



Meet Your Health and Wellness Goals in a Supportive Community

The YMCA is pleased to partner with the Hamilton JCC to help families achieve their health and fitness goals. We are pleased to offer:

- **No Joiner Fee**, savings of \$113 per family
- **Complimentary 2-week trial** to see all that the YMCA has to offer
- Adult and Students receive family rate **25% discount**
- **Free Y@Home+** digital health and wellness platform
- Includes access to all **5 regional YMCA locations** and guest privileges to all YMCA's in Canada

Mention the Hamilton Jewish Federation at the membership desk for a **CHANCE TO WIN YMCA prizes.**

PROGRAMS AND SERVICES

- Child and Youth Instructional programs
- Group Fitness Class
- Swimming Lessons
- Fitness Centre
- LiveWell- Health Management Programs with HHS and McMaster
- Open and Family swims
- Sports and Recreation
- Personal Training
- Youth Leadership
- Volunteer Opportunities
- Financial Assistance

Flamborough Family YMCA - (905) 690-3555
207 Parkside Dr, Waterdown, ON L0R 2H1

Hamilton Downtown Family YMCA - (905) 529-7102
79 James St S, Hamilton, ON L8P 2Z1

Laurier Brantford YMCA - (519) 512-4891
100 Water St, Brantford, ON N3T 0P1

Les Chater Family YMCA - (905) 667-1515
356 Rymal Rd E, Hamilton, ON L9B 1C2

Ron Edwards Family YMCA - (905) 632-5000
500 Drury Ln, Burlington, ON L7R 2X2

Offer expires August 31, 2023

YMCAHBB.CA



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PROGRAMS AND SERVICES

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