YMCA of Central East Ontario
Balsillie Family Branch

Summer 2017 Membership & Program Guide

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Why the Y!

The Healthy way to support your community!

A YMCA membership means not only having access to great programs and motivated staff ready to help you achieve your health and fitness goals, but also giving back to your community. The YMCA is a charity and by becoming a member you're helping support local initiatives and build healthy communities.

Great programs, expert staff

- Group fitness programs are included in your membership – choose from over 70 classes weekly.
- Most group fitness classes are drop-in.
- Your membership can also include swimming lessons, dance and basketball lessons for your children.
- Child minding is available at convenient times, thereby enabling you to make the most of your membership.
- Open 364 days a year; hours of operation vary by location but centres open early and close late in order to meet members' requirements.

Our commitment to each other

The YMCA is committed to the holistic health of all individuals by providing a unique support network and a variety of programs for all ages and abilities. YMCA values are demonstrated through inclusiveness, diversity, interdependence, and respect for self, others, and the environment.

Values: Caring, Honesty, Respect, Responsibility, Inclusiveness

YMCA Centres of Community

We're not just in your neighbourhood, we're part of your community.

Each YMCA centre is a little different, just like the communities they serve. And depending upon local needs and wants, each Y offers a wide range of customized programs and facilities designed to help community members stay active and healthy.

Great facilities and customized programs tailored to community needs

- Fully trained staff ready to assist you in achieving your goals.
- Variety of programs for families and individuals of all ages and abilities.
- Clean and well-maintained facilities, including swimming pools and gyms equipped with the latest machines.
- Child minding programs to care for children while you workout.
- Opportunities to volunteer and participate in community programs and committees.

YOU have the power to improve your health and your community

At the Y you join more than a gym. You join a community deeply committed to helping build healthy children, adults and families. As a member, you'll feel good about the YMCA's work in your community, while improving your own health.

We'll help you achieve your goals

- No locked-in contract - you can cancel at anytime.
- Unlimited free adult fitness and aqua fitness classes.
- Complimentary individual fitness program will be completed with one of our Fitness Coaching staff.
- Free swim lessons for all children and youth, drop-in family swim times and lane swimming.

Dream, grow and achieve together at the YMCA

What we do...

- Inspire possibilities
- Promote development
- Create opportunities for improved health
- Sustain change by building relationships and self-efficiency

How we do it...

1. As a part of a larger YMCA strategy for healthy communities we promote physical activity to contribute to a healthy lifestyle.
2. Promoting health in spirit, mind and body with an understanding that health is a resource for everyday life and community building.
3. Providing meaningful opportunities for volunteering to serve others and to participate in building a better community for everyone.
4. Focusing on enhancing values of acceptance, respect, health, caring and responsibility.
5. Creating a sense of belonging for participants through opportunities to build relationships.
6. Being open to all. No one is turned away because they can't afford to participate.
7. Valuing individuals opinions and contributions.

Why we do it...

To nurture the potential of individuals, promote healthy living and foster social responsibility.

Our YMCA outcomes are:

1. Better health for individuals - healthier weights and reduced risk factors for chronic disease.
2. Evidence of personal development.
3. Increased sense of belonging and involvement.
4. Increased public awareness of the role the YMCA plays in building healthier communities.

Membership - No Locked in Contract and No Start up Fee

Membership

Health and Fitness Programs for all ages and abilities. Have questions about our health and fitness programs? We've got answers!

What is included with my membership?

When you join a YMCA Health & Fitness Centre, you can participate in all adult programs offered - as often as you want! Take a look at our programs schedules located at **http://ymcaofceo.ca/program_schedules.php** for more information.

Can I bring a guest with me? - You can bring as many guests as you wish!

- The first time anyone visits the YMCA, they are provided with a complimentary pass.
- Adult members 16 years and older may purchase a guest pass. For a safe and enjoyable visit we ask that members accompany their guests during their visit and all guests must show valid photo identification in order to gain access to the facility.
  **** Please note the individual guests are limited to three free accesses via YMCA guest passes.**

No Locked in Contracts - You may cancel your membership at any time by.....

- Cancellation requests must be received from you in writing (either by email to sales@ymca.ca, or by signing a cancellation form in person at the centre.)
- A minimum notice of **10 business days before payment date** is needed to cancel your membership.
- Cancellations can't be backdated and we do not issue refunds.

How do I find programs and activities at each centre?

- You can view our Online Schedules located at **http://ymcaofceo.ca/program_schedules.php** and these are available in pdf format for viewing, downloading and printing.
- You can also view our Program Guides located at **http://ymcaofceo.ca/program-guides.php** for up to date programs and services that are available.

Kidskare

Do you offer child care while I exercise?

- Absolutely! All of our Centres offer a child minding service for a nominal fee that lets you participate in a fitness program while we care for your children in a safe and fun environment.
- **Parent/Guardian must remain in the building at all times.**
- Please be sure to pack a bag with diapers, change of clothes, bottles, snacks and drink, anything you feel your child may need during their stay in Kidskare. *Kidskare is allergy aware. Please refrain from bringing peanut and other nut products into the Kidskare room.
- There is a maximum stay of 2.5 hours per day.

Kidskare Hours

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

Only $20.00 per month for the first child and an additional $10.00 per month for each sibling. A drop-in fee is also available.
*****Times subject to change based on seasonal demand.***

Membership Information

The YMCA is more than a gym, it is a **"Community, a Place to Belong"**.
You will find a wide range of programs and activities that promote your well-being by helping you get fit, reduce stress and build self-confidence. It is a holistic approach that will have you feeling better and living healthier.

WE DON'T USE CONTRACTS - If you need to deactivate your YMCA Membership visit your centre. We require a minimum of 10 days notice in writing to stop your payments or to make a change to your payment information membership structure. Monthly payments are non-refundable.

