centre staff and volunteers.



YMCA of Chatham-Kent

101 Courthouse Lane
Chatham, ON
N7L 0B5
519-360-9622
www.ymcaswo.ca

The YMCA annually provides financial assistance to local youth and families in need of YMCA programs and services including membership, day camp, child care, after school programs, and a wide variety of youth and teen recreation outreach activities. The YMCA is a charitable organization and relies on donated funds from members of our community to make our programs accessible to all. To make a personal contribution to the growth, strength and impact of the YMCA in your community today, please contact your local YMCA's local development office, or visit your local YMCA.