

# **City of Quinte West Branch**

Fall 2012  
Membership and  
Program Brochure

**YMCA of Central East Ontario**

# Memberships and Policies

## Monthly Fees

Adult - \$45.00 + hst  
Adult Plus - \$60.00 + hst  
Senior (ages 60+) - \$40.00+ hst  
Student (ages 15+) - \$32.00 + hst  
Youth / Child (under 14yrs) - \$27.00  
Adult Couple - \$75.00 + hst  
Adult Couple Plus - \$98.00+ hst  
Senior Couple - \$65.00 + hst

## Family Monthly Fees

Family - \$83.00 + hst  
Family Plus - \$102.00 + hst  
*- Family Memberships include 2 adults and dependent children under the age of 21 living in the same household.*

## 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 2 weeks written notice prior to your next payment.

## Enhancement Fees

This is a non-refundable fee to maintain and upgrade YMCA facilities. Those using the YMCA today are beneficiaries of yesterday's supporters and donors.

Adults/Seniors/Students - \$50.00 + hst  
Family, Couple or Members Plus \$75.00 + hst  
Child/Youth - \$25.00

## Membership Benefits

Get healthy, meet new friends, personal growth & development, program variety, new experiences, a friendly welcoming environment, reduced fees on programs.

## Membership Features

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

## Join for as long as you like

Memberships are established on a continuous basis using pre-authorized cheque or credit card. Using this plan we allow you to join the YMCA and be a member for as long as you want. Monthly payments are renewed automatically each year, unless you notify us in writing.

## YMCA KidsKare Service

Why worry about finding a care giver, come to the YMCA. We make it easy and affordable too. The YMCA of Central East Ontario offers a caring environment for the children while you get healthy your way. \*\* Not available on Stat Holidays.

Monday to Friday 8:30am - 12:00pm  
Monday to Thursday 5:00pm - 8:30pm  
Saturday 8:30am - 11:30am

## Only \$20.00 per month for one Child!!

Reduced fees for additional children from the same family. Parents must stay in the building.

# Hours of Operation

Monday to Friday 6:00am - 10:00pm  
Saturday and Sundays 7:30am - 5:30pm

## Holiday Hours

During the statutory holidays listed below, our facility hours will be 9:00am - 2:00pm.

\*\*On these days there will not be any fitness classes available.

- Family Day, Good Friday, Victoria Day, Canada Day, Civic Holiday, Labour Day, Thanksgiving, Boxing Day and New Year's Day

\*\* The YMCA will close at 2:00pm on Christmas Eve and New Year's Eve and will be closed on Christmas Day.

# Program Registration Information

Session Date: Programs will run over roughly 12 weeks.

**\*\* Members will be able to register starting 1 month before the start of each session and Non-Members 2 weeks before each session. \*\***

Fall - September 17 - December 9

Winter - January 7- April 7, 2013 - **No programs March Break Week**

Spring - April 8 - June 30, 2013

**\*\* Members please note that along with your children's membership you receive 1 set of free swim lessons and 2 free physical programs per session per child. Spaces are limited and spots will be filled in a first come first serve basis. Some programs may have a members fee due to the operating cost of the program.**

## Program Cancellation Policy

All refund/cancellation requests must be made in person 7 days prior to the program start date. Refunds and credits are not offered after a program starts unless accompanied by a medical certificate. Refunds are subject to a \$10.00 administrative fee

## Cell Phones / Camera Policy

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

## 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.

## YMCA Financial Assistance

The YMCA of Central East Ontario strives to serve all segments of our community. If you or your family would benefit from a YMCA program, yet are unable (*not unwilling*) to pay full cost, you may apply for assistance.

**Applications/Inquiries may be made at the Welcome Desk.**



# Adult Fitness Classes

## YMCA Cycle-Fit

Increase Cardiovascular and Muscular Endurance through a 45 minute class of creative instruction, challenging drills and motivating music. Cycle Fit Card must be picked up at Membership desk in order to participate.