MEMBERSHIP CATEGORY	RENEWING* Members	NEW Members
Adult 18+ Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock.	$50.00	$54.00
Family Memberships Family memberships include 2 adults and dependent children 24 years and under living in the same household. Family membership includes swim lessons and one registered dry land program for each child per session. Two Adult One Adult	$97.00 $75.00	$102.00 $79.00
Couples 18+ Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock. For two adults and no children. Adult Senior	$86.00 $81.00	$90.00 $85.00
Senior 60+ If you are Ages 60 plus, you are entitled to our Senior membership. In addition to our great adult programs, we have programs to interest you both physically and socially.	$48.00	$52.00
Young Adults 18-24 yrs Young adults between the ages of 18-24, who are not students. Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock.	$40.00	$44.00
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 a student membership.	$34.00	$37.00
Youth/Child 0-14 yrs We like to see young people at the YMCA. Children and youth can become YMCA members. As part of the All Inclusive Membership, all youth/child/preschoolers receive 1 free registered dry land and 1 free swim lesson per session. We have many activities and courses that are designed specifically for these ages.	$34.00	$36.00

* Renewing Members - Members who have had an active membership over the past 12 consecutive months. Rates are discounted as a thank you for their continued support.

**Fees listed are per month. Add HST where applicable.

+Plus Your Membership

Adult Only Change Room (18 years+)
Towel Service
Steam Room
Amenities including lounge, shampoo, body wash and body lotion,
Advanced Court Booking privileges (up to 7 days in advance)

Upgrade today for approximately an additional $20 per month

*Please speak with a Membership Services Staff for more information

Table of Contents & Summer Hours

	Page
Why the Y!	2
Membership Highlights	3
Membership Fees	4
Table of Contents	5
What you Need to Know	6
Personal Training & Wellness Coaching	7
Adult Inclusive Programming- Cardio	8
Adult Inclusive Programming- MSE & Core	9
Adult Inclusive Programming- Yoga & Stretching	10
Adult Specialty Programming	11
Adult Martial Arts & Racquet Sports	12
Upcoming Events & Birthday Parties	13
Fitness Leadership, Afterschool & Childcare programming	14
YMCA Strong Kids Campaign	15
Inclusive Programming- 12mths- 3 years	16
Inclusive Programming- 4-8 years	17
Inclusive Programming- 6-13 years	18
Youth Specialty Programming & Martial Arts	19
Drop In Programming	20
Pool Admission and Wrist Band Policies	21
Aquatic Policies	22
Swimming Lessons	23
Aquatic Youth Specialty Programs	24
Private/Semi Private Lessons, Adult Specialty Programs	25
Adult Aquafitness Programs	26
First Aid, NLS Courses	27

Summer Hours of Operation

July 1st - September 3rd, 2017
Weekdays 5:00am - 10:30pm
Weekends 7:00am - 5:30pm
Holiday Hours: August 7th and September 4th

What you need to know

Child Protection Policy

All Members, Guests and Visitors are asked to sign in at the Membership Services desk with Photo ID when entering the facility.

The YMCA of Central East Ontario staff and volunteers are committed to ensuring a safe experience for everyone who participate in YMCA programs and services. We are committed to ensuring a safe environment for children, youth and adults including those who may be considered vulnerable or at risk.

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 at the Membership desk when accessing the facility.

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.

NEW All Inclusive Missed Program Policy

If a participant misses 3 classes/lessons without notification to the program instructor, the participant will be removed from the program to accommodate a new member on the wait list. Please email absent_ptbo@ymca.ca if you are unable to attend a class or program.

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 gain access to the equipment in the Lifestyle Centre. Children must be 14 years of age to attend Adult group fitness classes.

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.

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 show photo ID for a guest pass any time they wish to use 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).

Program Cancellation Policy

All program cancellation requests must be made in person 7 days prior to the program start date. Refunds or credits are not offered after a program 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.

Lost & Found

All items found within the facility are logged at the Membership Services desk. Due to the volume of belongings that are found we are unable to store belongings longer than 2 weeks. Please visit the Membership Services desk to inquire about any lost items.

Summer Hours

July 1st - September 3rd, 2017
Weekdays 5:00am - 10:30pm
Weekends 7:00am - 5:30pm
Holiday Hours: August 7th and September 4th

Personal Training & Wellness Coaching

YMCA Wellness Program

Congratulations on taking an important step towards a healthier you. A YMCA Fitness Coach will develop a Health and Fitness plan specific to your fitness goals. This program is free with your YMCA membership.

YMCA Wellness Program covers the following:

- Demonstration on proper use of the cardio machines
- Individualized resistance program
- Introduction to YMCA group fitness classes

YMCA Wellness Program is designed to help you in the following ways:

- Commit to a manageable program
- Increase energy levels
- Ensure that you are comfortable with the YMCA building facilities, programs and services

Welcome to the YMCA community!

Personal Training

Creating an effective exercise program can be overwhelming. A Certified YMCA Personal Trainer can help you set up a program that meets your goals and teaches you the best way to exercise.

By working with a Trainer you will realize the following benefits:

- Improved body composition
- Enhanced self-confidence
- Improved strength

Top 10 reasons you should work with a YMCA Personal Trainer

Motivation - Personal trainers wear many hats, serving not only as coach, but as an educator, confidant, role model and a major source of motivation and encouragement.

Consistency - Do you find it difficult to stick to your program? Scheduling regular appointments with a personal trainer helps eliminate any excuses you might come up with for not exercising.

Safety - Unsure about how to use the chest press machine at the gym or how to perform walking lunges without hurting your knees? A personal trainer will show you how to exercise safely (including which exercises to avoid) and instruct you on the proper and safe use of exercise equipment.

Individualized Instruction - What works for one person, may not work for another when it comes to choosing an exercise program. A personal trainer will develop the most effective program for you based on your fitness evaluation results and personal goals. Beginners in particular benefit from instruction on how to perform specific exercises and program planning.

Effective Workouts - Today's hectic lifestyles mean you don't have time to waste on ineffective exercise routines. Personal trainers help maximize your time by providing workouts designed to meet your goals quickly and efficiently.

Supervision - Personal attention during exercise is the primary function of personal trainers. Need someone to spot you while you do pull-ups? Looking for feedback on your running form? No problem-that's what your personal trainer is for-to observe, assist and, if necessary, correct as needed.

Sports-Specific Training - Many amateur and professional athletes work with a personal trainer during the off-season to prepare themselves for in-season competition. Whether you want to shave some strokes off your golf score or beat your brother-in-law at tennis, a personal trainer can tailor your program to your sport of choice.

Injury Rehabilitation - Injuries and accidents can prevent you from participating in your favourite activities. An experienced personal trainer, however, can make the road to recovery a smooth one by recommending exercises that emphasize overall muscular balance to prevent future injuries.

