



You belong
at the Y!!

**YMCA of Central East Ontario
City of Quinte West Branch**

**Fall 2014
Membership and
Program Guide**

Building healthy communities

Features



- Arc Trainers, Treadmills and Ellipticals
- Cardio Waves, Lifecycles and Recumbent Lifecycles
- Rowing Machines and Keiser M3 Indoor Group Cycling
- Strength Training Equipment including TechnoGym, Hammer Strength, Lifefitness, Nautilus and Free Weights
- Aerobic Classes, Aqua Fitness, Open Swims and Lane Swimming
- Gymnasium, Recreational Sports and Shower & Locker Facilities.

Membership

BENEFITS OF MEMBERSHIP

- All YMCA family memberships will include one aquatic and two land programs per child/per session. Families who are currently placing their children in programs, will benefit from the savings.
- Membership rates on ALL registered programs
- Register early – members register before non-members
- Free drop in programs for members of all ages
- Member Connect program included with membership

MEMBERSHIP OPTIONS

YMCA MONTHLY PAYMENT PLAN

YMCA Membership rates listed can be paid monthly through Pre-Authorized chequing, Visa, Mastercard or American Express. **A bi-weekly rate is shown beside the YMCA monthly rate for consumer comparison purposes only.*

ADULT (18+)

Enjoy all the benefits of membership. Membership change rooms have daily use lockers and options for private change or shower area. Bring a lock.

Monthly Rate:		<i>Bi-Weekly for Comparison Only</i>
General	\$48.00+hst	\$22.15+hst

COUPLES (18+)

Enjoy all the benefits of membership. Membership change rooms have daily use lockers and options for private change or shower area. Bring a lock. For two adults and no children.

Monthly Rate:		<i>Bi-Weekly for Comparison Only</i>
Adult	\$81.00+hst	\$37.38+hst
Senior	\$72.00+hst	\$33.23+hst

SENIORS (60+)

If you are age 60 plus, you are entitled to our Senior membership. In addition to our great adult programs, we have new programs to interest you both physically and socially.

Monthly Rate:		<i>Bi-Weekly for Comparison Only</i>
Senior	\$45.00+hst	\$20.77+hst

FAMILY MEMBERSHIP

Family membership includes 2 adults and dependant children 21 years and under living in the same household.

Family Membership includes *Swim lessons* and *two registered dry land programs* for each child per session.

Monthly Rate:		<i>Bi-Weekly for Comparison Only</i>
Two Adult Family	\$88.00+hst	\$40.62+hst
One Adult Family	\$68.00+hst	\$31.38+hst

STUDENT (15YRS AND OLDER)

Full time students who are 15 years of age or older and have a valid full time student card from a recognized university, college or high school are eligible for a student membership rate.

Monthly Rate:		<i>Bi-Weekly for Comparison Only</i>
Student	\$32.00+hst	\$14.76+hst

YOUTH/CHILD (0 - 14YRS)

We like to see young people at the YMCA. Children and youth can become YMCA members. As part of the All Inclusive Membership, all youth/child/preschoolers receive 2 free land and 1 free aquatic program per session. We have many activities and courses that are designed specifically for these ages.

Monthly Rate:		<i>Bi-Weekly for Comparison Only</i>
Youth/Child	\$30.00	\$13.84

MEMBERSHIP PLUS – MEN'S & WOMEN'S (18+)

Membership Plus members enjoy adult only change areas, steam room, towel service and amenities such as shampoo & body wash. Family Plus memberships include two adults only. Bring a lock.

Monthly Rate:		<i>Bi-Weekly for Comparison Only</i>
Adult	\$65.00+hst	\$30.00+hst
Adult Couple	\$104.00+hst	\$48.00+hst
Two Adult Family	\$106.00+hst	\$48.92+hst

BUILDING ENHANCEMENT FEE

All new memberships are subject to a Building Enhancement Fee. The Building Enhancement Fee will be used to make capital improvements in the YMCA. If your membership is inactive for 3 months or more, you will be required to pay the Building Enhancement Fee again.

Adult/Senior/Student - \$50.00 + hst

Youth/Child - \$25.00

Family/Membership Plus - \$75.00 + hst

KIDS KARE

YMCA Kids Kare is a safe, fun and stimulating environment for parents to leave their children newborn to age 9, while you get healthy your way.

Parents must stay in the building at all times and inform the Kids Kare staff where they will be in the facility.

**In order to provide quality care for your children, a limit of 6 infant spaces will be available at any given time.*

****Not available on Stat Holidays**

Monday, Wednesday, Friday and Saturday 8:30 - 12:00pm

Tuesday and Thursday 8:30 - 1:00pm

Monday to Thursday 4:30 - 8:00pm

Only \$20.00 per month for one Child!

Reduced fees for additional children from the same family.

Parents must stay in the building.

MEMBERSHIP ASSISTANCE

The YMCA believes that all individuals in the community should have the opportunity to belong to the YMCA regardless of their financial circumstances. Please contact the Sales Desk for appointment days and times.



Policies

MEMBERSHIP CARDS

All YMCA members are required to carry their membership cards with them in the facility. This helps us in case of emergencies. Using your card to access change rooms helps maintain building security and ensures the safety of members and their possessions.

UNLIMITED GUEST PASSES

Each membership will receive guest passes. These passes are provided to introduce potential members to our YMCA. Guests must be accompanied by a member and must provide photo ID. Each visitor is limited to 3 free visits.

MEMBERSHIP HOLD POLICY

Memberships can be placed on hold at any time for a maximum of three months per calendar year. If you wish to place your membership on hold, we require 10 days written notice prior to your next payment.

CHANGE ROOM ACCESS POLICIES

The Family Change Room is to be used by parents with children or individuals who require assistance due to special circumstances. A parent/guardian must accompany their child at all times when using this change room. Accommodates opposite genders.

Male/Female change rooms accommodate all ages. Children under the age of 10 years must be accompanied by a parent. No opposite genders allowed in these change rooms.

CHILD AGE & ACCESS POLICIES

Children under the age of 10 years must be accompanied by a parent/guardian (who is 16 years or older) who is inside the YMCA and aware of their child's location at all times, should the child be participating in an unsupervised program. Youth must be 15 years and older to fully access the Conditioning Centre.

CELL PHONES/CAMERA POLICY

The use of these items is prohibited in all change rooms, washrooms and program areas.

HOURS OF OPERATION

Monday - Friday	6:00am - 10:00pm
Weekends	7:30am - 5:30pm
Holidays	9:00am - 2:00pm

These include: New Years Day, Family Day, Good Friday, Victoria Day, Canada Day, Civic Holiday, Labour Day, Thanksgiving and Boxing Day. The YMCA will be closed on Christmas Day

UPCOMING EVENTS

The YMCA opens its doors to the community for our open house events on the following dates.

Spooktacular Bash
Friday, October 24th, 2014 6:30 - 8:00pm

Peace Week – November 16th - 22nd, 2014

Breakfast With Santa
Saturday, December 14th, 2014 9:30 - 11:00am

MEMBERSHIP CANCELLATION POLICY

The YMCA of Central East Ontario offers flexible membership options. No contracts are required. If you wish to cancel your membership, we require 10 days written notice prior to your next payment.

PROGRAM CANCELLATION POLICY

All program cancellation requests must be made in person 7 days prior to the program start date. Refunds or credits are not offered after a program starts unless accompanied by a medical certificate. Refunds are subject to a \$10.00 administration fee. No refunds or credit for make up classes will be offered due to unforeseen circumstances (ie: power outage).