Monday, Wednesday, Friday	9:15 – 10:00am
Thursday	6:05 – 6:50am
Tuesday & Thursday	12:15 – 1:00pm
Tuesday & Thursday**	6:30 – 7:15pm
Wednesday	5:30 – 6:15pm

\*\*some bikes reserved for Try-a-Tri on Thursday only

## Cycle Plus

Cycle and more! This class will combine cyclefit intervals with resistance training, yoga, core conditioning, or stretching. The only limits are time and the instructor's imagination!

Monday	5:00- 6:00pm
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## Boot Camp

The ultimate high intensity fitness class! Full body conditioning with cardio intervals, this class is suitable for all levels of fitness and ability, and a great way to change up your old routines.

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

## BOSU Interval

A creative work-out that incorporates the BOSU for balance training, muscle conditioning and cardio intervals. BOSU Card must be picked up at Membership desk in order to participate.

Monday	6:30 - 7:15pm
Wednesday	6:30 – 7:15pm

## Cardio & Sculpt

An interval class with a combination of strength & cardiovascular conditioning.

Monday	9:30 - 10:15am
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## Cardio & Core

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

Friday	9:30 - 10:15am
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## Core Fit

Elements of yoga, pilates and tried-and-true abdominal strengthening exercises combined to tone and strengthen the core.

Wednesday	7:30 – 8:15pm
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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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## 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

Tuesday, Thursday	8:15 - 9:00am
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## Simply Strength

No tricky choreography here! Strictly muscle sculpting, letting you increase lean muscle tissue and burn calories to reveal toned and defined muscles!

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

## Step and Sculpt

Simple Step routines to get the heart pumping, followed by a short weight-lifting session. Step Card must be picked up at Membership desk in order to participate.

Tuesday	5:30 - 6:15pm
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## Fitness thru Yoga

Challenge your body, mind and spirit as you move through a series of yoga postures and stretches.

Monday	7:30 - 8:30pm
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™

Monday, Friday	6:30 - 7:15pm
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## Adult Doubles Badminton

Join us for this recreational adult badminton league. Your team will have 1 hour worth of matches each week.

*Sign up must be done in pairs*

October 16th - December 18th, 2012

Tuesdays 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 Programs

## Health, Fitness and Recreation

### 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. 6 week session

Wednesdays 1:00 – 2:00pm  
YM - \$30.00 + hst NM - \$45.00 + hst

Dieter Mensch has been practicing Tai Chi since 1985, and has been at the Quinte West YMCA since September '09. He teaches in the Wu style which encompasses an integrated blend of analysis and philosophy applied to martial technique, health and longevity

### 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 6 or 12 week session.

Fridays 10:00 – 11:30am

YM - Single class \$10.00 + hst  
\$30.00 + hst for 6 class block.  
\$60.00 + hst for 12 class block

NM - \$90.00 + hst (12 class block ONLY)

Vikki Langelier has been an Intuitive Healer for many years and a Teacher of Healing for the past six. She has trained formally in the Shamanic arts, Martial arts, Zen Buddhism, Reiki, and many other modalities of healing.

### Post Rehab Maintenance Program

Led by Certified Trainers and designed for participants who have experienced a cardiac event or have been diagnosed with high risk factors for heart disease, metabolic disorders or have experienced a stroke. 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 1:00 - 2:30pm  
YM - \$30.00 + hst NM - \$80.00 +hst

### Beginner to 5K!

Not a runner but want to be? Our learn to run program will teach you running basics and help get you from 0-5km in 8 weeks. Each week you will run with the group, then be given "homework" to complete on your own as well as helpful tips and information. Meeting at the YMCA, the group will run outside through the surrounding area with an Instructor.

September 11th - October 30 (8 week session)

Tuesdays 5:30 - 7:00pm  
YM - \$30.00 + hst NM - \$80.00 +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 17 – Dec 17.

Open to ages 13+

Mondays 7:30 – 9:00pm  
YM and Batawa Ski Hill members \$45.00 + hst  
Non Members \$90.00 + hst

### Try-a-Tri

Interested in doing a triathlon but not sure how to start training? Start working towards a spring or summer triathlon by building up endurance and skill. Workout will consist of a "brick workout" with 75 minutes of cycling and running outdoors while weather permits, followed by 60 minutes with the master's swim team in the pool. (12 week session)

Thursdays 6:30 – 9:00pm  
YM - \$77.00 +hst NM - \$134.00 + 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. Goal setting is a important element in this class as we learn that little victories lead us towards better victories. 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)

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

Bev and Bob Leonard have been teaching Martial Arts for over 27 years in the Quinte area and since September '09 at the Quinte West YMCA.. This program has been taught in eastern Ontario for over 30 years and includes law enforcement officers who have trained and received their Black Belt through this program.

