



The Vision

Opening in the spring of 2012 the new YMCA Wellness Centre is the revitalized center of community.

The renewed Centre will offer over 42,000 square feet of space offering programs and services to strengthen and enhance the lives of families, children, youth, adults and seniors.

The facility will bring people together breaking down all social and financial barriers.

Internally the new Centre will be open with views from one space to the next, bright, clean, fresh and inviting with carefully designed traffic flows ensuring safety, acceptance, comfort and excitement.

The facility will encompass such feature as:

A 25 metre pool with complete accessibility to allow for aquatics programming that will reach diverse populations and ages:

Swimming lessons

Rehabilitation programs

Lane Swimming

Deep Water Running

Water Safety

Leadership Training

Aquafit classes for public and speciality populations (senior and pre natal)

Bright and inviting change rooms including:

Family room

Men's locker room

Women's locker room

On deck whirlpool and steam room

A multi-purpose gymnasium using state of the art flooring technology. Activities include:

Basketball

Badminton

Volleyball

Youth night

Family night

Day Camp

Strength and Conditioning space with modern equipment. Cardiovascular equipment, free weights, weight training machines and core strength/ stretch areas will be laid out in a welcoming manner and cater to the needs and expectations of the newest to the most seasoned members. Cardio equipment will include:

Treadmills	Stationary bikes	Stair climbers
Elliptical trainers	Rowing machines	

Fitness Studios designed to accommodate drop-in group fitness and registered programs. Examples include:

Pilates	Yoga	Group fitness/aerobics classes
Cycle fit	Athletic circuit	Dance

An expanded 160 space childcare centre that will support the following programs:

Preschool classes utilizing YMCA developed curriculum (Playing to Learn) to support children in school readiness, healthy development and literacy skills.

Childminding services to support members as they try to balance their need for exercise with their responsibility as parents.

After School Programs provide a safe, welcoming place where children can be engaged and active during the after school hours.

A new and expanded playground customized as an age appropriate, natural environment to promote physical, social and motor development in children.

A social gathering and meeting room. This multi-functional space will be used as a space for the following activities:

Health and wellness educational programs	Lunch and Learn programs
Community meeting room	Volunteer training
Youth groups	Women's programs
Take charge of your Health classes	Take charge of your Mood classes