

**YMCA of Central East Ontario
Balsillie Family Branch
Peterborough**

**Fall 2014 Membership & Programs
September - December 2014**

www.ymcaofceo.ca

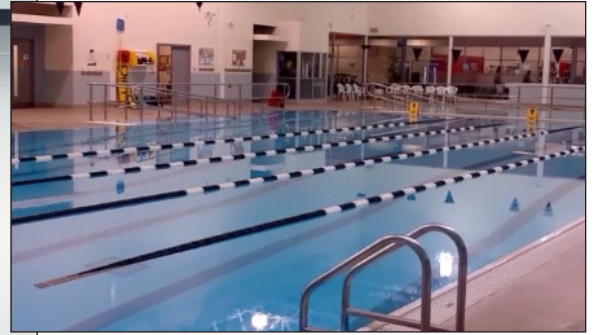
Building Healthy Communities

Features

- 25m, 6 lane lap pool + Leisure Pool
- Treadmills, Cross Trainers, Lifecycles with personal entertainment TVs
- State of the art Selectorized and Free Weight strength equipment



- Fitness Studio
- Gymnasium
- 5 Locker rooms including Family and Adult Only
- Over 75 group fitness classes per week
- Squash and Racquetball
- Child minding services



Membership

✓ Included with Membership

Benefits of Membership

- ✓ All YMCA youth/child/preschool members will receive one free aquatic and one free land program per child/per session.
- ✓ Membership rates on ALL registered programs
- ✓ Register early for programs – Members register before Non-Members
- ✓ Free drop in programs for Members of all ages
- ✓ Member Connect program included with Membership
- ✓ Your YMCA Membership can be used at any YMCA across Canada!

Membership Options

YMCA Monthly Payment Plan

YMCA Membership rates listed can be paid monthly through Pre-Authorized chequing, Visa or Mastercard. **A bi-weekly rate is shown beside the YMCA monthly rate for consumer comparison purposes only.** This is not a payment option.

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:		Bi-Weekly for Comparison Only
Adult	\$48.00+hst	\$22.15+hst

Couples (18+)

This membership is for two adults with no children. 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:		Bi-Weekly for Comparison Only
Adult Couple	\$87.00+hst	\$40.15+hst
Senior Couple	\$85.00+hst	\$39.23+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 one registered dry land program** for each child per session.

Monthly Rate:		Bi-Weekly for Comparison Only
Two Adult Family	\$94.00+hst	\$43.38+hst
Single Adult Family	\$75.00+hst	\$34.61+hst

Membership Plus – Men's & Women's (18+)

Membership Plus members enjoy adult only change areas, steam rooms, lounge area, towel service, advance court booking privileges and amenities such as shampoo & body wash. Maximum of two adults can access the Plus change room per Family Plus membership. Bring a lock

Monthly Rate:		Bi-Weekly for Comparison Only
Adult Plus	\$65.00+hst	\$30.00+hst
Adult Couple Plus	\$105.00+hst	\$48.50+hst
Two Adult Family Plus	\$112.00+hst	\$51.70+hst
One Adult Family Plus	\$86.00+hst	\$39.70+hst
Senior Plus	\$62.00+hst	\$28.70+hst
Senior Couple Plus	\$101.00+hst	\$45.70+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:		Bi-Weekly for Comparison Only
Senior	\$46.00+hst	\$21.23+hst

Student (15+)

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 the Student Membership rate.

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

Youth/Child (6-14) Preschool (0-5)

We like to see young people at the YMCA. Children and youth can become YMCA members. We have many activities and courses that are designed specifically for these ages. The Lifestyle Centre is available to youth 10 years and older upon completion of our Teen Strength program.

Monthly Rate:		Bi-Weekly for Comparison Only
Youth/Child/Preschool	\$30.00	\$13.84 + hst

Member Connect Program

Get the most out of your YMCA experience. Your health and wellness is our priority and we're committed to help 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. It's easy, fun and do-able. Speak to one of our Membership Services staff for more information about our Member Connect initiative. See page 10 for more details.

Building Enhancement Fee

All new adult or family memberships are subject to an \$85.00 Building Enhancement Fee. The Building Enhancement Fee will be used to make capital improvements in the YMCA. Prices are subject to all applicable taxes. If your membership is inactive for **3 months or more**, you will be required to pay the Building Enhancement Fee again.

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. Application forms can be picked up at the YMCA or found online at www.ymcaofceo.ca. Interviews are held Monday to Friday 9:00am to 6:00pm on a first come, first served basis. If these times are not convenient for you, please contact the Membership Services desk.



Policies

Membership/ Program Cards

All YMCA members / participants 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, participants and their possessions. All members/ participants are required to swipe their cards when accessing the facility.

Guest Passes

YMCA members are welcome to bring a guest to try out the facility. YMCA members must be present at sign in. Guests 16+ must present photo id in order to be signed in. Each guest can access the facility a maximum of three times for free. They will then be required to pay a reduced day pass rate when they sign in with a member.

Membership Hold Policy

Memberships can be placed on hold at any time for a minimum of one month to 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.

Membership Cancellation Policy

The Balsillie Family Branch 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.

All Inclusive Programs

As part of the All Inclusive Membership, all youth/child/preschoolers receive one free land and one free aquatic program per session.

All Inclusive Missed Program Policy

If a participant misses 2 classes/lessons without notification to the program instructor, the participant will be contacted and removed from the program to accommodate a new member on the wait list.

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 Lifestyle Centre. Youth who are 10-14 years may take our Teen Strength program to use the equipment in the Lifestyle Centre.

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.
- **The 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 the male/female change rooms.
- **The Membership Plus change rooms** are only to be used by individuals who are 18+ years and possess a Plus membership.

Spa Guidelines

- Children age 7 and under
 - Children age 7 and under are not permitted in the spa
- Children ages 8-12
 - Children between the ages of 8 years to 12 years are not permitted in the spa unless accompanied by a person who is 16 years of age or older

Pool Admission and Wristband Policy

Please see page 23 for swim guidelines for children & youth

Children's Tax Credit – Save Your Receipts

The creation of the Children's Fitness Tax credit allows fees up to \$500 for enrollment 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. Contact the Membership Services desk if you require a receipt or tax receipt.

Day Passes

We do have options available for people looking to use the YMCA facilities for one visit. Please note: Any guest 16 years or older must exchange photo ID for a guest pass any time they wish to use the YMCA facilities.

Cell Phones/Camera Policy

For the security and safety of our members and participants the use of cell phones and other electronic devices are not permitted in change rooms, washrooms, or program areas. (i.e.: Pool, Lifestyle Centre, and Gymnasium)

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 has started unless accompanied by a medical certificate. Program refunds are subject to a \$10.00 administration fee. No refunds or credits for make up classes will be offered due to unforeseen circumstances (i.e. Power outage). Please contact the Membership Services desk to inquire about the camp refund policy.

Appropriate Attire

Attire should be suitably modest and appropriate for a family facility. Recommended clothing such as shorts, track pants, t-shirts, or sweatshirts and running shoes are required when using the program areas such as the gymnasium, Lifestyle Centre etc. For aquatic attire please see page 23.

Fall Registration Begins

Members: Friday, August 8, 2014 at 6:00am

Non Members: Friday, September 5, 2014 at 7:00am

Members enrolling in all inclusive programming will have the option of over the phone registration. Please note: Those who come in to register in person will be served first. Payments will not be taken over the phone.

Watch for our Winter/Spring brochure in
mid- November

Halloween Spooktacular

Saturday October 25, 2014

Activities from 2:00-4:00pm, Swimming 4:00-5:00pm (parents/ guardians must accompany children in the pool)

Spooky crafts, pumpkin carving, ghostly games and a haunted house are all part of this year's Spooktacular event. Wear your costume and have a great time with your family at the YMCA

Members \$ 10.00/ family Non Members \$20.00/ family

Breakfast with Santa

Saturday December 13, 2014 8:00-11:00am

Join the YMCA staff and volunteers in our Grand Hall for a pancake breakfast as we celebrate the holiday season. Santa will be here to greet the children and families.

Members only!

Cost: Donation of food or new toy

Holiday Class Sampler

Saturday, December 13, 2014 9:15-10:30am

Join us for a sampling of the classes offered at the Y. This class will be taught by a variety of instructors. Participants are encouraged to bring a food donation or a new unwrapped toy.

Join us for Breakfast with Santa before class!

Donations to the Strong Kids Campaign are welcome.

YMCA After School Programs

In partnership with several community partners, the YMCA offers recreational afterschool programs in several different locations for children 6 to 12 years.