### Wellness Coaching

All adult members are entitled to up to four free one-on-one Wellness Coaching sessions with a qualified Fitness Staff member. These sessions will give you an understanding of some of our cardiovascular machines and get you started on a basic strength training program so you can get moving in the right direction.

*Sign up for Wellness Coaching at the Membership Services Desk*

### 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 \$35 +hst per session

6-10 Sessions \$30 + hst per session

### Partner Fitness

Share a qualified Personal Trainer with a friend or family member. A common program with minor personalization will be designed for both individuals.

\$50 + hst per session

### Nutritional Counseling

Exercise and good eating go hand in hand. Optimal nutrition can benefit your body, your workouts and your overall well being. Our Registered Holistic Nutritionists can help you with your nutrition questions and needs.

**Nutritional Assessments** \$90.00 +hst

Includes a one hour assessment and an additional one hour session to go over your personal nutritional recommendations.

**Follow up Appointments** \$30.00 +hst

Half hour appointments are available to keep you on track and make changes to your plan as necessary.

# Become a YMCA Leader and Volunteer!

YMCA Volunteers are a voice for the community in the Y and a voice for our 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 part of the YMCA health and wellness movement and take this nationally recognized certification program to get you started in this exciting industry.

As a personal trainer you will enjoy a career that is both financially and emotionally rewarding, that gives you the independence of being your own boss and the flexibility to build your career around your life. Group fitness instructors work in fitness centres and health clubs, in community centres, church halls, schools - in fact, wherever there's a suitable space and a stereo.  
Certification must include both Basic and Applied Theory.

## YMCA Fitness Certifications

### Choose your path:

#### Basic Theory

The Basic Theory course is a pre-requisite to both the Group Fitness and the Individual Conditioning Program. Basic Theory lays the foundation for all modalities, covering leadership, anatomy, physiology, movement mechanics, exercise design, nutrition and more. Successful completion of in-class written tests, and take home assignments is required.  
September 28 – 30, 2012

#### Individual Conditioning Level II

In this 16 hour course you will learn the basics of conditioning techniques, program design, cardiovascular and resistance training equipment, advanced theory and more.  
October 13 – 14, 2012

#### Fundamentals of Group Fitness

This is an 8 hour classroom course that covers teaching considerations, components of a fitness class, and music.  
October 21, 2012

#### Course Costs:

**Personal Training Course:** (includes Basic Theory and Individual Conditioning Level II)

YM - \$265.00 + hst with volunteer commitment \*

NM - \$430.00 + hst (or members who choose not to volunteer)

**Group Fitness Course:** (includes Basic Theory, Fundamentals of Group Fitness and One Stream)

YM - \$265.00 + hst with volunteer commitment \*

NM - \$430.00 + hst (or members who choose not to volunteer)

*\*see Amanda, Kit or Michelle for more information*

#### Prerequisites:

Participants must be a minimum of 16 years

Current CPR Level C

First Aid is Recommended

### YMCA Fitness Streams

Choose from 5 practical courses:

Core Strength and Stretch	October 28th, 2012
Group Resistance	November 4th, 2012
Cyclefit	November 18th, 2012
Aquafit	November 25th, 2012
Choreography	December 9th, 2012
YM - \$50.00 + hst	NM - \$75.00 + hst

**\*\*Stream for each date may change after brochure publication, and streams will be cancelled if minimum registrations numbers are not met**



# Adult Aquatics

## Aqua Yoga

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 1:00-1:45pm  
 Tuesday 8:00-8:45pm

## Adult Group Lessons

Program is geared to all adults. Those adults who wish to learn how to swim, and those who have confidence in swimming but require more stroke development to swim more efficiently. Participants will learn to float, basics in propulsion, strokes, and efficiency. Program is geared to the needs of those registered.

