



# YMCA OF CUMBERLAND MEMBERSHIP HANDBOOK

Updated May 2025

Welcome to the YMCA.....	3
Mission / Vision / Core Values	
Hours of Operation.....	3
Regular Hours	
Holiday Closures/ Holiday Hours	
Cancellations & Storm Days	
Our Facility.....	4
Emergency Information / Youth Policy / Facility Rentals	
Your YMCA Membership.....	5
Services Available with Membership	
Lockers / Member Etiquette	
Corporate/Group Membership.....	6
Corporate/ Group Membership Rate Policy	
Subsidized Membership.....	6
Subsidized Membership Policy	
Payment Policy.....	7
Credits / Refund Policy	
Health, Fitness & Recreation Department (HFR) .....	8
Etiquette & Safety Policies	
What to Wear / Members under 16	
Equipment for Open Recreation in the Gymnasium	
Aquatics Department.....	9-11
Programs	
Swimming Opportunities	
Etiquette & Safety Policies	
Whistle Notifications / What to Wear	
Daycare & Childcare.....	12
Pre-School	
Kindergarten	
After-School	
Y Days.....	13
Babysitting Course	
Giving to the YMCA.....	14
Annual Campaign (Strong Kids Campaign)	
Capital Campaign / Endowment Fund	
Volunteering.....	14
The YMCA – So much more than a ‘gym and swim’ .....	15
Offsite Childcare Locations.....	16
Fitness Outreach Locations.....	16
YMCA Contact List.....	16

## **Mission Statement**

The YMCA of Cumberland is a charitable organization actively engaged in the development of our local and global communities in spirit, mind, and body.

## **Vision**

As a respected charity, we are a recognized leader and essential partner in the development of strong and vibrant communities.

## **Values**

Respect, Responsibility, Caring, Honesty, and Inclusiveness.

### **Hours of Operation:**

Regular Hours:

Monday-Friday 5:30 a.m. – 10:00 p.m.

Saturday 7:00 a.m. – 8:00 p.m.

Sunday 7:00 a.m. – 8:00 p.m.

#### Holiday Hours:

The YMCA of Cumberland is open with holiday hours 9:00 a.m. – 5:00 p.m. on the following holidays:

Victoria Day  
Civic Holiday (August)  
Easter Monday

National Day for Truth and Reconciliation

Thanksgiving  
Remembrance Day  
Boxing Day

\*Christmas Eve – close as 4:00 p.m.

\*New Year's Eve – close at 5:00 p.m.

#### Holiday Closures:

New Year's Day, Nova Scotia's Heritage Day (February), Good Friday, Canada Day, Labour Day, and Christmas Day.

## **Cancellations and Storm Days:**

Our facility will close when conditions are such that our staff would not otherwise get home or when power outage occurs. If schools are closed, preschool and afterschool programs will be cancelled, and a Y Day Camp will be offered. All cancellations will be announced on CKDH Radio and our Facebook page "YMCA of Cumberland". Program cancellations, with advance notice, will be announced with phone calls and emails.

## **Our Facility:**

The YMCA of Cumberland was originally built in 1988, with significant renovations completed in 2011.

## **Emergency Information:**

A first aid kit, Naloxone kits, and AED are available at the front desk. Emergency exits can be found throughout the building, please vacate when the alarm sounds. If a power failure should occur, please vacate the area immediately and go to the membership services desk for further instruction. Emergency lighting is only temporary.

## **Facility Rentals:**

Having a birthday party, a company function or just a get together with friends and family? The YMCA facility is available for rent, whether you need one room or the complete facility.

- Pool Rental \$165.00 per hour (depends on numbers)
- Gym Rental \$50.00 per hour
- Community Room \$45.00 per hour (\$35.00 per hour w/ other rental)
- Fitness Studio \$28.00 per hour
- After Hours Building Rentals \$220.00 per hour.
- WIBIT Rental Extra \$75.00 with Pool Rental
- Bouncy Castle Rental Extra \$65.00 with Gymnasium Rental

\*Discounts for multiple rentals are available at the discretion of the HFA Centre Manager.

## **Your YMCA Membership**

A YMCA membership gives you full access to all the membership programs. Plus, as a member of the YMCA of Cumberland, you can enjoy the use of other YMCAs around the world. At each location, friendly and helpful YMCA staff and volunteers will help you get the most from your membership.

