



# FITNESS SCHEDULE

## Effective September 3 - December 20, 2019

For the most up-to-date scheduling, check the fitness schedule on our website, [www.ymcaofcumberland.com](http://www.ymcaofcumberland.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Cycle Express 6:15-6:45am Courtenay				**PiYo® 8:00-8:45am Laura
	Cardio Challenge 10:00-11:00am Nina	Yoga & Meditation 7:15-8:30am Stephanie	Cardio Challenge 10:00-11:00am Laura	Yoga & Meditation 7:15-8:30am Stephanie	Cardio Challenge 10:00-11:00am Emily	
	Pilates 11:00am-12:00pm Nina			Pilates 10:45-11:45am Nina	Int. Line Dancing 11:00am-12:00pm Laura	
	*Power Pump 12:10-12:50pm Alison	Weighted Core 12:10-12:50pm Emily	*Power Pump 12:10-12:50pm Emily	PiYo® 12:10-12:50pm Laura	Zumba Toning® 12:10-12:50pm Laura	
		*Cyclefit 12:10-12:50pm Jeff	HIIT 12:15-12:45pm Amy	Tabata Core 12:10-12:50pm Darcie	*Cyclefit 12:10-12:50pm Jennifer	
	Aqua Challenge 1:15-2:00pm Nina	Chair Yoga 1:30-2:30pm Donna/Denise	Aquafit 1:15-2:00pm Donna	Chair Fitness 1:30-2:30pm Nina	Aqua Bootcamp 1:15-2:00pm Jimmy	
		'Abs'olutely 5:30-6:15pm Adrian	*Cyclefit 5:30-6:15pm Sarah	'Abs'olutely 5:30-6:15pm Adrian		
*Cyclefit 6:00-6:45pm Courtenay	*Parrsboro Cyclefit 6:15-7:00pm Phyllis	STRONG 30 6:30-7:15pm Laura	*Parrsboro Cyclefit 6:15-7:00pm Phyllis	Cardio Step n Tone 6:30-7:30pm Laura		
*Power Pump 6:45-7:30pm Brenna	Zumba Toning® 6:30-7:15pm Laura	Aqua Beats 7:30-8:30pm Laura	Power Pump 6:20-7:00pm Sarah	Aqua Bootcamp 7:30-8:30pm Jimmy		
	PiYo® 7:20-8:00pm Laura		Dynamic Flow Yoga 7:15-8:15pm Kim W	Oxford Tabata 7:00-8:00pm Trina		

\*Note: To participate in Cyclefit, Cycle Express and Power Pump, sign up is required in advance. You may sign up starting at 5:00pm on the day prior to the class you wish to attend. Group fitness classes will not be offered on Monday, October 14 or Monday, November 11, 2019.  
\*\*Saturday morning PiYo will commence on October 26, 2019 for 8 weeks.



# YMCA of Cumberland

## FALL 2019 Programs

*Building healthy communities*

### FACILITY HOURS

Sunday.....7:00am-10:00pm  
Monday to Friday.....5:00am-10:00pm  
Saturday.....7:00am-8:00pm

Getting Started:  
When you join, you receive a complimentary orientation session with one of our fitness professionals. They will give you a tour of the facility and walk you through the basics, demonstrating the equipment in the wellness centre. Youth aged 12-15 may access the wellness centre under the supervision of a parent (18+).

Teen Weight Training:  
Offered to youth 14-15yrs who are interested in gaining access to the Wellness Centre unsupervised. After the completion of the program, participants will feel confident and empowered to workout in a safe and comfortable environment. The program involves the following learnings: components of physical fitness, injury prevention, proper form, technique and etiquette, as well as goal setting and training tips.

### MEMBERSHIP FEES

Youth (3-14).....\$21.02  
Student (15+).....\$37.42  
Adult (18+).....\$58.81  
Senior (60+).....\$53.47  
Couple.....\$80.20  
Family.....\$99.60  
\*All prices above are monthly rates and include taxes

Discounted rates are available for those individuals who choose to pay for their yearly membership up-front. Corporate and group rates are also available.

Membership assistance is available by application. For further information, please speak to a representative at the front desk.

For more information regarding our facility's policies, check out the YMCA of Cumberland Membership Handbook, available at the front desk.

