Winter Program Guide

YMCA of Central East Ontario | John Williams YMCA

ymcaofceo.ca

Welcome to the Y!

At the YMCA of Central East Ontario, we're proud to offer the community and our members programs that provide opportunities for you and your family to meet friends and strengthen family bonds, while focusing on your health and wellness.

Strong Kids, Healthy Families, Inclusive Communities

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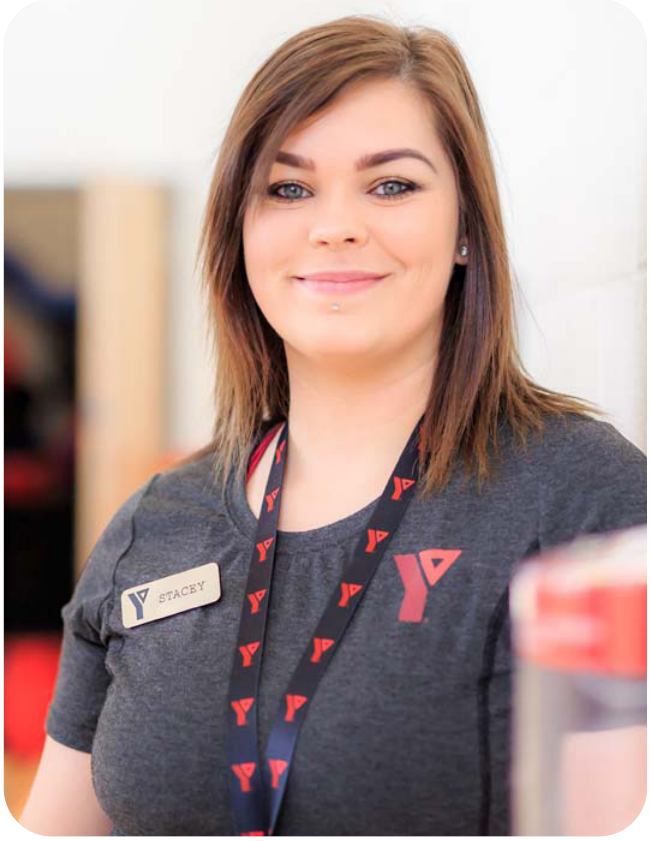


How to Register

REGISTRATION INFO

REGISTRATION OPENS
Members: Monday, December 19, 2022
Non-Members: Tuesday, January 3, 2023

WINTER SESSION
January 9 - March 25, 2023
No programs/lessons March 13-17 due to March Break

Registrations are accepted on a first-come, first-served basis and are subject to availability. Full payment is required upon registration.

ONLINE
Register for programs by visiting **ymcaofceo.ca** and then clicking the **My Account button**.

IN PERSON
Visit the John Williams YMCA to register in person, starting at 9:00am on Monday, December 19, 2022.

METHODS OF PAYMENT
Methods of payment include VISA, MasterCard and American Express. Cash and Interac options available for registrations made in person.

PROGRAM REFUNDS/CANCELLATIONS
All program cancellation requests must be made in writing 7 days prior to the program start date. Refunds or credits are not offered after a program has started unless accompanied by a medical certificate. Refunds are subject to a $10 administration fee. No refunds or credits for make up classes will be offered due to unforeseen circumstances (i.e. Power outage).

ACCESS POLICIES

CHILD AND YOUTH AGE AND ACCESS POLICIES
Children under the age of 10 years must be accompanied by a parent/guardian (who is 16 years or older) who is inside the YMCA and aware of their child's location at all times, should the child be participating in an unsupervised program.

Youth must be 15 years and older to fully access the Conditioning Centre. Youth who are 10–14 years may take our Teen Strength program to use the equipment in the Conditioning Centre.

POOL ACCESS & WRISTBAND POLICY
To ensure that children have a safe and enjoyable swimming experience, the YMCA of Central East Ontario has implemented a wristband procedure. This system allows staff to identify children that are at greater risk while in the pool area and ensure adequate supervision.

All children 9 years of age and under will be given an identifying wristband by the facility staff. Click here for additional information on this policy.

Aquatics Programs

ADULT AQUATICS

Please see Aqua Fit schedule for days and times.