## **Services available with Membership**

- Pool
- Gymnasium
- Wellness Centre
- Use of Sauna / Hot tub
- Unlimited Fitness classes
- Childminding
- Use of locker rooms and showers (locks not provided)
- Discounted rates on all specialty programs offered (member rate)
- Select programming (ie. Group Swim Lessons, Dance Dance, Soccer Stars, Run Jump Throw Wheel) inclusive of Family Membership
- Membership privileges in all YMCA's worldwide (where similar facilities exist)

## **Lockers**

Lockers are available for use while you are using the facility. Please note lockers are for use during the day only. Any locks remaining on lockers after closing will be cut and articles left overnight will be removed. Please do not leave your locker open and unattended.

The Y is not responsible for lost or stolen items. Any items returned are in the Lost & Found located at the membership desk. Items found will be kept for a two-week period.

*\*Please Note:* For the comfort of your child and fellow members, children 18 months of age and older must enter the appropriate locker room. For your convenience, the YMCA of Cumberland has a Universal Locker Room for anyone to use.

### **YMCA Membership Etiquette**

The YMCA is a shared experience everyone should enjoy. Each of us can make it better for all by being considerate of others. There are special policies and rules put in place for the building, as well as departmentally, to ensure the comfort and safety of all those using our facility or participating in our programs. Those who are in the building for special programming or by guest/day pass are expected to adhere to these standards as well.

### **Building-wide Youth Policy**

Children aged 6 and under must be supervised by a parent at all times. Youth must be participating in a program to remain in the building. School aged youth must be accompanied by a parent/guardian if in the YMCA during school hours.

Youth must adhere to the same rules and standards of etiquette as any other member or guest at the YMCA. Infractions to these standards will result in appropriate disciplinary action.

### **Corporate / Group Membership**

There are discounts available to businesses and groups in the community who join the YMCA together. The discount is a percentage based on the number of participants from your particular group/business. Discounts and participation rates are based on the membership from the previous month (i.e., in the first month all participants paid the full rate for membership, there were 12 participants. On the second month the rates were adjusted for the group to receive the appropriate discount for 12 participants). The YMCA actively works with local corporations to establish Corporate Memberships. Corporate discounts are assessed bi-annually on January 1 and July 1. Memberships help promote healthy lifestyles, less work time lost due to illness, and more alert productive employees. Please contact the HFA Centre Manager for details on Corporate Memberships.

### **Membership Assistance**

At the YMCA we believe that everyone should be able to use the facility regardless of financial barriers and therefore provide membership Assistance to individuals and families. Applications are available to download on our website, or to pick up at the Front Desk. Please Note: *Only applications with all necessary supporting documents will be considered for assistance. These specifics are outlined below.*

### **Assisted Membership Policy**

- Any adult may apply for assistance. If there is more than one adult living in the home, they may apply as a couple. Both partners must submit their Income Tax Information.
- When applying, all applicants in the home must provide a copy of their most recent Income statement, regardless as to whether they wish to be in on the membership or not.
- All children (under the age of 18 years) living full time under the roof may be considered as dependents on a family membership, regardless of family dynamics/last names, etc.
- All assisted memberships are valid for a term of six months. We evaluate each person's application and financial information on an individual basis. All the information you share with us is confidential. Every six months your membership may be reassessed. A lot can happen in six months' time; we do this to be responsible to all our members and to you.
- All persons who enjoy an assisted membership are welcome to all the privileges of

any regular Cumberland YMCA membership. Likewise, all persons are expected to adhere to the rules and regulations of the Cumberland YMCA, including being respectful to other members and staff.

- An assisted membership may be revoked if a member is found to be falsifying income information or abusing their membership privileges.

### **Payment Policy**

- Annual Memberships are to be paid for the entire term via cash, cheque, debit, or credit card.
- Bi-weekly Memberships are to be set up by Pre-Authorized Chequing or Pre-Authorized Credit Card.
- Memberships are non-transferrable.