Special-Needs Training - Research confirms that individuals with health challenges such as diabetes, asthma, osteoporosis or heart disease benefit greatly from regular physical activity. These conditions, however, can make exercising safely a challenge. Many personal trainers are experienced in designing programs that address the special needs of these and other conditions.

Ego Boost - It's a fact: feeling good makes you look good, and vice versa. Not only can your personal trainer help you achieve your health and fitness goals, they provide you with positive feedback on your performance and bolster your confidence to take on new challenges.

Aquatic Personal Training

- Breathing techniques
- Improve your agility
- Vertical water training
- Interval training
- Improve flexibility and prevent injury
- Learn about magic properties of the water and leave your workout feeling good
- Video analysis
- Increase your leaver and propel better
- Increase hand speed
- Have more fun in the water

SGT – 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 Ext 230 or email at wesley_letsholo@ymca.ca for Personal Training rates and options.

Adult Inclusive Programs

Cardio Based

✔ CycleFit
An exciting and high energy group fitness class! 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! Sign up sheet is available 45 minutes before class starts.
Monday 6:00am
Tuesday 6:30pm
Wednesday 6:00pm
Friday 6:00am
Saturday 8:30am
NEW TIME! Sunday 8:30am

✔ Cycle Strong
A combination of cardio drills on the bike and resistance training on land. Interval training can help you burn more energy in a shorter amount of time as well as post-workout recovery. This is a class designed for any level.
NEW TIME! Monday 12:15pm
Wednesday 12:15pm

✔ Hi/Lo
Hi/Lo 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.
Tuesday 12:15pm
Wednesday 12:15pm
Friday 12:15pm
Saturday 9:30am

✔ 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!
Monday 9:10am
Thursday 12:15pm

✔ Boxfit Combo
Boxfit Combo 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.
Friday 6:00pm

✔ Dance Evolution
Do you love to dance? This dance class offers an ever changing variety of genres and styles to keep your body moving and grooving.
Wednesday 9:00am

✔ Step
A moderate to high-intensity cardiovascular workout. Participants will get a great full body workout while moving through the choreography of this class.
Thursday 9:10am

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 regular, daily aerobic exercise.
- 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.

✔ Included with Membership

Adult Inclusive Programs

Session Dates
Summer - July 3rd - September 1st, 2017
Fall - September 11th - December, 2017

Muscular Strength and Endurance

NEW ✔ **HIIT Bootcamp**
High Intensity Interval Training (HIIT) has been proven more efficient than cardio alone at burning fat and increasing metabolic rate. This class will really make you sweat, put your body into an increased anaerobic fat burning state where you will be burning fat for up to 6 hours after class. Challenge yourself and bring it to the next level.
Tuesday 6:30pm

NEW ✔ **Core, Glutes & Thighs**
A quick, high intensity corefit and leg workout. Strengthen your abs, back, glutes & thighs while improving your endurance, posture and balance. This class is fast paced and a great way to end your week. Check it out!
Friday 5:15pm

NEW ✔ **Strength & Conditioning**
This class will improve your overall strength while teaching you multiple variations and combinations of many standard exercises. Compounding calisthenic movements while utilizing weights, bodyweight, and various equipment in one great and challenging workout. Improve your strength and endurance and add new life to your workout regiment.
Wednesday 6:00pm

NEW ✔ **Body Burn**
This is a high intensity class focused on building muscular strength, power and endurance. Participants will be introduced to a variety of challenging and unique exercises.
Tuesday 5:15pm

✔ **Bootcamp**
A high intensity class that is designed to increase speed and build muscular strength and endurance. The ultimate fitness class with complete body conditioning!!
Monday 12:15pm
Tuesday 12:15pm
Wednesday 6:15am
Thursday 7:00pm
Friday 12:15pm

✔ **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.
Tuesday 1:05pm
Thursday 1:15pm

✔ **Glute/Leg & Thigh Combo**
This class will help sculpt and tone muscles of the legs, glute, and thighs. A variety of equipment may be incorporated.
Monday 6:00pm

✔ **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.
Wednesday 9:10am

✔ **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.
Monday 10:15am
Friday 10:05am

Core/Stability

✔ **Core Strength and Stretch**
Join this 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.
Monday 12:15pm
Wednesday 12:15pm
Thursday 6:00pm

✔ **CoreFit**
This is a short and intense muscle conditioning class to strengthen your core stabilizer muscles (abs and back) to improve posture and balance.
Monday 5:15pm
Wednesday 5:15pm
Saturday 8:00am

Adult Inclusive Programs

Yoga and Stretching

✔ Chair Yoga
Chair yoga is a gentle form of yoga that uses poses within a seated position or standing using a chair for support. This class will benefit those looking for relaxation and an increase in flexibility.

NEW Mondays 11:15am
Wednesdays 11:30am

✔ 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.
Tuesdays 9:00am
Thursdays 10:15am

✔ Kripalu Yoga
Engage in the deep dynamic practice of Kripalu Yoga for women. Awake vitality, releasing stress, preparing the mind and body for meditation. Using a combination of movement, postures and breath, enhancing strength and flexibility we will deepen our practice, leaving you feeling restored and rejuvenated. All levels of practice welcome.
Thursday 12:15pm

✔ 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.
Tuesday 10:15am

NEW ✔ Gentle Yoga
Take some time for yourself. Enjoy this slow moving and tranquil class while making improvements in your flexibility. Re-enter your day with a more peaceful outlook feeling rested and rejuvenated.
Wednesdays 10:15am

✔ Yin Yang Yoga
This yoga class uses flowing and sustained yoga asanas (postures) to safely increase strength and flexibility. Focus is drawn toward deep breathing to gently massage your body while in the poses, increase core strength and practice mindful meditation. Ending with a progressive relaxation (savasana) you have the opportunity to leave class feeling relaxed and peaceful.
Thursday 8:00pm

Adult Programs

Session Dates
Summer - July 3rd - September 1st, 2017
Fall - September 11th - December, 2017

Yoga and Stretching

✔ Restorative Yoga

Using the teaching methodology of the gentle Kripalu tradition, pranayama (breathing techniques), asana (yoga postures) and meditation, Restorative Yoga deepens our practice of relaxed self awareness and transformation. We will explore how to balance the nervous system, quiet the mind, energize the body, regulate emotions and develop resilience. Relax deeply using props and safe physical alignment. Learn how a balanced nervous system promotes healthy digestion, maximizes your immune system response and improves sleep. Appropriate for the beginner and advanced participant.
Tuesday 7:45pm

