



Bringing people together

# Welcome to the Robert Lee YMCA

COME TAKE A TOUR...

## LEVEL 1

- Savour a bit of Vancouver's history in the 31,000 square feet of protected heritage space starting in our Great Hall.
- Come visit us at the Member Services Desk. You can sign up for programs, ask questions or find out how you can volunteer to help the YMCA help others.
- Stop by for a bite to eat or just catch up with friends in the Licious Café.
- Take time out of a hectic day for a quiet moment in the Centre for Reflection.
- Tired of your office view? See the light at this uniquely designed YMCA where almost every space offers an outside view.
- Stretch yourself with a challenging swim in our Natatorium or take a break in our steam room or whirlpool. Plus, we minimize your carbon footprint and health concerns with our UV filtration system and heat recovery loop that recaptures the building's heat to keep the pool comfortable for all.
- Park your car with ease in one of 77 spots or park your bike in our covered bike storage.
- Get the fit that's right for you. Our five locker rooms are designed for your unique needs:
  - Family/Special Use
  - Women's General
  - Men's Membership Plus
  - Men's General (Level 2)
  - Women's Membership Plus (Level 2)

## LEVEL 2

- Have a chat with one of our Community Program staff. They can help you learn new skills, find a job or meet other people in your neighbourhood. Community Programs include:
  - YMCA Connections
  - YMCA New Ventures Network
  - YMCA Federal Public Sector Youth Internship Program
  - YMCA Youth Eco Internship
- Have a project to finish? The computer lab is where you want to be.
- Looking for a place to hold your next strata meeting? Ask us about our meeting rooms and classrooms.

## LEVEL 3

- How about a little friendly competition? Whether it's volleyball, basketball, badminton or even stroller-baby boot camp, there is always something happening in our state-of-the-art gymnasium.
- Exercise your body and free your mind in one of 3 Active Living Studios.

## LEVEL 4

- Show off your skills in one of our two racquetball/squash courts.
- Looking to tone your muscles or run a 10k? Our Strength and Conditioning Centre has everything you need, including friendly and knowledgeable fitness coaches to help you reach your fitness goals.

## LEVEL 5

- Spend some time outside chatting with new friends in our rooftop playground and garden.
- Take a cooking class in our Healthy Living Kitchen while your little ones make friends in Childminding and Preschool.
- Let our Childminding staff take care of your kids while you take care of your own personal health with a yoga class or a run on the treadmill.
- Relax by the fireplace at the YMCA Coast Capital Savings Early Childhood and Family Development Centres.
- Be sure to pick out a new toy or book in our Toy Lending Library before you head home.

## LEVEL 6

- Let our trained staff at YMCA Child Care help develop young minds and bodies while you are busy at work.
- Join us for a weekend play date at our 6,000 square foot rooftop playground.