### DAY PASSES

Day passes are available and provide access to the facility for the day. Valid ID must be presented at the time of purchase. Fees (including tax) are as follows:  
Youth (3-14).....\$5.00  
Student (15+).....\$5.00  
Adult (18+).....\$8.00  
Senior (60+).....\$5.00  
Family.....\$18.00

All members will be given a YMCA member card at registration. Visitors and guests ages 18 and older must present photo ID prior to using the facility or programs.

\*Please Note:  
Interruptions may occur in the schedules due to maintenance or cleaning of our facility. You may wish to call in advance to confirm times and availability of programs and classes. We do our best to keep you informed and up to date prior to cancellations.

### Personal Training

New to fitness? Tring the get yourself over that plateau? The YMCA of Cumberland offers personal training sessions customized for all of your fitness needs.

One Hour Sessions - Adult	
5	\$120
10	\$240
15	\$360

One Hour Sessions - Student / Senior	
5	\$110
10	\$220
15	\$330

### Dance! Dance!

Dance Dance is a recreational, introductory dance program offering a combination of Hip Hop / Jazz / Modern Dance. Do something fun and get fit at the same time, no experience necessary.  
Age: 2yrs & 3-4yrs  
Start Date: October 26, 2019  
Day & Time: Saturdays from 9:00-9:30am and 9:30-10:00am  
Cost: \$60 / \$90 (\$60 + \$30 membership)

### Women in the Weight Room

Are you new to fitness? Having trouble navigating through the weight room? Interested in achieving results tailored to your specific goals? Women in the Weight Room is a four week session that will have you walking away feeling empowered, knowledgeable and confident.  
Ages: 16 yrs+  
Start Date: September 30 & October 2, 2019  
Day & time: Monday evenings and Wednesday Daytime, based on interest.  
Cost: \$30

### Full of Life

The purpose of the Full of life program is to provide opportunity for residents of Cumberland County, targeting seniors and youth, to participate in fitness, recreation, social and intergenerational endeavors in a safe environment. Full of Life offers a variety of structured and unstructured activities, encouraging group feedback to best suit the needs and interests of the participants. Activities planned this Fall include:

- Aquafit
- Beginner Line Dancing
- Book Club
- Chair Fitness
- Holiday Celebrations
- Intergenerational Zumba
- Pickleball
- STEM Afterschool Program
- Taoist Tai Chi
- Youth Paint Nights

Visit: [www.ymcaofcumberland.com/fulloflife.html](http://www.ymcaofcumberland.com/fulloflife.html) to view the Full of Life online calendar or drop by the front desk to pick up the complete brochure.

Fitness Programming

'ABS'OLUTELY

An intense 45 minute ab routine designed to challenge you while working on your core strength goals.

AQUA CLASSES

A moderate intensity fitness class held in the shallow end of the lap pool. Expect core conditioning, strength training, stretching and more while using the water as resistance, allowing for moves that are easy on joints. Each aqua class varies in intensity and format.

CARDIO CHALLENGE

Move, shake, twist and step yourself into better shape. A low impact class that mixes aerobics with weights and mat work.

CARDIO STEP N TONE

Increase your cardiovascular and strength endurance with a fun, upbeat, challenging class. Cardio Step incorporates both cardio and strength exercises using the steppers, putting your whole body to the test!

CARDIO KICK

This class will have you kicking and punching your way through a high-intensity, choreographed cardiovascular workout.

CHAIR FITNESS/ YOGA

A gentle class executed in a chair that promotes mobility, strength primarily for the upper body and mindfulness.

CYCLEFIT

This is a dynamic group cycling class. Suitable for all levels, this class will challenge your stamina and push your limits. A 30 minute express class is also offered. \*Sign-up is required.

HIIT

High-intensity interval training (HIIT), is a form of interval training. This cardiovascular exercise strategy alternates short periods of intense anaerobic exercise with less intense recovery periods.

LINE DANCING

Put on your dancing shoes and get ready to have a blast in this class while you learn some new dance steps. This class is for the intermediate-advanced dancer.

PILATES

A class to strengthen your core muscles and improve your posture and balance while focusing on the importance of breathing.

PiYo®

An intense, fast paced class that combines cardio with the flexibility advantages of yoga and the muscle-sculpting, core-firming benefits of pilates. Bring on the sweat!

POWER PUMP

A full body sculpting class using adjustable weights, bodybars, bar bells and/or dumbbells with light loads and maximum repetitions, for an intense and effective workout. \*Sign-up is required.

