

### Hours of Operation

Monday to Friday

5:30am – 10:00pm

Saturday and Sunday

7:30am – 5:30pm

### Statutory Holidays

9:00am – 2:00pm



YMCA of Central East Ontario

City of Quinte West Branch

50 Monogram Place

Trenton, Ontario

K8V 5P8

Tel: 613.394.9622

Fax: 613.394.8223

<http://www.ymcaofceo.ca>

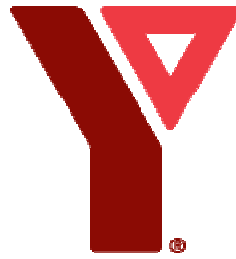
Effective January 8 - April 8, 2018

# Winter 2018 Open Gym / Youth Programs Schedule

## Winter 2018 Open Gym / Youth Programs Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Child / Youth & Family Programs	<b>ABC Ready I'll Be</b> (2-4yrs) 9:30-10:00am <b>*supply fee required</b>	<b>Rhythm, Rhyme and Read</b> (2-4yrs) 9:30-10:00am	<b>Wiggles and Giggles</b> (2-4yrs) 9:30-10:00am	<b>Tumble Tots</b> (2-4yrs) 9:30-10:00am		<b>Tumble Tots</b> (2-3yrs) 9:00-9:30am <b>Kidnastics</b> (4-6yrs) 9:35-10:20am <b>Gymnastics</b> (7-9yrs) 10:25-11:10am (East Gym)	
	<b>Stay and Play</b> (all ages) 10:15-12:00pm	<b>Stay and Play</b> (all ages) 10:15-12:00pm	<b>Stay and Play</b> (all ages) 10:15-12:00pm	<b>Stay and Play</b> (all ages) 10:15-12:00pm	<b>Home School (4-13yrs)</b> Science, Art, Drama, Gym 10:30-12:00pm	<b>Rhythm, Rhyme and Read</b> (2-3yrs) 9:30-10:00am	
	<b>Artrageous</b> (4-6yrs) 4:30-5:15pm (7-13 yrs) 5:30-6:15pm (multi-purpose Rm) <b>*supply fee required</b>	<b>Science Kids</b> (4-6yrs) 4:30-5:15pm (7-13yrs) 5:30-6:15pm (multi-purpose Rm) <b>*supply fee required</b>	<b>Soccer</b> (4-6) 4:30-5:15pm (7-9) 5:20-6:05pm (West Gym)	<b>Home School (4-13yrs)</b> Science, Art, Drama, Gym 2:15-3:45pm		<b>Drama Club</b> (7-13yrs) 5:00-6:30pm (multi-purpose Rm)	<b>Creative Make N' Take</b> (5-13yrs) 9:30-10:30am <b>*supply fee required</b>
	<b>TAG</b> (6-8yrs) 4:30-5:30pm (9-13yrs) 5:30-7:00pm (multi-purpose Rm)	<b>Tumble Tots</b> (2-3yrs) 4:30-5:00pm <b>Kidnastics</b> (4-6yrs) 5:05-5:50pm <b>Gymnastics</b> (7-9yrs) 5:55-6:40pm (10-13yrs) 6:45-7:30pm (East Gym)	<b>Tiger Tot Martial Arts</b> (4-6yrs) 4:30-5:00pm 5:05-5:35pm 5:40-6:10pm (multi-purpose Rm)	<b>Tumble Tots</b> (2-3yrs) 5:00-5:30pm <b>Kidnastics</b> (4-6yrs) 5:35-6:20pm (4-6) 6:25-7:10pm <b>Gymnastics</b> (7-9yrs) 7:15-8:00pm (East Gym)		<b>Just Dance</b> (4-6yrs) 10:55-11:40am (7-9yrs) 10:05-10:50am (10-13yrs) 11:45-12:30pm (Studio)	
	<b>Wiggles and Giggles</b> (2-3yrs) 4:30-5:00pm					<b>Wiggles and Giggles</b> (2-3yrs) 10:15-10:45am	
	<b>Sports Mania</b> (4-6yrs) 5:05-5:50pm (7-9yrs) 5:55-6:40pm (East Gym)	<b>Basketball</b> (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm (West Gym)	<b>Floor Ball</b> (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm (East Gym)	<b>Just Us Guys</b> (7-13yrs) 5:00-6:30pm (multi-purpose Rm)		<b>Sports Mania</b> (4-6yrs) 10:50-11:35pm <b>Fit Kids</b> (7-13yrs) 11:40-12:25	<b>Teen Strength</b> (13-14yrs) 1-5pm (one day option) <b>Jan 28, Feb 25, Mar 25</b>
	<b>Intramural Sports</b> (10-13yrs) 6:45-7:30pm (East Gym)		<b>Family Martial Arts</b> (7yrs & up) 6:30-7:45pm <b>*fee required</b>	<b>Fit Kids</b> (7-13yrs) 6:30-7:15pm		<b>TAG</b> (7-13yrs) 10:45-12:15 (multi-purpose Rm)	
	<b>Teen &amp; Adult Martial Arts</b> (16 & up) 7:30-9:00pm	<b>Teen Strength</b> (10-14yrs) 5:00-6:00pm	<b>Teen Strength</b> (10-14yrs) 5:00-6:00pm	<b>Teen Strength</b> (10-14yrs) 5:00-6:00pm <b>Teen Strength 2</b> (10-14yrs) 6:0-7:00pm	<b>Parents Night Out</b> (4-10yrs) January 26, February 23, Apr 27, June 15 6:00-9:00pm	<b>Flick &amp; Float and Overnight Fun</b> (5-12yrs) 5:30pm-10pm or 5:30pm to 9am , Feb 10, April 28	<b>Indicates Drop in program - Not available on PA Days</b>
			6:30-7:15pm <b>Family Yoga</b> (Multi-purpose)	<b>Youth Leader Corps</b> (11-16yrs) 6:30-8:30pm			

