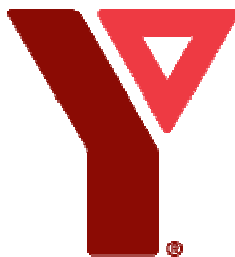


Hours of Operation
Monday to Friday
5:30am – 10:00pm
Saturday and Sunday
7:30am – 5:30pm
Statutory Holidays
9:00am – 2:00pm



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 Jan 6-Apr 5, 2020

Winter 2020 Open Gym / Youth Programs Schedule

Winter 2020 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 <i>(parented)</i> (1-4yrs) 9:30-10:00am	Wiggles and Giggles <i>(parented)</i> (1-4yrs) 9:30-10:00am	Tumble Tots <i>(parented)</i> (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) 10:15-12:30pm	Stay and Play (all ages) 10:15-12:00pm	Stay and Play (all ages) 10:15-12:30pm	Stay and Play (all ages) 10:15-12:00pm	Stay and Play (all ages) 10:15-12:30pm		
		Tumble Tots <i>(parented)</i> (1-3yrs) 4:30-5:00pm Kidnastics (4-6yrs) 5:05-5:50pm (4-6) 5:55-6:40pm Gymnastics (7-9yrs) 6:45-7:30pm <i>(East Gym)</i>	Home School (6-14yrs) Science, Art, Drama, Gym 10:30-12:00pm	Tumble Tots <i>(parented)</i> (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 <i>(multi-purpose Rm)</i> *supply fee required		Ball Hockey (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm <i>(East Gym)</i>			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) 5:00-5:30pm		Tiger Tot Martial Arts (4-6yrs) 4:30-5:00pm 5:05-5:35pm 5:40-6:10pm <i>(multi-purpose Rm)</i>		Drama Club (7-13yrs) 5:00-6:30pm <i>(multi-purpose Rm)</i>	Family Fun Zone Drop In (all ages) 10:15-12:15pm <i>(West Gym)</i>	
	Sports Mania (4-6yrs) 5:40-6:25pm (7-9yrs) 6:30-7:15pm <i>(East Gym)</i>	Basketball (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm <i>(West Gym)</i>	Youth Yoga (10-14yrs) 6:30-7:15pm	Fit Kids/Y Thrive (7-9yrs) 5:00-5:45pm (10-13yrs) 5:50-6:55pm <i>(West Gym)</i>		Junior Builder (6-8yrs) 9:00-9:45am (9-12yrs) 9:50-10:35pm <i>(multi-purpose)</i>	Schedule subject to change at any time
	Intramural Sports (10-13yrs) 7:15-8:00pm <i>(East Gym)</i>	TAG (6-9yrs) 5:30-6:30pm (10-13) 6:40-7:40pm <i>(multi-purpose Rm)</i>	Soccer (4-6) 4:30-5:15pm (7-9) 5:20-6:05pm <i>(West Gym)</i>	Fitness LIT (11-14yrs) 6:30-8:30pm	Just Cook (7-10yrs) 5:00-6:00pm <i>(multi-purpose Rm)</i> *supply fee required	Teen Strength (13-14yrs) 1-4pm <i>(one day option)</i> Jan 18, Feb 29, Mar 28, Apr 18, May 23	
		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) 6:30-9:30pm *fee required	Indicates Drop in program - Not available on PA Days
	Teen & Adult Martial Arts (16 & up) 7:30-9:00pm		Family Martial Arts (7yrs & up) 6:30-7:45pm *fee required	Leaders in Training (11-15yrs) 6:30-8:30pm <i>(multi-purpose Rm)</i>			

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Winter 2020 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-6:00pm	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

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-12:15pm YM - n/c NM - \$5

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, March 13 or May 29 6:00pm -9pm YM - \$25 NM \$40

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, Feb 8 or May 9
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 18, Feb 29, Mar 28, Apr 18 or May 23

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.

Thursdays 6:30-8:30pm YM \$30

Kids Kare Times

**Monday - Friday 9 am - 12:30 pm
Monday - Thursday 4:30 pm -8:00 pm
Saturdays 8:30 am - 12:00 pm
KidsKare does not run on Statutory holidays**