STRONG by ZUMBA \*new\*

The high intensity workout led by music; feel every beat, sync every move, work every muscle. STRONG 30™ packs a challenging total-body workout into 30 minutes for the ultimate experience.

TABATA / TABATA CORE

A form of high intensity interval training; (20 seconds max; 10 seconds rest) this class is a great way to increase cardio and muscular endurance. Tabata Core targets core muscles with the Tabata format.

WEIGHTED CORE \*new\*


The class that focuses on strengthening the lower body and core muscles by incorporating the use of weights and mat work. Low impact and easily adapted to meet your fitness level, this class will challenge you in the best way.

YOGA

Participants will focus on linking conscious breath with a mindful flow. Students will build strength, flexibility and concentration while cleansing the body and calming the mind.

ZUMBA TONING®

Zumba Toning combines targeted body sculpting exercises and high energy cardio with Latin-infused Zumba moves to create a calorie-torching, strength training, dance fitness party.



POOL SCHEDULE

Effective September 8 - December 20, 2019

For the most up-to-date scheduling, check the aquatics schedule on our website: [www.ymcaofcumberland.com](http://www.ymcaofcumberland.com)

\*Children under 7 years of age must be accompanied in the water, within arms reach, by and adult 18 years + at a swim ratio of 1 adult : 2 children  
\*The hot tub and sauna will be closed to members during Private Rentals.  
\*All pool times are subject to change without notice, please call ahead to ensure pool availability for all swims.  
\*Children must be 7 years or older to attend the Wibit inflatable swim.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 6:00-9:30am	Lane Swim 6:00-9:30am	Lane Swim 6:00-9:30am	Lane Swim 6:00-9:30am	Lane Swim 6:00-9:30am	
Swim Lessons 8:30am-12:30pm	ELC 9:30-10:30am	Tots Class 9:30-10:00am	Family Swim 9:30-10:30am	ELC 9:30-10:30am	ELC 9:30-10:30am	Private Lessons 8:00-11:00am
<i>Adult Swim Program</i> <i>Oct 6 - Dec 1</i>	Deck Closed 10:30-11:30am	Family Swim 10:00-11:00am	Deck Closed 10:30-11:30am	Deck Closed 10:30-11:30am	Deck Closed 10:30-11:30am	12yrs+ Lane Swim (One Lane) 8:00-10:30am
<i>Aquatic Youth Leaders</i> <i>Oct 6 - Dec 1</i>	Lane Swim 11:30am-1:00pm	Lane Swim 11:30am-1:00pm	Lane Swim 11:30am-1:00pm	Lane Swim 11:30-1:00pm	Lane Swim 11:30-1:00pm	SMILE 11:00am-12:00pm
Open/Rental 1:00-2:00pm	Aqua Challenge 1:15-2:00pm	Member Swim 1:00-2:00pm	Aquafit 1:15-2:00pm	Member Swim 1:00-2:00pm	Aqua Bootcamp 1:15-2:00pm	Family Swim 12:00-1:00pm
Open Deck 2:00-2:30pm	Public Swim 2:00-4:00pm	Public Swim 2:00-3:15pm	Public Swim 2:00-4:00pm	Public Swim 2:00-3:30pm	Public Swim 2:00-4:00pm	Open / Rental 1:00-2:00pm
Open / Rental 2:30-3:30pm	Spartans 4:00-6:00pm	Y Afterschool 3:30-4:30pm	Spartans 4:00-6:00pm	Open Deck 3:30-4:00pm	Spartans 4:00-6:00pm	Open Deck 2:00-2:30pm
Open Deck 3:30 - 4:00pm	Public Swim 6:00-7:00pm	Spartans 4:30-6:00pm	Private Lessons 5:30-7:45pm	Swim Lessons 4:00-6:30pm	Private Lessons 5:30-7:10pm	Open / Rental 2:30-3:30pm
Public Swim 4:00-6:00pm	Member Swim 7:00-8:00pm	Public Swim 6:15-7:15pm	Youth Lane Swim (One Lane) 6:00-7:00pm	Youth Drop-in 6:30-7:30pm	Youth Lane Swim (One Lane) 6:00-7:00pm	Open Deck 3:30-4:00pm
Self Directed Aquafit 6:30-7:30pm	12yrs+ Lane Swim 8:00-9:30pm	Aqua Beats 7:30-8:30pm		Aqua Bootcamp 7:30-8:30pm	Friday Night Fun 7:15-9:15pm	Public Swim 4:00-5:30pm
Lane Swim 7:30-9:30pm		Lane Swim 8:30-9:30pm	Lane Swim 8:00-9:30pm	Lane Swim 8:30-9:30pm		Lane Swim 6:00-7:30pm

Aquatics Programming

Lane Swim

The main pool is strictly for lane swimmers 16 years +. Lane ropes are in the pool, flutter boards and pull buoys are accessible to patrons. The tots pool is not for use during lane swims. The hot tub and sauna are open.