AQUA FIT
This is a high energy class that combines water running, muscle resistance, and cardio workouts. Tethered flotation belts are used to provide support in the deep water. This class is offered in the deep end of the lap pool.

AQUA YOGA
The healing properties of water are an excellent place to provide a calm but revitalizing mind and body exercise. Discover ways to increase your flexibility, core stability, coordination, and muscular endurance while soothing the mind with innovative yoga-like moves in the water.

AQUA BOOTCAMP
Looking for a new and rigorous class? Aqua Boot Camp is for you. Class will be taught in both deep and shallow water and will be high intensity.

TONE & STRETCH
This gentle class is intended for those with muscle and joint injuries or disease. This class is slower paced and will work on flexibility, mobility, coordination, and muscular endurance. This class is taught in the therapeutic pool.

ADULT LEARN-TO-SWIM
This program is geared towards adults who seek to gain comfort in the water. Participants will work with an instructor to learn to swim in a safe aquatic setting. Learn-to-Swim is best suited for individuals with little to no swimming experience who wish to begin developing their swimming ability.
Tuesdays 6:20pm-6:50pm *(John Williams YMCA)*
Thursdays 6:55pm-7:25pm *(Belleville Branch)*
Members $25 | Non-Members $125

ADULT STROKE DEVELOPMENT
This program is intended for adults who can swim at least 25 meters but would like to improve their technique. Learn a new stroke or continue to develop existing abilities through goal setting, coaching and practice.
Tuesdays 6:20pm-6:50pm *(John Williams YMCA)*
Thursdays 6:55pm-7:25pm *(Belleville Branch)*
Members $25 | Non-Members $125

YOUTH/TEEN AQUATICS

YOUTH RECREATIONAL SWIM TEAM (AGES 6-12)
By registering your child in the YMCA recreational swim team, you are giving them the opportunity to experience what a swim team is like with a chance to show off these new skills at a swim meet in a future season. Coaches run drills to improve stroke technique and speed, as well as teach other important components to racing such as flip turns and dive entries. This program is designed for youth aged 6-12 who have the ability to swim at least 2 lengths of the pool comfortably. Runs for one hour weekly.
Thursdays 5:45-6:45pm *(John Williams YMCA)*
Tuesdays 6:20-7:20pm *(Belleville Branch)*
Members $50 | Non-Members $150

YOUTH/TEEN LEARN TO SWIM AND STROKE DEVELOPMENT (AGES 12-17)
This program is geared towards youth and teens who seek to gain comfort in the water or those wishing to develop current abilities. Participants will work with an instructor to learn to swim in a safe aquatic setting. Learn-to-swim is best suited for individuals with little to no swimming experience who wish to set goals as well as individuals that would like to improve their strokes and swimming ability.
Friday 6:20-6:50pm *(John Williams YMCA)*
Wednesday 6:20-6:50pm *(Belleville Branch)*
Members $25 | Non-Members $125

