



YMCA of Southwestern Ontario

Shine On

We are a charitable organization committed to igniting growth, confidence, and belonging for people of all backgrounds, beliefs, and abilities. We believe every person carries an inner spark and the potential to thrive.

Our purpose is to help individuals and families shine – building well-being, resilience, and meaningful connections within a caring community.

Guided by our core values of Inclusiveness, Caring, Respect, Responsibility, and Honesty, the Y is proudly people-powered by dedicated staff and volunteers who inspire positive, lasting change across our region.

With a YMCA membership, families gain access to a wide range of enriching programs for all ages and abilities – from swimming and sports to health and fitness, PA Day programs, and creative experiences like art and science. We work alongside families to remove barriers wherever possible, ensuring everyone feels welcomed, supported, and able to participate fully.

More than a place to stay active, the YMCA is a vibrant community where families connect, grow together, and truly belong.