✔ Sunday Soul Yoga

Begin your Sunday with sun salutations! This class will focus on alignment, strength, flexibility and quieting the mind. Come practice, play, namaste!
Sunday 10:30am

✔ 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.
Monday 8:00pm
Tuesday 6:15am
Thursday 6:15am
NEW TIME! Friday 9:10am

Adult Specialty Program

Suspension Training

Looking for a new challenge? Need an innovative workout? This workout system uses gravity to leverage your bodyweight 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. Register early as registration is limited.
Monday 6:55-7:55pm
Tuesday 9:05-10:05am
Members $47.00 Non Members $90.00

Adult Martial Arts & Racquet Sports

Adult Martial Arts

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 training. The Jiu Jitsu programs lead instructor Andy Dobie is the President & Chief Instructor of Jiu Jitsu Canada with over 20 years experience. Our Karate programs are led by Mike Chinadi who has over 30 years teaching experience in the Martial Arts field.

Jiu Jitsu 14 + years of age

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.
Monday 8:15-10:00pm and Thursday 8:15-10:00pm
Members $46.00 Non Members $89.00

Karate 13 + years of age

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 a fun and great way to be physically active.
Tuesday 7:30-9:30pm, Thursday 7:30-9:30pm
and Saturday 2:30-4:30pm
Members $56.00 Non Members $98.00

Cell Phone/ Camera Policy

For the safety and security of our members and participants the use of cell phones and other electronic devices are not permitted in change rooms, washrooms, or program areas.

✔ Included with Membership

Squash & Racquetball Programming

✔ Squash Ladder (ages 16+)

The squash ladder is open to players of all ability levels. You will be placed with a group of 4 or 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. This is a great way to meet new players and play at a more competitive level. Please sign up by the squash courts. The squash ladder is adjusted and updated monthly.
Members Included

✔ Squash /Racquetball Lessons

Interested in learning the game of squash/ racquetball? Squash lessons are available most Wednesday evenings and other days by appointment. 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 Volleyball- all ages welcome

Come in and join us for a fun game of volleyball.

Saturday	3:30-5:00pm
Sunday	3:30-5:00pm
Members Included	Non Members $5.70 per visit

✔ NEW Drop in Badminton- all ages welcome

Join us on Wednesday evenings for a drop in badminton program.

Wednesday	8:00-10:15pm
Members Included	Non Members $5.70 per visit

✔ NEW Family Drop-in Pickleball

One of the fastest growing sports in North America, Pickleball is a paddle sport that has very simple rules and is easy to learn and play. Adults especially love the social aspects and the ability to stay fit through interactive sport. Visit the Y and try pickleball for this 2 hour drop-in space for shared play.

Sunday	9:00-11:00am
Members Included	Non Members $5.00

Upcoming Events & Birthday Parties

Session Dates
Summer - July 3rd - September 1st, 2017
Fall - September 11th - December, 2017

Summer Land Program Registration Opens
(Session Begins July 3)

Members	Monday, June 5 at 6:00am
Non Members	Monday, June 19 at 7:00am

Fall Land Program Registration Opens
(Session Begins September 11)

Members	Monday, August 14 at 6:00am
Non Members	Monday, August 28 at 7:00am

Aquatic Registration is always open as we offer continuous swim lessons. Drop by the Membership Services Desk to get your children registered today!

July 1st - Free Access Day

Bring your family and friends to the YMCA on July 1st to enjoy the facilities together. Go for a swim, play in the gym or try something new! All guests will be asked to show photo ID before gaining access to the facility.

Birthday Parties at the YMCA

Come celebrate your birthday party at the YMCA! All parties include set up, decorations, pizza, juice and a party host. Parties are available on Saturday and Sunday afternoons. Please book your party at the Membership Service desk. Upon booking a $50 non-refundable deposit is required. The YMCA can provide a cake or cupcake cake for an additional fee. For more information please visit our website at www.ymcaofceo.ca or call (705) 748-9642 ext. 221.

Option 1 (1:00-4:00pm)
Three hour party including one hour of gym or craft activities, one hour of swimming, one hour in the party room.
Cost: Members $18.00/child
Non Members $21.00/child

Option 2 (1:00-3:00pm)
Two hour party including one hour of gym or craft activities and one hour in the party room.
Cost: Members $15.00/child
Non Members $18.00/child

Fitness Leadership & Childcare

Fitness Leadership

The YMCA developed the first nationally recognized Fitness Leadership program in 1974 and continues to train Fitness Leaders today. By fostering relationship building, YMCA fitness leadership programs create a positive atmosphere where community members can achieve their personal and professional goals.

Each course is a combination of online material, face to face sessions and practical skill development. Be a part of the YMCA health and wellness movement and take this nationally recognized certification program to get you started in this exciting industry as a fitness professional.

Certification options include:
Cycle, Resistance, Cardio, Aquafit, Older Adult or Wellness Coach
Member $295.00 + HST
Non Member $475.00 + HST

Specialized certifications include:
Personal Training or Yoga
Member $349.00 + HST
Non Member $495.00 + HST

Recommended prerequisite includes participation of a minimum of 50 hours in the stream of your choice.

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

Yoga at the City of Quinte West branch in Trenton, Ontario
July 12 and 26, August 9 and 23
5:00pm-9:00pm
September 17, October 1 and 15, November 5 and 19
9:00am-3:00pm

Participants will be required to purchase two mandatory manuals, Yoga Anatomy by Leslie Kaminoff and Yoga Sutras of Patanjali available at Amazon or Chapters for under $20.00 each.

Peterborough & Lakefield YMCA Licensed Childcare

The YMCA of Central East Ontario Balsillie Family Branch operates licensed childcare programs in Peterborough and Lakefield for toddlers and preschoolers ages 18 months to 4 years (Ministry approval for children 12-18 months). Before and Afterschool school care is also available in Lakefield for children 4 to 12 years at Ridpath Public School and St. Paul's Catholic School in Selwyn.