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

## Adult Master's Swim

Program is geared to adults with strong swimming ability and who are interested in swimming for fitness. This is an excellent program for individuals training for triathlons or who want to compliment their existing workout with swimming. The workouts are designed and delivered by a certified swim coach, and are designed to meet a wide range of adult levels and personal goals.

Tuesday and Thursday 8:00-9:00pm  
 YM - No Charge NM - \$80.00 + hst

## Aqua Fitness

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  
 Monday, Wednesday & Friday 12:00 - 12:45pm  
 Tuesday & Thursday 1:00 - 1:45pm  
 Monday & Wednesday 7:15 - 8:00pm

## Deep Water Run Fit

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  
 Friday 1:00 - 1:45pm

## Tone & Stretch

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 1:45 - 2:30pm

# Child & Youth Aquatics

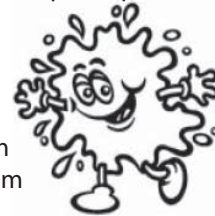
## Registration

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

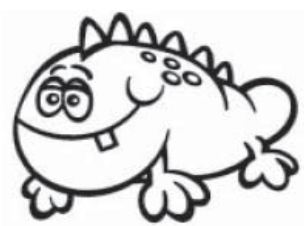
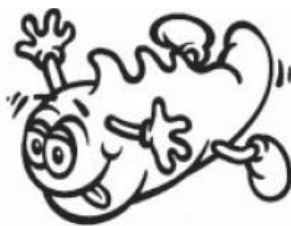
## Bubblers 18 months to 3 years - Parented

Monday	Tuesday	Wednesday	Thursday	Saturday
	10:15-10:45am	10:15-10:45am	10:15-10:45am	9:40-10:10am
5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	11:25-11:55am
YM - No Charge		NM - \$120.00		



## L'il Dippers 3 to 5 years - Independent swim lessons

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



# Child & Youth Aquatics



## Learn to Swim 6 years and older

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

## Star Swim Program

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

*\*Please note Star 5 and 6 are included in the Aquatic Leader Corps Program*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	8:30-9am
4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	9:05-9:35am
5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	9:40-10:10am
5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	10:15-10:45am
6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	10:50-11:20am
					11:25-11:55am

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 are available. Simply choose the day and time that work best for you, register at the sales and service desk, then meet your instructor on the pool deck! **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 4:30 - 5:30 pm

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

4:00 - 4:30pm

Saturday

8:30 - 9:00am

YM - No Charge

NM - \$120.00





# Youth Aquatics Leadership

## Aquatic Leader Corps

Aquatic Leader Corp is an innovative new aquatic program that is designed to aid in the development of our community's youth into leaders in aquatics. The program is designed for those 10-15 years of age who have a desire to volunteer or work in the pool. Participants will work on Lifesaving, Swimming and Fitness Skills to help them succeed in the advanced Lifesaving Course. In addition participants will have the opportunity to volunteer as assistant Lifeguards and Assistant Swim Instructors. Youth who wish to complete their Star 5 and 6 along with Master Swimmer or Bronze Star should attend this program.

Tuesday 5:00 - 7:00pm  
Sunday 11:00am - 1:00pm  
YM- No Charge NM - \$120.00 for 12 weeks

## Bronze Medallion/Cross & Standard First Aid

*Prerequisite: 13 years or successful completion of Bronze Star*

October 5 - December 7, 2012  
January 18 - April 5, 2013 (no class Mar 15 & 29)  
April 12 - June 14, 2013  
Friday Evenings 6:00 - 9:00pm  
(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

## 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 12, 13, 14, 26, 27, 28, 2012  
April 26, 27, 28, May 10, 11, 12, 2013  
Belleville Branch  
January 18, 19, 20 February 1, 2, 3, 2013  
Fridays 6-9pm, Saturdays 10am - 8pm  
Sundays 10am-6pm  
YM - \$175.00 + hst NM - \$195.00 + hst  
Material Fee - \$85.00 + 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 1, 2012 6 - 10pm December 8, 2012 1-5pm  
February 25, 2013 6-10pm June 8, 2013 1-5pm  
YM - \$65.00 + hst NM - \$80.00 + 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  
October 13 & 14, 2012 November 17 & 18, 2012  
February 9 & 10, 2013 January 19 & 20, 2013  
April 20 & 21, 2013 March 23 & 24, 2013  
June 15 & 16, 2013 May 25 & 26, 2013

