



YMCA KICK START

Achieve your health goals



Fall 2017 Kick Start program!

Kick Start is a 12 week fitness and nutrition program included in a YMCA of Niagara membership.

The YMCA Kick Start program helps members move towards achieving their health, fitness and nutrition goals, supported by Niagara Region Public Health. This signature program will help members take the first steps towards building a healthy lifestyle, refreshing their routine, or trying something new.

Kick Start participants will have the opportunity to:

- Establish a network of social support at the YMCA
- Receiving ongoing feedback, goal setting and coaching from trained fitness professionals
- Develop behaviours that promote long-term healthy living

What is YMCA Kick Start?

- A progressive 12-week program, facilitated in a small group setting (max of 10 members per group).
- 90-minute sessions, once per week including both nutrition and physical activity.
- The first session will be an additional 30 minutes, to allow additional time for goal setting and relationship building.
- Accountability to participate in physical activity a minimum of one additional time per week at the Y.
- Weekly support and leadership from a YMCA Fitness Coach.
- A structured physical activity program focused on functional movements and goal setting.
- Resources to help develop, nurture and sustain your progress.
- Check-ins upon program completion, to assist in sustainability of behaviours developed during the 12 week program.
- Open to all YMCA of Niagara members 16 years of age and older.
- Each member is limited to one full Kick Start program (physical activity and nutrition).
- Members are able to sign up for a Kick Start program at a different YMCA of Niagara branch if the dates/times at their home branch do not work for them.
- Participants must give the YMCA of Niagara permission to contact them via email for the duration of the program.
- The Kick Start program is supported by Niagara Region Public Health

Key program dates:

- **September 3** – Begin to promote the Fall Kick Start programs in the branches. A pop up banner will go up in the lobby and Fitness and Membership staff will wear Kick Start magnets and intentionally engage with members to promote the program.
- **September 3** - Registration will open at 12pm, and will be available online and in person at each branch.
- **September 10** - Fitness staff will be scheduled in the lobby during program times to engage with members about the program.
- **September 17** – Fall 2017 Kick Start programs will begin and run for 12 weeks.

Kick Start Fall 2017 schedule:

Niagara Falls

Tuesdays	10:45-12:15pm	gym 3/C	Kick Start Physical Activity and Nutrition
Tuesdays	6:30-8:00pm	gym 3/A	Kick Start Physical Activity and Nutrition
Wednesdays	6:45-8:15pm	gym 3/A	Kick Start Physical Activity and Nutrition

Niagara West

Tuesdays	12:00-1:30pm	AB	Kick Start Physical Activity and Nutrition
Tuesdays	7:00-8:30pm	AB	Kick Start Physical Activity and Nutrition
Thursdays	9-10:30am	AB	Kick Start Physical Activity and Nutrition
Thursdays	12:00-1:30pm	AB	Kick Start Physical Activity and Nutrition

Walker

Mondays	6:00-7:30pm	Room F	Kick Start Physical Activity and Nutrition
Tuesdays	10:00-11:30am	Room F	Kick Start Physical Activity and Nutrition
Sundays	10:00-11:30am	Room F	Kick Start Physical Activity and Nutrition
Thursday	1:30-3:00pm	Room F	Kick Start Physical Activity and Nutrition

Niagara Centre

Tuesdays	2:00-3:30pm	Studio/C	Kick Start Physical Activity and Nutrition
Wednesdays	11:15-12:45pm	Gym 1/C	Kick Start Physical Activity and Nutrition

Port Colborne

Tuesdays	4:30-6:00pm	Gym 2B	Kick Start Physical Activity and Nutrition
Wednesdays	2:00-3:30pm	Gym 2B	Kick Start Physical Activity and Nutrition
Thursdays	10:45-12:15pm	Gym 2B	Kick Start Physical Activity and Nutrition

Fort Erie

Tuesdays	1:00-2:30pm	Studio 1	Kick Start Physical Activity and Nutrition
Saturdays	10:30-12:00pm	Upstairs	Kick Start Physical Activity and Nutrition

For more information about the program please speak to a Program Coordinator, Fitness.