### **Credits / Refund Policy**

- An assisted membership may be revoked if a member is found to be falsifying income information or abusing their membership privileges.
- Program fees are non-refundable after the first day of the program session. Please note that the first day of the program session is not always the first class of the session.
- NO credits, refunds, or make up classes will be issued for classes missed due to personal reasons. Please consider all vacations, holidays, religious observances, and other personal activities prior to registering for classes.
- Gift Certificates, Guest Passes, and Membership fees are non-refundable.
- If a member wishes to cancel pre-authorized payments, they are required to request in writing within five days before their next payment to stop their withdrawal.
- Members may put pre-authorized payments on hold for a maximum of three months of the calendar year. Their payments will automatically resume at the end of the hold.
- A YMCA credit note in the form of a Gift Certificate will be issued when a medical excuse is presented and accompanied by a doctor's note.
- YMCA credits in the form of a Gift Certificate are applicable toward any YMCA program.
- No refunds will be made to those members who lose their membership privileges based on membership agreement or membership etiquette infractions.

### **Health & Fitness Department (HF)**

Being a member of the YMCA entitles you to full access to the Gymnasium, Group Fitness Classes as well as the Individual Conditioning strength and conditioning area. Your membership gives you the opportunity to have an orientation session with one of our facility staff to help you get started with a workout regime. Orientations must be booked through the Health & Fitness Department (HFR). The strength & conditioning area includes a variety of free weights, plate loaded weight machines, a designated cardio room and a stretching area.

### **HF Etiquette & Safety Policies**

- Please use the following guidelines while using the Strength and Conditioning area:
  - Respect others.
  - Do not drop free weights.
  - Return weights to their proper stacks after use.
  - Wipe equipment after each use with disinfectant towels provided.

- Share and refrain from resting on the equipment between sets.
- With the exception of water, no food or drink is permitted.
- All gym bags and outdoor wear are to be stored in a locker.
- Inform staff of any exercise-related health risk you may have.
- Report facility-related injuries, incidents, or any equipment irregularities to staff.

### **What to Wear**

Proper gym attire is mandatory, (indoor sneakers, shorts, sweatpants, leotards, t-shirts are acceptable as gym attire).

### **Members under 16yrs**

Youth between the ages of 12 - 15yrs are able to access the Wellness Centre with the supervision of a parent or guardian, over the age of 18yrs.

At the age of 14yrs, youth are able to take part in the Teen Weight Training Course. The Teen Weight Training Course provides youth with the knowledge to safely access the space, use the equipment, and train their bodies appropriately. If youth participate in the program, they are able to access the Wellness Centre, without the supervision of an adult.

Children under the age of 12 may not access the Wellness Centre.

### **Equipment for Open Recreation in the Gymnasium**

We have a wide range of equipment available for usage by members during Open Recreation time. Basketballs, soccer balls, volleyballs, pickleball paddles and balls are available for member use.

### **Aquatics Department**

There are two pools, a hot tub spa and a dry sauna on the pool deck. The main pool is 25m long with 3 lanes. The depth ranges from 0.9 to 1.1m in the shallow end to 2.3m in the deep end, and is maintained at a temperature of 28 C.

The hot tub is maintained at a temperature of approximately 38 C and the shallow Tots pool is maintained at a temperature of approximately 32 C.

### **Programs**

- Group swimming lessons
- Private swimming lessons
- Bronze Cross, Star and Medallion
- National Lifeguard Service 3 Award
- First Aid and CPR certification

## **Swimming Opportunities**

### **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 must be accompanied in the water. 1:2 ratio must be followed. The hot tub and sauna are open.

### **Family Swim**

The pool is open to patrons of all ages both member and non-member. A fee of \$8 per family applies to non-members. Children under the age of 7 must be accompanied in the water. 1:2 ratio must be followed. The hot tub and sauna are open.

### **Member Swims**

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.

### **Rentals**

Private Rentals – The pool and entire deck is for use solely by the renter and their party. Hot tub and sauna are unavailable during a private rental.

\*During these timeslots, if the pool is not rented, it will be labeled as a Member Swim. A Member Swim is an opportunity for patrons to access the pool deck, at a day pass rate for non-members. 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.

### **Lane Swim**

Lane Swims are open to all members and non-members (with purchase of a Day Pass), with the understanding that patrons are behaving appropriately for a lane swim (lap swimming, teaching children, Aquafit). Lane ropes are in the pool, flutter boards and pull buoys are accessible to patrons. The tot pool is not for use during lane swims. The hot tub and sauna are open.

### **Parent and Tot Swim**

A time for parents to use the Tots pool with their little ones, these swims are run during lane swims.

### **Aquafit / Self Directed Aquafit / Aqua Jog / Aqua Zumba**

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

### **Group and Private Swimming Lessons**

The main and tot pool is strictly for programming. No persons should enter the main or tot pool without their instructor. The hot tub and sauna are open.