All course times are 9am - 5pm Both days  
YM - \$100.00 + hst NM - \$120.00 + hst  
Manual Fee - \$20.00 + hst

## YMCA Assistant Swim Instructor

*Prerequisites: 15 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.*

Belleville Branch City of Quinte West Branch  
Oct 15 - Nov 26, 2012 Sept 26 - Nov 14, 2012  
Jan 16 - Mar 6, 2013

Mon Evenings 6-9pm Wed Evenings 6-9pm  
YM - \$60.00 + hst NM - \$90.00 + hst  
Manual Fee - \$25.00 + hst

## YMCA Swimming Instructor Certification

*Participants must be 16+ years of age by the end of the course. Proof of age 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 16, 17, 18 December 14, 15, 16, 2012  
Belleville Branch  
May 24, 25, 26, June 1, 2, 3, 2013

Fridays 6-9pm, Saturdays 10am - 7pm, Sundays 10am - 6pm  
YM - \$125.00 + hst NM - \$150.00 + hst  
Manual Fee \$25.00 + hst

**NEW** - If you would like to become a Red Cross Certified Instructor...We Can Help! Call the Aquatic Department at the YMCA and we can walk you through the transfer process!

## Lifesaving Society Instructor Certification

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

*Prerequisites: Bronze Cross, Standard First Aid & CPR "C"*  
2012 Course Dates to be announced, please contact the YMCA to be placed on an interest list.

Fridays 6-9pm, Saturdays 10am - 7pm, Sundays 10am - 6pm  
YM - \$125.00 + hst NM - \$150.00 + hst  
Manual Fee - \$60.00 + hst

# Youth Programs

## L'il Explorers

Children will experience activities that enhance gross motor skills, dramatic play, arts, crafts, cooking and games. Theme days may be incorporated into the program. Tap into the inner artist and explore a variety of sensory and art activities. This program encourages participants to develop new skills and enhance their imagination.

Ages 2 - 3

Pick one day:

Monday – Tuesday 9:00 - 10:00am

YM - No Charge NM - \$80.00

\*\*Parents are welcome to join in during this program.

\*\*Parents are required to remain on the property.

## Lil' Kickers

All pre-school aged children are welcome to enjoy the developmental stages of Soccer. Come learn all the fundamental of the most popular sport in the world!

Ages 2 - 3

Wednesday 12:00 - 1:00pm

YM - No Charge NM - \$80.00

## Active Tots

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.

Ages 2 - 3

Thursday 9:00 - 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, Tuesday, Wednesday, Thursday 10:15 - 11:30am

**YMCA Members ONLY No Charge**

## Sportsmania

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 - 5:15pm

Ages 4 - 6 5:20 - 6:05pm

YM - No Charge NM - \$80.00

## Just Dance

Each weekly class will cover various dance techniques, steps, positions, choreography and dance vocabulary. Dancers will participate in a performance for families and friends on the final session date.

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

Ages 7 - 9 5:15-6:00pm

Saturday Ages 7 - 9 9:00-9:45am

Ages 2 - 3 10:00-10:30am

Ages 4 - 6 10:30-11:00am

Ages 10 - 13 12:00-12:45pm

## Y's World of Sports

Basketball, Badminton, Floor Hockey, Indoor Soccer, Volleyball and more. Join us for a rotational sports program where we focus on a different sport every week. We promote and encourage participation regardless of ability level, and allow participants to experience various sports. Each session includes both a skill development component and an organized game.

Monday Ages 7 - 9 6:15 - 7:00pm

Ages 10 - 13 7:05 - 7:50pm

YM - No Charge NM - \$80.00

## Science Kids

A "virtual science playground", this Mad Science Club offer children a safe, science-based program for creating, connecting, exploring, exploding and learning with their peers.