CHILDREN'S TAX CREDIT – SAVE YOUR RECEIPTS

The creation of the Children's Fitness Tax credit allows fees up to \$500 for enrolment in a physical activity program to be claimed on a parent or guardian's income tax. The purpose of this credit is to facilitate access by children and youth to physical activity and recreation programs as a means of helping them maintain a healthy active lifestyle. For more information on what programs qualify for the tax credit go to www.ymcaofceo.ca

DAILY DROP IN

We do have options available for people looking to use the YMCA facilities for just a single day. Please note: Any guest 15 years or older must present photo ID any time they wish to use the YMCA facilities.

Adult - \$10.75	Senior/Student - \$7.50
Child/Youth - \$5.00	Family Swim Pass - \$16.00

PROGRAM REGISTRATION INFORMATION

Session dates are as follows:

Fall - September 22nd - December 14th, 2014

Registration Dates

Members begin Monday, August 11th 2014

Non-Members begin Monday, August 25th, 2014

Winter - January 12th - April 5th, 2015

Registration Dates

Members begin Monday, November 24th, 2014

Non-Members begin Monday, December 8th, 2014

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Adult Programs



= Included with Membership

**Registration is required on a first come first serve basis

Member Connect

Get the most out of your YMCA experience. Your health and wellness is our priority and we're committed to helping you discover a plan that works for you. Take advantage of FREE one-on-one meetings with a YMCA Wellness Coach - INCLUDED with every adult membership.



Member Connect is designed to help you in many ways:	In a series of one-on-one coaching sessions you will:
<ul style="list-style-type: none"> • Build success • Commit to a manageable program • Create realistic expectations • Increase energy levels • Improve mood • Reduce fatigue • Find the connection between exercise & feeling better • Guide you to workouts and activities that you enjoy 	<ul style="list-style-type: none"> • Receive an overview of the building and its facilities, programs and services • Get friendly and encouraging advice from an experienced knowledgeable Wellness Coach • Develop a plan that breaks your long-term goals into a series of realistic and manageable short-term goals • Create an initial program that suits your needs • Get answers to your exercise questions. Learn to measure the effect of your exercise on mood, stress and energy levels • Gather lots of great tips to help you stay on track, no matter what happens

It's easy, fun and do-able. Speak to one of our Membership Services associates for more info about our Member Connect initiative.

PERSONAL TRAINING

As a member, why not have one of our qualified Personal Trainers design and supervise a program just for you? Personal Training can help you get results, build strength, lose weight and stay motivated!

- 1-5 Sessions \$40.00 + hst per session
- 6-10 Sessions \$35.00 + hst per session

WELLNESS COACHING

Are you new to exercise or new member to the facility? Don't know where to start? Learn how to use equipment safely and effectively. These sessions will give you an understanding of the cardiovascular machines and get you started on a basic strength training program so you can get moving in the right direction.

Free and available for all YMCA Members

SGT - SMALL GROUP TRAINING

Do you have a group of friends that you'd like to get in shape with while having fun at the same time? Why not share a Personal Trainer and workout together with SGT Small Group Training.

Training sessions will be designed to meet the needs and preferences of your group using a variety of conditioning techniques and tools. Available for groups of 2-6 people.

- Group of 2 people \$32.00 each + hst
- Group of 3 people \$24.00 each + hst
- Group of 4 people \$19.00 each + hst
- Group of 5 people \$16.00 each + hst
- Group of 6 people \$14.00 each + hst



Adult Group Fitness



= Included with Membership

**Registration is required on a first come first serve basis

YMCA CYCLEFIT

Increase Cardiovascular and Muscular Endurance through a 45 minute class of creative instruction, challenging drills and motivating music.

Monday, Wednesday, Friday	9:15 – 10:00am
Tuesday & Thursday	12:05 – 12:50pm
	6:30 – 7:15pm
Wednesday	5:30 – 6:15pm

INTRODUCTION TO CYCLEFIT

If you are nervous or intimidated by the intensity of cyclefit, come and try this gentle introductory class first. Learn how to set up your bike, proper form for safe cycling and the basic moves that at an average class.

Monday	5:30 - 6:00pm
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BOOT CAMP

Get the results you want with this total body conditioning program! This is a high intensity class that can be modified to suit all levels of fitness. A variety of equipment will be used. Be prepared to sweat, burn calories and challenge yourself.

Wednesday	9:30 - 10:15am
Thursday	5:30 – 6:15pm
Saturday	9:30 – 10:15am

CARDIO & CORE

An interval class with a combination of cardiovascular and core conditioning.

Friday	9:30 - 10:15am
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CORE STRENGTH

Total body conditioning class, focusing on matwork and using a variety of equipment such as stability balls, foam rollers, weights and weighted balls. (Pilates based)

Thursday	9:15 - 10:15am
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SIMPLY STRENGTH

Designed for all levels of fitness, this weight training workout strengthens, tones and defines every muscle in your body.

Monday	5:30 - 6:15pm
Tuesday	9:30 - 10:15am

STEP +

A cardiovascular workout of creative combinations or circuits using the step or a combination of step and weights.

Monday	9:30 - 10:15am
Tuesday	5:30 - 6:15pm

YOGA

Challenge your spirit, mind and body as you move through a series of yoga postures and stretches. Practiced for centuries, yoga is an energizing and relaxing experience that will strengthen you mentally and physically.

Monday & Wednesday	7:30 - 8:15pm
Wednesday & Friday	10:30 - 11:30am

ZUMBA™

Get ready to party yourself into shape! It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™. The last Friday of every month will be Family Zumba, so bring the kids!

Friday	6:30 - 7:15pm
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GENTLEFIT

This class is geared for anyone who prefers a slower paced class. Combination of strength and flexibility exercises using weights, stability balls and chairs for balance exercises, with modifications given for individual fitness levels.

Monday & Wednesday	8:15 - 9:00am
Tuesday & Thursday	11:15 - 12:00pm

ROLL IT OUT!

30 min class designed to improve soft tissue extensibility and relax the muscles using foam rollers. Great for runners or fitness enthusiasts looking to add flexibility and injury prevention into their workouts

Tuesday	10:30 - 11:00am
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TOTAL BODY BLAST

Are you ready for a total body workout? This class will combine cardio and resistance while integrating balance and core. Challenge yourself with dynamic endurance training, and finish off with flexibility.

Monday	6:15 – 7:15pm
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Adult Programs

Session Dates

Fall - September 22nd - December 14th, 2014

Winter - January 12th - April 5th, 2015

Spring - April 6th - June 21st, 2015

TAI CHI

Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions. Wear comfortable clothing and soft shoes.

New 12 week session

Wednesdays 1:00 – 2:00pm
YM \$60.00+ hst NM - \$90.00 + hst

MEDITATION

Reduce stress, focus your mind and improve bodily health by learning how to quiet the mind, control negative thinking and stay grounded in the present moment. Try a single class or sign up for a 12 week session.

Fridays 10:00 – 11:30am
YM - \$60.00 + hst for 12 class block \$10.00 + hst Single Class
NM - \$90.00 + hst

POST REHAB MAINTENANCE PROGRAM

Led by Certified Trainers and designed for participants who have experienced a cardiac event, have been diagnosed with high risk factors for heart disease, metabolic disorders, have experienced a stroke or have been diagnosed with COPD. Program includes cardiovascular, strength, balance & flexibility components for improved quality of life. Participants are either referred by Hotel Dieu Hospital, Belleville General Hospital or have signed approval of a Cardiologist or Family Physician

Monday, Wednesday, Friday 1:30 – 3:00pm
YM - \$30.00 + hst/2 classes/week NM - \$80.00 + hst/2 classes/week
YM - \$45.00 + hst/3 classes/week NM - \$120.00 + hst/3 classes/week

PRENATAL FITNESS

Keep yourself fit, toned and flexible, even while pregnant! This class uses dumbbells, resistance bands, stability balls, cardio and yoga to strengthen and tone your body as it changes throughout pregnancy. NOTE: A completed Par-Med-X for Pregnancy must be given to the instructor at the beginning of the first class. Pick up the form when you register.

