

Hours of Operation

Monday to Friday

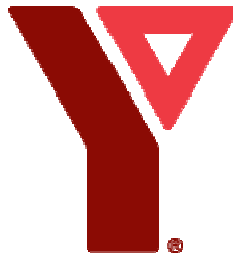
5:30am – 10:00pm

Saturday and Sunday

7:30am – 5:30pm

Statutory Holidays

9:00am – 2:00pm



YMCA of Central East Ontario

City of Quinte West Branch

50 Monogram Place

Trenton, Ontario

K8V 5P8

Tel: 613.394.9622

Fax: 613.394.8223

<http://www.ymcaofceo.ca>

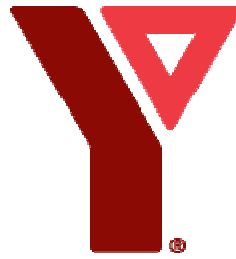
Effective September 11 - December 17, 2017

Fall 2017 Open Gym / Youth Programs Schedule

Fall 2017 Open Gym / Youth Programs Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Child / Youth & Family Programs	Messy Crafty Tots (2-4yrs) 9:30-10:00am <i>*supply fee required</i>	Mini Music Makers (2-4yrs) 9:30-10:00am	Mini Movers (2-4yrs) 9:30-10:00am	Tumble Tots (2-4yrs) 9:30-10:00am		Tumble Tots (2-3yrs) 8:30-9:00am Kidnastics (4-6yrs) 9:05-9:50am (4-6yrs) 9:55-10:40am Gymnastics (7-9yrs) 10:45-11:30am (10-13yrs) 11:35-12:20pm (East Gym)	Kidnastics (4-6yrs) 9:05-9:50am Gymnastics (7-9yrs) 9:55-10:40am (East Gym)
	Family Fun Zone (all ages) 10:15-12:00pm	Family Fun Zone (all ages) 10:15-12:00pm	Family Fun Zone (all ages) 10:15-12:00pm	Family Fun Zone (all ages) 10:15-12:00pm	Home School (4-13yrs) Science, Art, Drama, Gym 10:30-12:00pm		
	Artrageous (4-6yrs) 4:30-5:15pm (7-13 yrs) 5:30-6:15pm (multi-purpose Rm) <i>*supply fee required</i>	Science Kids (4-6yrs) 4:30-5:15pm (7-13yrs) 5:30-6:15pm (multi-purpose Rm) <i>*supply fee required</i>	Stay and Play (1-3yrs) 10:15-12:00pm	Home School (4-13yrs) Science, Art, Drama, Gym 2:15-3:45pm			
			Soccer (4-6) 4:30-5:15pm (7-9) 5:20-6:05pm (West Gym)	Drama Club (7-13yrs) 5:00-6:30pm (multi-purpose Rm)		Mini Music Makers (2-3yrs) 9:15-9:45am	Soccer (4-6) 10:00am-10:45am (7-9) 10:50am-11:35am (West Gym)
	TAG (7-13yrs) 5:00-6:30pm (multi-purpose Rm)	Tumble Tots (2-3yrs) 4:30-5:00pm Kidnastics (4-6yrs) 5:05-5:50pm Gymnastics (7-9yrs) 5:55-6:40pm (10-13yrs) 6:45-7:30pm (East Gym)	Tiger Tot Martial Arts (4-6yrs) 4:30-5:00pm 5:05-5:35pm 5:40-6:10pm (multi-purpose Rm)	Tumble Tots (2-3yrs) 5:00-5:30pm Kidnastics (4-6yrs) 5:35-6:20pm (4-6) 6:25-7:10pm Gymnastics (7-9yrs) 7:15-8:00pm (10-13yrs) 8:05-8:50pm (East Gym)		Just Dance (4-6yrs) 9:50-10:35am (4-6yrs) 10:40-11:25am (7-9yrs) 11:30-12:15pm (10-13yrs) 12:20-1:05pm (Studio)	
	Mini Movers (2-3yrs) 4:30-5:00pm						
	Sports Mania (4-6yrs) 5:05-5:50pm (7-9yrs) 5:55-6:40pm (East Gym)	Basketball (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm (West Gym)	Floor Ball (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm (East Gym)	Just Us Guys (7-13yrs) 5:00-6:30pm (multi-purpose Rm)	Family Boot Camp (6yrs +) 5:30-6:15pm	Junior Builders (7-13yrs) 8:45-9:45am (multi-purpose Rm) <i>*supply fee required</i>	Teen Strength (13-14yrs) 1-5pm (one day option) Oct 1, Nov 5, Dec 3
	Intramural Sports (10-13yrs) 6:45-7:30pm (East Gym)	Snack Attack (7-13yrs) 6:30-7:30pm (multi-purpose Rm) <i>*supply fee required</i>	Family Martial Arts (7yrs & up) 6:30-7:45pm <i>*fee required</i>	Fit Kids (7-13yrs) 6:30-7:15pm	Family Yoga (6yrs +) 6:30-7:00pm	Mini Movers (2-3yrs) 10:15-10:45am	
	Teen & Adult Martial Arts (16 & up) 7:30-9:00pm	Teen Strength (10-14yrs) 5:00-6:00pm	Teen Strength (10-14yrs) 5:00-6:00pm	Teen Strength (10-14yrs) 5:00-6:00pm	Parents Night Out (4-10yrs) October 20, November 24, December 15 6:00-9:00pm	Sports Mania (4-6yrs) 10:50-11:35pm (7-13yrs) 11:40-12:25pm	Indicates Drop in program - Not available on PA Days
			Teen Strength2 (10-14yrs) 6:00-7:00pm	Flick & Float and Overnight Fun (5-12yrs) 5:30pm-10pm or 5:30pm to 9am November 18			
			Youth Leader Corps (11-16yrs) 6:30-8:30pm				