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

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

Ages 7 - 9 5:15 - 6:00pm

Ages 10 - 13 6:15 - 7:00pm

YM - No Charge NM - \$80.00

## Kidnastics

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 on the last week for parents, family members and friends to see.

Tuesday or Thursday Ages 2 - 3 5:00 - 5:30pm

Ages 4 - 6 5:30 - 6:15pm

Ages 7 - 9 6:15 - 7:00pm

Ages 10 - 13 7:15 - 8:00pm

Saturday Ages 2 - 3 9:00 - 9:30am

Ages 4 - 6 9:35 - 10:05am

Ages 7 - 9 10:15 - 11:00am

Ages 10 - 13 11:15 - 12:00pm

YM - No Charge NM - \$80.00

## Progressive Tennis

Progressive tennis is a tennis program for 6-12 year olds which allows young players to learn and play the game more quickly, efficiently and successfully.

Progressive Tennis uses a systematic progression of court sizes, balls, and racquets, to scale the game down to an appropriate level for 6-12 year olds.

Ages 6 - 12

Saturday 10:30 - 11:30am

YM - No Charge NM - \$80.00

## Kitchen Kids

Your chef will be using a hands-on cooking and nutrition education approach in the preparation of healthy snacks and meals. Chefs will be learning about food safety, kitchen safety, nutrition and healthy eating while sharing in the cooking and clean up. Please specify any food allergies or restrictions when registering.

Thursdays Ages 4 - 6 4:30 - 5:15pm

Ages 7 - 9 5:30 - 6:15pm

Ages 10 - 13 6:30 - 7:15pm

Saturdays 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

# Youth Programs

## Art Adventure

This class will be sure to get your creative thoughts going. Children will have the opportunity to work with a variety of materials such as tissue paper, pastels, charcoal, paint and embroidery thread. Each week your child will have the opportunity to create a mater piece.

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

Tuesday	Ages 4 - 6	4:30 - 5:00pm
	Ages 7 - 9	5:15-6:00pm
	Ages 10 - 13	6:15 - 7:00pm
	Ages 14 - 18	7:00 - 7:45pm
YM - \$10.00		NM - \$80.00

## Tiger Tots

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.

Wendesday	Ages 4 - 6	4:30 - 5:00pm
		5:00 - 5:30pm
		5:30 - 6:00pm
YM - No Charge		NM - \$80.00

## Family 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
YM - \$30.00 for first registrant	
\$25.00 for each additional family registrant	
NM - \$55.00 for children/youth	
\$95.00 + hst for adults	

## Basketball

Learn to play one of the fastest growing sports in Canada. This program will teach children the basic skills needed to play the game.

Tuesday	Ages 7 - 9	4:30 - 5:15pm
	Ages 10 - 13	5:15 - 6:00pm
	Ages 14 - 18	6:00 - 6:45pm
YM - No Charge		NM - \$80.00

## Soccer

This is a fun way to enjoy and learn the fundamentals of soccer. Running, kicking, passing, games and sportsmanship are all a part of this exciting sport.

Wednesday	Ages 7 - 9	5:30 - 6:15pm
	Ages 10 - 13	6:15 - 7:00pm
YM - No Charge		NM - \$80.00

## Ball Hockey

This program will offer skills, technique and practice. Each week will end with a game or scrimmage.

\*Please bring your own protective head gear\*

Thursday	Ages 7 - 9	5:00 - 5:45pm
	Ages 10 - 12	5:45 - 6:30pm
YM - No Charge		NM - \$80.00

## Fit Kids

Children will learn to develop teamwork, sportsmanship and core values all while working up a sweat. The program will be broken into four parts; warm up, high energy games and activities, a small weight workout and a cool down. Kids enrolled in this program will gain self-esteem, build friendships, be physically active and learn life skills that will continue into adulthood and most importantly they will have fun!

Ages 7 - 12	
Thursday	6:40 - 7:25pm
YM - No Charge	NM - \$80.00

# 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...call today to reserve your spot.

# Youth Programs

## Teen Sports

Basketball, Badminton, Volleyball, Handball, Ultimate Frisbee and many other sports will be set up our YMCA teens to enjoy our space to the fullest extent.