Wednesday 6:30 – 7:15pm
YM \$30.00+ hst NM \$80.00 + hst

NEW SUSPENSION TRAINING PROGRAM

Looking for a new challenge? New ideas for a workout? Grab a suspension trainer and give this full body workout a try. You will work your entire body and hit muscle in a way free weights, machines and cables cannot!

Wednesday 6:30 – 7:30pm
Saturday 8:30 – 9:30am
1 Class Per Week YM - \$45.00 + hst NM - \$90.00 + hst
2 Classes Per Week YM - \$70.00 + hst NM - \$140.00 + hst

NEW ADULT RECREATIONAL PICKLE BALL

One of the fastest growing sports in North America, Pickle Ball is a paddle sport that has very simple rules and is easy to learn and play. Adults especially love the social aspects and the ability to stay fit through interactive sport.

Sunday 9:00am – 12:00pm
YM - No Charge NM - \$5.00 + hst

SKI AND SNOWBOARD DRY LAND TRAINING

Improve your cardiovascular ability and muscular strength and endurance as you prepare for the season ahead. Through sport specific training, you can get a jump on winter and be ready for the slopes in a way you never have before!

Program runs from Sept 25 – Dec 11. Open to ages 9+
Thursday 7:30 – 8:30pm
YM and Batawa Ski Hill members \$45.00 + hst
NM \$90.00 + hst

TEEN AND ADULT MARTIAL ARTS

This is a traditional Martial Arts Class designed to provide students with a comprehensive series of courses in Karate and Jiu Jitsu from a beginner level through to advanced. The class begins with a brisk warm-up and continues with karate basics, kata and Jiu jitsu. Grading/Testing is done on an individual basis when a participant is ready. Confidence, strengthening, discipline, energy and getting and staying fit are all components of this class. No special equipment or experience is needed to take this class, just a desire to learn and have fun. (Teen is 16 years and older, though the advanced participant in Family Martial Arts may move up at the instructor's discretion at the age of 13)

Mondays 7:30 – 9:00pm
YM: \$65.00 + hst NM: \$90.00 + hst

ADULT DOUBLES BADMINTON

Join us for this recreational Badminton league. Your team will have 1 hour's worth of matches each week. Sign up must be done in pairs. October 14 – December 17, 2014.

Tuesday 7:15 – 10:00pm

Cost is per team
YM - \$60.00 + hst NM - \$95.00 + hst

This program is partnering with the Specialist High skills Major – Sports Management program at Trenton High School.

ADULT DROP IN BASKETBALL

Wednesday 7:45 – 9:30pm
YM - No Charge NM - Day Pass Weekly
Open to all 16 and over.

NEW SAFETY AND SELF DEFENSE FOR ACTIVE AGING

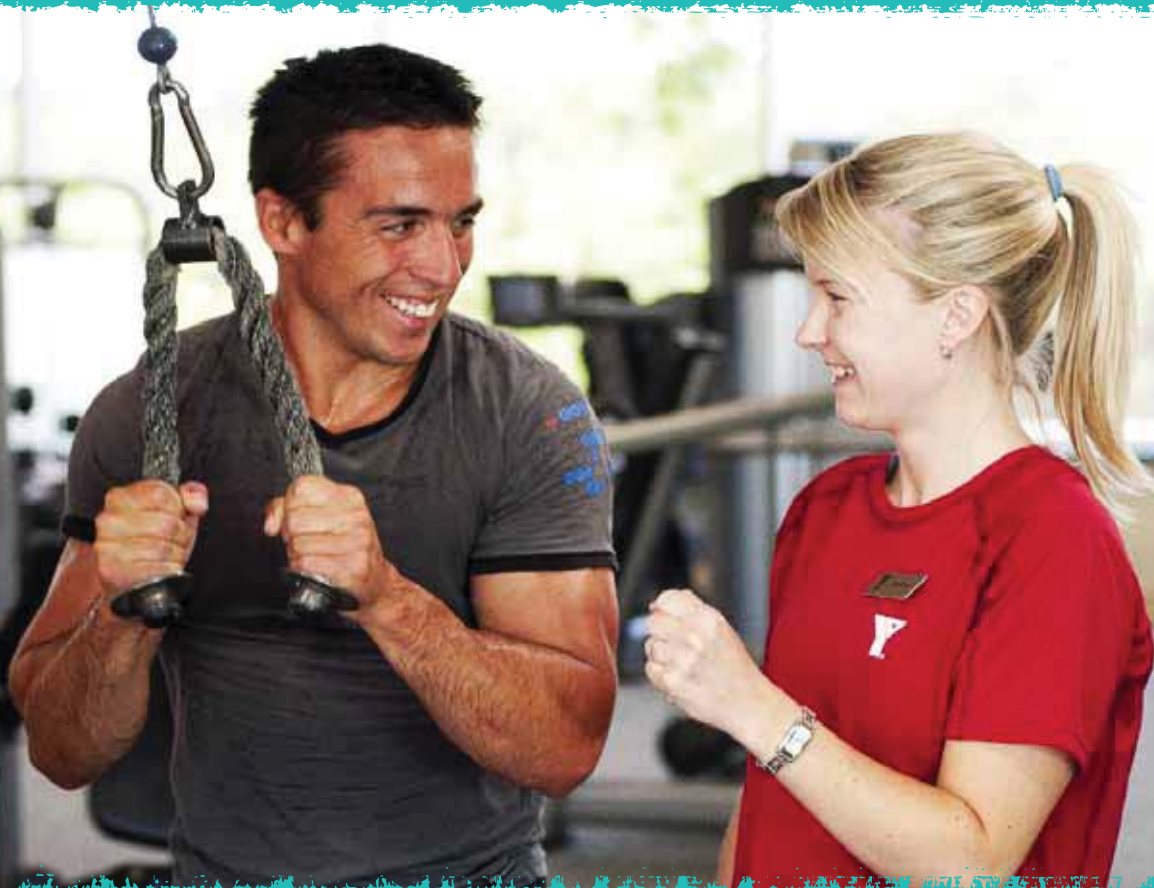
The concept of self-defence is about not showing fear and understanding your capabilities. Preventative Skills are the foundation - Awareness, Alertness and Avoidance. Topics will include fall prevention, phone and computer safety.

Tuesday 1:00 – 4:00
Friday, October 3, Friday, November 7 or Friday December 5, 2014
YM - \$30.00 + hst NM - \$80.00 + hst

Fees are per 3 hour workshop.

Coming in January – Dryland training for Rowers, Golf Conditioning and our very popular Recreational Adult Volleyball League!

Become a YMCA Leader and Volunteer!



BECOME A YMCA LEADER AND VOLUNTEER!

YMCA Volunteers are a voice for the community in the Y and a voice for the Y in the community. The achievement of our mission and goals is best served by the active participation of citizens from our community and there is no better way to stay healthy and fit than to help others reach their fitness goals.

Be a part of the YMCA health and wellness movement and take this nationally recognized certification program to get you started in this exciting industry.