The program provides families with a safe and secure location for their children and focuses on physical activity, healthy eating, nutrition and wellness.

Locations:

- YMCA- Balsillie Branch
- Prince of Wales Public School
- Havelock Belmont Public School
- Hiawatha First Nations Community
- Highland Heights Public School
- Roger Neilson Public School

Programs supported by funds from Canadian Tire Jumpstart, Ministry of Tourism, Culture and Sport and Loblaw's Companies Ltd.

For more information on dates, times and availability contact the Supervisor at afterschool_program@ymca.ca or 705-748-9642 ext. 209

YMCA 37th Annual Half Marathon, 5k Run/Walk and Kids 1k Fun Run

Race Date: Sunday, February 22, 2015

The YMCA is getting ready to host over 1,000 runners for our 37th annual event in support of Strong Kids. Participants from all ages and abilities support children and youth in our community by racing in this fundraising event.

The race committee will be announcing some exciting changes to the event in 2015. Watch for more information in October!

Registration opens October 1st, 2014 visit www.ymcaofceo.ca for more information or to register.

Great Volunteer Opportunity!!

Not a runner, why not volunteer? Volunteers are vital to the success of the event. If you are interested; please contact the YMCA at heather_stephens@ymca.ca or 705-748-9642 ext. 225.

Peterborough & Lakefield YMCA Childcare

The YMCA of Central East Ontario Balsillie Family Branch operates licensed Childcare programs in Peterborough and Lakefield for Toddlers, Preschoolers, and School Age children 12 months (Ministry approval for 12-15 months) to 4 years of age.

Before and After School care is also available in Lakefield for children 4 to 12 years of age at Ridpath Public School and **new this fall** at St. Paul's Catholic School in Selwyn.

For more information please contact the Peterborough Childcare at 705-748-9642 x 224 or Lakefield Childcare at 705-652-7782 and speak to the Supervisor.

Changes to Regular Operating Hours:

Fall Programs will not run on the following day: Monday October 13 - Thanksgiving

The facility will be Operating on Holiday Hours on the following dates:

Monday September 1, Monday October 13, Friday December 26, Thursday January 1

The facility will be closing at 5:30pm on Wednesday December 24, Wednesday December 31

The facility will be **closed** on Thursday December 25.



Adult Health & Fitness Registered Programs

Program Session

Monday September 22- Sunday December 14

Teen Fitness

Teen Strength (Ages 10-14)

During this 12 week course, teens will learn proper etiquette in the Lifestyle Centre, proper use of cardio equipment, weight machines and free weights. Teens will also learn about the YMCA and its role in developing and promoting physical activity. Participants must attend all sessions in order to complete the course. On the last day of the course, a parent/caregiver is required to attend the session. Participants will then have the opportunity to demonstrate the information they have learned about proper form and use of the equipment for the parent/caregiver. Please contact Wesley Letsholo with any questions regarding this program (705) 748-9642 x 230 or Wesley_Letsholo@ymca.ca

12 Week Course

Saturday	11:00-12:00pm
Sunday	1:00-2:00pm
Wednesday	4:30-5:30pm

1 Day Option for Teens aged 13-14

Sunday, September 28, 2014	10:00-2:00pm
Sunday, November 23, 2014	10:00-2:00pm

Members \$28.00 Non-Members \$48.00

Adult Fitness Programs 14 +

NEW Body Conditioning for Women

Experience a full-body strength training workout designed specifically for women. This class focuses on functional aerobic movements with strength and stabilization to enhance your health and well-being. Feel strong, confident and empowered.

Tuesdays 7:45-8:45pm
Members \$45.00 Non Members \$85.00

Bootcamp with Baby

(Babies aged 4 weeks to crawling)

Bring in your baby to this fun, energetic and challenging bootcamp class. This class incorporates a combination of cardio, resistance, core and flexibility exercises to help parents tone and strengthen their muscles. Your baby will be involved in the exercises of the class or you can choose to use weights instead. Please bring a blanket and warm clothes for baby as the room temperature is set for an active class.

Note: If you have had a cesarean section, please wait 6 weeks post-partum before beginning this class.

Members \$18.00 Non Members \$45.00

✓ Chess & Checkers

Chess and Checkers are two of the most popular board games in the world. Whether you are a novice just looking for a fun game or a serious strategist looking for a new challenge, these games have something to offer you. Sitting down with a worthy opponent for a good game of Chess or Checkers will exercise your brain.

Thursdays 7:00-10:00pm
Members included Non Members \$64.00/ annually

✓ Endurance Cycle

Endurance Cycle is a great way to maintain or increase cycling endurance and strength. Each week includes a fun and challenging 90- minute class that includes heart rate training and specific muscle group drills.

Thursdays 5:15-6:45pm
Members Included Non Members \$70.00

Fit Pregnancy

Maintaining a regular exercise routine throughout your pregnancy can help you stay healthy and feel your best. It can also improve your posture and decrease some common discomforts like backache and fatigue. Exercise helps strengthen muscles in preparation for labour and supports loose joints, enhances circulation, and increases flexibility. Exercise also promotes feelings of well being and a positive self- image.

Tuesdays 5:30-6:15pm
Members \$45.00 Non Members \$85.00



Adult Health & Fitness Registered Programs

Program Session

Monday September 22- Sunday December 14

Adult Fitness Programs 14+

NEW Suspension Training

Looking for a new challenge? Need an innovative workout? The best-in-class workout system uses gravity to leverage your body-weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise- because you can simply adjust your body position to add or decrease resistance. **Watch for more information and demos in August and early September.**

Register early as space is limited.

Tuesdays	9:00-10:00am
Members \$45.00	Non Members \$85.00

NEW Hang & Ride

Bring new life and excitement to your workout! We will incorporate suspension training and cyclefit for a high intensity interval workout, alternating suspension strength training with cycling guaranteed to make you sweat!

Register early as space is limited!

Tuesdays	6:30-7:30pm
Members \$45.00	Non Members \$85.00

✓ Fitness Fridays

These sessions are designed for adults with developmental disabilities. The group will participate in a variety of different activities to develop confidence while being physically active. This program is a partnership with Alternatives Community Program Services.

Friday	1:00-2:00pm
Members Included	Non Members \$38.00



Learn to Run 0 to 5K

Have you always wanted to be a runner? Are you afraid to get started on your own? This program is for you! In just 12 weeks this program will provide you with the skills and determination required to be a successful runner. Your goals will become the focus of the program as you learn the many benefits of running. Various topics such as stretching, biomechanics, nutrition, injury prevention, hill training and interval training will also be discussed.

Monday and Wednesday	9:15-10:00am
Members \$50.00	Non-Members \$80.00

NEW Tai Chi for Beginners

A Tai Chi class designed for any fitness level. Tai Chi is a gentle movement designed for people of all ages and abilities. Tai Chi enhances an individuals full range of motion, strength and relaxation for improved health.

Mondays & Thursdays	1:00-2:00pm
Members \$23.00	Non Members \$43.00

Zumba Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

Wednesdays	6:55-7:55pm
NEW Saturdays	9:30-10:30am
Members \$30.00	Non Members \$60.00



Heart Wise Exercise



The YMCA of Central East Ontario is a partner with the Heart Wise Exercise Program. We are a network of community organizations who work with the University of Ottawa Heart Institute to provide exercise programs so individuals can exercise regularly to prevent or limit the effects of living with a chronic health condition.

About the Heart Wise Exercise Program:

- * Identifies exercise facilities and classes that are suitable for individuals with or at risk of developing a cardiovascular or chronic health issue.
- * Assists individuals in choosing exercise facilities and classes that are appropriate for heart health. Look for the Heart Wise Exercise logo for easy identification.
- * Encourages and incorporates warm up, cool down and self monitoring with all exercise programs.
- * Allows participants to exercise at a safe level and offers options to modify intensity.
- * Inclusive for participants with chronic health conditions
- * Offers health screening (PAR-Q or PAR-med-X) for participants.
- * Has a documented emergency plan that is known to all exercise leaders, including the requirement of current CPR certification, phone access to 911 and on-site AED.

Adult Health & Fitness Drop In Programs 14+

Program Session

Monday September 22- Sunday December 14

Cardio Based

✓ **Boxfit Combo**

Boxfit combines authentic boxing and kickboxing moves into an interval cardio fitness class with an emphasis on resistance particularly for the lower body. All levels welcome.

✓ **Cardio Sculpt**

Join this interval class with a combination of strength and cardiovascular conditioning.

✓ **CycleFit**

An exciting and high energy group fitness class performed on stationary bicycles. The instructor will lead you through cycling drills using musical cues that will challenge your body and your mind. Beginner and advanced options provided- all levels welcome!