Ages 13 - 18

Wednesday	7:00 - 8:00pm
YM - No Charge	NM - \$80.00

## Fit Teens

Work up a sweat while enjoying all of the benefits Physical Activity. This program will include various fitness activities and games. Make sure you bring workout gear.

Ages 13 - 16

Thursday	7:30 - 8:30pm
YM - No Charge	NM - \$80.00

## Teen Strength

Teens will learn proper YMCA etiquette in the Conditioning Center, proper use of the cardio equipment and weight machines. Teens will also learn about the YMCA and its four core values. Participants must have 80% participation, pass a written test and show practical competency to pass the course. Once a teen completes this program, they are allowed to use the Conditioning Centers with parent/guardian supervision.

Ages 10-14

Tues, Weds, Thurs or Friday	5:00 - 6:00pm
YM - No Charge	NM - \$80.00 +hst

## 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.

Tues or Thurs 6-7pm

YM - No Charge	NM - \$80.00 +hst
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## Youth Leader Corps.

You've got influence – why not use it for good? Youth Leader Corps helps you get to know yourself better, become a skilled leader and interact with a variety of people and experiences. Participants will be given the opportunity to assist in the facilitation of our YMCA programs and events. Plus you will make friends for life and have fun.

Ages 11-15

Tuesdays – September to June	6:30 - 8:30pm
YMCA Members Only	

## SNAP

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

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

## TAG (Together All 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 6 - 9	5:00 - 6:00pm
	Ages 10 - 13	6:00-7:00pm

YM - No Charge	NM - \$80.00
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# Youth Programs

## Babysitting Course

The Canadian Red Cross Babysitters Course is designed for youth 11 years and up who want to become a babysitter or may already be one. The Babysitting Course covers the responsibilities of a babysitter, safety tips for children of all ages, basic child care skills and what to do in case of an emergency.

Ages 11 and up 9:00 - 5:00pm  
February 1, 2013  
YM - \$40.00 NM-\$50.00

## 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.

Ages 6 -13  
Friday  
Physical Education 12:30 - 1:30pm  
Swim Lessons 1:45 - 2:30pm  
YM - \$90.00 1st child \$25.00 2nd child +  
NM - \$150.00 1st child \$35.00 2nd child +

## 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  
All Participants 5-12 \$22.00 per day  
Extra hours from 7:30am and/or 5:00-6:00pm are available for \$2.00 per hour.  
Dates and Themes:  
September 28, 2012 (Both) It's a Jungle In Here  
October 29, 2012 (HPEDSB) Spiders and Slime  
November 23, 2012 (HPEDSB) Practicing Peace  
November 30, 2012 (KPDSB) Practicing Peace  
February 1, 2013 (Both) Colourful Creations  
April 1, 2013 (Both) Balloon Bash  
May 24, 2013 (HPEDSB) Space is the Place  
June 7, 2013 (KPDSB) Space is the Place  
June 28, 2013 (Both) Summer SUN-Sation

## Holiday Camp - Polar Bears and Penguins

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

Ages 5-12  
Dates: December 24, 27, 28, 31 2012  
January 2, 3, 4 2013

All Participants 8:30 - 5:00pm \$22.00 per day  
Extra hours from 7:30am-8:30am and/or 5:00-6:00pm are available for \$2.00 per hour

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

## March Break - Up In The Air

Celebrate the end of the winter season and the beginning of Spring with your friends at the YMCA. Watch for our flyer and registration form describing the particular activities.

Ages: 5-12  
Dates: March 11-15, 2013  
All Participants 8:30 - 5:00pm \$22.00 per day  
Extra hours from 7:30am-8:30am and/or 5:00-6:00pm are available for \$2.00 per hour

## Friday Night Frenzy

Take your pick or do it all. Visit our Fun Zone in the studio and swim in the pool. Join us as a family or drop off the kids off and enjoy your workout on your own. Children under the age of 10 must be accompanied by a parent or guardian.

Fridays 6:00 - 9:30pm  
6:00 - 8:00pm in the studio/Multi-purpose room  
7:00 - 9:30pm in the pool

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

# Childcare Services

## YMCA Childcare Services

The YMCA is proud to be the largest provider of Not-for-Profit Licensed Childcare in Canada as well as in the Belleville and Quinte Region.

