



Registration Policy Members

Registration is required for all activities at YWCA Health + Fitness Centre.

Group Classes, Swim Lessons, Registered Programs and Health Services are all bookable via the Mobile App and Member Portal.

Group Fitness Classes – Land and Aquatics

- Book 15 minutes to 7 days in advance.
- No limit to the number of class bookings.
- Last-minute registrations are permitted if space is available.
- \$10 fee may apply when you reserve a spot and don't show up.

Individual Adult Swim Lessons

- Book up to 7 days in advance.
- No limit to the number of lesson bookings.
- Minimum 48 hours' notice is required to unregister.
- No refunds, only account credit which must be used within 90 days.

YWCA Swim Programs and Land Registered Programs

- Book in advance of the program start. Register early as programs are subject to run with a minimum number of participants for a set number of classes in a session. Registration is for the full session.
- A minimum of 48 hours' notice before the program start is required for un-registration.
- No refunds, only account credit which must be used within 90 days.

Pickleball

- Book up to 7 days in advance.
- No limit to number of bookings.
- 2 hours' notice is required to unregister from a booking with no penalty.
- No refunds, only account credit which must be used within 90 days.

Personal Training and Health Services

- Health Services bookable up to 30 days in advance.
- 24 hours' notice is required to unregister otherwise full payment will apply.
- No refunds, only account credit which must be used within 90 days.



Registration Policy Guests/Non-Members

Registration is required for all activities at YWCA Health + Fitness Centre.

Group Classes, Swim Lessons, Registered Programs and Health Services book via the App.

Group Fitness Classes – Land and Aquatics

- Book 15 minutes to 24 hours in advance.
- Last-minute registrations are permitted if space is available.
- Guest payment is due at time of registration (\$20).
- \$10 fee applies when you book a spot and don't show up.

Individual Adult Swim Lessons

- Book up to 7 days in advance at a non-member rate.
- Full payment required at time of booking.
- Minimum 48 hours' notice is required to unregister otherwise full payment will apply.
- No refunds, only account credit which must be used within 90 days.

YWCA Swim Programs and Land Registered Programs

- Book in advance of the program start. Register early as programs are subject to run with a minimum number of participants for a set number of classes in a session. Registration is for the full session.
- A minimum of 48 hours' notice before the program start is required for un-registration.
- No refunds, only account credit which must be used within 90 days.
- Late registration into any program is subject to approval by the Aquatics Team.

Pickleball

- Book by phone or in person the day of.
- Non-members pay the court fee per booking and a drop-in fee per person.
- No limit to number of bookings.
- 2 hours' notice is required to unregister from a booking otherwise full payment applies.
- No refunds, only account credit which must be used within 90 days.

Personal Training and Health Services

- Health Services are bookable up to 30 days in advance.
- 24 hours' notice is required to unregister otherwise full payment will apply.
- No refunds, only account credit which must be used within 90 days.