

**Hours of Operation**  
Monday to Friday  
**5:30am – 10:00pm**  
Saturday and Sunday  
7:30am – 5:30pm  
**Statutory Holidays**  
9:00am – 2:00pm



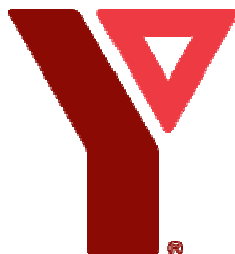
YMCA of Central East Ontario  
City of Quinte West Branch  
50 Monogram Place  
Trenton, Ontario  
K8V 5P8  
Tel: 613.394.9622  
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<http://www.ymcaofceo.ca>  
**Effective Jan 7-Apr 7, 2019**

**Winter 2019 Open Gym / Youth Programs Schedule**

**Winter 2019 Open Gym / Youth Programs Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Child / Youth &amp; Family Programs</b>	<b>Creative Messy Tots</b> <i>(parented)</i> (1-4yrs) 9:30-10:00am <b>*supply fee required</b>	<b>Rhythm, Rhyme and Read</b> <i>(parented)</i> (1-4yrs) 9:30-10:00am		<b>Tumble Tots</b> (1-4yrs) 9:30-10:00am	<b>Wiggles and Giggles</b> (1-4yrs) 9:30-10:00am	<b>Tumble Tots</b> (1-3yrs) 9:00-9:30am <b>Kidnastics</b> (4-6yrs) 9:35-10:20am <b>Gymnastics</b> (7-9yrs) 10:25-11:10am (10-13yrs) 11:15-12:00 <i>(East Gym)</i>		
	<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>Stay and Play</b> (all ages) 10:15-12:00pm			
	<b>Creative Messy Tots</b> <i>(parented)</i> (1-4yrs) 4:30-5:00pm <b>*supply fee required</b>	<b>Tumble Tots</b> (1-3yrs) 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 <i>(East Gym)</i>	<b>Home School</b> (4-14yrs) Science, Art, Drama, Gym 10:30-12:00pm or 1:00-2:30pm	<b>Tumble Tots</b> (1-3yrs) 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 (10-13yrs) 8:05-8:50pm <i>(East Gym)</i>		<b>Dancing Tots</b> <i>(parented)</i> (1-3yrs) 10:00-10:30am <i>(Fitness Studio)</i>		
	<b>Creative Art, Science and Nature</b> (4-6yrs) 5:10-5:40pm (7-10yrs) 5:45-6:30pm (multi-purpose Rm) <b>*supply fee required</b>	<b>Balls of All Sorts</b> (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm <i>(West Gym)</i>	<b>Tiger Tot Martial Arts</b> (4-6yrs) 4:30-5:00pm 5:05-5:35pm 5:40-6:10pm (multi-purpose Rm)	<b>Drama Club</b> (7-13yrs) 5:00-6:30pm (multi-purpose Rm)		<b>Just Dance Grooves</b> (4-6yrs) 10:45-11:15am (7-10yrs) 11:25-12:10pm <i>(Fitness studio)</i>		
	<b>Wiggles and Giggles</b> <i>(parented)</i> (1-3yrs) 4:30-5:00pm					<b>Family Fun Drop in Zone</b> (all ages) 10:15-12:15pm <i>(West Gym)</i>		
	<b>Sports Mania</b> (4-6yrs) 5:05-5:50pm (7-9yrs) 5:55-6:40pm <i>(East Gym)</i>	<b>TAG</b> (4-6yrs) 5:00-5:30pm (7-9yrs) 5:40-6:20pm (10-13yrs) 6:30-7:30pm (multi-purpose Rm)	<b>Sticks and Rackets</b> (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm <i>(East Gym)</i>	<b>Fit Kids</b> (7-9yrs) 5:30-6:15pm <i>(West Gym)</i> (10-13yrs) 6:30-7:15pm <i>(Fitness Studio)</i>		<b>Y Don't You...?</b> (5+ yrs) 10:15-12:00pm (multi-purpose)		<b>Schedule subject to change at any time</b>
	<b>Intramural Sports</b> (10-13yrs) 6:45-7:30pm <i>(East Gym)</i>		<b>Soccer</b> (4-6) 4:30-5:15pm (7-9) 5:20-6:05pm <i>(West Gym)</i>			<b>Teen Strength</b> (13-14yrs) 1-5pm (one day option) <b>Jan 19, Feb 24, Mar 24,</b> <b>Apr 7</b>		
	<b>Teen Strength 2 - Fitness LIT</b> (11-14yrs) 6:30-8:00pm	<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</b> (10-14yrs) 5:00-6:00pm	<b>Teen Friday Fun</b> (13-17yrs) 7:00 - 10:00pm <b>*fee required</b>	<b>Parents Night Out</b> (4-10yrs) Feb 16, Mar 23, May 4 6:00-9:00pm	<b>Indicates Drop in program - Not available on PA Days</b>
	<b>Teen &amp; Adult Martial Arts</b> (16 & up) 7:30-9:00pm	<b>Just Us Guys</b> (7-9yrs) 5:00-5:45pm (10-13yrs) 5:50-6:50pm (multi-purpose Rm)	<b>Family Martial Arts</b> (7yrs & up) 6:30-7:45pm <b>*fee required</b>	<b>Youth Leader Corps</b> (11-16yrs) 6:30-8:30pm (multi-purpose Rm)				

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Winter 2019 Open Gym / Youth Programs Schedule

### Winter 2019 Open Gym / Youth Programs Schedule

	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 10:15am - 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 1:30-4:30pm	Birthday Parties 1:30-4:30pm

#### 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. Saturday Feb 16, Mar 23, May 4**  
**9:00pm 6:00pm-9:00pm**  
**YM - \$10.00 NM \$12.00**

#### 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.  
**Friday, Feb 22, Apr 12 or June 14 5:30pm -9pm**  
**YM - \$25 NM \$40**

#### Family Fun Zone Drop In

Weather keeping your family stuck inside? Come along to your Y and spend time in a healthy active community environment. There will be equipment for all ages, balls, hoops, ride on toys - available in our West gym.  
**Saturdays - all ages 10:15am-12:00pm**  
**YM - n/c NM - \$5**

#### 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 12 and up Saturday, March 9, May 25**  
**9:00am-5:00pm**  
**YM \$45.00 NM \$60**

#### Teen Strength

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.  
Available to YMCA members only. Age 10-14  
**Teen Strength - Tuesday, Wednesday, or Thursday 5:00-6:00pm**  
**1 day option for 13-14 year olds- 1-5pm Jan 19, Feb 23, Mar 23, May 4**

#### Teen Strength 2/Fitness Leader in Training

Expanding on the basics from Teen Strength, Fitness LITs will learn how to make fitness a lifelong habit, as well as learning basic anatomy and nutrition for the growing active body. Must have completed Teen Strength and be 11 years of age at the start of the program.  
**Mondays 6:30-8:00pm**

#### Y Don't You...?

Why don't you step away from the TV and tablets and come join us at the Y for crafts, puzzles, games and sensory play. A variety of stations will be available to kids and families to use.  
**Saturdays- age 5+ 10:00am-12:00pm**  
**YM - n/c NM - \$5**