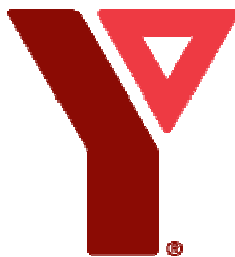


Hours of Operation
 Monday to Friday
5:30am – 10:00pm
 Saturday and Sunday
 7:30am – 5:30pm
Statutory Holidays
 9:00am – 2:00pm



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 Apr 8 - Jun 23, 2019

Spring 2019 Open Gym / Youth Programs Schedule

Spring 2019 Open Gym / Youth Programs Schedule

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

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Spring 2019 Open Gym / Youth Programs Schedule

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - 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
KidsKare	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	
Special Bookings						Birthday Parties 1:30-4:30pm	Birthday Parties 1:30-4:30pm
<p>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 Mar 23, May 4 YM - \$10.00 NM \$12.00</p>				<p>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, Apr 12 or June 14 5:30pm -9pm YM - \$25 NM \$40</p>			
<p>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</p>				<p>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</p>			
<p>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 Mar 23, May 4</p>			<p>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</p>			<p>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</p>	