### **Spartans Swim Club**



The main pool is strictly for program participants. Lane ropes are in the pool, flutter boards and pull buoys are accessible to patrons. The tot pool is not for use. The hot tub and sauna are open.

### **Childcare / ELC**

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

### **Aquatics Etiquette & Safety Policies**

- Everyone must shower before entering the water or when entering the main pool area after being in the hot tub.
- Patrons are not allowed on the pool deck without the presence of a lifeguard, including the use of the hot tub and sauna.
- Patrons must walk slowly and carefully on the pool deck. No running please.
- Patrons are allowed to dive only from the diving block or in the deep end of the pool.
- Only one person is allowed on the diving block at any one time.
- Children 6 years and under must be closely supervised within arm's reach by a swimming parent / guardian at all times.
- Anyone with infectious medical conditions, such as colds, ear and eye infections, open sores, etc. should not be in the pools.
- No food or drink (except for water) is allowed in the pool area.
- Only PFDs are permitted as flotation devices in the deep end.
- The Tarzan rope rules must be obeyed, the diving area must be clear before proceeding on the Tarzan rope, no climbing up the rope or jumping onto the rope. Patrons must enter the water feet first when using the rope.

### **Whistle Notifications**

*1 Short Blast = Pay attention to the Lifeguard.*

*2 Blasts = End of swim and exit pool area.*

*1 Long Blast = Exit the water immediately, there is an aquatic emergency.*

### **What to Wear**

- Bathing suits are required (T-shirts may be worn over suits. Cut-off jeans or skirts are not allowed)
- Street shoes are not permitted on the pool deck.
- Children who are not toilet trained or are under the age of three are required to wear plastic or swim diapers.
- Long hair should be tied back.

### **Child Care**

The YMCA of Cumberland Child Care Program is a licensed Early Learning Centre committed to safety and education excellence. Child Care utilizes all the unique opportunities available at the YMCA. This program has been designed for ages 6 months to 5 years, to encourage socialization with age-appropriate activities.

Children develop skills at their own pace in areas of creative activities, fine motor, gross motor, music and movement, science, language development, etc. Outdoor play is a daily event, and use of the gym and swimming pool at the YMCA of Cumberland occurs on a bi-weekly basis. Our aim is to provide a program where the child feels safe, happy, stimulated, and well cared for. The hours are 6:30am to 6:30pm, Monday through Friday.

### **School Aged Care**

#### **After School Program**

YMCA of Cumberland Child Care staff provide a safe and secure learning environment. Age-appropriate activities are planned daily such as gym time, swimming, outings within the community, cooking, art time, group games, outdoor play and more. A healthy snack is provided daily.

**Ages:** Students from Pre-primary to Grade 6

**Time:** Afterschool - 5:00pm (5:30 in select locations)

**Locations:** West Highlands Elementary, Spring Street Academy, Cumberland North Academy, Parrsboro Regional Elementary School, and Oxford Regional Education Centre.

#### **Y-Days**

Y - Days are held on In-Service & Storm Days, March, and Christmas Break. A structured day full of fun activities, swim and gym time, and are available September through June.

**Ages:** Students from Pre-primary to Grade 6

**Time:** 8:30 - 5:30pm

**Location:** Amherst

#### **Summer Programs**

Throughout July & August, the YMCA of Cumberland offers summer camps. These programs offer a wide variety of activities including day trips, swimming, arts & crafts, cooking and recreational activities including sports and small and large group games. Summer programs are operated at the YMCA Early Learning Centre in Amherst.

**Ages:** Students from Primary to Grade 6

**Days:** Monday - Friday

**Time:** 8:30 - 5:30pm

**Locations:** Amherst

#### **Babysitting Course**

This YMCA program prepares youth with the necessary skills to look after infants, toddlers, and children. This includes diaper changes, bottle feeding, basic food preparation, safety in the home, responsibilities as a care giver, basic first aid, games, and activities as well as emergency protocol.

**Ages:** 11-14

**Courses:** TBD

**Time:** 9:00 - 3:00pm

**Locations:** Amherst

**\*\*\* Registration is required.**

### **Giving to the YMCA**

Charitable tax receipts will be automatically issued for gifts of \$10 or more. Receipts for donations less than \$10 will be issued on request.