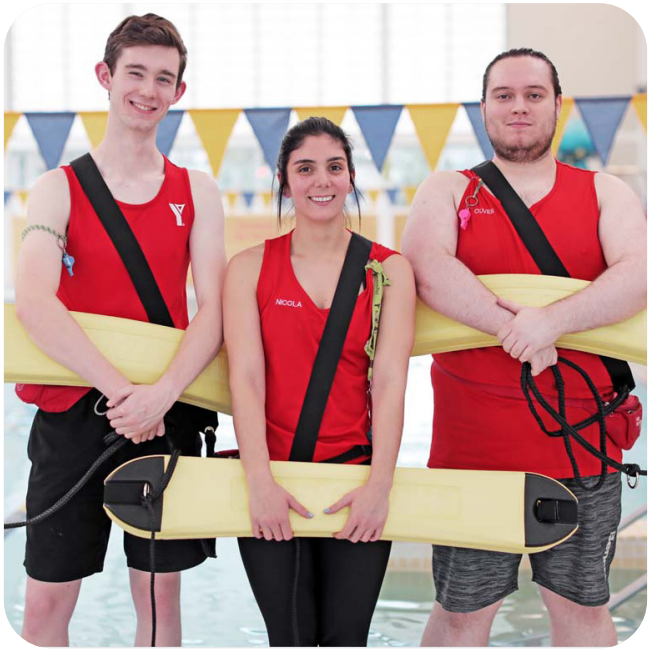
Aquatics Programs

ADVANCED CERTIFICATIONS

AQUATICS LEADERS IN TRAINING
(BRONZE STAR AND ASSISTANT SWIM INSTRUCTORS)
Prerequisite: Completion of Star 6 & minimum 12 years of age.
Aquatic Leader in Training provides youth the opportunity to get involved in the YMCA Aquatic department as well as their community. Community service, philanthropy, volunteerism and health and wellness are all covered.

The program will also see participants complete their bronze star and work on assistant swim instructing, water proficiency, first aid and recognition of rescue situations. As they have built up their leadership skills, they with be giving the opportunity to use their new skills with the aquatics team on the pool deck and during swimming lessons. This is a great stepping stone towards Bronze Med and becoming a lifeguard and swim instructor while giving back to the community.

Tuesdays 5:45-7:45pm*(John Williams YMCA)*
Thursdays 5:45-7:45pm *(Belleville Branch)*
Members $65 | Non-Members $165



STANDARD FIRST AID RECERT
Prerequisite: Current (within 3 years) Lifesaving Society.
Standard First Aid Certification. This is a recertification course for the Lifesaving Society Standard First Aid course, which is required within 3 years of a full Lifesaving Society Standard First Aid course. Participants whose certificate is expired or who trained originally with a different training organization must take the full course. Participants must bring proof of original certification.
Course Dates TBD

NATIONAL LIFEGUARD
Prerequisite: Minimum 15 years of age, Bronze Cross and Standard First Aid Certification issued by; Lifesaving Society, Canadian Red Cross, St. John's, Canadian Ski Patrol or Heart and Stroke only.
Note: 100% attendance and participation is mandatory. Must bring proof of certifications and age to the first class. NL is the nationally recognized lifeguarding qualification. Participants should be prepared for a detailed course covering supervision, prevention, and rescues in an aquatic environment. Six-day course running over two weekends.
Course Dates TBD

NATIONAL LIFEGUARD RECERTIFICATION
Prerequisite: National Lifeguard (NL) and Standard First Aid certification. Must bring proof of certifications.
Recertification is accomplished by demonstrating all NL and standard first aid test items.
Course Dates TBD

BRONZE MEDALLION, BRONZE CROSS & STANDARD FIRST AID
Prerequisite: Minimum 13 years of age or Bronze Star Certification.
This level combines the Bronze Medallion, Standard First Aid and Bronze Cross skills in one program. Participants should be prepared for a detailed course covering aquatic emergency recognition, safe rescue techniques, and lifesaving techniques. Students may be presented for examination at the Bronze Cross level if they are successful in the Bronze Medallion examination. Crash Course (Six day course running over two weekends.)
Course Dates TBD

Swim Lessons

SWIM LESSONS

GROUP LESSONS
The YMCA offers group lessons for all ages. A description of each YMCA Swim Level follows, along with a flowchart to help determine the correct level for your child.
Members $40 | Non-Members $150

PRIVATE & SEMI-PRIVATE LESSONS
The YMCA offers one-on-one swimming lessons for all ages, tailored to individual needs and ability. For more information on private and semi-private lessons and availability, please contact tiffany.ward@ceo.ymca.ca

SCHEDULE
To view lesson days and times, please visit our website.
Click here to view the online schedule.

PRE-SCHOOL

SPLASHER/BUBBLER (6mo-3yrs)
Caregiver assisting child program to develop comfort in the water, familiarity to environment and to promote water fun.

BOBBER (3-5yrs)
Gaining comfort in the water, blowing bubbles with gradual facial immersion, front & back floats with assistance.

FLOATER (3-5yrs)
Must be comfortable entering and exiting the pool on their own, as well as putting their face in the water. To complete: child must be able to float on their front and back and swim 5m unassisted.

GLIDER (3-5yrs)
Must be able to float, swim 5m unassisted in shallow water. Must be comfortable beginning the transition from shallow to deep water with assistance.