The YMCA provides a vital service to families in our community by making it easier to pursue careers or education goals. Qualified Early Childhood Educators provide care and a safe nurturing environment that fosters independence and positive attitudes toward learning. Full and part-time childcare are available for children.

## Toddler and Preschool

Experienced Early Childhood Educators help your children learn and grow. Our unique and innovative curriculum effectively captures learning opportunities for major life skills including language and literacy, mathematics, science, technology and the arts. **\*\*These programs are only available at our Belleville Branch**

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

Toddler 15months - 2 1/2 years

Preschool 2 1/2 years - 6 years

## YMCA Kids Club Programs

YMCA Kids Club Programs are a fun place for your children to be before and after school. These programs focus on physical activity and healthy habits through athletics, fitness and nutrition. YMCA Staff demonstrate healthy habits now so children can learn to be healthy for life.

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

Ages: 3.8 - 12 years

YMCA Kids Club programs are located in 16 convenient locations:

**Belleville** - Harry J Clarke, Sir Winston Churchill Annex, Parkdale, Queen Victoria, Prince of Wales, Queen Elizabeth, Harmony, Prince Charles, St. Joseph's, Foxboro and Tyendinaga.

**Quinte West & Prince Edward County** - Bayside Public, St. Peter, Murray Centennial, Prince Charles and Massassauga-Rednersville.

## Quinte West Early Years Center

A place for parents, caregivers and their children from birth to six years to play and learn together. Literacy, creative programs & music and movement programs are only a part of what happens at the center. Families may also drop in at any time during the center hours of operation for free play.

Location - St.Peter Catholic School, 101 Queen Street, Trenton

Hours of Operation - Monday to Thursday 8:30am - 2:30pm  
Friday 8:30am - 12:00pm



# Building Healthy Communities

## Your Gift can Help.....

Please join us in giving. Your gift will help nurture the life of a child. 100% of the YMCA's Senior Staff and Board of Directors donate to the Strong Kids Campaign because they know the impact that dollars can have on children's lives.

The YMCA is a Charity. We raise money in our community to support children and their families' membership and participation in our programs. We offer assistance to those who ask for a little help, providing a hand-up during times of financial difficulty.

In 2010 we provided more than \$478,000 worth of assistance to children and their families to support membership at our Y. 26% of children (under 14) are subsidized to participate in our programs.

The YMCA, its staff, volunteers and members are dedicated to building better communities, with healthy, confident, secure and connected children, youth and families. Your donation will help us change a life.

There are many ways to give to assist a child or family. It might surprise you what we can do with your donation:

- \$1.00 a week will help send a child to camp for one week
- \$5.00 a month will help four young people join the Youth Leader Corps
- \$10.00 a week will sponsor an entire family for membership at the Y for a full year

YOU CAN MAKE A DIFFERENCE TO THE LIVES OF CHILDREN IN OUR COMMUNITY

TOGETHER: BUILDING HEALTHY COMMUNITIES

To make a donation call  
613-966-9622 ext 237

American Express, Mastercard, Visa, Cash,  
Interac and Cheques accepted.

Thank you for your Consideration

**YMCA**  
**STRONG**  
**KIDS**  
**CAMPAIGN**



## Our Mission Statement

Our YMCA is a charity open to all, dedicated to service to others and to providing opportunities for growth in spirit, mind and body.

The YMCA of Belleville and Quinte and the YMCA of Peterborough have joined together as one YMCA to better serve their communities. The new "YMCA of Central East Ontario", serves Belleville, Peterborough, the City of Quinte West and the surrounding communities and towns throughout Hastings and Prince Edward County and the County of Peterborough. Integrating the two YMCAs is a way to serve more children and families in schools and neighbourhoods, help families come together, enable individuals to become healthier and help people overcome barriers to employment. "By joining forces, we are echoing the trend seen in many parts of Ontario and Canada, where neighbouring YMCAs are collaborating and coming together to make better use of resources and enhance their services to their communities", said Bob Gallagher, President and CEO of the YMCA of Central East Ontario.

### 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

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

<http://www.ymcaofceo.ca>