Members must sign up in person at the Membership Services desk to participate in this class using their membership number. The sign up sheet is available 45 minutes before class starts.

NEW ✓ **Dance Fusion**

A combination of various dance styles with a Latin flare will create a moderate to high cardio workout in this dynamic class. Enjoy an experience focused on high energy and engaging music.

✓ **Hi/Lo**

Hi/Lo Combo is an aerobics-based workout offering participants of all ages and fitness levels high- and low-impact options. This cardio workout combines choreographed moves with muscle conditioning and stretching.

✓ **Sculpt & Tone**

Take it to the next level, tighten and shape your physique. This class is a balance of aerobic and muscle conditioning exercises. Get ready for a great workout!

✓ **Step**

Step aerobics offers a moderate to high-intensity cardiovascular workout. Participants will get a great full body workout while moving through the choreography of this class. Come out and give it a try!

NEW ✓ **Zumba and Resistance**

Join this exciting Zumba dance class mixed with traditional resistance exercises for a great workout.



Core Stability

✓ **Core Strength and Stretch**

This is a muscle conditioning class to strengthen your core stabilizer muscles and help you to improve posture and balance. This is followed by 10-15 minutes of relaxation and stretching.

✓ **CoreFit**

This is a short and intense muscle conditioning class to strengthen your core stabilizer muscles to improve posture and balance.

✓ **Strength & Stretch**

Build a lean body using resistance, core and yoga poses to develop a successful and full program for healthy living.

Muscular Strength and Endurance

✓ **Bootcamp**

A higher intensity class that is designed to increase speed and build muscular strength and endurance. The ultimate fitness class with complete body conditioning!!

✓ **InMotion Fitness**

This class is designed with the older adult in mind. Join new and long-time friends for a fun, social and interactive fitness class to keep your mind and body active. No experience required but participants must have the ability to hold weights and spend time on the floor and stability ball.

✓ **Glute/Leg & Thigh Combo**

This class will help sculpt and tone muscles of the legs, glutes, and thighs. A variety of equipment may be incorporated.

✓ **GentleFit**

This gentle-paced fitness class is appropriate for all ages and focuses on strength, endurance, range of motion, balance and mobility. Through the use of a combination of weights, stability balls and bands, this class builds your ability to accomplish everyday activities with greater ease.

✓ **Simply Strength**

Designed for all ages and all levels of fitness, this non-impact weight-training workout strengthens, tones and defines every muscle in your body. We use steps, stability balls, weights, bands and more for a total body workout.

✓ **Total Body Blast**

Are you ready for a total body workout? This class will incorporate both cardio and resistance portions through the integration of balance and core training. Challenge yourself with dynamic endurance training and finish off with flexibility.

Adult Health & Fitness Drop In Programs 14+

Program Session

Monday September 22- Sunday December 14

Stretching & Yoga

✓ Hatha Yoga

A form of yoga that emphasizes specific postures in combination with controlled breathing. This class is great for both beginners and advanced participants.

✓ Kundalini & Ashtanga Yoga

This yoga class uses beginner and intermediate yoga asanas (postures) to help strengthen and lengthen every muscle in your body. Kundalini and Ashtanga Yoga is based on traditional Yoga practice and is designed to help you connect spirit, mind and body. This class will leave you feeling balanced, strong and flexible.

✓ Power Yoga

A fast-paced, intense style of yoga where you constantly move from one pose to the next in a range of flow sequences. Emphasis of this yoga workout is on strength, flexibility, and endurance.

✓ Relax and Rejuvenate

Take some time for yourself. Enjoy this slow moving and tranquil class while making improvements in your flexibility.

✓ Yoga in Motion

This class invites beginner to advanced participants to experience sequenced postures with an emphasis on both motion and meditation. Using combinations of Flow and Hatha Yoga, Yoga in Motion will introduce participants to the value of guided meditation and a greater understanding of overall wellness in reducing stress and realizing ones potential.

✓ YogaFlow

Challenge your body, mind and spirit as you move through a series of active flow yoga sequences that enhance strength and stability. This class develops a strong relationship between movement and breath. Beginner and intermediate participants alike will enjoy this class as it reconnects your body with your mind and spirit.



Fitness Leadership 18+

Fitness Instructor Certification Course

Volunteers are a voice for the community in the YMCA and a voice for the YMCA in the community. The achievement of our mission is best served by the active participation of people 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 by taking this nationally recognized certification program to get you started in this dynamic industry.

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

Please contact Chris Leney for more details at chris_leney@ymca.ca or (705) 748-9642 ext. 231

Basic Theory & Individual Conditioning

This course allows you to specialize in one on one training and become a Personal Trainer. Topics include: anatomy, physiology, exercise technique, program design.

November 1	9:00-5:00pm
November 2	9:00-5:00pm
November 8	9:00-5:00pm

Basic Theory & Group Fundamentals of Fitness + 1 Stream

This course allows you to specialize in leading group fitness classes. Topics include: anatomy, physiology, exercise technique, class organization, relationship building.

November 1	9:00-5:00pm
November 2	9:00-5:00pm
November 15	9:00-5:00pm

Streams

Choose from: Group Resistance, Group Cycling, Core Strength & Stretch, Choreography, Aqua Fitness

Individual Conditioning OR Group Fitness Certification:

Member rate + 1 year volunteer commitment \$265.00
Non Member/ Member rate **without** volunteer commitment \$430.00

BOTH Individual Conditioning & Group Fitness Certifications:

Member rate + 1 year volunteer commitment \$400.00
Member/ Non Member rate **without** volunteer commitment \$560.00

Extra Group Stream Member \$50.00
Extra Group Stream Non-Member \$80.00

**Must register by October 6th
so manuals can be ordered.**

✓ Member Connect

Get the most out of your YMCA experience. Your health and wellness is our priority and we're committed to help 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. Aquatics Member Connect also available

Member Connect is designed to help you in many ways:

- Build success • Commit to manageable program • Create realistic expectations • Increase Energy levels • Improve mood • Reduce fatigue
- Guide you to workouts and activities that you enjoy
- Find the connection between exercise and feeling better

In a series of one-one-one meetings you will:

- Receive an overview of the building and its facilities, programs and services
- Get friendly and encouraging advice from an experienced and 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 experience 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 staff for more information about our Member Connect initiative.



What is Personal Training?

Do you want to enhance your self confidence, reduce stress and anxiety, have more energy, become stronger and manage your overall health and wellness? Is the path to improved health and wellness intimidating and a bit overwhelming? Then Personal Training is for you! Our certified Personal Trainers work one on one with you to help you achieve your personal goals. They will ensure your workout is beneficial in improving your body composition, physical performance and potential healthy outcomes. A Personal Trainer will ensure you are held accountable in reaching your goals; and more importantly, they make sure you don't have to do it alone.

Personal Training Facts:

- People that workout with a Personal Trainer get 80% better results, 3 times faster
- Working with a Personal Trainer increases motivation and energy level
- Personal Trainers ensure the safety and proper execution of exercises

Payment plans are available for some Personal Training packages. Please see the Membership Services staff for more information.

Aquatic Personal Training

Top 10 Reasons

1. Breathing Techniques
2. Vertical water training
3. Improve flexibility and prevent injury
4. Video analysis
5. Increase hand speed
6. Improve your Agility
7. Interval Training
8. Learn about properties of the water and leave your workout feeling good.
9. Increase your leaver and propel better
10. Have more fun in the water

Small Group Training

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

Please see the Membership Services desk or contact Wesley at 705-748-9642 x 230 or email at Wesley_Letsholo@ymca.ca for Personal Training rates and options

Squash & Racquetball

✓ Beginner Squash Clinic

New to Squash...Have you wanted to play for quite some time but needed some advice on form? If so, this clinic is for you. The instructor will cover technique and the rules of the game. Maximum of 8 participants. Registration required.

Wednesday, November 5
Members Included

7:00-8:20pm

Squash House League (Ages 16+)

All levels of players are invited to join this fun league. You will be placed on a team with other players of your level, each week at the same time, you will play a fun game against different opponents. This is a great way to commit to playing at least once a week! Come out for the round robin so we can determine your playing level. Final date to register for the league is Friday, October 10.

Round Robin: Tuesday, October 7
League: Tuesday, October 14
Members \$15.00

✓ Squash Ladder (Ages 16+)

The squash ladder is open to players of all ability levels. You will be placed a group with 4-5 other players and will be able to arrange your own games each month. The top players in each group will move up a level and the bottom players will go down a rung in the ladder. It is a great way to meet new players and play at a more competitive level. Please sign up by the squash courts. The sign up will be posted in September, with the ladder starting in October. The squash ladder is adjusted and updated monthly.
Members Included

✓ Squash/Racquetball Lessons

Interested in learning the game of squash/racquetball? Book your lesson today. Squash lessons are available most Wednesday evenings at 6:20pm. A introduction to Squash/meet and greet will be running on

Tuesday October 28 & Thursday November 13 from 10:00-11:00am
Racquetball lessons are available at various times.