DIVER (3-5yrs)
Comfort in deep water. To complete: 10m back and front swim with leg and arm action, as well as front and back float in deep water.

SURFER/JUMPER (3-5yrs)
Surfer – Surface support for 30sec, front and back swim with arm action and flutter kick up to 15m, side breathing, face in with bouyant aid.
Jumper - front and back swim 25m, intro to front and back crawl, standing dive and surface support for 45 seconds.

LEARN TO SWIM (6+)

OTTER
This level is for beginner swimmers. To complete: submerge, holding breath, front and back float unassisted, front and back swim 5m.

SEAL
Deep end activities on a more regular basis. Build endurance and stamina to proceed onto length swimming. To complete: surface support 20sec; front and back float in deep water unassisted; front and back swim 10m.

DOLPHIN
Build endurance and stamina for length swimming and instruction. To complete: tread in deep water 45sec, front glide with kick, face in, side-breathing 15m, front and back swim with arm and leg action 15m. Jump into deep water and swim 15m.

SWIMMER
Introduction to length swimming. To complete: initial standard front crawl 25m; back swim 25m; tread water 60sec; jump into deep water and swim 50m.

Swim Lesson Levels

STAR PROGRAM

STAR 1
To complete: front crawl intermediate standard; back crawl initial standard; tread water 90sec; endurance swim of 75m.

STAR 2
To complete: front crawl advanced standard; back crawl intermediate standard; elementary backstroke initial standard; endurance swim 350m (14 lengths) throughout program; tread water 2min.

STAR 3
To complete: back crawl advanced standard; elementary backstroke intermediate standard; breast stroke initial standard; endurance swim 300m (12 lengths).

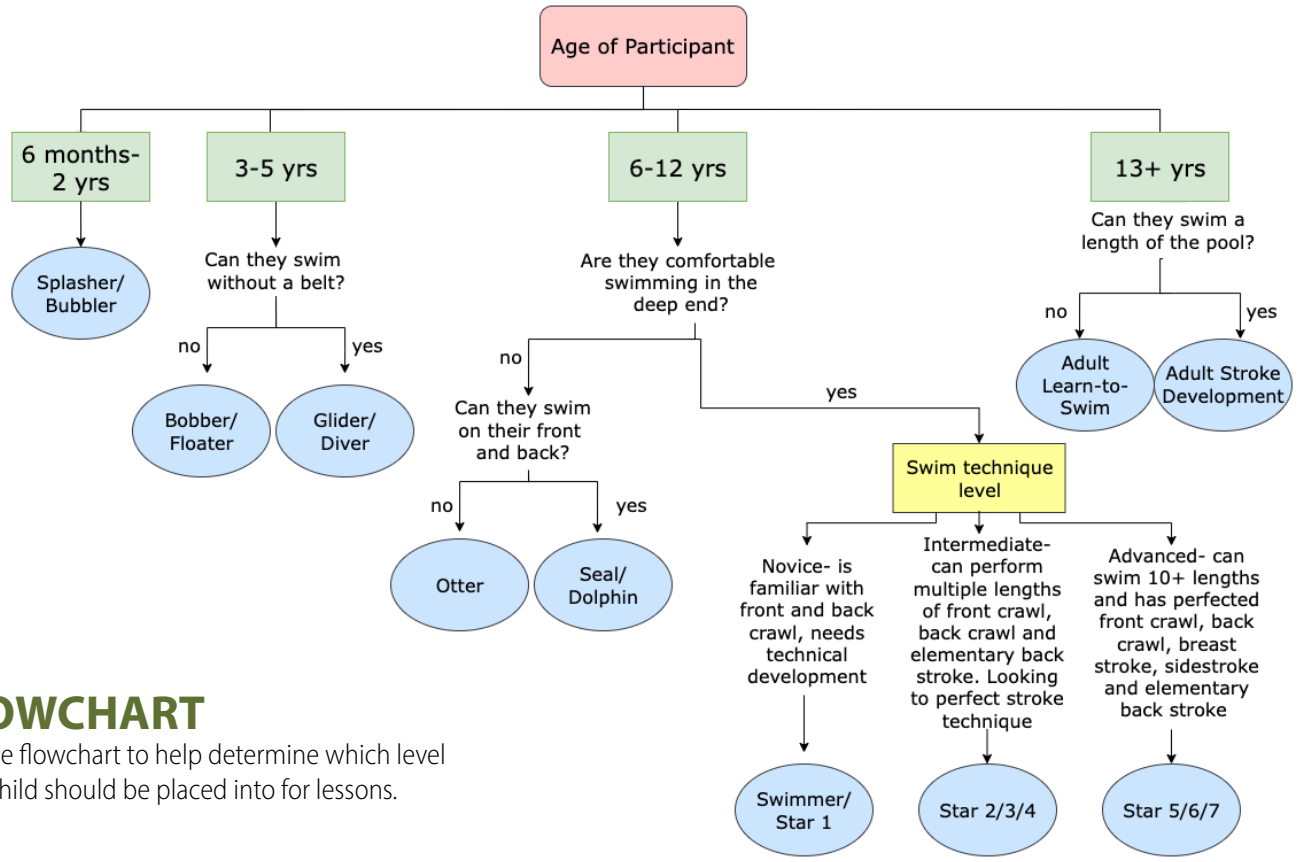
STAR 4
To complete: recognition and care for an obstructed, conscious victim; eggbeater kick 60sec; elementary backstroke 50m advanced standard, breast stroke 50m intermediate standard. Endurance swim 400m (16 lengths).