The YMCA recognizes Volunteers as an essential part of our organization and will offer certification courses at a discounted fee to members who make a Volunteer commitment to the YMCA.

Basic Theory & Individual Conditioning

Take these two courses if you would like to specialize in one on one training and become an individual conditioning trainer or wellness coach. Topics include: anatomy, physiology, exercise techniques, program design, nutrition and more!

Basic Theory September 27 & 28th, 2014

9:00 - 5:00pm

Individual Conditioning October 25th & 26th, 2014

9:00 - 5:00pm

YM w/Volunteer Commitment - \$265.00 + hst

YM w/o Volunteer Commitment and NM - \$430.00 + hst

Basic Theory, Fundamentals of Group Fitness & 1 Stream course

Take these two courses plus a stream of your choice if you would like to specialize in leading group fitness classes. Topics include: anatomy, physiology, exercise techniques, fitness class planning, relationship building and more!

Basic Theory September 27 & 28th, 2014

9:00 - 5:00pm

Fundamentals of Group Fitness October 19th, 2014

9:00 - 5:00pm

YM w/Volunteer Commitment - \$265.00 + hst

YM w/o Volunteer Commitment and NM - \$430.00 + hst

Streams

Choose from: Group Resistance, Indoor Group Cycling, Core Strength & Stretch, Choreography – based, Aqua Fitness.
Dates of streams to be determined in the Fundamentals of Group Fitness course.

Adult Aquatics

Session Dates

Fall - September 22nd - December 14th, 2014

Winter - January 12th - April 5th, 2015

Spring - April 6th - June 21st, 2015

AQUA YOGA - THERAPUTIC POOL ✓

The healing properties of water are an excellent place to provide a calm but revitalizing mind and body exercise. Discover ways to increase your flexibility, core stability, coordination, and muscular endurance while soothing the mind with innovative yoga-like moves in the water.

Monday, Wednesday & Friday 1:00-1:45pm
YMCA Members Only

AQUA FITNESS - LAP POOL ✓

An aqua fit class that is adaptable to all fitness levels. Aqua fit is an excellent way to maintain an active lifestyle.

Monday - Friday 8:30 - 9:15am
12:00 - 12:45pm
Monday & Wednesday 7:15 - 8:00pm
YMCA Members Only

DEEP WATER RUN FIT - LAP POOL ✓

With the use of a flotation belt and a tether, this class is taught in the lap pool. This high energy class has no impact on the bottom of the pool. The water is used for resistance while jogging or running. Go at your own pace, while the instructor leads the class. A great way to change up your workout.

Monday 8:00 - 8:45pm
YMCA Members Only

TONE & STRETCH - THERAPUTIC POOL ✓

This gentle aqua fitness class is intended for those with muscle and joint injuries or disease. This class is slower paced and will work on flexibility, mobility, coordination, and muscular endurance. This class is taught in the Leisure Pool.

Monday - Friday 9:15 - 10:00am
Tuesday & Thursday 1:00 - 1:45pm
YMCA Members Only

AQUA BOOT CAMP ✓

Looking for a new and rigorous class? Aqua Boot Camp is for you. Class will be taught in both deep and shallow water and will be high intensity.

Tuesday & Thursday 7:15 - 8:00pm
YMCA Members Only

55+ MASTERS FUN SWIM ✓

Learn the four major strokes: Freestyle, Breaststroke, Backstroke and Butterfly in a fun environment. We do have interval training and races. Participate in fun Swim Events with wild relays and meet new friends.

Wednesday - Belleville Branch 10:00-10:45am
Friday - Quinte West Branch 2:00 - 2:45pm
YM - No Charge NM - \$80.00 + hst

NEW **LEARN TO SWIM** ✓

This program is geared towards adults who seek to gain comfort in the water. Participants will work with an instructor to learn to swim in a safe aquatics setting. Learn to Swim is best suited for individuals with little to no swimming experience.

Monday 8:00 - 8:30pm
Thursday 1:45 - 2:15pm
YM - No Charge NM - \$80.00 + hst

NEW **STROKE DEVELOPMENT AND SWIM FOR FITNESS** ✓

This program provides individuals with an opportunity to improve physical fitness through coaching and promoting stroke improvement and stroke efficiency. This program is geared to adults who are confident swimmer and are interested in swimming for health and fitness.

Tuesday 1:45 - 2:15pm
Wednesday 8:00 - 8:30pm
YM - No Charge NM - \$80.00 + hst

NEW **ADULT AQUATIC TRAINING**

For those who are looking to re-train, re-enter the work force, or re-new old aquatic qualifications. Join us for adults only training to complete Bronze Medallion, Bronze Cross and Standard First Aid. If successful this training could lead to employment opportunities at the YMCA of Central East Ontario. Contact the Tiffany Ward for more information and start times. (613)394-9622 ext.7681

✓ = Included with Membership
**Registration is required on a first come first serve basis



Youth Aquatics



= Included with Membership

**Registration is required on a first come first serve basis

REGISTRATION

YMCA members will have the opportunity to register 2 weeks in advance of Non-YMCA Members and can do so either in person or by telephone (**where the program is included as part of the membership and there is no charge**). Participants who are absent for 3 consecutive weeks will receive a call to confirm that they still intend to participate.

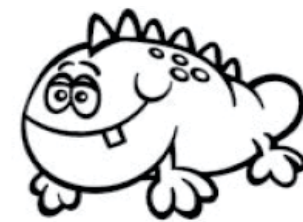
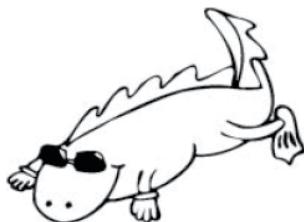
SPLASHERS 6 MONTHS TO 18 MONTHS - PARENTED

BUBBLERS 18 MONTHS TO 3 YEARS - PARENTED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:15pm	10:15-10:45am 5:45-6:15pm	10:15-10:45am 5:45-6:15pm	10:15-10:45am 5:45-6:15pm	4:00-4:30pm	9:05-9:35am 10:15-10:45am 11:25-11:55am	11:10-11:40am
YM - No Charge			NM - \$120.00			

L'IL DIPPERS 3 TO 5 YEARS - INDEPENDENT SWIM LESSONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:15-10:45am	10:15-10:45am	10:15-10:45am		8:30-9am 9:05-9:35am 9:40-10:10am 10:15-10:45am 10:50-11:20am 11:25-11:55am	10:00-10:30am 10:35-11:05am 11:10-11:40am
4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm	4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm	4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm	4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm	4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm		
YM - No Charge			NM - \$120.00			



AQUA SPORTS

Aqua sports is designed for children to learn and develop necessary skills for the more popular water sports. The sports that are included are underwater hockey, water polo, speed swimming, and lifeguard sport.

NOTE: Participants must be 7-12 years of age and able to swim 100m and tread water for 1 min.

Friday	7:00-8:00pm
Sunday	12:00 - 1:00pm
YM - No Charge	NM - \$95.00

HOME SCHOOL PHYSICAL EDUCATION AND SWIM LESSONS

This program is for kids who receive their education at home. Physical Education lessons for the first hour will be based on movement, skill development and fun in a supportive group setting. The program will be followed by a forty-five minute swim lesson. The session will run on a 12 week schedule and will run once per week.