Please leave your contact information and availability at the Membership Services desk or contact Maryanne_wooldridge@ymca.ca.
Members Included

✓ Drop-In Doubles Racquetball (Ages 11+)

Come out and enjoy a fun game of doubles. Due to the increase in awareness and shot control needed, this program is for experienced players.

Tuesday and Thursday
Members Included

7:40-9:00pm

Youth Racquetball/Squash Lessons (Ages 7-14 years)

Awareness and anticipation are keys to being a successful racquetball and squash player, learn these skills and more with a qualified instructor. Over the 12 week session you will build your skill level doing active drills and games.

Beginner: Saturday

9:30- 10:45am

NEW Junior: Saturday

11:00- 12:15pm

Intermediate: Monday

7:00- 8:30pm

Members \$26.00

Non-Members \$46.00

Martial Arts

Jiu Jitsu 14+ years

Jiu Jitsu encompasses locking, throwing and striking techniques to provide an effective system for self defense. Classes offer an enjoyable atmosphere for participants to achieve a higher fitness level while gaining valuable self-defense skills. No previous experience required. Strength, flexibility and speed all improve as training progresses.

Mondays 8:15-10:00pm and Thursdays 8:15 -10:00pm

Members \$85.00

Non Members \$164.00

Judo 14+

Judo is a disciplined sport and an excellent way to learn self-defense and fitness in a safe environment. This program is an excellent way to improve mind, body and spirit. This program is instructed by many of the best instructors in the area.

Thursdays 6:30-8:00pm and Saturdays 11:00am-12:30pm

Members \$85.00

Non Members \$164.00

Karate 13+

NEW Now train 3 days a week!

Karate is a self-defense system that includes blocking, striking and evading attacks. Karate is a great way to get active and requires no special equipment. Karate challenges us to practice and achieve higher grades for a sense of accomplishment. Karate is fun and is a great way to be physically active.

Tuesdays 7:30-9:30pm, Thursdays 7:30-9:30pm and Saturdays 2:30-4:30pm

Members \$98.00

Non Members \$177.00

Japanese Martial Arts- Iaido & Jodo 14 + years

Iaido and Jodo are techniques used in Japanese martial arts that use swords and a wooden staff (Jodo). In Iaido participants use swords to practice motions without mental or emotional distraction. Jodo training involves the study of basic movements and prearranged attack and defence movements. Regular training develops timing, coordination, posture, decisiveness and focus.

Sundays

2:00-4:00pm

Members \$63.00

Non-Members \$120.00

The YMCA is proud to offer a variety of Martial Arts options for adults, taught by excellent national level instructors. Martial Arts programs offer a way for adults to stay active and maintain a healthy lifestyle, as well as developing top-notch self-defense abilities and a wide range of mental and spiritual characteristics. Self-confidence, control and discipline are all qualities formed through Martial Arts.

For more information on Martial Arts please contact Heather Stephens at heather_stephens@ymca.ca or 705-748-9642 x 225.

Get Involved at the Y

Program Session

Monday September 22- Sunday December 14

We invite you to Volunteer!

Over 23,800 Canadians from communities across the country currently donate their time to the YMCA.

Whether you want to learn new skills, meet new people, make friends, help people improve their health, help children and youth as they grow into adults, or whether you want to make a difference in the lives of your community the YMCA can provide volunteering opportunities that fit your interests, skills and availability.

There are many benefits to volunteering:

- Give back to your community
- Gain valuable experience
- Meet people who share your interests
- Enhance your leadership skills, or
- Share your knowledge and life lessons with members of your community

Areas for volunteer opportunities:

Aquatics & Swim Programs
Building/ Facility Services
Child/ Youth Programs
Conditioning Centre Supervision
Day Camps
Fitness Leadership Classes
KidsKare
Membership Services
Special Events

The YMCA has a wide variety of volunteer opportunities to match your passion, skills and schedule. For more information, please contact the Balsillie Family Branch at 705-748-9622, drop by the Membership Services Desk or visit www.ymcaofceo.ca

✓ Leader Corps Ages 11-15

The Leader Corps program provides youth the opportunity to get involved in the YMCA as well as their community. Philanthropy, volunteerism, community service, and health and wellness are all covered as they plan and implement projects to help the community. Youth are provided the opportunity to develop leadership skills in a positive and engaging environment.

Opportunities to earn volunteer hours.

Monday 7:30-8:30pm

Program runs September - June.

Bring your friends!

No fee for members or non members.



YMCA Strong Kids Campaign Every kid deserves a chance



The YMCA is for everyone. We believe that everyone should be able to participate in the programs they need, regardless of their ability to pay the full fee. To ensure affordable access, the YMCA offers financial assistance to those who would otherwise not be able to benefit from proven programs and services. We promote healthy living; nurture the potential of children, teens and young adults; and foster a sense of social responsibility to build stronger communities.

The YMCA is about community – giving children, teens and young adults the opportunities they need to live healthier, happier lives now, but also to grow into productive adults. We provide safe places, caring and trained volunteers, staff and programs that teach life skills. Whether a place to go after school, a place to learn leadership skills, or a place for a family to play and connect; the YMCA is here for everyone.

Kids are our future: Kids can help create strong communities for today and for the future, but only if they have the chance to reach their full potential. By giving today, you can help our kids build a better community for tomorrow.

How to Give: Don't wait... Give generously today! Give in person, or donate online at ymcastrongkids.ca. If you are interested in volunteering with our Strong Kids Campaign committee, please contact Kelly Wilson at 705-748-9642 ext. 258 for more information.

Child, Youth and Family Drop In Programs

Program Session

Monday September 22- Sunday December 14

✓ Drop In Gym 3-7 years of age

Children have the opportunity to interact with others and increase their gross motor skills and self confidence through participation in games, sports and playing on gym equipment.

Monday	10:30-11:30am
Tuesday	9:00-11:30am
Wednesday	10:30-11:30am
Thursday	9:00-11:30am
Friday	10:30-11:30am
Saturday	9:00-11:30am (Studio 2)
Members Included	Non-Members \$5.00 for day pass

✓ Drop In Crafts 3-7 years of age

This drop in program will provide the opportunity for your children to create works of art! Each day there will be a different theme and will offer a range of different craft projects.

Monday	9:00-10:30am (MPR)
Wednesday	9:00-10:30am (MPR)
Friday	9:00-10:30am (MPR)
Members Included	Non-Members \$5.00 for day pass

Children must be 3 years of age to stay on their own or their parent must supervise them in the preschool drop in programs. Parents must remain in the facility and be easily accessible while their children participate in the program.

✓ Drop In Gym For Families

Your whole family will love this time together! The gym will be open for you and your family to play fun activities and have a healthy time together.

Monday	6:30-8:00pm
Saturday	2:30-4:00pm
Members Included	Non-Members \$18.90 for day pass



Youth Drop In

✓ Youth Night Supervised Program 7-9 years of age

Youth participants meet in the Multi-Purpose Room on a first come, first serve basis. Activities may include swimming, sports, movie nights, crafts and much more. All Youth participants must be signed in and out of the program. *Please see the Youth Night Flyer and Parent Information Package for more information located at the Membership Services Desk*

Fridays 7:00-9:00pm	
Members Included	Non-Members \$5.00

✓ Youth Night 10-14 years of age

Come on out to the Y every Friday Night to play hoops in the gym, go swimming in our pool, dance in our studio, play squash or racquetball. All participants are required to be engaged in an activity offered by the YMCA. Large groups will not be permitted. All youth will be asked to leave the building at 9:00pm. Please make sure they have a safe way home.

Friday	7:00-9:00pm
Members Included	Non-Members \$5.00

Day passes cannot be purchased before 6:00pm or after 9:00pm

✓ Youth Basketball Drop In 13-18 years of age

Come on out and enjoy a friendly game of basketball with your friends.

Wednesday	8:30-10:00pm
Sunday	2:30-4:00pm
Members Included	Non-Members day pass required

Kidskare

Kidskare is a safe, fun and stimulating environment for parents to leave their children newborn to age 9 in the safe hands of our qualified and caring staff. Please make sure to bring a snack, drink, diapers, change of clothes, bottles and snuggly toys for your children during their time at Kidskare. All items should be labeled and kept in a designated bag, easily accessible to staff.

