

YMCA of Simcoe/Muskoka

Health Care Partnership Programs



Shine On

*Please contact your Doctor for a referral and ask how to sign up for one of the below programs.

Program	Program Description	Duration	Frequency/ Location	Membership Options		
				Program Fee	Healthcare Membership	
					Adult Classic	Senior (60+) Classic
Pulmonary Rehab In Partnership with CGMH	Designed for individuals with chronic lung diseases, such as COPD. The program includes supervised exercises classes and educational sessions from regulated healthcare professionals. <i>Program provided by Collingwood G&M Hospital.</i>	8 weeks	1x/week Offered at the Collingwood YMCA	\$16 +tax	OR	
Seniors CARE Exercise Program In Partnership with FHT and WBCHC	The Seniors CARE (Collaboration, Activity, Rehabilitation, Education) Exercise Program is a community rehabilitation program for older adults who are living with frailty that focuses on improving or maintaining mobility, strength, coordination, and balance. <i>Program provided by Georgian Bay Family Health Team & South Georgian Bay Community Health Care.</i>	12 weeks	2x/week Offered at the Collingwood OR Wasaga Beach YMCA, (location changes depending on session)	\$24 +tax	OR	3 months \$90 +tax 6 months \$180 +tax 3 months \$75 +tax 6 months \$150 +tax
Cardiovascular Rehab In Partnership with FHT and YMCA Staff	Designed for individuals with cardiovascular disease. The program is focused on increasing participants' exercise tolerance and includes a series of educational sessions led by a Kinesiologist. Program provided by Georgian Bay Family Health Team and YMCA Staff.	24 weeks	Weekly Offered at the Collingwood & Wasaga Beach YMCA	\$48 +tax	OR	

In partnership with:



*Government-issued photo identification is required, ages 16+, to enter all YMCAs. Pre-paid Access Passes allow access only to the healthcare program. Healthcare Membership is a 3-month General Membership available by referral only by a healthcare partner agency. A complimentary membership for a family member, friend, or caregiver is provided with each Healthcare Membership purchased.



Note: the Program Fee will be waived if a Healthcare Membership is purchased.

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Frequently Asked Questions

How do the Membership Options work?

You have a choice of fee options when you join the Healthcare program.

Option 1: Pay the Program Fee only. This fee entitles you to attend the Health Care Program on days specified and use YMCA facilities as required. This is a one time payment.

Option 2: Pay the Healthcare Membership Fee. This is equivalent to our Classic Membership which allows you access to all Simcoe Muskoka YMCAs at a significantly reduced rate. You can buy, either a 3 month or a 6 month membership. This Healthcare membership option is only available at time of joining the Healthcare Program. Other benefits of membership are access to all Simcoe Muskoka YMCAs including classes, free access to Y@Home as well reciprocal rights to other YMCA gyms across Canada. You save over \$300 with this option.

What if I decide to join the YMCA later?

If you decide after the completion of your program that you would like to join we will be able to waive your joining fee (\$84.50) but regular membership fees will apply.

Is Fee Assistance available?

Fee assistance is available after you have completed on the full fees only. Therefore, after your Healthcare Program is completed or after your reduced fee Healthcare Membership is completed you can inquire with Membership Sales & Services to see if you qualify for the Membership Assistance Program.

What classes can I attend?

There are a variety of class options available at the YMCA, as well as equipment in the conditioning room that may be suitable for you to use during or after completion of your Healthcare Program. We encourage you to discuss options with your Healthcare provider on what would best suit you. Classes such as On The Move Chair Fitness and Aquafit are great places to continue your healthcare journey. We also have qualified Personal Trainers that would be pleased to assist you.

Who can I talk to about classes or equipment?

The YMCA offers a variety of Wellness times in our program in the Conditioning room where you can ask a Personal Trainer about equipment usage, questions related to fitness, and classes that may be suitable for you. This is a complimentary service available to all members.