Note: Program will not run on PA Days

Friday	Ages 6 -13	
1:30 - 2:30pm Physical Education	2:45 - 3:30pm Swim Lessons	
YM - \$90.00	1st Child \$25.00 every child after	
NM - \$150.00	1st Child \$35.00 every child after	

Youth Aquatics

Session Dates

Fall - September 22nd - December 14th, 2014

Winter - January 12th - April 5th, 2015

Spring - April 6th - June 21st, 2015



LEARN TO SWIM 6 YEARS AND OLDER ✓

YMCA Canada's progressive swim program for school age children.

Monday 4-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm	Tuesday 4-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm	Wednesday 4-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm
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YM - No Charge

NM - \$120.00

STAR SWIM PROGRAM ✓

8 years minimum recommended (*due to the endurance and motor coordination needed*). A continuation of the Learn to Swim progressions.

Thursday 4-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm	Friday 4-4:30pm 4:35-5:05pm 5:10-5:40pm 5:45-6:15pm 6:20-6:50pm	Saturday 8:30-9am 9:05-9:35am 9:40-10:10am 10:15-10:45am 10:50-11:20am 11:25-11:55am	Sunday 10:00-10:30am 10:35-11:05am 11:10-11:40am
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STAR 5, 6 AND 7 (FORMERLY MASTER SWIMMER) ✓

Monday or Wednesday	5:10 - 6:10pm
Tuesday or Thursday	5:45 - 6:45pm
Friday	4:00 - 5:00pm
Saturday	10:15 - 11:15am
Sunday	10:35 - 11:35am

YM - No Charge

NM - \$120.00



PRIVATE SWIM LESSONS

Individual 30 minute lessons are available for participants who want close attention, or attention to specific problem areas. Lessons will be taught at the same time as group lessons. **Please note that a minimum of 8 lessons must be booked.**

Private Lesson Fees	YMCA Members - \$16.00 per lesson	Non-Members - \$21.00 per lesson
Semi-Private Fees	YMCA Members - \$9.00 per person per lesson	Non-Members - \$12.00 per person per lesson

SYNCHRONIZED SWIMMING ✓

Synchronized Swimming is an excellent alternative to traditional swimming lessons. Participants will have fun while learning new skills, and putting together a routine to music. Participants must be comfortable in deep water and be able to swim one length of the pool on both front and back.

Ages 8-12 or Swim level Star 1 or higher

Wednesday	4:35 - 5:35 pm
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YM - No Charge

NM - \$120.00

YOUTH STROKE DEVELOPMENT ✓

This program emphasizes swimming stroke development for all ages. Whether you need just a little extra help before moving on to the next level, or you are not interested in swimming lessons and just want to enhance your strokes and endurance, this is the place to be.

Tuesday or Thursday	5:10 - 5:40pm
Saturday	10:50 - 11:20am

YM - No Charge

NM - \$120.00

✓ = Included with Membership

**Registration is required on a first come first serve basis

Aquatics Pool Admissions and Wrist Band Policy

To ensure that children have a safe and enjoyable swimming experience, the YMCA of Central East Ontario has implemented a wristband procedure. This system allows staff to identify children at greater risk of accidents and ensure adequate supervision when in the pool area. All children 9 years of age and under will be given an identifying wristband by the facility staff.

Age	Admission Requirements	Supervision Requirement (Child:Caregiver)	Wrist Band	Additional Information
6yrs & under	Always accompanied*	2:1	Red	
7-9yrs	Accompanied* OR Pass facility swim test	4:1	Red	If child passes swim test, the RED wristband is removed and replaced with a GREEN wristband, allowing child unsupervised access however parent/guradian must remain in facility.
			Green	
10yrs+	No supervision required			Child will be required to do a facility swim test and obtain a GREEN wristband to access deep end of pool.

*Accompanied: Must be accompanied by a parent, guardian or designate (caregiver) who is at least 16 years of age and is responsible for their direct supervision. Caregiver must be in bathing attire and within arms' reach of the child(ren) at all times, both in and out of the water.

FACILITY SWIM TEST

To successfully pass the facility swim test individuals must demonstrate comfort in water and be able to jump into deep water, submerge and swim two continuous length of the pool without touching the side or bottom.

SHOWER BEFORE SWIMMING

A thorough shower with soap before you enter the pool will help keep the water clean for your swimming enjoyment. We also ask that street shoes not be worn in the shower and deck areas.

SERIOUS MEDICAL CONDITIONS

Those with serious medical conditions should ensure that the membership and aquatic staff are aware of the condition. Your medical doctor should be consulted before swimming.

WHAT TO WEAR

Proper bathing attire means bathing suit only. If you wish to wear a t-shirt over your bathing suit you can. We just ask that it be clean.

POOL FOULINGS

All children who are not toilet trained are required to wear swim diapers or an article of clothing with snug elastic legs. No disposable diapers are permitted.

ADMITTANCE REQUIREMENTS FOR DAY CAMPS AND GROUPS AND BIRTHDAY PARTIES

- Children who cannot pass the facility swim test must remain in the shallow end of the pool and remain directly supervised by their caregiver at a ratio of 8:1
- Group caregivers must be reminded that they are entirely responsible for their group while in the facility. They must effectively supervise the group at all times
- In addition, children 7 years or older, who can pass a facility swim test, must be accompanied and supervised in a 10:1 ratio
- The wristband policy will be implemented and must be followed
- Male and female caregivers must be available for appropriate supervision in respective change rooms



Aquatic Leadership

Session Dates

Fall - September 22nd - December 14th, 2014

Winter - January 12th - April 5th, 2015

Spring - April 6th - June 21st, 2015

AQUATIC LEADER CORPS

Youth Leadercorp with an Aquatic twist. Aquatic Leadercorps provides youth the opportunity to get involved in the YMCA Aquatic department as well as their community. Community service, philanthropy, volunteerism and health and wellness are covered as they plan and implement projects to help their communities. Here youth get a chance to develop leadership skills and belong to a group of positive, like minded peers.

Aquatic Leader corps will get the chance to work towards Bronze Star and learn Bronze Medallion skills as well. Opportunities to earn volunteer hours. The group will work toward an end of year trip to RKY Camp for an overnight teambuilding event. Fundraising will take place to offset the cost.

Thursday Ages 11-15 6:15 - 8:15pm
September - June \$30.00

YMCA Members Only

BRONZE MEDALLION/CROSS,

STANDARD FIRST AID AND AED

Prerequisite: 13 years or successful completion of Bronze Star

Sundays 1:00 - 4:30pm

September 28 - December 7, 2013

Exam Date - December 14, 2014

(1 hour classroom, 2 hours pool)

YM - \$150.00 + hst

NM - \$190.00 + hst

Bronze Manual Fee - \$50.00 + hst

1st Aid Manual Fee - \$20.00 + hst

STANDARD FIRST AID & CPR "C" AND AED

Successful candidates will receive a certification card in Standard First Aid and CPR "C". This course is the work requirement for WSIB, and meets all the standards. Certification is valid for 3 years in accordance with WSIB.

Belleville Branch

City of Quinte West Branch

November 22 & 23, 2014

October 4 & 5, 2014

All course times are 9am - 5pm Both days

YM - \$100.00 + hst

NM - \$120.00 + hst

Manual Fee - \$20.00 + hst

STANDARD FIRST AID & CPR "C" RECERTIFICATION

Current WSIB requirements allow for one recertification in-between full courses. Awards are valid for 3 years in accordance with WSIB. Successful candidates will receive recertification cards as proof of certification.

Belleville Branch

City of Quinte West Branch

October 6, 2014

November 8, 2014

YM - \$65.00 + hst

NM - \$80.00 + hst

NATIONAL LIFEGUARD

Prerequisite: 16 years of age and successful completion of Bronze Cross and Standard First Aid. Copies of your certification must be brought to the first class. 100% Attendance is required.