STAR LEADERSHIP

STAR 5
To complete: swim 200m in under 6min; eggbeater kick 2min; breast stroke 50m advanced standard; sidestroke 25m initial standard; endurance swim 500m (20 lengths).

STAR 6
To complete: rescue unconscious victim with obstructed airway; sidestroke 50m intermediate standard; butterfly stroke 25m initial standard; endurance swim 600m(24 lengths); help teach a swim skill.

STAR 7
To complete: recognition and care for bone/joint injuries; respiratory distress and asthma/ anaphylaxis; create and deliver 3 fun activities for a stroke/skill; 400m swim in under 12min.



FLOWCHART

Use the flowchart to help determine which level your child should be placed into for lessons.

Adult Fitness

SPECIALTY PROGRAMS

POST REHAB CARDIAC MAINTENANCE
Led by certified trainers and designed for participants who have experienced a cardiac event, have been diagnosed with high risk factors for heart disease, metabolic disorders, have experienced a stroke or have been diagnosed with COPD. Program includes cardiovascular, strength, balance & flexibility components for improved quality of life. Participants are either referred by Hotel Dieu Hospital, Belleville General Hospital or have signed approval of a Cardiologist or Family Physician. Program fee includes 2 days each week.
Tuesday & Friday 1:30 – 3:00pm
Members $45 + tax | Non-Members $120 + tax

WHEELCHAIR BASKETBALL QUINTE
All are welcome! This program is an opportunity for individuals of varying physical abilities and exceptionalities to participate in a game of basketball. A limited number of wheelchairs are provided or participants may use their own.
Tuesdays 6:30-8:30pm
Members Included | Non-Members $5 + tax

ADULT RECREATIONAL PICKLEBALL
One of the fastest growing sports in North America, Pickle Ball is a paddle sport that has very simple rules and is easy to learn and play. It gives participants the ability to stay fit through an interactive and social sport.
Mondays, Wednesdays & Thursdays 12:00-3:00pm
Members Included
Non-Members $5 + tax per visit or sign up for Turf Membership

GROUP FITNESS CLASSES

IN MOTION
A class for those looking to workout at a slower pace. A variety of cardio and strength movements are offered with modifications where necessary for anyone with joint issues or other limitations.
Monday 8:15-9:00am
Friday 8:15-9:00am

FIT4ALL
Taking In Motion to the next level. A higher intensity version of strength and cardio exercises will give participants a boost in their fitness journey. All fitness levels are welcome, as long as you are ready to exercise.
Monday 9:15-10:15am
Friday 9:15-10:15am

CYCLEFIT
The ultimate low impact workout to increase your cardiovascular health and endurance. This class offers a variety of intervals and drills, using upbeat music to keep participants motivated the entire time.
Monday 9:15-10:00am
Tuesday 6:30-7:30pm
Thursday 6:30-7:30pm
Saturday 8:15-9:10am