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**Winter 2018 Open Gym / Youth Programs Schedule**

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> - times subject to change	5:30am - 9:15am 12:30pm-5:00pm 8:00pm-9:45pm	5:30am - 9:15am 3:30pm-4:30pm	5:30am - 9:15am 12:00pm-4:00pm	5:30am - 9:15am 3:30pm-4:30pm 9:00pm - 9:45pm	5:30am - 9:15am 10:30am-12:45pm 1:15pm - 5:00pm	7:30am -9:00am 1:30pm - 5:15pm	7:30-8:45am 12:00pm-5:15pm
<b>KidsKare</b>	9:00am-12:30pm 4:30pm-8:00pm	9:00am- 12:30pm 4:30pm-8:00pm	9:00am- 12:30pm 4:30pm-8:00pm	9:00am- 12:30pm 4:30pm-8:00pm	9:00am- 12:30pm	8:30am - 12:00pm	
<b>Special Bookings</b>						Birthday Parties 2:00-5:00pm	Birthday Parties 2:00-5:00pm

**Parents Night Out**  
 A special program which allows parents to have a night out without hiring a babysitter. Children will have a night of fun activities. Supervised by YMCA certified and trained staff.  
**Ages 4-10yrs. Friday Jan 26, Feb 23, Apr 27, June 15 2018**  
**6:00pm-9:00pm** **YM - \$5.00** **NM \$7.00**

**Home Alone Safety Course**  
 One day course for **Age 10 and up** to build confidence in young people who spend time at home alone. Includes home and fire safety.  
**Saturday, March 3, 2018 9am -5pm** **YM - no charge** **NM \$50**

**Flick & Float and Overnight Fun**  
 This is a night out for parents and a safe night in for the children. During this program the children will enjoy a swim, movie, dance party, gym games, popcorn and pizza. The YMCA will be closed and only open for this program.  
**Ages 5-12yrs Feb 10, April 28, 2018** Option 1 Saturday 5:30-10pm (YM \$20, NM \$25) or option 2 Saturday 5:30pm to Sunday 9am (YM \$55, NM \$65)  
 Please bring bathing suit, towel, water bottle, pajamas, extra clothes, sleeping bag, pillow

**Baby Sitting Course**  
 One day course to help youth become confident and prepared to care for children of various ages, apply First Aid Skills and deal with emergencies  
**Age 11 and up Saturday, February 23, 2018**  
**9:00am-5:00pm** **YM \$45.00** **NM \$60**

**Teen Strength and Teen Strength 2**  
 Youth under the age of 15 must take the Teen Strength program in order to use the Strength & Conditioning Centre. This program will give them the basic understanding of training principles and fitness concepts. Youth who graduate from this program will be issued a card that will allow them to use the Strength & Conditioning Centre with a parent or guardian.  
**Teen Strength 2 is for those that have completed Teen Strength .**  
 Available to YMCA members only. Age 10-14  
**Teen Strength - Tuesday, Wednesday, or Thursday 5:00-6:00pm**  
**Teen Strength 2 - Thursday 6:00-7:00pm**  
**1 day option for 13-14 year olds - 1-5pm Jan 28, Feb 25, Mar 25**

**Youth Leader Corps or Aquatic Leader Corps**  
 Youth participate in fun activities that will increase self esteem and build leadership skills such as communication, team work, lesson planning and program instruction. Come meet new friends and have fun at your YMCA.  
**Ages 11-16 years**  
**Thursdays - September to June 6:30-8:30pm**  
**YMCA Members only**