



YMCA of Brockville and Area

345 Park Street
Brockville, ON, K6V 5Y7
613-342-7961
brockvilley.com

Building healthy communities



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Fitness Features

- Unlimited use of the facility
- Access to over 50 drop in fitness classes and recreation programs weekly
- Access to select registered programs at no cost
- Access to Signature Series designed to orient you to the equipment
- Ability to hire a YMCA approved personal trainer
- Complimentary parking, child minding and day use lockers
- Four guest passes annually and access to YMCA facilities nationally



YMCA of Brockville and Area

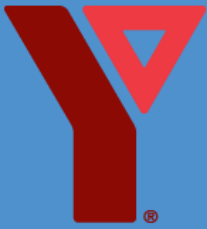
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2012 Winter/Spring Program

*Registration dates: Members – December 10th,
Non-Members – December 17th.*

Brochures Now Available

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facebook

Search

Brockville and Area YMCA Adventure Camps

Community Organization · Brockville, Ontario · Edit Info

Wall Brockville and Area YMCA... Most Recent

Share: Status Photo Link Video Question

Write something...

Brockville and Area YMCA Adventure Camps

Bake Sale encore - due to the resounding success of today's event, it will return June 2nd!

78 Impressions · 0% Feedback
Tuesday at 2:14pm · Like · Comment · Share

- Get Started
- Wall
- Hidden Posts
- Info
- Friend Activity
- Photos
- Edit

11 people like this

Add to My Page's Favorites

Unlike

Share

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Become a fan today and stay up-to-date with all the latest news!

YMCA Adventure Camp is on facebook



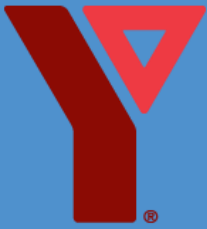
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Y Connect

- A personalized introductory program to the YMCA:
- STEP 1) Instruction on fitness and conditioning machines and safe exercise techniques
- STEP 2) Discussion of your goals and development of your own fitness program
- STEP 3) Follow-up session you can access monthly



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facebook 2 Search



YMCA
We build strong kids,
strong families, strong communities.

Wall

Hidden Posts

- Info
- Photos
- Discussions
- Notes

317
people like this

Unlike
Share

Brockville and Area YMCA
Non-Profit Organization [Edit Info](#)







Wall Brockville and Area YMCA · **Top Posts**

Share: [Status](#) [Photo](#) [Link](#) [Video](#)

Write something...

 **Brockville and Area YMCA** created an event.



31

Y Rock Cafe
Friday, April 15, 2011 at 7:30pm
Brockville and Area YMCA

305 Impressions · 0% Feedback
[31](#) Thursday at 4:23pm · Like · Comment · Share · Invite guests

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Become a fan today and stay up-to-date with all the latest news!

The Brockville and Area YMCA is on facebook



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TLT: Tomorrow's Leaders Today

- Designed especially for students in grade 8 and up,
- TLT takes the best of today's youth and helps them become the
- leaders of tomorrow. TLT combines leadership training, teamwork,
- self-government, and volunteer placement to help build
- confidence – and connections.





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Hot Lunches

Hot Lunches return after the holidays, 11:30 to 1:00 pm on January 11th, 2012.

Join us for a main course, bread, dessert and a drink all for only \$7.00. Proceeds go to the 2012 YMCA Annual Giving Campaign: The Power of Giving.

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Weekday Mornings

(Monday to Friday)

8:30am to 1:00pm

Weekday Evenings

(Monday to Thursday)

4:30pm to 8:00pm

Weekends

(Saturday/Sunday)

8:30am to 12:00pm

*No Stat Holiday Service

Playcare Hours

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Christmas Eve - Saturday, December 24th: 7:00 am - 3:00 pm

Christmas Day - Sunday, December 25th: FACILITY IS CLOSED

December 26th - Monday, Boxing Day: Holiday Hours

Child Care Center closed

8:00 am to 4:00 pm

December 27th through 30th Office Stat Holiday

Child Care Centre Closed 27th

Regular Hours - 5:30 am to 10:30 pm

New Year's Eve - Saturday December 31st

7:00 am - 3:00 pm

New Year's Day - January 1st: Holiday Hours

8:00 am to 4:00 pm

January 2nd - Monday, Office Statutory Holiday

Regular Facility Hours, Child Care Closed

Regular Hours - 5:30 am to 10:30 pm

Holiday Facility Hours

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All programs close

1/2 hour prior to

building closure

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Student Holiday Passes

Welcome Home!

30 Day Student Special, valid Dec 10 /11- Jan 9/12 pro-rated, \$48.00 tax included.

University & College Students home for the holidays can purchase a 30 day pass with a valid Student ID.

*** Note: Passes are non-refundable**

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Facility Access Policy

- 100% COMPLIANCE INITIATIVE
- YOU MUST SCAN YOUR CARD
- TO GAIN ACCESS TO THE FACILITY
- By complying, we will see improvements in the following issues:
- Safety of our members, staff, participants and volunteers
- Service excellence
- Accurate operational information
- Please visit the Association Services Desk for more information.



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Issues available
Ask Association
Services for your
copy, or go to the
website and
download it!

"Together" Newsletter

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Y'S CHOICE SNACK BAR

- **OPEN From 8:30 a.m. to 1:00 p.m.**
 - **Monday to Friday**
 - **Select from our many DELICIOUS, INVITING and NUTRITIOUS offerings!**
- * Check with Association Services for holiday hours.**



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It feels great!

When you volunteer at the YMCA your time and talent go a long way! Opportunities available in all areas.

Volunteer applications available at the Association Services Desk or online at www.brockvilley.com/volunteer.htm.

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