ZUMBA
Burn those calories by dancing them away. No experience needed, this class offers a variety of dance styles and will help increase cardiovascular health with low impact moves.
Monday 10:15 – 11:00am
Wednesday 9:00-10:00am

Adult Fitness

GROUP FITNESS CLASSES

SIMPLY STRENGTH
This weight training class aims to strengthen, tone, and define every muscle in your body. Dumbbells, bands, and other equipment will be used to create a full body workout suitable for all fitness levels.
Tuesdays 9:00-9:45am

YOGA
This is a traditional yoga practice. The focus of this class is increasing flexibility and calming the mind with poses suitable for all levels of experience.
Wednesdays 6:30-7:15am
Mondays 6:45-7:45pm
Tuesdays & Thursdays 10:00-11:00am

CHAIR YOGA
A gentle yoga practice, with the poses performed while seated and/or with the assistance of the chair. This class invites you to find mobility in a way that is soft and gentle, while also being supportive and beneficial to overall health.
Wednesdays 10:15-11:15am

YIN YOGA
Passive floor poses that you relax into. Poses are held for 1-5 minutes. As we age flexibility in the joints decreases. A regular yin practice helps with joint circulation, flexibility & tension/stress relief. Suitable for all levels.
Fridays 10:30-11:30am

HATHA YOGA
Hatha Yoga is great for increasing strength while also improving flexibility and circulation through the body. It also helps to calm a stressful mind. This class is geared towards motivated beginners and more experienced yoga practitioners because of its intermediate to advanced poses. However, variations and options are given to suit different fitness levels.
Wednesdays 6:45-7:45pm
Sundays 9:00-10:30am

BOOTCAMP
A high intensity class that is designed to push your limits, building speed and increasing muscular strength and endurance. The ultimate challenge for a total body workout.
Tuesdays 5:30-6:15pm
Thursdays 9:00-9:45am
Saturdays 9:15-10:00am

TRX CIRCUIT
A fun circuit using suspension training straps for a full-body workout. This type of training uses your body as a lever and is a great switch up to your usual routine.
Wednesdays 9:00-9:45am
Thursdays 5:30-6:15pm

TOTAL BODY BLAST
Are you ready for a total body workout? This class will combine cardio and resistance while integrating balance and core. Challenge yourself with dynamic endurance training, and finish off with flexibility.
Mondays & Wednesday 5:30-6:30pm

Adult Fitness

SPECIALTY PROGRAMS

YTHRIVE
Sign up for our **free YThrive fitness program** to help you get the results you want. YThrive is an exercise program designed by a team of fitness experts, that will help you improve your health and physical performance and achieve results. Each set workout is designed to be 30 to 50 minutes in length and done 2-3x per week. There are four streams with YThrive:

BEGIN - will give you the skills and confidence to get started on your fitness journey.
BALANCE - for individuals looking to improve their overall health, increase energy levels and lead a more active lifestyle.
BOOST - for someone who is already exercising and is looking to maintain a healthy weight and lifestyle.
FLEX - for a confident exerciser looking to maximize strength and muscle gain.

Sign up at the front desk or with one of our trainers for your first appointment!

PERSONAL TRAINING
We understand that creating an effective exercise program can be overwhelming – that's why we have options to get you set up with a program that meets your goals and teaches you the best way to exercise. Work one-on-one with a certified personal trainer to meet your goals, stay on track or challenge yourself. Profiles of our trainers are available outside the Conditioning Centre.

6 Benefits of Working with a Personal Trainer
- Workout planning
- Proper technique
- Injury prevention
- Progress Tracking
- Health Advice
- Motivation

45 or 60 minute sessions available. Purchase just one session or purchase a full training package to help reach your goals. The more sessions you buy, the more you save per session.

Talk to us for more information about Personal Training, Aquatic Personal Training and Small Group Training.

Please see the Membership Services desk or contact Lexi, Supervisor, Health and Fitness at 613-394-9622 x7674 or by email at lexi.bruce@ceo.ymca.ca

FITNESS LEADERSHIP
The YMCA developed the first nationally recognized Fitness Leadership program in 1974 and continues to train Fitness Leaders today. By fostering relationship building, YMCA fitness leadership programs create a positive atmosphere where community members can achieve their personal and professional goals.