Parents must remain in the building at all times and inform the Kidskare staff where they will be in the facility.

There is a maximum stay of 2.5 hours per day, per child.

To ensure that we do not have illness outbreaks, please keep your children home if they are ill.

Kidskare cards can be purchased at the Membership Services desk.

Card	Member	Non-Member
5 hours	\$15.00	\$30.00
10 hours	\$30.00	\$60.00
20 hours	\$60.00	\$120.00

The YMCA is allergy aware. Please keep peanuts and nut products out of common spaces.

Hours:	Monday-Friday	9:00am-1:00pm
	Monday-Thursday	4:00pm-8:00pm
	Friday	4:00pm-7:00pm
	Saturday & Sunday	9:00am-1:00pm
	Statutory Holidays	9:00am-12:00pm

NEW Monthly Payment Plans available

Child, Youth and Family Drop In Programs

All youth & preschool members receive one **FREE** land program per child per session.

Cost for additional program: Members \$44.00
Cost for Non-Members: \$80.00

Cell Phone / Camera Policy

The use of cell phones and other electronic devices are not permitted in our washrooms, change rooms and program areas i.e. Pool, Lifestyle Centre and Gymnasium.

Parent & Tot Programs

✓ Fun Factory 2-3 years of age

This program is a great combination of active games, creative crafts, cooking and exploration. Each week the staff will have a surprise activity that allows children to be creative and use their imaginations.

Tuesday 11:00-11:30am

Friday 5:00-5:30pm

✓ Mini Movers 2-3 years of age

This fun filled class is a combination of dance and gymnastics. Movement and motion are introduced through the use of fun props and great music. Motor skills, body awareness, hand-eye coordination, timing and rhythm are emphasized in a safe and positive learning environment. Mini Movers is a musical adventure that will capture your child's imagination.

Monday 3:45-4:15pm

Tuesday 4:30-5:00pm

Saturday 11:15-11:45am

✓ Soccer 2-3 years of age

Join your child as they are introduced to this wonderful sport. Your child will explore soccer by passing, shooting, kicking, running and having fun.

Monday 4:15-4:45pm

Sunday 11:00-11:30am

✓ Sports Mania 2-3 years of age

Each week a different sport will be explored. Gymnastics, floor hockey, t-ball, yoga, and soccer just to name a few. Children will have the opportunity to try out a different sport each week through games, colours and a variety of equipment and materials.

Monday 10:45-11:15am

Tuesday 11:15-11:45am

Wednesday 3:45-4:15pm

Thursday 11:15-11:45am

✓ Totnastics 2-3 years of age

This popular introduction to gymnastics will have you and your child hopping, skipping, jumping and tumbling.

Monday 11:15-11:45am

Tuesday 10:45-11:15am

Tuesday 5:30-6:00pm

Wednesday 10:30-11:15am

Thursday 10:30-11:00am

✓ Included with Membership

Preschool Programs

NEW ✓ Artrageous 4-6 years of age

Children will get creative in this arts program. They will work with a variety of different materials and have the opportunity to create their very own masterpiece each week.

Friday 4:15-5:00pm

NEW ✓ Ball Hockey 4-6 years of age

Come and learn to play this Great Canadian Game in a fun and positive environment. Passing, shooting, puck handling and sportsmanship will be on each week's agenda.

Saturday 10:45-11:30am

* Helmets are required for protection

✓ Basketball 4-6 years of age

Children will learn to play basketball in a non-competitive environment. Staff will be instructing basketball techniques that include sportsmanship and equal play taught through a variety of fun activities and drills.

Wednesday 5:30-6:15pm

Saturday 11:45-12:30pm

✓ Kidnastics 4-6 years of age

Children will learn the fundamentals of gymnastics in a non-competitive program by tumbling, jumping, skipping, rolling and balancing in a fun, stimulating and safe environment.

Tuesday 4:45-5:30pm

Thursday 4:00-4:45pm

NEW ✓ Just Dance 4-6 years of age

Children will learn the fundamentals of dance with an emphasis on creative movements, rhythm, body awareness and sense of music. All of this is accomplished by using a wide variety of age appropriate music from all different types of genres.

Monday 4:15-5:00pm

Tuesday 5:00-5:45pm

Saturday 11:45-12:30pm

✓ Science Kids 4-6 years of age

Science Kids will fuel a child's imagination and provide a fun, interactive, 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!

Thursday 4:00-4:45pm

✓ Soccer 4-6 years of age

Children can develop athletic abilities and improve self confidence by running, kicking, passing and sportsmanship. What a great way to make new friends and learn new skills in this exciting program.

Monday 4:45-5:30pm

Sunday 11:30-12:15pm

✓ Sports Mania 4-6 years of age

This program introduces the fundamentals of different sports each week such as soccer, basketball, t-ball, yoga and gymnastics.

Friday 4:00-4:45pm

Sunday 1:00-1:45pm

Child, Youth and Family Programs

All youth & preschool members receive one **FREE** land program per child per session.

Cost for additional program: Members \$44.00
Cost for Non-Members: \$80.00

Youth Programs

NEW ✓ **Ball Hockey** 7-9 years of age

Come and learn to play this Great Canadian Game in a fun and positive environment. Passing, shooting, puck handling and sportsmanship will be on each week's agenda.

Friday 4:45-5:30pm

* Helmets are required for protection

✓ **Basketball** 7-9 years of age

Come out and further develop your shooting, passing and dribbling skills through drills and friendly competition.

Wednesday 6:15-7:00pm

Saturday 12:30-1:15pm

✓ **Break Dancing** 7-9 years of age

Break dancing is more than fancy footwork; it helps teach self confidence and cooperation while having fun, being creative and getting a great work out. *Mats are utilized for safety*

Friday 7:00-7:45pm

✓ **Gymnastics** 7-9 years of age

This is a safe and fun way to develop your skills in gymnastics. Learn to roll, tumble and balance through a variety of equipment such as floor, spring board, tower and other gymnastics equipment.

Tuesday 4:00-4:45pm

Thursday 4:45-5:30pm

NEW ✓ **Just Dance** 7-9 years of age

Each class will cover a variety of different dance techniques, steps, positions, choreography and dance vocabulary. This program offers youth a positive environment where they can express themselves with confidence, individuality and character.

Monday 5:00-5:45pm

Saturday 12:30-1:15pm

✓ **Science Kids** 7-9 years of age

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!

Thursday 4:45-5:30pm

✓ **Soccer** 7-9 years of age

This is an exciting way to learn the game of soccer and develop skills. Kicking, running, shooting and scrimmaging are all a part of this program.

Monday 5:30-6:15pm

Sunday 12:15-1:00pm

✓ **Sports Mania** 7-9 years of age

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

Wednesday 4:30-5:15pm

Teen Programs

NEW ✓ **Ball Hockey** 10-13 years of age

Come and learn to play this Great Canadian Game in a fun and positive environment. Passing, shooting, puck handling and sportsmanship will be on each week's agenda.

Friday 5:30-6:15pm

* Helmets are required for protection

✓ **Basketball** 10-13 years of age

This program is designed for skill development. Each week will include different aspects of the game including shooting, passing, dribbling, team work and scrimmaging.

Saturday 1:15-2:00pm

✓ **Break Dancing** 10-13 years of age

Break Dancing is more than fancy footwork; it helps teach confidence and cooperation while celebrating creativity and spontaneity.

Mats are utilized for safety

Friday 7:45-8:30pm

✓ **Gymnastics** 10-13 years of age

Advance your skills to the next level! Try back rolls, walk over's, tuck jumps, round off's, hand stands and bridges all in a safe and comfortable environment.

Thursday 5:30-6:15pm

NEW ✓ **Just Dance** 10-13 years of age

This program is for dancers that want to learn dance routines but are also interested in how to create their own imaginative and unique movement. Dancers will learn the relationship between dance, music, timing, space and production.

Saturday 1:15-2:00pm

✓ **Just Us Girls** 10-13 years of age

This program is all about the girls! With a focus on meeting new people, making friends and having fun. Some of the activities will include outings, making lip gloss, makeovers, nail painting, cooking and arts and crafts.

Saturday 12:00-12:45pm

✓ **Just Us Guys** 10-13 years of age

For the guys! Come out to meet new people, engage in sports, play games and learn about fitness with a "mini" introduction to our Lifestyle Centre.

Saturday 12:00-12:45pm

✓ **Volleyball** 10-13 years of age

This program is designed to develop volleyball skills through drills and games while making new friends and having fun.

Monday 6:30-7:15pm

✓ Included with Membership

Babysitting Course Ages 11+

The Canada Safety Council 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.

