

YMCA OF SARNIA-LAMBTON
WELLNESS

January 9 - June 17, 2012

Helping you make the most of your Fitness Goals!

Wellness Coaches are committed to supporting you with your journey to improved health, fitness and lifestyle. Our staff use a unique “TechnoGym” software which is an interactive method to support, monitor and track your personal exercise program.

Upon joining the YMCA our staff will:

- Provide a personalized cardiovascular and strength training program which is provided to you on a “TechnoGym key”
- Demonstrate how to use the equipment and answer questions
- Ensure a balanced and safe program design
- Provide you with a lifestyle questionnaire to monitor progress
- Meet with you regularly to update your program to ensure personal progressions are achieved
- Provide virtual communications and coaching
- Provide access to specialized programs through the TechnoGym system
- Keep you posted on new programs that may compliment your personal interests

Upon renewing your membership, staff will revisit your program and provide an assessment for additional program progressions.

Your success is important to us! Our staff are available to provide exercise tips, advice and motivation to all members while visiting our Wellness Centre. Feel free to approach any Wellness Trainer as they are there for you!



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! Please see a qualified trainer or inquire at Membership Services to book a consultation.

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.

Family Wellness Time (10 - 13 years)

This time is designed for parents and children to work out together in our Wellness Centre. Members only.

Saturday & Sunday: 3:00 – 5:00 pm

Things to Know

- Wellness Centre access is for individuals 14 years of age and older and is limited to members and their guests.
- 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 jeans, skirts or street wear please. Sandals are not permitted - clean and dry walking or running shoes only.
- Please do not rest on equipment for extended periods of time between sets. This will allow others to use the equipment.
- No cameras or cell phones allowed on the Wellness floor.

Hours of Operation

Regular Hours - Effective Sept 5 - June 29, 2012

Monday - Friday	5:00am - 10:00pm
Saturday	7:00am - 8:00pm
Sunday	7:00am - 8:00pm
Holidays	9:00am - 4:00pm

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

Adult Judo

A Japanese form of Martial Art that focuses on grappling and throwing techniques. Instructor: Bob Sing and Pat Holman

Session Starts: Monday, September 12, 2011

Monday, Wednesday: 8:15 - 9:45pm

Members Only: White Belt Beginners - No Charge

Non-Members: \$378.00 + HST

Adult Kung-Fu

A Chinese Martial Art using strikes and kicks focusing on the development of balance, agility, flexibility, discipline and self confidence. Instructor: Jorge De Guzman

Session Starts: Wednesday, September 14, 2011

Wednesday: 8:15 - 9:45pm

Members: No Charge / Non-Members: \$189.00 + HST

Adult Aikido

A Japanese discipline focused on throwing, pulling, rolling and self-defense.

Session Starts: Monday, September 12, 2011

Wednesday: 8:15 - 9:45pm

Members: No Charge / Non-Members: \$189.00 + HST

Basketball (18 + years)

Tuesday, Thursday: 8:15 - 9:45pm

Drop In, no registration required.

Brazilian Jiu Jitsu (New) (14 + years)

Students will learn theory and techniques based on the traditional art of Brazilian Jiu Jitsu, including proper body positioning and self-protection. Students will also learn real-life, non-violent solutions to bullying. This program is designed for men and woman.

Session (10 weeks): January 10 - March 15th, 2012

Tuesday & Thursday: 7:15 - 9:15pm

Members: No charge / Non-members: \$95.00 + HST.

Instructor: Michael DiGiuseppe

All Star Cheerleading (14-18 yrs)

Advanced cheerleading includes 1 in-house display.

Location: Front Gym

Time: 4:00-6:00pm

January 10-March 9, 2012, March 20-May 11, 2012.

Members: \$200 + tax for the season

Non-members: \$560 + tax for the season

H.E.A.T. (12-15 yrs)

Understanding the basics of using wellness equipment, etiquette, basic training principles and nutrition in the wellness centre are key to building lifelong habits for Healthy, Energized and Active Teens. This program is meant to establish this basic understanding to ensure that H.E.A.T participants can safely and effectively participate in a conditioning program within the wellness centre. Participants earn "wellness access" once they complete the required sessions.

Registration required. Members only

Wednesday: 6:30 - 7:30pm

Saturday: 11:00am - 12:00pm

Youth Yoga (10-15 yrs)

Energize, rejuvenate and strengthen yourself through Yoga. Relieve stress & create balance in your mind and body through exercises in breath control, stability, flexibility and alignment.

Certified Instructor: Leslie Pullen

Location: Studio

Wednesday: 5:30 - 6:15pm

Fitness Instructor Training

If you enjoy fitness classes or strength training in the Wellness Centre and would like to motivate others to achieve a healthier lifestyle, become a nationally certified YMCA Fitness Leader. Please contact 519-336-9622 ext. 230 for more details.

Seniors Volleyball

Recreation co-ed volleyball. Emphasis is on recreation and fitness so everyone can enjoy the game.

Winter Session: January 9 - March 9, 2012

Monday, Wednesday, Friday: 1:00 - 2:30pm

Members: No Charge / Non-Members: \$54.00 +HST for 9 weeks

Spring Session: March 19 - May 25, 2012

Monday, Wednesday, Fridays: 1:00 - 2:30pm

Members: No Charge / Non-Members: \$60.00 +HST for 10 weeks

Volleyball - Recreational, Co-ed

(18 + years)

Monday: 8:15 - 9:45pm / Sunday: 9:00 - 11:00am

Winter Session: January 9 - March 16, 2012

Members: No Charge / Non-Members: \$60.00 + HST for 10 weeks

Spring Session: March 18 - June 17, 2012

Members: No Charge / Non-Members: \$78.00 +HST for 13 weeks



YMCA of Sarnia-Lambton

Jerry McCaw Family Centre
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www.ymcaswo.ca

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make it possible. To make a personal contribution to the growth, strength and impact of the YMCA in your community today, please contact your local YMCA.

If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.