Each course is a combination of online material, face to face sessions and practical skill development. Be a part of the YMCA health and wellness movement and take this nationally recognized certification program to get you started in this exciting industry as a fitness professional. Everyone will complete the YMCA Basic Theory course and then stream in their certification of choice. *Participants will be required to purchase Strength Training Anatomy, Third Edition by Frederic Delavier*

Certification options include: Cardio/Strength, Cycle, Aquatic Fitness, Older Adults and Personal Training

Recommended prerequisite includes participation in a minimum of 50 hours in the stream of your choice. Please contact Lexi Bruce, Supervisor, Health and Fitness at 613-394-9622 x7674 or by email at lexi.bruce@ceo.ymca.ca
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Child & Youth

PRESCHOOL (AGES 1-3 PARENTED)

Child & Youth program fees unless otherwise noted are
Members $30 | Non-Members $140

WIGGLES & GIGGLES
Join your child and explore new ways to be active each week,while learning numbers, colours, and friendships.
Tuesdays 10:30-11:00am
Tuesdays 4:30-5:00pm

TOTNASTICS
Join your child in this fun safe environment, to help with children's gross motor skills in tumbling stretching balancing but the main focus is fun and friendship.
Thursdays 5:00-5:30pm
Saturdays 9:00-9:30am

SOCCER
Arguably the most popular game in the world! Your child will learn fundamentals of the game, running ball control, games, fun and sportsmanship are all part of this exciting sport. ***Ages 2-4.***
Saturdays 10:15-10:45am

STAY AND PLAY *(Drop-In Program)*
Join us every Wednesday in our full gym parented safe play, we provide the equipment air conditioning /dry and warm space. You bring your toddlers to play and make friendships.
Wednesdays 10:30am-12:00pm
Members Included | Non-Members $5/family

CHILD (AGES 4-6)

FLOOR BALL
Skills in floor ball encourages participants to develop their confidence in a fun and supportive recreation environment.
Mondays 5:05-5:50pm

MAKE AND TAKE
This is a creative program with focus on different types of art media each week, to Make and take home to enjoy and display.
Tuesdays 5:05-5:50pm

BASKETBALL
Did you know that basketball began at the YMCA? Come enjoy our game! This program teaches fundamental skills needed to play the game.
Tuesdays 4:45-5:15pm

KIDNASTICS
Fun for everyone, in this non competitive environment, enhance coordination, balance, while learning basic fundamentals of gymnastics.
Thursdays 5:35-6:05pm
Saturdays 9:40-10:10am, 10:15-10:45am

SOCCER
Arguably the most popular game in the world! Your child will learn fundamentals of the game, running ball control, games, fun and sportsmanship are all part of this exciting sport. ***Ages 5-7.***
Saturdays 10:50-11:20am

RACKETS
Pickleball is becoming one of our most popular racket games within our Ys. Half the lesson will be learning skills of this popular sport and half with the more traditional racket game of Badminton. Rules, skills and games will be played in both while encouraging sportsmanship.
Monday 5:20pm-5:50pm

LEGO® CLUB
A different theme each week for children to use their imagination and make friends. ***Ages 5-7.***
Saturdays 10:00am-11:00am

Youth & Teen

Child & Youth program fees unless otherwise noted are
Members $30 | Non-Members $140

YOUTH (AGES 7-9)

FLOOR BALL
Skills in floor ball encourages participants to develop their confidence in a fun and supportive recreation environment.
Mondays 6:00-6:45pm

MAKE AND TAKE
This is a creative program with focus on different types of art media each week, to Make and take home to enjoy and display.
Tuesdays 6:00-6:45pm *(Ages 7-12)*

BASKETBALL
Did you know that basketball began at the YMCA? Come enjoy our game! This program teaches fundamental skills needed to play the game.
Tuesdays 5:20-6:05pm

KIDNASTICS
Fun for everyone, in this non competitive environment, enhance coordination, balance, while learning basic fundamentals of gymnastics.
Thursdays 6:10-6:55pm
Saturdays 10:50-11:35am