For more information please contact:
Peterborough Childcare
Crystal Read (705) 748-9642 ext.224
or email crystal_read@ymca.ca

Lakefield Childcare
Crystal Read (705) 652-7782
or email crystal_read@ymca.ca

Recreational After School Programs

Together with various community partners, the YMCA offers recreational after school programs in multiple locations for children Kindergarten to Grade 8. This program provides families with a safe and secure after school location for their children accompanied by caring, active staff who lead fun and original programming focused on physical activity, nutrition and wellness.
Locations:
- YMCA - Balsillie Branch
- Havelock Belmont Public School
- Highland Heights Public School
- New Canadian's Centre
- Prince of Wales Public School
- Hiawatha First Nations Community
- Roger Neilson Public School
- St. Patrick's Catholic School
- Nogojiwanong Friendship Centre

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

For more information on dates, times and availability contact: afterschool_program@ymca.ca or (705) 748-9642 ext. 209

Strong Kids Campaign

Every Kid Deserves A Chance to Realize Their Potential

The YMCA Strong Kids Campaign provides as many individuals as possible access to YMCA programs that would not otherwise have the opportunity, due to financial circumstance. The Campaign generates the much needed resources required to support thousands of children and families throughout the year in various YMCA programs and services. Strong Kids provides opportunities for personal growth through participation in YMCA programs.

How can you help?

- A gift of $3/month or $36/annually will provide a child with one month of membership, swimming lessons and programming at the YMCA.
- A gift of $5/month or $60/annually will allow a youth the opportunity to have fun, gain self-confidence and self-discipline in one of the YMCA's Youth Martial Arts programs.
- A gift of $13/month or $160/annually will allow a family to send their child to a YMCA day camp for 1 week, where they can learn and play in a nurturing, safe environment.
- A gift of $25/month or $300/annually will provide a teenager with the opportunity to join a YMCA 2 week Leaders in Training Camp, where they will learn important leadership skills and put them to use in a 1 week volunteer camp placement.
- A gift of $35/month or $420 annually will give a child the gift of health and confidence with a 1 year membership at the YMCA.
- Give in person, or donate online at ymcastrongkids.ca.

Volunteers Needed!

If you are interested in volunteering with our Strong Kids Campaign committee, please contact:

Kelly Wilson (705) 748-9642 ext. 258
or kelly_wilson@ymca.ca

Inclusive Programs 12 mths- 3 yrs

Parent and Infant Programs 12-24 mths

Babies and Books
This program will provide a chance for you and your baby to participate in dramatic readings, arts & crafts of popular children's books which will develop listening and language skills.
Tuesday 10:30-11:00am

Playshop
A little bit of song, drama, sports, crafts and a whole lot of fun! This program provides a great opportunity for new parents to connect with each other in a welcoming and relaxed environment.
Thursday 11:15-11:45am

Included with Membership

Parent and Toddler Programs 2-3 yrs

ABC, 123
This program will encourage children to learn through creative crafts, games and songs to prepare them for kindergarten by counting and learning the alphabet. Come join us for this fun, interactive and educational experience.
Tuesday 11:15-11:45am

Messy Play
Explore every day materials in a new way! Join your children as they manipulate items and materials found in their day to day environments and create works of art that stimulate their senses! This creative program will offer opportunities to discover new textures, sounds and sights!
Thursday 10:30-11:00am

Mini Movers
Learn the ABC's of dance with an emphasis on creative movements, rhythm, body awareness and music sense. Each week participants will develop a dance routine and will perform their dance at the Dance Recital on the last Saturday of the session (August 26) at 2:00pm.
Tuesday 3:30-4:00pm
Saturday 11:30am-12:00pm

Sports Mania
You and your child will have the opportunity to explore a different sport each week through games and a variety of equipment.
Wednesday 11:15-11:45am
Wednesday 4:45-5:15pm
Friday 10:30-11:00am

Totnastics
This parent and tot program has a play environment that encourages balance and coordination. Jumping, rolling, stretching, climbing and tumbling are just a few activities that will take place in this dynamic program.
Tuesday 4:00-4:30pm
Wednesday 10:30-11:00am
Friday 11:15-11:45am

Yoga
Introduce your toddler to the joys of yoga while participating together in a supportive environment. This program is a great way for you and your tot to connect with some gentle exercise.
Saturday 1:00-1:30pm

Inclusive Programs 4-8 yrs

Session Dates
Summer - July 3rd - September 1st, 2017
Fall - September 11th - December, 2017

School Age Programs 4-5 yrs

✔ Ball Hockey 1
Instructors will lead participants through the basics of ball hockey. Participants will learn passing, shooting, stick handling, team work and much more.
Helmets are required for protection
Friday 4:30-5:15pm
Sunday 1:00-1:45pm

✔ Basketball 1
This program is a beginning approach to teaching the basic skills and drills of basketball. Participants will work on the development of dribbling, passing and shooting all in a fun and supportive environment.
Saturday 11:00-11:45am

✔ Gymnastics 1
Learn the fundamentals of gymnastics in a non-competitive and fun environment. Participants will have the opportunity to learn new skills, as they are introduced to the basics of gymnastics.
Tuesday 4:30-5:15pm
Thursday 3:45-4:30pm

✔ Just Dance
Children will learn the basics of dance through music and rhythm. Each week participants will develop a dance routine and will perform their dance at the Dance Recital on the last Saturday of the session (August 26) at 2:00pm.
Tuesday 4:00-4:45pm
Saturday 12:00-12:45pm

✔ NEW Lacrosse 1
Come and learn the fundamentals of this popular sport. Learn to catch, throw, cradle and work as a team.
Helmets are required for protection
Monday 4:30-5:15pm

✔ Yoga 1
Children will be led through a variety of yoga poses to develop strength and flexibility. Yoga classes for youth are a fantastic way to reduce stress, relax and build self-confidence.
Saturday 1:30-2:15pm

✔ Intramural 1
Have the opportunity to explore a different sport each week through games and a variety of equipment.
Wednesday 5:30-6:15pm

✔ Outdoor Science Kids
Science kids will fuel your child's imagination and provide a fun, interactive, hands-on experience that stimulates their mind. There are lots of discoveries to be made about the world around us. Some subjects we will cover are: environment, chemistry, weather, health, electricity and more!
Wednesday 4:30-5:15pm

Junior Programs 6-8 yrs

✔ Ball Hockey 2
Passing, shooting, puck handling and sportsmanship will be on each week's agenda.
Helmets are required for protection
Friday 5:15-6:00pm
Sunday 1:45-2:30pm

✔ NEW Lacrosse 2
Come and learn the fundamentals of this popular Canadian sport. *Helmets are required for protection*
Monday 5:15-6:00pm

✔ Gymnastics 2
This is a safe, non-competitive program where participants can develop their gymnastics skills. They will learn to roll, tumble, balance, jump and more through a variety of different apparatuses.
Tuesday 5:15-6:00pm
Thursday 4:30-5:15pm

✔ Youth Dance
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. Each week participants will develop a dance routine and will perform their dance at the Dance Recital on the last Saturday of the session (August 26) at 2:00pm.
Tuesday 4:45-5:30pm
Saturday 12:45-1:30pm

Did you Know...