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - times subject to change	5:30am - 9:15am 12:30pm-5:00pm 8:00pm-9:45pm	5:30am - 9:15am 3:30pm-4:30pm 7:30pm-9:45pm	5:30am - 9:15am 12:00pm-4:00pm	5:30am - 9:15am 3:30pm-4:30pm 9:00pm - 9:45pm	5:30am - 9:15am 10:30am-12:45pm 1:15pm - 5:00pm	7:30am -9:15am 1:30pm - 5:15pm	7:30-10:30am 12:30pm-5:15pm
KidsKare	9:00am- 12:30pm 4:30pm-8:00pm	9:00am- 12:30pm 4:30pm-8:00pm	9:00am- 12:30pm 4:30pm-8:00pm	9:00am- 12:30pm 4:30pm-8:00pm	9:00am- 12:30pm	8:30am - 12:00pm	
Special Bookings						Birthday Parties 2:00-5:00pm	Birthday Parties 2:00-5:00pm

Parents Night Out

A special program which allows parents to have a night out without hiring a babysitter. Children will have a night of fun activities. Supervised by YMCA certified and trained staff.
Ages 4-10yrs. Friday October 20, November 24, December 15
6:00pm-9:00pm **YM - \$5.00** **NM \$7.00**

Home Alone Safety Course

One day course for **Age 10 and up** to build confidence in young people who spend time at home alone. Includes home and fire safety.
Saturday, November 4 9am -5pm **YM - no charge** **NM \$50**

Flick & Float and Overnight Fun

This is a night out for parents and a safe night in for the children. During this program the children will enjoy a swim, movie, dance party, gym games, popcorn and pizza. The YMCA will be closed and only open for this program.
Ages 5-12 November 18th Option 1 Saturday 5:30-10pm (YM \$20, NM \$25) or option 2 Saturday 5:30pm to Sunday 9am (YM \$55, NM \$65)
Please bring bathing suit, towel, water bottle, pajamas, extra clothes, sleeping bag, pillow

Baby Sitting Course

One day course to help youth become confident and prepared to care for children of various ages, apply First Aid Skills and deal with emergencies
Age 11 and up Saturday, September 23
9:00am-5:00pm **YM \$40.00** **NM \$50**

Teen Strength and Teen Strength 2

Youth under the age of 15 must take the Teen Strength program in order to use the Strength & Conditioning Centre. This program will give them the basic understanding of training principles and fitness concepts. Youth who graduate from this program will be issued a card that will allow them to use the Strength & Conditioning Centre with a parent or guardian.

Teen Strength 2 is for those that have completed Teen Strength .

Available to YMCA members only. Age 10-14

Teen Strength - Tuesday, Wednesday, or Thursday 5:00-6:00pm

Teen Strength 2 - Thursday 6:00-7:00pm

1 day option for 13-14 year olds - 1-5pm Oct 1, Nov 5, Dec 3, 2017

Youth Leader Corps or Aquatic Leader Corps

Youth participate in fun activities that will increase self esteem and build leadership skills such as communication, team work, lesson planning and program instruction. Come meet new friends and have fun at your YMCA.

Ages 11-16 years

Thursdays - September to June

6:30-8:30pm

YMCA Members only