Youth Lane Swim

The main pool is strictly for lane swimmers 8 - 16 years of age. Lane ropes are in the pool, flutter boards and pull buoys are accessible to patrons. The tots pool is not for use during lane swims. The hot tub and sauna are open.

12yrs+ Lane Swim

The main pool is strictly for lane swim. Lane ropes are in the pool, flutter boards and pull buoys are accessible to patrons. The tots pool is not for use during lane swims. The hot tub and sauna are open. Youth between the ages of 12 - 16 must be accompanied by a parent (or guardian over the age of 18yrs).

Aquafit / Self Directed Aquafit / BootCamp

The main pool is open to swimmers 16 years +. Equipment is provided for all; instruction provided during scheduled classes. The tots pool is not for use. The hot tub and sauna are open.

Child Care / Day Camps

This is a semi-private rental. Swimmers are accompanied by YMCA Childcare staff. The hot tub and sauna are open.

Family Swim

The pool is open to families both member and non-member. A fee of \$8 per family applies for non-members. Adults 18+ accompanying their families must do so in the water regardless the age of the child. 1:2 ratio must be followed.

Public Swim

The pool is open to patrons of all ages both member and non-member. A fee of \$3 per person applies to non-members. Children under the age of 7 are accompanied in the water. 1:2 ratio must be followed.

Member Swim

The pool is open to members and day pass users. Swimmers under the age of 7 years must be accompanied in the water. 1:2 ratio must be followed. The hot tub and sauna are open.

Youth Aquatic Leader

Our Youth Aquatic Leader in training is for quick learners, those between levels or programs who thrive in an energetic learning environment. We recommend swimmers complete a minimum of star 4 within the YMCA Swim Program before joining. Ages: 9-14 yrs. Start Date: Sunday, October 6, 2019. Session Day & Time: Sunday from 11:00am - 1:00pm Cost: \$125

Group Swimming Lessons

Group Swim Lessons will give learners the opportunity to develop new skills and improve their strokes in a group setting. Swimmers will be placed in levels appropriate to their age and skill level. Ages: 6mths + Registration Dates: Tuesday September 10 & 17, 2019 from 4:00 pm – 7:00 pm and Friday, September 13 from 9:00 am - 12:00 pm. Registration via phone/email available on September 18, 19 and 20 from 8:00 am - 4:00 pm. Start Dates: Sunday, September 22, 2019 or Thursday, September 26, 2019 Session Duration: 10 weeks Cost: \$80 for Members / \$125 for Non-Member (\$80 + \$45 Membership) Contact: Call (902) 667-9112 or email [aquatics@cumberland.ymca.ca](mailto:aquatics@cumberland.ymca.ca) for more information.

Adult Swim Program

Adult swim classes aim to improve upon existing swimming abilities. Classes will help participants learn and improve their stroke techniques, general swimming abilities and more. The program will be directed by swim coaches who will design practices to work towards individual goals. Age: 18 years + Start Date: October 6, 2019 Session Day & Time: Sundays and Tuesdays from 8:00 – 9:30 am Session Duration: 8 weeks Cost: \$90 for Members / \$120 for Non-Members **\*\*FREE Trial on Sunday, September 22, 2019 from 8:00-9:30 am.**

Standard First Aid Course (Includes CPR-C certification)

SFA is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Age: 12yrs + Date: September 14 and September 15, 2019 Cost: Full Course - \$100, Re-Certification - \$50

Bronze Medallion / Bronze Cross

Bronze Medallion is the pre-req for Bronze Cross. Medallion participants (ages 13+) will learn components of water rescue education. Bronze Cross is for those who have completed the Bronze Medallion and want to challenge of more advanced training. Dates: December 20 from 4:30-8:30pm, 21 & 22 from 8:30am-4:30pm and January 4 from 8:00am-1:00pm. Cost: \$150 for members and \$200 for non-members.