A YMCA child/ youth membership is $36.00 per month. This includes swimming lessons and a land program each session!

Inclusive Programs 6-13 yrs

Junior Programs 6-8 yrs

✔ Basketball 2
This program will teach participants skills through a variety of different techniques and drills.
Saturday 11:45am-12:30pm

✔ Intramural 2
Children can come participate in a variety of sports with their peers. Sports include ball hockey, soccer, basketball and volleyball to name a few.
Wednesday 6:15-7:00pm

✔ Outdoor Science Kids 2
Science kids will fuel your child's imagination and provide a fun, interactive, hands-on experience that stimulates their mind. There are lots of discoveries to be made about the world around us. Some subjects we will cover are: environment, chemistry, weather, health, electricity and more!
Wednesday 5:15-6:00pm

✔ Yoga 2
Youth will be led through a variety of yoga poses to develop strength and flexibility. Yoga classes for youth are a fantastic way to reduce stress, relax and build self-confidence.
Saturday 2:15-3:00pm

Youth Programs 9-13 yrs

✔ Ball Hockey 3
Come learn to play the Great Canadian Game in a fun and cooperative environment. Passing, shooting, puck handling and sportsmanship will be on each week's agenda.
Helmets are required for protection
Friday 6:00-6:45pm
Sunday 2:30-3:15pm

✔ Basketball 3
Did you know basketball was invented at a YMCA? It was invented by a Canadian director of a YMCA. Come enjoy OUR game. This program will teach youth the basic skills needed to play the game plus lots of time to scrimmage as well.
Saturday 12:30-1:15pm

✔ Intramural 3
Youth will participate in a different sport each week with their peers. Sports include ball hockey, soccer, basketball and volleyball to name a few.
Wednesday 7:00-7:45pm

Youth Programs Continued 9-13 yrs

✔ Youth Dance 3
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. Dance Recital on the last Saturday of the session (August 26) at 2:00pm.
Saturday 1:30-2:15pm
Tuesday 5:30-6:15pm

✔ Gymnastics 3
Learn the fundamentals of gymnastics in a non-competitive and fun environment. As participants learn the new skills, they also experience enhanced coordination, balance and self-confidence.
Thursday 5:15-6:00pm

✔ Volleyball
This program is designed to develop volleyball skills through drills and games while making new friends and becoming part of a team.
Wednesday 8:00-8:45pm

✔ NEW Lacrosse 3
Come and learn the fundamentals of this popular sport.
Helmets are required for protection
Monday 6:00-6:45pm
Thursday 7:00-8:00pm

✔ Yoga 3
Youth will be led through a variety of yoga poses to develop strength and flexibility. Yoga classes for youth are a fantastic way to reduce stress, relax and build self-confidence.
Saturday 3:00-3:45pm

Youth Racquet Sports

✔ Youth Racquetball Lessons (Ages 7-14)
Awareness and anticipation are key to being a successful racquetball and squash player. Learn these skills and more with a qualified instructor. Over the session you will build your skill level with active drills and games.
Monday 6:20-8:20pm
Members Included Non Members $40.00

Youth Specialty Programming

Session Dates
Summer - July 3rd - September 1st, 2017
Fall - September 11th - December, 2017

Youth Martial Arts Programs

Youth Karate 7-12 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 you set goals and guide you to achieve these goals in a safe and fun atmosphere.

Tuesdays at 6:15-7:15pm and Thursdays at 6:15-7:15pm
Members $42.00 Non Members $85.00

Youth Jiu Jitsu 8-13 years of age

This program uses grappling and striking techniques to provide an effective self-defence 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 to begin. Participants will find their endurance; strength, flexibility and speed all improve as training progresses. Jiu Jitsu is also a lot of fun to learn and participants generally find increased self-confidence and self-discipline through training.
Wednesday 5:30-6:30pm and Sunday 10:00-11:30am
Members $42.00 Non Members $85.00

Specialty Programs

Babysitting Course 12+ years of age

The Babysitters Training Course is aimed at young people turning 12 years of age within the calendar year or older. The Babysitters Training Course is loaded with special features such as: child development and behavioural problems, caring for the child, nutrition, safety and basic First Aid and handling emergencies.
Dates: July 16, August 13 9:00-4:00pm
Cost: Members $40.00 Non Members $50.00
Includes Manual

Home Alone Course 10+ years of age

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Participants should be prepared with a lunch, bathing suit and towel.
Dates: July 30, August 27 9:00-4:00pm
Cost: Members $40.00 Non Members $50.00
Includes Manual

Teen Strength (Ages 10-12)

The Teen Strength course is designed to give teens the knowledge and confidence to navigate the Lifestyle Centre. Topics include YMCA history and values, gym etiquette, the different components of fitness and an introduction to cardiovascular equipment and weight machines.
Monday & Wednesday 4:30pm-5:30pm options:
Monday, July 3 – Wednesday, July 26 or
Monday, July 31 – Wednesday, August 23

Ages 13-14 options
Sunday, July 30 at 2:00-5:00pm
Sunday, August 27 at 2:00-5:00pm

Members $30.00

Drop In Programs

✔ Drop In Gym 3-9 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. We will do our best to ensure that we provide a safe environment for all age groups.