Friday 9:00-4:00pm
October 24, January 30, March 13, or June 26
Members \$35.00 Non-Members \$45.00
(Includes Manual and Certificate)

Home Alone Safety Course Ages 10+

This one day program from the Canada Safety Council will introduce and reinforce ideas to build confidence in young people who spend time at home alone (includes home and fire safety).

Friday 9:00-4:00pm
September 26, November 28, or June 5
Members \$35.00 Non-Members \$45.00
(Includes Manual and Certificate)

Study Buddies Grades 1-8

If you need extra help in school or love to learn, then this program is for you! Come out and get the extra help you need from qualified and aspiring teachers. This program provides the opportunity to get help on homework, a school project, play fun educational activities and learn ways to build confidence in school. Come share your love of learning with us.

Tuesday 5:30-6:30pm
Members \$62.00 Non-Members \$86.00

The Adventure Group 14-25 years of age



This a fun recreational program for individuals with special needs. Activities may include swimming, sports, movie night, crafts, outings and more. *This program is in partnership with Alternatives Community Program Services*

Wednesday 6:30-8:00pm
Members \$82.00 Non-Members \$97.00

The Junior Adventure Group

This program is for children with special needs who are looking to make new friends and try new skills. Children will enjoy arts and crafts, sensory activities, cooking, sports and group games all centered around a unique theme of the week. With support from Community Foundation of Greater Peterborough.

Tuesday 6:30-7:30pm
Members \$34.00 Non Members \$60.00

Yoga for Youth 6 to 13 years of age

Kids learn the magic of Yoga! Breathe fully, stretch with friends, and explore postures that spark laughter and curiosity. Kids will learn a variety of poses that promote strength, flexibility and balance. They will also practice focus, respect for themselves and others while having fun.

Tuesday 4:00-4:45pm
Members \$34.00 Non-Members \$60.00

Youth Martial Arts

Youth Jiu Jitsu 8 to 13 years of age

This program uses grappling and striking techniques to provide an effective defense system. Classes offer an enjoyable atmosphere for participants to achieve a higher fitness level while gaining valuable self-defense skills. New students do not need a high standard of physical fitness or flexibility. Participants will find that their endurance, strength, flexibility and speed all improve as training progresses. Jiu jitsu participants generally find increased self-confidence and self-discipline through training.

Wednesdays and Sundays 5:15-6:15pm
 10:00-11:30am
Members \$55.00 Non Members \$110.00

Youth Judo 6 to 16 years of age

This program will help your child develop self-discipline and concentration. Learn martial arts moves and techniques from our skilled and experienced instructors. It is important to attend Judo on a regular basis to receive consistent instruction and be evaluated to advance to the next belt level.

Please note: this class has limited spots and it is necessary to register as early as possible.

Ages 6 to 9 years Monday 6:00-7:00pm
 and Saturday 9:00-10:00am
Ages 10yrs and up Monday 7:05-8:05pm
 and Saturday 10:05-11:05am
Members \$55.00 Non Members \$110.00

Youth Karate 7 to 12 years of age

Karate is a fun yet disciplined way to learn the importance of self-defense through blocking, striking and evading attacks. This martial arts program helps keep you physically and mentally fit. Our Karate instructor will help set and guide you to achieve goals in a safe and fun atmosphere.

Beginners (not trained) Saturdays 1:30-2:30pm
Members \$40.00 Non Members \$80.00
Trained Tuesday and Thursday 6:30-7:30pm
Members \$55.00 Non Members \$110.00



Camps & Birthday Parties

(Fees Apply)

Program Session

Monday September 22- Sunday December 14

P.A Days and Camps

At least 15 campers must be registered to run the program. Families will be called one week in advance if program is not running

P.A. Days 4-12 years of age

Hours: 8:00am-5:00pm. Drop off and Pick up will be located in the gym.

Date	Theme
Friday, September 26	Hawaiian Luau
Friday, October 24	Mad Science
Friday, November 28	Minute to Win It
Friday, January 30	Superheroes
Friday, March 13	Mystery Madness
Friday, June 5	Wet, Wild n'Wacky
Friday, June 26	Summer Kickoff
Members \$32.00/day	Non-Member \$36.00/day

Holiday Camp 4-12 years of age

Hours: 8:00am-5:00 pm. Drop off and Pick up will be located in the gym.

Date	Theme
Monday, December 22	Winter Hulabaloo
Tuesday, December 23	Santa's Workshop
Wednesday, December 24	Christmas Eve Celebrations
Monday, December 29	Frosty Fun
Tuesday, December 30	Winter Wonderland
Wednesday, December 31	New Years Eve Celebrations
Friday, January 2	Snowed In
Members \$32.00/day	Non-Member \$36.00/day

March Break Camp 4-12 years of age

Hours: 8:00am-5:00pm. Drop off and Pick up will be located in the gym.

Date	
Monday March 16- Friday March 20, 2015.	
Members \$135.00/week	Non-Member \$170.00/week

Please note: Registered programs will not be running during March Break.



HAPPY BIRTHDAY!!

Come and celebrate your Birthday Party at the YMCA! All parties include set up, decorations, pizza, juice and a party host. (A cake or cupcake cake can be provided for an additional \$25 fee). Parties are available on Saturday and Sunday afternoons.

Please register at the Membership Services desk.

A \$50 non-refundable deposit is required upon booking.

Option 1 (1:00-4:00pm)

This is a 3 hour party including one hour of gym activities or crafts, one hour of swimming. The last hour is spent in the party room.

Cost: Members \$18.00/child
Non Members \$21.00/child

Option 2 (1:00-3:00pm)

This is a 2 hour party including one hour of gym activities followed by one hour in the party room.

Cost: Members \$14.00/ child
Non Members \$18.00/child



Child & Youth Aquatic Programs

All youth & preschool members receive one **FREE** aquatics program per child per session.

Cost for additional program: Members \$58.00
Cost for Non-Members: \$120.00

Aquatic Levels for Child and Youth

✓ Splashers 6 months to 18 months – parented				✓ Bubblers 18 months to 3 years – parented		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:10-10:40 4:40-5:10	10:10-10:40 5:15-5:45	4:05-4:35	5:50-6:20	9:35-10:05	9:10-9:40 10:55-11:25	9:45-10:15 11:30-12:00

✓ L'il Dippers 3 to 5 years – Independent swim lessons						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:30 9:35-10:05 10:45-11:15 3:30-4:00 4:05-4:35 4:40-5:10 5:15-5:45 5:50-6:20 6:25-6:55	9:00-9:30 9:35-10:05 10:45-11:15 3:30-4:00 4:05-4:35 4:40-5:10 5:15-5:45 5:50-6:20 6:25-6:55	3:30-4:00 4:05-4:35 4:40-5:10 5:15-5:45 5:50-6:20 6:25-6:55	9:00-9:30 9:35-10:05 10:10-10:40 3:30-4:00 4:05-4:35 4:40-5:10 5:15-5:45 5:50-6:20 6:25-6:55	9:00-9:30 10:10-10:40 10:45-11:15 3:30-4:00 4:05-4:35 4:40-5:10 5:15-5:45 5:50-6:20 6:25-6:55	8:00-8:30 8:35-9:05 9:10-9:40 9:45-10:15 10:20-10:50 10:55-11:25 11:30-12:00	8:00-8:30 8:35-9:05 9:10-9:40 9:45-10:15 10:20-10:50 10:55-11:25 11:30-12:00

✓ Learn to Swim (6+) & Star Swim Program – Star 1-4 (8+) -YMCA Canada's progressive swim program						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30-4:00 4:05-4:35 4:40-5:10 5:15-5:45 5:50-6:20 6:25-6:55	3:30-4:00 4:05-4:35 4:40-5:10 5:15-5:45 5:50-6:20 6:25-6:55	3:30-4:00 4:05-4:35 4:40-5:10 5:15-5:45 5:50-6:20 6:25-6:55	3:30-4:00 4:05-4:35 4:40-5:10 5:15-5:45 5:50-6:20 6:25-6:55	3:30-4:00 4:05-4:35 4:40-5:10 5:15-5:45 5:50-6:20 6:25-6:55	8:00-8:30 8:35-9:05 9:10-9:40 9:45-10:15 10:20-10:50 10:55-11:25 11:30-12:00	8:00-8:30 8:35-9:05 9:10-9:40 9:45-10:15 10:20-10:50 10:55-11:25 11:30-12:00

✓ **Star Leadership Program - 60 min. class**

Star 5,6,7

Due to the increase in swimming strokes and endurance, Star 5 and 6 has been removed from our Learn to Swim program and have been added into our Star Leadership Program. Participants in Star 5 and 6 will have a one hour lesson with participants who are in Star 7 (formally called Youth Master Swimmer).

