

Hours of Operation

Monday to Friday

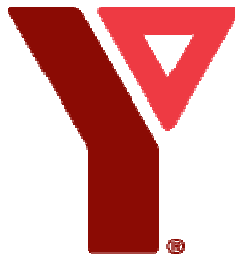
5:30am – 10:00pm

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>

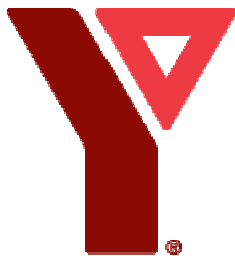
Effective April 3-June 18, 2017

Spring 2017 Open Gym / Youth Programs Schedule

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Child / Youth & Family Programs	Messy Crafy 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 (10-13) 11:35-12:20pm <i>(East Gym)</i>	Kidnastics (2-3yrs) 8:30-9:00am (4-6yrs) 9:05-9:50am Gymnastics (7-9yrs) 9:55-10:40am (10-13yrs) 10:45-11:30am <i>(East Gym)</i>	
	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 (4-6) 5:20-6:05pm <i>(West Gym)</i>				Mini Music Makers (2-3yrs) 9:15-9:45am	Soccer (4-6) 10:00am-10:45am (7-9) 10:50am-11:35am <i>(West Gym)</i>
	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 <i>(East Gym)</i>	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 <i>(East Gym)</i>			Just Dance (4-6yrs) 9:50-10:35am (4-6yrs) 10:40-11:25am (7-9yrs) 11:30-12:15pm (10-13) 12:20-1:05pm <i>(Studio)</i>	Intramural Sports (10-13yrs) 11:40-12:25pm-1:30pm <i>(East Gym)</i>
	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 <i>(West Gym)</i>	Floor Ball (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm <i>(East Gym)</i>	Drama Club (7-13yrs) 5:00-6:30pm (multi-purpose Rm)			Junior Builders (7-13yrs) 8:45-9:45am (multi-purpose Rm) <i>*supply fee required</i>	Teen Strength (13-14yrs) 1-5pm <i>(one day option)</i> March 26, April 23, May 28
	Intramural Sports (10-13yrs) 6:45-7:30pm <i>(East Gym)</i>	Teen Strength (10-14yrs) 5:00-6:00pm	Family Martial Arts (7yrs & up) 6:30-7:45pm <i>*fee required</i>	Fit Kids (7-9yrs) 6:30-7:15pm (10-13) 7:20-8:05pm			Snack Attack (7-13yrs) 9:45-10:45am (multi-purpose Rm) <i>*supply fee required</i>	
	Teen & Adult Martial Arts (16 & up) 7:30-9:00pm	Teen Strength2 (10-14yrs) 6:00-7:00pm	Teen Strength (10-14yrs) 5:00-6:00pm	Teen Strength (10-14yrs) 5:00-6:00pm			Mini Movers (2-3yrs) 11:00-11:30am	Indicates Drop in program - Not available on PA Days
		Youth Leader Corps (11-16yrs) 6:15-8:15pm Youth Leadership (11-13yrs) Leaders in Training (14-16yrs)		Just Us Guys (7-13yrs) 5:00-6:30pm (multi-purpose Rm) Aquatic Leader Corp (11-15yrs) 6:20-8:20pm	Parents Night Out (4-10yrs) April 21, May 26, June 16 6:00-9:00pm	Sports Mania (4-6yrs) 11:40-12:25pm (7-13yrs) 12:30-1:15pm		

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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	9:00am- 12:30pm	9:00am- 12:30pm	9:00am- 12:30pm	9:00am- 12:30pm	8:30am - 12:00pm	
	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm			
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 April 21st, May 26th, June 16th, 2017
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, May 27th 9am -5pm YM - no charge NM \$50

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, April 29th or June 10th
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 March 26th, April 23, May 28, 2017

Youth 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

Wednesdays - September to June

6:15-8:15pm

YMCA Members only