City of Quinte West Branch

October 17 - 19, October 31 - November 2, 2014

Fridays 6:00 - 9:00pm, Saturdays 10:00 - 8:00pm, Sundays 10:00-6:00pm

YM - \$175.00 + hst

NM - \$195.00 + hst

Materials - \$85.00 + hst

NATIONAL LIFEGUARD RECERTIFICATION

City of Quinte West Branch

November 2, 2014

9:00 - 3:00pm

YM - \$75.00 + hst

NM - \$95.00+hst

YMCA ASSISTANT SWIM INSTRUCTOR

Prerequisites: 15 years of Ages and successful completion of Bronze Cross and Standard First Aid. Copies of your certification must be brought to the first class. 100% Attendance is required. NO CLASSES October 13, 2014

Belleville Branch

City of Quinte West Branch

September 29 - November 24, 2014

October 1 - November 19, 2014

Monday

Wednesday

6:00 - 9:00pm

5:30 - 8:30pm

YM - \$70.00 + hst

NM - \$100.00 + hst

Materials - \$25.00 + hst

YMCA SWIMMING INSTRUCTOR CERTIFICATION

Participants must be 16+ years of Ages by the end of the course. Proof of Ages and certification is required. 100% attendance is required.

Prerequisites: YMCA Assistant Swim Instructor, Bronze Cross, Standard First Aid & CPR "C".

City of Quinte West Branch

November 21-23 and December 5-7, 2014

Fridays 6:00-9:00pm, Saturdays and Sundays 9:00-6:00pm

YM - \$135.00 + hst

NM - \$160.00 + hst

Materials - \$25.00 + hst



Child, Youth & Family Programs



= Included with Membership

**Registration is required on a first come first serve basis

FUN FACTORY ✓

This program is a great combination for you and your children to take part in active games, creative crafts and exploration. Each week the staff will have a new activity that allows children to be creative and use their imaginations.

Monday	Ages 2-3	9:30 - 10:00am
YM - No Charge		NM - \$80.00

TOT SOCCER ✓

Preschool children can enjoy the most popular sport in the world in this active program! Join your children as they learn to use their feet in this skill building soccer program.

Wednesday	Ages 2-3	11:30 - 12:00pm
YM - No Charge		NM - \$80.00

MESSY PLAY ✓

Explore every day materials in a new way! Join your children as they manipulate items and materials found in their day to day environments and create works of art that stimulate the senses! This creative program will offer opportunities to discover new textures, sounds, smells and sights!

Wednesday	Ages 2-3	9:30 - 10:00am
YM - No Charge		NM - \$80.00

NEW **MINI MOVERS** ✓

Join your child and explore new ways to be active each week, experience a fun environment while running, jumping, rolling and stretching just to name a few of the activities that will take place in this dynamic program.

Thursday	Ages 2-3	9:30 - 10:00am
YM - No Charge		NM - \$80.00

FAMILY FUN ZONE ✓

Families can drop in to use a variety of equipment and spend time in a healthy active environment. There will be balls, hoops, beams, tumbling mats, obstacles and activities for families to enjoy.

Monday - Friday		10:15 - 11:15am
YM - No Charge		NM - Day Passes

SPORTS MANIA ✓

Children will develop their gross motor skills with a focus on maximized participation in this sports focused program. Each week will be loosely based on a specific sport for the participants to gain the fundamental skills of sports!

Monday	Ages 2-3	4:30 - 5:00pm
	Ages 4-6	5:10 - 5:55pm
	Ages 7-9	6:00 - 6:45pm
	Ages 10-13	6:55 - 7:40pm
Saturday	Ages 2-3	10:00 - 10:30am
	Ages 4-6	10:40 - 11:25am
	Ages 7-9	11:35 - 12:20pm
YM - No Charge		NM - \$80.00

MUSIC & MOVEMENT ✓

You and your children will sing, dance, clap, jump and play in the lively music programs. From classical to hip hop melodies, your children will use their bodies and props to enjoy self expression through nursery rhymes, puppets, parachute play and creative movements

Wednesday	Ages 2-3	4:30 - 5:00pm
Friday		9:30 - 10:00am
Saturday		9:45 - 10:15am
YM - No Charge		NM - \$80.00

JUST DANCE ✓

Children will learn the basics of dance through music and rhythm. Creative movement and a simple step routine will be practiced using a variety of age appropriate music.

Friday	Ages 4-6	4:30 - 5:15pm
	Ages 7-9	5:25 - 6:10pm
Saturday	Ages 4-6	10:25 - 11:10am
		1:05 - 1:50pm
	Ages 7-9	11:15 - 12:00pm
	Ages 10-13	12:10 - 12:55pm
YM - No Charge		NM - \$80.00

BASKETBALL ✓

Did you know basketball was invented at a YMCA? It was invented by a Canadian director of a YMCA. Come enjoy OUR game. This program will teach children the basic skills needed to play the game.

Tuesday	Ages 7-9	4:30 - 5:15pm
	Ages 10-13	5:25 - 6:10pm
YM - No Charge		NM - \$80.00

SOCCER ✓

The most popular sport in the world! Enjoy and learn the fundamentals of soccer. Running, kicking, passing, games and sportsmanship are all part of this exciting sport.

Wednesday	Ages 4-6	5:00 - 5:45pm
	Ages 7-9	5:55 - 6:40pm
	Ages 10-13	6:50 - 7:35pm
YM - No Charge		NM - \$80.00

BALL HOCKEY ✓

Come learn to play the Great Canadian Game in a fun and cooperative environment. Passing, shooting, puck handling and sportsmanship will be on each week's agenda. Please bring a helmet for protection.

Thursday	Ages 7-9	5:30 - 6:15pm
	Ages 10-13	6:25 - 7:10pm
Saturday	Ages 7-9	12:30 - 1:15pm
	Ages 10-13	1:25 - 2:10pm
YM - No Charge		NM - \$80.00

PROGRESSIVE TENNIS ✓

Progressive tennis is a tennis program for 7-13 year olds which allows young players to learn and play the game more quickly, efficiently and successfully.

Saturday	Ages 7-9	2:20 - 3:05pm
	Ages 10-13	3:15 - 4:00pm
YM - No Charge		NM - \$80.00

CATCH KIDS

This class is a great combination of fun games designed to keep children physically fit in addition to learning how to make a healthy snack. The first part of the program the children will take part in a variety of different games and techniques that will allow them to be active without even knowing they are taking part in exercise. The second part of the program will teach children the importance of nutrition through games and making nutritious snacks.

Tuesday	Ages 7-9	6:10 - 7:10pm
YM - \$10.00		NM \$80.00

Child, Youth & Family Programs

Session Dates

Fall - September 22nd - December 14th, 2014

Winter - January 12th - April 5th, 2015

Spring - April 6th - June 21st, 2015

ARTRAGEOUS

Children will get creative in this arts program. Children will have opportunities to work with a variety of different materials such as pastels, charcoal, paint, prints etc. Each week children have the opportunity to create their very own masterpiece.

Please bring a smock or large shirt to put over your clothes

Monday	Ages 4-6	4:30 - 5:15pm
	Ages 7-9	5:30 - 6:15pm
	Ages 10-13	6:30 - 7:15pm

YM - \$10.00 NM - \$80.00

SCIENCE KIDS

Science Kids will fuel the children's imagination and provide a fun, interactive and hands-on environment that stimulates their minds. There are a lot of discoveries to be made about the world around us. Some subjects that will be covered are: the environment, chemistry, weather, health, electricity and more!