Monday	10:30-11:30am
Tuesday	9:00-11:30am
Wednesday	10:30-11:30am
Thursday	9:00-11:30am
Friday	9:00-11:30am
Saturday	9:00-11:30am

✔ 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
Wednesday	9:00-10:30am

✔ Youth Night (Supervised) 7-9 years of age

Friday 7:00-9:00pm

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 or
5 Consecutive night pass $20.00 (Buy 4, get 1 Free)

✔ Youth Night 10-14 years of age

Friday 7:00-9:00pm

Come out to the Y every Friday Night to play hoops in the gym, go swimming in our pool, dance in our studio, and play 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 ensure they have a safe way home.

Friday 7:00-9:00pm
Members Included
Non Members $5.00 or
5 Consecutive night pass $20.00 (Buy 4, get 1 Free)

*Day passes cannot be purchased after 6:00pm

Pool Admission and Wrist Band Policies

All children and youth members receive one FREE land and one FREE aquatics program per child, per session. Swim lessons now Members Only Programming.

YMCA Facility Swim Test

To successfully pass the swim test individuals must demonstrate comfort in the water and be able to jump into deep water, surface support for 1 minute, swim 1 length of the pool using a supportive stroke in a horizontal body position.

What to Wear

Children who are not toilet trained must wear a swim diapers or clothing with snug elastic legs. <u>No disposable diapers are permitted.</u>
Others must wear clean attire used only for swimming.

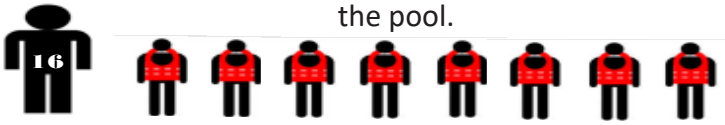
Serious Medical Conditions

We ask that those with serious medical conditions should ensure that aquatic staff are aware of the condition. Your medical doctor should be consulted before swimming.

To ensure that children have a safe and enjoyable swimming experience, the YMCA of CEO 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 15 years and under will be given an identifying wristband by facility staff.

0-5 years

Children under 6 are always accompanied—adult and child(ren) get a red band. Adult in arms reach at all times. Children under 6 years who can complete the swim test get a green band and parent remains in the pool.



6-9 years

Children 6-9 years who do not pass—adult and child get a red band. Adult in arms reach at all times.

6-9 years

All children who pass the swim test get a green band. Children 6-9 who can pass the swim test get a green band and can swim alone. Parent must remain on the pool deck.

10+ years

10+ Cannot Pass Swim Test
—Can Swim Alone

Aquatic Policies

Privates/SNAP
Private lessons and SNAP program participants will follow the regular program session times and participants will need to re-register with each session.

Cell Phone/Camera Policy
The use of cell phones and other electronic devices is not permitted in our washrooms, change rooms and program areas i.e. Pool, Lifestyle Centre and Gymnasium.

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
- Those with serious medical conditions should notify the aquatic staff

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.

Lane Swim Etiquette
- Members must swim length circles during all open lane swim times.
- Please swim in the lane appropriate to the speed you are swimming.
- When you want to join a lane please wait until the swimmers in the lane see that you are ready to join them.
- If you need to pass a swimmer – ensure that there is room on the opposite side and then pull out to pass.

Aquatic Lessons
All youth and preschool members receive one FREE aquatics program per child per session. Swimming Lessons are now Members Only Programming.

NEW Continuous Swim Lessons
Continuous swim lessons is the name given to YMCA's swim lesson format, which offers lessons throughout the year and eliminates the need for participants to re-register. It provides the ability for participants to register at any time and progress at their own pace within a group. Program break weeks will occur March, September and December/January and June. Progress cards are available online.

Once you register for a time slot, it is yours to keep until:

- you choose to move to a different day or time;
- your membership becomes inactive;
- you miss three classes in a row without informing the YMCA.

If your child is going to miss three classes in a row please email absent_ptbo@ymca.ca as this will allow us to save your child's space. Otherwise we will assume you are no longer interested in attending and place someone else in the space.

How will my child be assessed?
Your child is being continuously evaluated by the instructor. The Team Leaders will also evaluate each class every six weeks, and will move students as necessary to a different instructor.

Report Cards
Parents will receive continuous verbal feedback from their child's swim instructor. Written reports will be available through Swimgen.net in August, December, March and June. Log in using your child's participant number (on the back of the membership card).

Lesson Schedule

Continuous swim lessons is the name given to YMCA's swim lesson format, which offers lessons throughout the year and eliminates the need for participants to re-register. It provides the ability for participants to register at any time and progress at their own pace within a group. Program break weeks will occur March, September and December/January. Progress cards are available online. Once you register for a time slot, it is yours to keep until:

- you choose to move to a different day or time;
- your membership becomes inactive;
- you miss three classes in a row without informing the YMCA.

NEW!!!!!

If your child is going to miss three classes in a row please email: absent_ptbo@ymca.ca as this will allow us to save your child's space. Otherwise we will assume you are no longer interested in attending and place someone else in the space.

✔ **Splasher-** Parented swim classes for 4 months to 18 months

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:35-5:05pm	9:20-9:50am	4:00-4:30pm	9:55-10:25am	5:10-5:40pm	9:35-10:05am	10:10-10:40am
	5:45-6:15pm		4:35-5:05pm			

✔ **Bubbler-** Parented Swim classes for 18 months to 3 years

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

✔ **Lil Dippers-** Unparented classes for children ages 3-5 years

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:20-9:50am		9:20-9:50am		9:00-9:30am	9:00-9:30am
	9:55-10:25am		9:55-10:25am		9:35-10:05am	9:35-10:05am
4:00-4:35pm	4:00:4:30pm	4:00-4:30pm	4:00-4:30pm		10:10-10:40am	10:10-10:40am
4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	10:45-11:15am	10:45-11:15am
5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	11:20-11:50am	11:20-11:50am
5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm		
6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm		

✔ **Learn to Swim/ Star Swim Program 1-4** - Swim classes for children 6-12 years

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm		9:00-9:30am	9:00-9:30am
4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	9:35-10:05am	9:35-10:05am
5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	10:10-10:40am	10:10-10:40am
5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	10:45-11:15am	10:45-11:15am
6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	11:20-11:50am	11:20-11:50am

✔ **Star Leadership Program- 60 minute Class, Star 5-7**

Due to the increase in swimming strokes and endurance, Star 5, 6 and 7 have been removed from the Learn to Swim Program. Participants will have a one hour lesson. Star 6 and 7 are a combined class. Note: Star 7 participants must be a minimum of 10 years of age. This program includes an optional 6 hour volunteer component.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Star 5					
4:35-5:35pm	4:00-5:00pm	5:45-6:45pm	5:10-6:10pm	5:45-6:45pm	9:00-10:00am
Star 6 & 7					
5:45-6:45pm	5:10-6:10pm	4:35-5:35pm	5:45-6:45pm	4:35-5:35pm	10:45-11:45am

Aquatic Youth Specialty

✔ 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.

