



We Are Adding Additional Open Swim Times!

Beginning Monday, November 23rd we are adding additional Open Member Swim times at all branches. Space must be booked ahead of time on our website. Swim tests and wrist banding will be in effect and all safety precautions on the pool deck will be enforced.

Children 10+ are allowed to participate in Open Member Swim unsupervised (must pass swim test and be an active member). We hope to see more of our YMCA members enjoying our pools in the weeks to come as we add these additional swim times. Please speak to our Membership or Aquatics staff if you have any questions.

[Book Online](#)

[Aquatics Admission](#)

[Schedules](#)

Online Booking System - Swim Times, Aquafit, Fitness Classes, Kids Kare and The Treehouse

We've been working hard to make booking online easier for our members. To book Fitness Classes (currently just the Belleville Branch), Kids Kare, Treehouse times and Open Gym (currently available at the Balsillie Family Branch) visit ymcaofceo.ca and scroll down to the 'Online Booking' circle. Squash bookings for the Balsillie Family Branch will be done online starting in the next few weeks.

Booking for Aquatics (Lane Swim, Aquafit, Open Member Swim) is done by clicking the 'Online Booking Aquatics' circle.

Please watch our 'How To' video below to learn more.



YMCA Peace Week November 14-21

This week is YMCA Peace Week - a time when we celebrate the presence of peace in our communities, and reflect on the peace-building work that happens all year both inside and outside the YMCA.

As we navigate through 2020, YMCA Peace Week takes on new meaning, illustrating how the ongoing work of building peace needs to continue now more than ever. COVID-19 and the urgent calls for action to address/support anti-black racism are challenging us, as individuals, as communities, and as a country, to reconsider where we've been and where we want to go.

Please take the time this week to reflect on what peace means to you and ways that you can act for peace in your community.

Virtual Peace Makers

Each day of Peace Week, the YMCA of Central East Ontario will feature an individual or group that have made an impact in our communities. Stay tuned to our Facebook and Instagram to learn about those that are working for peace in our communities.

Peace Week Personal Trainer Challenge

Join one of our YMCA personal trainers on Facebook each day to complete a Peace Week work out that focuses on the words: PARTICIPATION, EMPATHY, ADVOCACY, COMMUNITY & EMPOWERMENT. We will post a new challenge on Facebook each day.

Take Home Craft Kits

Take home craft bags will be available for pick up during Peace Week. Each bag contains simple instructions and necessary materials. All you need to bring is the glue and scissors!

Quantities are limited, so grab your craft bag today.

Visit [Facebook.com/YMCAofCEO](https://www.facebook.com/YMCAofCEO) and check out the Events page for the Belleville Branch Peace Week online auction in support of the Strong Kids Campaign.

Please remember that Membership Cards are required for access into our YMCA facilities.

Thank you for being a member of our YMCA.



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