GAMES NIGHT
An evening of fun with access to lots of different board games and card games. Love to play games but don't have a big enough group? Join us and make new friends.
Thursdays 5:00-7:30pm *(Ages 7-12)*

RACKETS
Pickleball is becoming one of our most popular racket games within our Ys. Half the lesson will be learning skills of this popular sport and half with the more traditional racket game of Badminton. Rules, skills and games will be played in both while encouraging sportsmanship.
Monday 6:00pm-6:45pm

YOUTH (AGES 7-9)

LEGO® CLUB
A different theme each week for children to use their imagination and make friends. Drop-in. ***Ages 8-12.***
Saturdays 11:00am-12:00pm

TEEN (AGES 10+)

FLOOR BALL
Skills in floor ball encourages participants to develop their confidence in a fun and supportive recreation environment.
Mondays 6:45-7:30pm

BASKETBALL
Did you know that basketball began at the YMCA? Come enjoy our game! This program teaches fundamental skills needed to play the game.
Tuesdays 6:10-6:55pm

KIDNASTICS
Fun for everyone, in this non competitive environment, enhance coordination, balance, while learning basic fundamentals of gymnastics.
Thursdays 7:00-7:45pm
Saturdays 11:40am-12:25pm

SOCCER
Arguably the most popular game in the world! Your child will learn fundamentals of the game, running ball control, games, fun and sportsmanship are all part of this exciting sport. ***Ages 8-12.***
Saturdays 11:25am-12:10pm

RACKETS
Pickleball is becoming one of our most popular racket games within our Ys. Half the lesson will be learning skills of this popular sport and half with the more traditional racket game of Badminton. Rules, skills and games will be played in both while encouraging sportsmanship.
Mondays 6:45pm-7:30pm

Specialty & PA Days

SPECIALTY PROGRAMS

MARTIAL ARTS
Sensi Bob and Bev Lenord run this martial arts program for the whole family. Participants learn strength self discipline respect and self defence techniques while working towards belt levels.
Wednesdays 5:00-5:30pm *(Y Tigers)*
Members $30 | Non-Members $130
Wednesdays 5:35-6:20 *(Y Karate)*
Members $75 | Non-Members $175
Wednesdays 6:30-7:30pm *(Y Adult/Youth/Family)*
Members $75 | Non-Members $175

BIRTHDAY POOL PARTIES

Let the Y take care of the mess and clean up – have your child's birthday party at the Y!

Party space available Saturdays and Sundays 1-3pm.
2-hour party (1-hour party room, 1 hour private swim in our Therapeutic Pool). Bring your own food and decorations, Birthday child and 9 friends.

Ratio: Children age 8 years and under 2 children to 1 adult, children age 8 and over 5 children to 1 adult.

Members $125 | Non-Members $175
Click here to book your Y party today.

Fee to be paid in full at time of booking, free cancellation up to 14 days prior.

CHILD MINDING

KIDSKARE
KidsKare is a service we offer while you enjoy our Y facilities and programs. Our caring, creative, fun and professional staff are here to make sure that your child's time at the Y is as much fun as yours. Children spend their time engaged in supervised play, arts and crafts, reading stories and much more.

Infants to 9 years of age can stay with us for up to 1.5 hours per day. Cost is $5 per visit or $25 per month for the first child, $15 per month for any additional children. Drop-in.
Monday - Saturday 8:30am-12:00pm

PA DAY & HOLIDAY CAMPS

PA DAY CAMP
Please bring healthy snacks, healthy lunch, waterbottle, bathing suit, towel and socks and running shoes. Participants will be playing active games, participating in arts and crafts and going for a swim! Camp runs from 8:00am-4:30pm.

Friday, February 3, 2023
Friday, June 2, 2023
Friday, June 30, 2023

Members $45/day | Non-Members $50/day

HOLIDAY CAMP
Please bring healthy snacks, healthy lunch, waterbottle, bathing suit, towel and socks and running shoes. Participants will be playing active games, participating in arts and crafts and going for a swim! Camp runs from 8:00am-4:30pm.

December 27, 28, 29, 30
January 2, 3, 4, 5, 6

Members $45/day | Non-Members $50/day

John Williams YMCA | 50 Monogram Place, Trenton | 613-394-9622