Tuesday 6:20-6:50pm

Members Included **Non Members $128.00**

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 6:00-7:00pm

Members $63.00 **Non Members $128.00**

Cell Phone/ Camera Policy

For the safety and security of our members and participants the use of cell phones and other electronic devices are not permitted in change rooms, washrooms, or program areas.

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

July 9 - August 27

Members $84.00 **Non Members $137.00**

Bronze Medallion, Bronze Cross & Standard First Aid

Prerequisite: Minimum 13 years of age or Bronze Star Certification. This level combines the Bronze Medallion, Standard First Aid and Bronze Cross skills in one program. Participants should be prepared for a detailed course covering aquatic emergency recognition, safe rescue techniques, and lifesaving techniques. Students may be presented for examination at the Bronze Cross level, only if they are successful in the Bronze Medallion examination.

Sunday 1:00-4:30pm

July 9 - August 27

Members $231.00 **Non Members $336.00**

Mandatory Program Requirements

Canadian Lifesaving Manual $47.00

Pocket Mask $15.00

Private/ Semi Private Lessons

Private and Semi Private Swimming Lessons (fees apply)

The YMCA offers one-on-one swimming lessons for all ages, tailored to individual needs and ability. Private lessons are a great way to increase skill level by working with a qualified swim instructor. Semi-private lessons are available for participants with similar swimming abilities. Semi-private registration is not available unless both participants are present at registration.

Privates Members $20 per lesson Non Members $27per lesson

Semi-Privates Members $14.50/per person, per lesson Non Members $20/per person, per lesson

SNAP Special Needs Aquatics Program (fees apply)

SNAP is geared towards children and youth (5-15 years) with special needs who would benefit from working with an experienced swimming instructor. The goal of the program is that the child will be able to participate in group lessons without one on one support. Please book your space under the private lesson sessions.

SNAP Members $60.00 Non-Members $100.00

SNAP/Private/Semi-Private						
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	9:20-9:50am		9:20-9:50am		9:00-9:30am	9:00-9:30am
	9:55-10:25am		9:55-10:25am		9:35-10:05am	9:35-10:05am
4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm		10:10-10:40am	10:10-10:40am
4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	10:45-11:15am	10:45-11:15am
5:10-5:40am	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	11:20-11:50am	11:20-11:50am
5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm		
6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm		

Adult Specialty Programs

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 8:00-9:00 pm
Saturday 7:00-8:00 am
Members: Non Members:
$42.00/once a week $74.00/once a week
$82.00/twice a week $148.00/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.

Tuesday & Thursday 1:00-2:00 pm
Members Included Non Members Included
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 12:00–1:00 pm
Wednesday 8:00-9:00 pm
Members: $42.00 Non Members: $74.00

Adult Aquafitness Programs

✔ 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 of the lap pool.

Tuesday	7:00-7:45 pm
Thursday	7:00-7:45 pm

Members Included

✔ Aquafit

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

Monday & Wednesday	7:00-7:45 pm

Members Included

✔ Gentlefit

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

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

Members Included

✔ Aqua Yoga

Discover the healing properties of the 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 taught in the therapeutic pool.

Wednesday	8:00-8:30 pm

Members Included

✔ 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 lap pool.

Monday, Wednesday & Friday	1:00-2:00 pm

Members Included

✔ Tone and Stretch

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

Monday – Friday	11:30 am-12:15 pm
Monday	8:00-8:45pm
Tuesday or Thursday	8:00-8:45am

Members Included

✔ Included with Membership

First Aid & Leadership 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.
July 8 & 9
August 12 & 13
Saturday and Sunday 8:30-5:00pm both days
Members $80.00 Non Members $128.00
Participants must purchase the Lifesaving Society Canadian First Aid Manual $20.00

Standard First Aid Recert

Prerequisite: Current (within 3 years) Lifesaving Society Standard First Aid Certification
This is a recertification course for the Lifesaving Society Standard First Aid course, which is required within 3 years of a full Lifesaving Society Standard First Aid course. Participants whose certificate is expired or who trained originally with a different training organization must take the full course.
Participants must bring proof of original certification.
July 9
August 13
8:30-5:00pm
Members $56.00 Non Members $89.00

CPR Level C - Certification

Audience for this course is Fitness Instructors who need CPR C to renew their Personal Trainer Certification. This course is combined with participants in a full first aid course. Instructors who need to recertify their trainer award can attend the second day of the full course (see schedule above) to receive their CPR C certification.
July 9
August 13
Members $25.00 Non Members $40.00

National Lifeguard

Prerequisite: Minimum 16 years of age, Bronze Cross and Standard First Aid Certification issued by; Lifesaving Society, Canadian Red Cross, St. John's, Canadian Ski Patrol or Heart and Stroke only. Note: 100% attendance and participation is mandatory. Must bring proof of certifications to the first class. NL is the nationally recognized Lifeguarding qualification. Participants should be prepared for a detailed course covering supervision, prevention, and rescues in an aquatic environment. Participants must purchase the Lifesaving Society Alert Manual.
Monday-Friday
August 14-18 9:00am-7:00pm
Members $226.00 Non Members $286.00
Mandatory Program Requirements
Alert Manual $47.00
Pocket Mask $15.00

National Lifeguard Recertification

Prerequisite: National Lifeguard (NL) and Standard First Aid certification.
Notes: Must bring proof of certifications.
Recertification is accomplished by demonstrating all NL and SFA test items.
August 18 9:00am-7:00pm
Members $63.00 Non Members $89.00

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.
Dates to be arranged with the Aquatics Supervisor:
Participants will be required to assist with assigned classes for an entire session, while completing assignments.
Email: shannon_grant@ymca.ca

YMCA of Central East Ontario

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

Registered Charity # 11909 1882 RR0001

YMCA Mission

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

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.

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 and Caring, Honesty, Respect, Responsibility and Inclusiveness.