### **Annual Giving (Strong Communities Campaign)**

The YMCA Strong Communities Campaign encourages people across the country to invest in YMCA programs that help provide more opportunities for children, youth, and adults. It is aimed at raising public awareness and much needed financial support for the work that the YMCA does to provide children, youth, adults and families with the values and life skills that they need to succeed. The YMCA of Cumberland encourages the development and maintenance of a healthy mind, body and spirit through health, fitness, and social programs. To learn more, visit the "opportunities to give" page on our website, [www.ymcaofcumberland.com](http://www.ymcaofcumberland.com)

### **You can leave a legacy and help the YMCA of Cumberland achieve our long-term goals.**

#### **Endowment Fund Bequests:**

Consider leaving a bequest to the YMCA of Cumberland in your will. An official receipt for income tax purposes will be sent to your estate when the bequest is received. Most lawyers require the charity name and charitable registration number for your will: YMCA Association of Cumberland - Charitable Registration Number: 119307007RR0001

If you have left a gift in your will, please let us know by contacting [trina.clarke@cumberland.ymca.ca](mailto:trina.clarke@cumberland.ymca.ca), so we can include you in our Heritage Club.

### **Volunteering**

YMCA volunteers play a key role in maintaining the quality and consistency of our services. Our mission is achieved through the ongoing support, leadership, and commitment of our volunteers. Training and orientation, as well as certification, is provided to our volunteers to ensure a positive experience for everyone. You can volunteer in any of our departments as well as on our Board of Directors. Pick up an application at our membership services desk today.

### **The YMCA – So much more than a “gym and swim”**

Around the globe, the YMCA is dedicated to the growth of people in spirit, mind, and body. We offer a comprehensive range of educational, social, and recreational services to citizens of all ages, races, and religions. Currently, over 10,000 YMCA associations are operating in over 100 countries.

The first YMCA association in North America opened in Montreal on November 25, 1851. The YMCA was front and center in developing and launching Big Brothers, Boy Scouts, the Red Cross, and the World University Service of Canada. Several Canadian universities grew out of the YMCA's adult education program, namely Concordia (Montreal), Carleton (Ottawa), York (Toronto), and UBC (Vancouver).

YMCAs in Canada offer diversity, providing service in:

- Child Care

- Employment Programs
- Adult Education
- Leadership Development
- Newcomer Settlement
- International Development & Education
- Community Development
- Health, Fitness and Recreation
- Housing Shelter
- Community Initiatives Programs

More than 40,000 Canadians volunteer their time and talents to the YMCA, with approximately 20,000 staff supporting our work. Each year, more than 2,000,000 people participate in YMCA programs. The YMCA cares for more than 100,000 children, aged 6 months - 12 years, each year, making it the largest non-profit childcare provider in Canada.

In fulfilling our mission, the YMCA maintains its status as a charitable organization, helping through each of our programs those in need. Donations from members, volunteers and staff are encouraged and official tax receipts are issued for gifts of \$10 or more. Our charitable registration number is 119307007RR0001.

We hope this handbook has helped you see all the benefits the YMCA provides for our community.

### **Offsite Afterschool Locations:**

#### **Cumberland North Academy**

Brookdale, NS  
902-667-4724

#### **West Highlands Elementary**

Amherst, NS  
902-667-4724

#### **Parrsboro Regional Elementary**

Parrsboro, NS  
902-667-4724

#### **Spring Street Academy**

Amherst, NS  
902-667-4724

#### **Oxford Regional Education Centre**

Oxford, NS  
902-667-4724

### **Early Learning Child Care Locations:**

#### **YMCA Early Learning Centre**

Amherst, NS  
902-667-4724

**YMCA Early Learning Oxford**

Oxford, NS

902-447-4513 Ext. 247

**YMCA Early Learning Pugwash**

Pugwash, NS

902-243-3418

**Health Fitness and Recreation Outreach Locations:****Parrsboro Cyclefit**

Parrsboro Regional High School

Parrsboro, NS

**Parrsboro Kickbox Cardio**

Lion's Den

Parrsboro, NS

**Oxford Tabata**

Oxford Presbyterian Church

Oxford, NS

**River Hebert Chair Fitness**

River Hebert/Joggins & Area Community Centre

River Hebert, NS

**Springhill Chair Fitness**

Dr. Carson & Marion Murray Community Centre

Springhill, NS

## YMCA Management Contact List

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