Please bring a smock or large shirt to put over your clothes

Tuesday	Ages 4-6	4:30 - 5:15pm
	Ages 7-9	5:30 - 6:15pm
	Ages 10-13	6:30 - 7:15pm

YM - \$10.00 NM - \$80.00

DRAMA CLUB ✓

Lights, Camera, Action!!! Expand on that love for theatre through drama games, set design, script development and live performances. Develop the confidence you need to stand up in front of a crowd. A great opportunity to develop literacy and memory skills.

Thursday	Ages 7-9	5:00 - 5:45pm
	Ages 10-13	6:00 - 6:45pm

YM - No Charge NM - \$80.00

GYMNASTICS ✓

Learn the fundamentals of gymnastics in a noncompetitive and fun environment. As participants learn new skills, they also experience enhanced coordination, balance and self-confidence. A show will be performed in the last week for parents, family members and friends to see.

Tuesday	Ages 2-3	9:30 - 10:00am
Tuesday or Thursday	Ages 2-3	5:00 - 5:30pm
	Ages 4-6	5:40 - 6:25pm
	Ages 7-9	6:35 - 7:20pm
	Ages 10-13	7:30 - 8:15pm
Saturday	Ages 2-3	8:30 - 9:00am
	Ages 4-6	9:10 - 9:55am
		11:55 - 12:40pm
	Ages 7-9	10:05 - 10:50am
		12:50 - 1:35pm
	Ages 10-13	11:00 - 11:45am
Sunday	Ages 2-3	10:00 - 10:30am
	Ages 4-6	10:40 - 11:25am
	Ages 7-9	11:35 - 12:20pm

YM - No Charge NM - \$80.00

Program name and ages for Kidnastics

Totnastics - Ages 2 - 3yrs

Kidnastics - Ages 4 - 6yrs

Gymnastics - Ages 7 - 9yrs & 10 - 13yrs

JUNIOR ENGINEERS

Hands on experience for curious minds! Children will assemble, deconstruct and test different projects to discover the mechanics and processes involved. This program will allow children to explore how and why things work, speculate, ask questions and test their theories!

Saturday	Ages 7-9	9:30 - 10:15am
	Ages 10-13	10:30 - 11:15am

YM - \$10.00 NM - \$80.00

NEW SNACK ATTACK

Learn about healthy eating and overall health in this cooking class! Every week we will be making a new healthy snack and learning about the four food types, where food comes from and eating healthy!

Tuesday	Ages 4-6	5:00 - 5:45pm
	Ages 7-9	6:00 - 6:45pm
	Ages 10-13	7:00 - 7:45pm
Sunday	Ages 4-6	9:30 - 10:15am
	Ages 7-9	10:30 - 11:15am
	Ages 10-13	11:30 - 12:15pm

YM - \$10.00 NM - \$80.00

FAMILY AND YOUTH MARTIAL ARTS

A program for the whole family. Participants learn self discipline, respect, and self defence techniques, while becoming more active and physically fit. Beginner to advanced levels welcome.

Ages 7 and up	Wednesday	6:15 - 7:30pm
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YM - \$30.00 for first registrant
\$25.00 for each additional family registrant
NM - \$55.00 for children/youth
\$95.00 + hst for adults

FIT KIDS ✓

Build friendships, be active and learn life-long skills in this physically active program! We will play high energy games and participate in traditional group fitness class. Includes a warm up, games, workout and a cool down, learn how to live a healthy active lifestyle throughout a lifespan. Make sure you dress in active wear.

Thursday	Ages 7-9	4:30 - 5:15pm
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YM - No Charge NM - \$80.00

FRIDAY NIGHT FRENZY ✓

Take your pick or do it all. Visit our Fun Zone in the gymnasium and swim in the pool. Get active at the Y. Children under the age of 10 must be accompanied by a parent or guardian.

Friday	6:00 - 9:00pm
6:00 - 7:00pm in the gymnasium	7:00 - 9:00pm in the pool

YM - No Charge NM - \$15.00 + hst per family

TIGER TOTS MARTIAL ARTS ✓

Great for for improving physical development, balance, agility and strength in young children. Each class will include a series of activities, games and drills that encourage listening skills and team work while having fun being active.

Wednesday	Ages 4-6	4:30 - 5:00pm
		5:00 - 5:30pm
		5:30 - 6:00pm

YM - No Charge NM - \$80.00

Child, Youth & Family Programs



= Included with Membership

**Registration is required on a first come first serve basis

Y-GUYS

This group is one just for the guys. Through games and discussions the guys will be engaged in physical activity, life skills, communication and emotional health discussions in pursuit of lifelong healthy lifestyles.

Thursday	Ages 7-9	5:00 - 6:30pm
	Ages 10-13	6:30 - 8:00pm
YM - No Charge		NM - \$80.00

TAG (TOGETHER AS GIRLS)

Girls Only!! This active program is focused on meeting new people, making new friends, and having fun! Girls will participate in group games, creative arts, movies and social media to explore topics that mean something to them. Some topics include leadership, team work, active living, balanced eating, body image, peer pressure and bullying.

Monday	Ages 7-9	5:00 - 6:30pm
	Ages 10-13	6:30 - 8:00pm
YM - No Charge		NM - \$80.00

SNAP

Fun and active classes are designed for the inclusion of all special needs including: Autism, Physical limitations, and other developmental disorders. Anyone is welcome to sign up for this program.

Wednesday	Ages 7-13	5:00 - 6:00pm
YM - No Charge		NM - \$80.00

LEADER CORPS

Youth Leader Corps, provides youth the opportunity to get involved in the YMCA as well as their community. Community service, philanthropy, volunteerism and health and wellness are covered as they plan and implement projects to help their communities. Here youth get a chance to develop leadership skills and belong to a group of positive, like minded peers. Opportunities to earn volunteer hours. The group will work toward an end of year trip to RKY Camp for an overnight teambuilding event. Fundraising will take place to offset the cost.

September to June		
Tuesday	Age 11-15	6:15 - 8:15pm
YMCA Members Only	\$30.00	

HOME ALONE SAFETY COURSE

An important program for youth. This is a three week program that will introduce and reinforce ideas to build confidence in young people who spend time at home alone. Includes home and fire safety.

Session Date		
Saturday, October 11, 2014	Ages 10-13	9:00am - 5:00pm
YM - No Charge	NM - \$60.00	

NEW SELF DEFENSE WORKSHOP

This workshop begins with accurate information on awareness, alertness and avoidance as the foundation of self defence. The course teaches students a series of simple bio-mechanically efficient techniques to build a sense of empowerment and a confidence in knowing they can fight back if ever caught in a defensive situation.

Self defence is a system of mental preparation and defensive tactics that help people develop the poise and confidence to handle threatening situations effectively with minimal confrontation.

November 15th, 2014	Ages 13 and up	9:00 - 12:00pm
YM - \$10.00	NM - \$30.00	

TEEN STRENGTH

Learn proper set up and use of cardio equipment and select strength machines focusing on safety and correct form. Participants will also learn about the YMCA, our core values and how they relate to behaving appropriately in an adult fitness environment. Participants must have 80% participation and pass a written and practical test in order to complete the program. Upon successful completion teens are permitted to use the Conditioning Centers with parent/guardian supervision.