Note: Prerequisite for Star 7 is 10+ years and completion of Star 6. It includes a 6 hour volunteer component which must be completed prior to the last class.

Monday	4:05-5:05pm
Tuesday or Friday	4:40-5:40pm
Wednesday	5:50-6:50pm
Saturday	10:20-11:20am

NEW ✓ **Youth Stroke Development**

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 youth who are confident swimmers and are interested in swimming for healthy fitness.

Monday	5:15-5:45pm
Friday	5:50-6:20pm
Saturday	9:10-9:40am

✓ **Included with Membership**

Aquatic Specialty Programs

All youth & preschool members receive one **FREE** aquatics program per child per session.

Cost for additional program: Members \$58.00

Cost for Non-Members: \$120.00

Junior Lifeguard Club

The Junior Lifeguard Club focuses on swimming, lifesaving, fitness, leadership and teamwork. If you love the water, or hope to one day become a lifeguard, Junior Lifeguard Club is for you!

Wednesday 5:00-6:00pm

6-10 years of age, able to swim at least 50 metres and tread water for 1 minute.

Members \$60.00 Non-Members \$102.00

NEW Aquatic Leader Corps

LeaderCorp with an Aquatic Twist, Get to know yourself better, become a skilled leader and interact with a variety of people and experiences. Work towards completion of Bronze Star, skill mastery for Bronze Medallion and Cross. Participants will be given the opportunity to assist in the facilitation of YMCA Aquatic Events and Activities as well as volunteer as a Junior Lifeguard. Ages 11-15 years.

Wednesday 6:15-8:15pm

Members \$60.00 Non-Members \$102.00

Kids Swim for Fit

Developing your water fitness is a great way to improve your cardiovascular fitness for other sports. Kids Swim for Fit is geared for youth (recommended for Star 2 and up) who want to improve their swimming efficiency and endurance. Come on out and join us for a fun workout!

Tuesday or Thursday 5:00-6:00pm

Members \$58.00 Non-Members \$95.00

SNAP: Special Needs Aquatic Program (5-15 years)

SNAP is geared towards children and youth with special needs who would benefit from working with an experienced swimming instructor. An information and goals sheet for the participant is available at the Sales and Service desk.

Tuesdays or 4:05-4:35pm

Thursdays 5:15-5:45pm

Members \$54.00 Non-Members \$95.00

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.

Saturday 1:00-2:00pm

Members \$58.00 Non-Members \$95.00



Synchro for Kids

This program will help children develop the fundamental skills required to do synchronized swimming while exploring the fun side of this sport. Children will learn to scull, will work on underwater swimming techniques and will build teamwork skills through small routines.

Team 1 – Tuesday 5:00-5:45pm

5-7 years of age, able to swim at least 25 metres and be confident submerging underwater.

Team 2 – Tuesday 5:45-6:30pm

7-9 years of age, able to swim at least 25 metres and be confident submerging underwater.

Team 3 – Tuesday 6:30-7:30pm

9-12 years of age, able to swim at least 25 metres and be confident submerging underwater.

Team 4 – Tuesday 7:30-8:30pm

12-16 years of age, able to swim at least 25 metres and be confident submerging underwater.

Members \$58.00

Non-Members \$95.00

Private Lessons

Individual 30 minute lessons available for participants who want one on one attention or help with a specific problem area.

Lessons will be taught at the same time as group lessons.

Register at the Membership Services desk and then meet your instructor on the pool deck.

** To book semi-private lessons you must have a second child interested and register at the same time**

**Private Lesson Fee: Members \$19.00/ lesson
Non Members \$25.00 / lesson**

**Semi Private Lesson: Members \$14.00/ lesson
Non Members \$19.00/ lesson**

Please note: Private lessons are typically booked for the duration of the program session. If you would like to inquire about other options (i.e. alternative session lengths) please contact the Aquatics Supervisor at 705-748-9642 x 227.



Aquatic Adult Fitness

Program Session

Monday September 22- Sunday December 14

Aquafitness

NEW ✓ Aqua Gentlefit

This gentle-paced fitness class is appropriate for all ages and focuses on strength, endurance, range of motion, balance & mobility. This class will build your ability to accomplish everyday activities with greater ease. This class will be taught in the small pool.

Monday, Wednesday & Friday 7:00-7:45am
Monday - Friday 12:15-1:00pm
Saturday 12:30-1:15pm

✓ Aqua Yoga

Discover the healing properties of water while increasing your flexibility, lowering your stress level, heart rate and inducing well-being and inner peace. A gentle and low impact class for those with a range of physical abilities. This class is offered in the small pool.

Monday 7:30-8:15am
Wednesday 8:00-8:45pm
Members Included Non-Members \$59.00/once a week

✓ Aquafit

This class is an aerobic based workout that provides those with different fitness levels exercises to fit their needs. This class will be taught in the lap pool.

Monday, Wednesday, Friday 2:15-3:00pm
Monday & Wednesday 7:00-7:45pm
Members Included Non-Members \$59.00/once a week

NEW ✓ Tone & Stretch (formally Aquatherapy)

Tone & Stretch classes focus on range of motion, flexibility and strength. All moves are at a gentler pace and excellent for arthritis, fibromyalgia and those with joint conditions. This class is offered in the small pool.

Monday - Friday 11:30am-12:15pm
Tuesday & Thursday 8:00-8:45am
Wednesday 10:30-11:15am
Members Included Non-Members \$59.00/once a week

✓ Deep Water Aquafit

This is a high energy class that combines water running, muscle resistance, and a cardio workout. Floatation belts are used to provide support in the deep water. Please note Friday's class will work specifically on resistance training by the use of tethers in the water. This class is offered in the large pool.

Monday, Wednesday & Friday 1:00-2:00pm
Members Included Non-Members \$59.00/once a week

✓ Aqua Bootcamp

This intense cardio and muscle conditioning class is open to both men and women wanting to try something different. This water-based fitness class will incorporate cardio, muscle conditioning and stretching using the resistance of the water for every movement. Water can be used to offer the level of intensity that is right for you. This class takes place within the shallow and deep water in the large pool.

Tuesday 7:45-8:30pm
Thursday 7:45-8:30pm
Members Included Non-Members: \$59.00/once a week

✓ Parent and Tot Aquafit

For parents and tots ages 6 months to 3 years. Aquafit for parents and tots is a great way to stay in shape while having fun with your child. This class offers fitness, fun and togetherness. This class is offered in the small pool.

Monday 9:35- 10:05pm
Wednesday 9:35 -10:05am
Wednesday 5:15 - 5:45pm
Friday 10:45 -11:15am
Members Included Non-Members \$59.00/once a week
Registration Required

✓ Pre/Post Natal Aquafit

Expecting mothers and new mothers will enjoy this fitness class. This class is designed to increase muscle tone and joint flexibility. This class takes place within the shallow and deep water in the large pool.

NEW Tuesday & Thursday 7:00-7:45pm
Members Included Non-Members \$59.00/once a week
Registration Required



Heart Wise Exercise

These classes are appropriate for people living with a chronic health condition.

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 aquatic setting. Learn to Swim is best suited for individuals with little to no swimming experience.

Thursday	8:00-9:00pm
Saturday	7:00-8:00am
Members	Non-Members
\$58.00/once a week	\$95.00/once a week
\$95.00/twice a week	\$176.00/twice a week

✓ March of Dimes Therapy Swim

This swim is supported by the Ontario March of Dimes. Appropriate for adults with physical disabilities or limited mobility. This swim is unprogrammed, therefore providing individuals the opportunity to swim at their leisure in warm water.

NEW Tuesday & Thursday	2:30-3:30pm
Members Included	Non-Members Included
Registration Required	Registration Required

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 swimmers and are interested in swimming for health and fitness.

Tuesday	12:00 - 1:00pm
Wednesday	8:00 - 9:00pm
Members	Non-Members
\$58.00/once a week	\$95.00/once a week
\$95.00/twice a week	\$176.00/twice a week

Synchronized Swimming

Beginner

This program will introduce participants to the basic movements of this graceful sport. This progressive class will teach basic body positions and sculling techniques. This program is taught in the large pool.

Wednesday	11:00-12:00pm
Members \$36.00	Non-Members \$57.00

Intermediate

This program will teach more advanced moves in synchronized swimming. Participants must be able to scull effectively and perform front and back somersaults. This program is taught in the large pool.

