



YMCA

We build strong kids,
strong families, strong communities.



Yoga transforms for Fall 2010

Starting Sept 7, 2010, yoga classes at the Brockville and Area YMCA will become member only registered programs. A class session will run on the same day and time for 12 weeks and will have a fee of \$40. Class sessions will be as follows:

Monday 6:00 to 7:00 pm
or Tuesday 10:30 to 11:30 am
or Thursday 10:30 to 11:30 am
or Saturday 10:15 to 11:30 am

Session dates: September 7 – December 18

Members \$40

Registration opens September 3, 2010.

The Y management team have a responsibility to complete ongoing analysis of how we can best serve our membership with the resources we have. Fundamentally, membership includes facility access and programs that provide high value and encourage active, healthy living for a variety of fitness levels, age groups and interests.

A few years ago we decided offer members an opportunity to try yoga at the YMCA. We have been blessed with very high calibre teachers for this program and excited by the number of members who have come to love yoga as a means of growing spirit, mind and body.

This program has grown in popularity but also in cost to our association. We do not wish to cancel the program but rather provide it as a specialty program similar to scuba or certification courses that have additional costs associated with the delivery. We have priced the fee to cover some of those costs but remain highly competitive for members even with the membership fee which provides access to many other fitness options.

It is our hope that you will continue to enjoy the benefits of yoga at the YMCA. We continue to do our best to provide high value services for you, your family and our community.

For more information contact:

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Brockville and Area YMCA

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Your YMCA - A Charity Open To All