Ages 10-14		
Tuesday, Wednesday, Thursday or Friday		5:00 - 6:00pm
One day option for 13-14 year olds ONLY		
October 5th, November 2nd or December 7th		
YMCA Members Only		

TEEN STRENGTH 2

Designed for those teens who have already completed the Teen Strength program. Participants will learn how to develop their own workout programs, how to use free weights and how to encourage each other through a workout.

Monday		5:00 - 6:00pm
Thursday		6:00 - 7:00pm
YMCA Members Only		

HOME SCHOOL PHYSICAL EDUCATION

AND SWIM LESSONS

This program is for kids who receive their education at home. Physical Education lessons for the first hour will be based on movement, skill development and fun in a supportive group setting. The program will be followed by a forty-five minute swim lesson. The session will run on a 12 week schedule and will run once per week.

Friday		Ages 6-13
1:30 - 2:30pm Physical Education		2:45 - 3:30pm Swim Lessons
YM - \$35.00	1st Child	\$25.00 every child after
NM - \$150.00	1st Child	\$35.00 every child after

BABYSITTING COURSE

The babysitters course is designed to help you become confident and prepared to care for children of various ages, apply First Aid skills and what to do in emergency situations.

Belleville Branch		City of Quinte West Branch
October 27, 2014		November 28, 2014
January 30, 2015		
May 22, 2015		
Ages 11+	9:00 - 5:00pm	Ages 11+ 9:00 - 5:00pm
YM - \$40.00		NM-\$50.00

NEW PARENTS NIGHT OUT

This special program allows parents to have a night out without hiring a babysitter. The program will treat the children to a night of fun activities including gym games, crafts and swim in a safe environment supervised by the YMCA certified and trained staff. ****Registration Required**

3rd Friday each Month	Ages 4-12	6:00 - 9:00pm
YM - No Charge	NM- \$15.00	

Session Dates

Fall - September 22nd - December 14th, 2014

Winter - January 12th - April 5th, 2015

Spring - April 6th - June 21st, 2015

PA DAY PROGRAM

All of our PA Day, Holiday Camp and March Break Programs include a variety of fun filled age appropriate activities. Children participate in daily swims and get to choose their favorite sports, crafts, games and much more.

Ages 5-12 \$26.00 per day 8:30am - 5:00pm

Extra hours from 7:30am and/or 5:00-6:00pm \$2.00 per hour.

Dates and Themes:

September 26, 2014 - Argh Matey (Both Boards)

October 27, 2014 - Ooze & Gooo (HPEDSB Only)

November 28, 2014 - Peace Around the World (Both Boards)

January 30, 2015 - Engineers R Us (Both Boards)

March 13, 2015 - Not Easy Being Green (KPRDSB Only)

May 22, 2015 - Under the Sea (HPEDSB Only)

June 5, 2015 - Beach Days (KPRDSB Only)

June 26, 2015 - Luau & Tiki Tahiti (Both Boards)

HOLIDAY CAMP PROGRAM

Winterpalooza

Join us for the winter holiday season with your friends at the YMCA. Watch for our flyer and registration form describing the particular activities.

Dates: December 22, 23, 24, 29, 30, 31, 2014

January 2, 2015

Ages 5-12 \$26.00 per day 8:30am - 5:00pm

Extra hours from 7:30am and/or 5:00-6:00pm \$2.00 per hour.

**December 24 & 31 will be a half day as the YMCA closes at 2:00pm

MARCH BREAK CAMP

Multi-Adventure Challenge

Join us for the March Break with your friends at the YMCA. Watch for our flyer and registration form describing the particular activities.

Dates: March 16, 17, 18, 19, 20, 2015

Ages 5-12 \$26.00 per day 8:30am - 5:00pm

Extra hours from 7:30am and/or 5:00-6:00pm \$2.00 per hour.

BIRTHDAY PARTIES

Come Celebrate with the YMCA

Allow the YMCA to assist you with your next birthday party. There are two options available. Both parties include party host, party room, gym and pool activities. We'll make your party easy. Parties are available both Saturdays and Sundays each week. Upon booking a \$25.00 non-refundable deposit is required. Call the YMCA Welcome Desk today for more information at (613) 394-9622.

**Please note: Spaces are limited...reserve your spot today.

YMCA Kids Club:

A place to belong

Ages

3.8 - 12 years of age

Before and after school can be a challenging time for busy parents. YMCA Kids Club programs are the solution!

YMCA Kids Clubs are licensed programs by the Ministry of Education, responsive to the needs and interests of each child, which creates a sense of belonging, while providing parents with peace of mind that their children are in a safe and caring environment with positive staff role models. YMCA Kids Club provides an inclusive exciting supply of developmentally appropriate activities including games, creative arts and 60 minutes of active play both indoors and out. The YMCA helps build confidence and self esteem while developing healthy habits that will last a life time.

For more information please call (613) 966-9622 x 224

YMCA Kids Clubs are conveniently located in the following 17 school communities:

Belleville - Harry J Clarke, Park Dale, Queen Victoria, Queen Elizabeth, Prince of Wales, Harmony, Foxboro, Prince Charles Belleville, St Joseph's, Susanna Moodie and Tyendinaga.

Quinte West and Prince Edward County - Prince Charles Trenton, St. Peter, Murray Centennial, Massassaga/Rednersville and Bayside.

KIDS CLUB MEMBERSHIP

Youth receive a free membership when registered into YMCA Kids Club Programs.

** Youth Memberships can be upgraded to a family Membership. See Membership Services for details.

YMCA CHILD CARE - LARGEST PROVIDER OF NOT-FOR-PROFIT CHILD CARE IN CANADA

YMCA CHILD CARE SERVICES

The YMCA Child Care department works in partnership with the families it serves to provide a safe and nurturing environment which promotes growth and development of the whole child; cognitively, emotionally, socially and physically.

The YMCA of Central East Ontario is committed to delivering exceptional quality early learning programs that provide children and families the tools, knowledge and services to grow together. We promote positive health messages and opportunities for children and their families to live healthy, active lifestyles.

YMCA EDUCATORS

Our YMCA Staff are qualified, caring, skilled educators who establish a supportive social environment that supports autonomy, self esteem and assists children in establishing positive relationships, friendships, and conflict resolution skills. The YMCA is committed to the on-going professional development of our staff.

TODDLER AND PRESCHOOL PROGRAMS

YMCA Playing to Learn Curriculum

Perhaps the most distinguishing feature of YMCA Child Care is the Playing to Learn approach. YMCA Playing to Learn is a national YMCA curriculum that helps children discover learning through play and aligns with primary school benchmarks.

YMCA Playing to Learn provides an understanding of how play is the foundation for learning to read and write, and for learning mathematics, science and technology. We believe YMCA Playing to Learn is the best approach to ensure a child's continued enthusiasm and capacity for lifelong learning.



Our Mission Statement

The YMCA of Central East Ontario is a charity dedicated to strengthening the foundations of community.

Our Core Values

Caring: We commit to building relationships and demonstrate compassion towards others.

Honesty: We practice and promote integrity and trustworthiness.

Respect: We treat all persons with dignity and acceptance.

Responsibility: We keep our promise and do what we believe is right.

Inclusiveness: We welcome and foster a sense of belonging for all.



YMCA of Central East Ontario

Belleville Branch
433 Victoria Ave
Belleville, ON K8N 2G1
(P)613-966-9622
(F)613-962-9247

City of Quinte West Branch
50 Monogram Place
Trenton, ON K8V 5P8
(P)613-394-9622
(F)613-394-8223

Balsille Family Branch Peterborough
123 Aylmer St S
Peterborough, ON K9J 3H8
(P)705-748-9622
(F)705-741-3719

www.ymcaofceo.ca