Monday	10:30-11:30am
Friday	8:00-9:00am
Members	Non-Members
\$36.00/once a week	\$57.00/once a week
\$60.00/twice a week	\$110.00/twice a week

✓ Underwater Hockey

Underwater Hockey is a world recognized, non-contact, pick-up style sport that is enjoyed by men and women ages 16 years and older. Underwater Hockey is an excellent cardio and aerobic workout. Those interested are welcome to watch, or come out for a game. Participants are required to bring a mask, snorkel and fins, and must be comfortable swimming in deep water.

Tuesday	9:00-10:00pm
Thursday	9:00-10:00pm
Members Included	Non-Members \$58.00/once a week
Registration Required	\$90.00/twice a week

NEW Female Only Swim

This program is geared towards women, and girls, who would like to swim, learn to swim or participate in aquatic programs in a private setting. The YMCA Female Only Swim provides a safe, fun and comfortable setting for all ages and swimming levels.

Saturday	7:30-9:00 pm
Members \$58.00	Non-Members \$78.00

Aquatic Personal Training Available!

30 minute or 60 minute Sessions Available

Aquatic Personal training consists of:

- Personalized training
- Water resistance for a challenging workout
 - lower impact on joints
 - A new way to train

See page 10 for more details or speak with the Membership Services Staff for rates and pricing.

See page 10 for more details.



Bronze Star

Prerequisite: Completion of Star 6 and minimum 10 years of age
Bronze Star is the first member of the Lifesaving Society's Bronze Program. Participants will work on material in three categories: water proficiency, first aid and recognition of rescue situations. Bronze Star is not a prerequisite to Bronze Medallion but it will prepare you for the challenge.

Sunday	1:00-2:30pm
Members \$82.00	Non-Members \$130.00

Bronze Medallion and Emergency First Aid

Prerequisite: Minimum 13 years of age or Bronze Star Certification
This is the first step towards lifeguarding qualifications. Participants will learn aquatic emergency recognition and safe rescue techniques. Includes the Canadian Lifesaving Manual.

Sunday	4:30-7:00pm
Members \$180.00	Non-Members \$230.00

Bronze Cross and Standard First Aid

Prerequisite: Bronze Medallion and Emergency First Aid certifications
This course is recognized as an assistant lifeguard award. Participants will learn advanced lifesaving techniques and will be prepared for NLS.

Sunday	4:00-7:00pm
Members \$160.00	Non-Members \$200.00

Bronze Duo

Prerequisite: Minimum 13 years of age or Bronze Star Certification
This level includes the Bronze Medallion, Standard First Aid and Bronze Cross skills into one program. Participants should be prepared for a detailed course covering aquatic emergency recognition, safe rescue techniques, and lifesaving techniques. Recommended ages are 14 and up.

Wednesday	5:00-9:30pm
Members \$220.00	Non-Members \$320.00

National Lifeguard Service

Prerequisite: Minimum 16 years of age, Bronze Cross and Standard First Aid Certification
Note: 100% attendance and participation is mandatory. Must bring proof of certifications to the first class.
NLS is the nationally recognized Lifeguarding qualification. Participants should be prepared for a detailed course covering supervision, prevention, and rescues in an aquatic environment. Includes Lifesaving Society Alert Manual.

Friday, September 19, October 3	6:00pm-10:00pm
Saturday, September 20, October 4	9:00am- 7:00pm
Sunday, September 21, October 5	9:00am- 7:00pm
OR	
Saturday, December 27, Saturday January 3	9:00am- 7:00pm
Sunday December 28, Sunday January 4	9:00am - 7:00pm
Monday December 29 & Friday January 2	5:00pm- 9:00pm
Members \$215.00	Non-Members \$273.00

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.

Thursdays	5:00-8:00pm
Members \$90.00	Non-Member \$120.00

YMCA Swimming Instructor Certification

Participants must be 16+ years of age 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".

Friday September 12 & 26	5:00pm- 9:00pm
Saturday September 13 & 27	10:00am- 7:00pm
Sunday September 14 & 28	10:00am- 7:00pm
Members \$150.00	Non-Member \$175.00

National Lifeguard Service Recertification

Prerequisite: National Lifeguard Service (NLS) and Standard First Aid certification.
Notes: Must bring proof of certifications.
Recertification is accomplished by demonstrating all NLS and SFA test items.

Tuesday September 16	4:00-9:00pm
Saturday November 22	1:00-6:00pm
Members \$60.00	Non-Members \$84.00

First Aid Courses

Standard First Aid with CPR C and AED

This course provides in depth training in all aspects of first aid and CPR. Participants will develop an understanding of the legal implications of first aid treatment and skills in the treatment of spinal injuries, bone and joint injuries, heat and cold emergencies, medical emergencies and much more. Includes the Lifesaving Society Canadian First Aid Manual.

September 6 & 7, or November 8 & 9

Saturday and Sunday	8:30-5:00pm both days
Members \$75.00	Non-Members \$122.00

Standard First Aid Recert

Prerequisite: Lifesaving Society Standard First Aid Certification
This is a recertification course for the Lifesaving Society Standard First Aid course, which is required 2 years after a full Standard First Aid course. Participants must bring proof of original certification. If your standard First Aid Certification has been expired for more than 1 year, you must take a full course.

Saturday, October 18, or Saturday, December 6	9:00-5:00pm
Members \$53.00	Non-Members \$84.00

Cell Phone / Camera Policy

The use of cell phones and other electronic devices are not permitted in our washrooms, change rooms and program areas i.e. Pool, Lifestyle Centre and Gymnasium.

Facility Swim Test

The YMCA swim test consists of a foot first jump into the deep end with a safe recovery to the surface followed directly by a 25 metre consistent, uninterrupted swim to the shallow end.

Facility Rules

In order to ensure that all our members and participants are safe while they are using the pool, we ask that the rules below are followed:

- No outdoor footwear or strollers on the pool deck
- All bathers must shower before entering the pool area
- No food, drink or gum is permitted on the pool deck (plastic bottles containing water may be permitted)
- Please stay off the railings, lane ropes and buoy lines
- Anyone with open wounds or communicable disease is not permitted in the pool
- Proper swim attire is required (modest bathing suit or clean clothing reserved for swimming)
- Please walk on the pool deck
- No spitting or spouting the water
- Swim diapers are required for those who are not toilet trained
- No water wings or inflatable toys are permitted in the pool
- Those with serious medical conditions should notify the aquatic staff

Wait Lists

Waiting lists are available for those classes or times that may be full. Please ensure you sign up at the Sales and Service desk to place yourself or child on the waitlist. Participants will be called when spaces become available.

Missed Lesson Policy

Due to the busy schedules of our instructors, we are unable to schedule a make-up lesson missed by a participant.

Progression Cards

All participants of a YMCA swim program will receive a full colour progression card at the end of each session. We ask that you return this card to your child's instructor upon the start of a new session. If you are unable to attend the last lesson, progression cards will be available for pick up for the two weeks following session completion. After this two week period progression cards will no longer be available as we are unable to store due to the large volume of progression cards.

Spa Guidelines

- Children under 8 years of age
 - Children under the age of 8 are not permitted in the spa
- Children ages 8-12
 - Children between the ages of 8 years to 12 years are not permitted in the spa unless accompanied by a person who is 16 years of age or older

Appropriate Attire

Bathing suits should be suitable, modest and appropriate for a family facility or clean clothing reserved for swimming.

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*	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/guardian must remain in facility.
	OR Pass facility swim test		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 arm's reach of the child(ren) at all times, both in and out of the water.

YMCA of Central East Ontario

www.ymcaofceo.ca

Balsillie Family Branch- Peterborough

123 Aylmer St. South, Peterborough K9J 3H8
(705)748-9622

Belleville Branch

433 Victoria Ave, Belleville K8N 2G1
(613) 966-9622

City of Quinte West Branch

50 Monogram Place, Trenton K8V 5P8
(613) 394-9622

Core Values

YMCA Core Values guide our everyday decisions and actions. We challenge everyone involved with us to accept and demonstrate positive values. Our Core Values are Caring, Honesty, Respect, Responsibility and Inclusiveness.

Hours of Operation

(Effective Monday, September 22, 2014)

Monday to Friday	5:30am to 10:30pm
Saturday and Sunday	7:00am to 7:30pm
Holiday Hours:	7:00am to 4:30pm
Holiday Dates:	September 1, October 13, December 26, January 1

Please Note: December 24th and December 31st
the facility will be closing at 5:30pm
December 25th the facility will be closed

Note: Program areas close 15 minutes before building.

Member Etiquette

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, volunteers and staff all pledge to treat one another with respect and dignity and to use our facility in a responsible manner.

YMCA Mission

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



United Way
Peterborough & District
11909 1882 RR0001