



# Winter Program Guide

YMCA of Central East Ontario | Balsillie Family Branch



[ymcaofceo.ca](http://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 4, 2023

Non-Members: Monday, December 18, 2023

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](https://ymcaofceo.ca), starting at 6:00am on Monday, December 4 and then clicking the **My Account** button.

### IN PERSON

Visit the Balsillie Family Branch to register in person, starting at 9:00am on Monday, December 4, 2023.

Due to the volume of registrations and inquiries we are not able to complete registrations over the phone.



## 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. The parent/guardian is required to sign in at the Membership Desk with photo ID.

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.



# Employment Services



## EMPLOYMENT SERVICES

### YMCA OF PETERBOROUGH EMPLOYMENT SERVICES

YMCA Employment Services offers self-directed, independent job search services as well as one-on-one guided job search support to Peterborough job seekers AND hiring support to local employers – all for free!

Our team of employment services professionals are here to be your job search dream team! Do you need help with your job search, career planning or hiring? Contact us to book an intake today and learn more. Phone 705.748.4070, email [findwork@ceo.ymca.ca](mailto:findwork@ceo.ymca.ca) or drop by the next time you are at the Balsillie Family Branch – we would love to hear from you.



## UPCOMING WORKSHOPS

### APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

Are you looking to make a difference in your community and help those in need? Our Applied Suicide Intervention Skills Training (ASIST) course equips individuals with the skills and knowledge to intervene when someone is at risk of suicide. With ASIST, you'll learn how to recognize warning signs, explore feelings of suicide, and connect individuals to support and resources. Plus, you'll earn a valuable certification that can enhance your resume and open doors to new career opportunities. Don't wait to make a difference. Sign up for ASIST today and join the thousands of individuals who have already made a positive impact in their communities.

Members \$250 | Non-Members \$275

### MENTAL HEALTH FIRST AID (MHFA)

Looking to build your mental health support skills? YMCA Employment Services can help with our Mental Health First Aid course. Designed to help individuals recognize and support those with mental health challenges, this will provide you with the tool to make a difference in your community. With Mental Health First Aid training, you'll learn how to identify common mental health conditions, provide initial support, and connect individuals to appropriate resources. Plus, you'll earn a valuable certification that can enhance your resume and open doors to new career opportunities. Invest in yourself and make a difference in the lives of others by becoming a Mental Health First Aider.

Members \$250 | Non-Members \$275

### STRONG INTEREST INVENTORY

Job Searching and unsure of your career direction? The Strong Interest Inventory is the solution for you! The goal of this assessment is to give insight into your interests, so that you may have less difficulty in deciding on an appropriate career choice. The range of general and specific information extracted about your professional interests can empower you in identifying a rich and fulfilling career. The Strong Interest Inventory is the most accurate and the gold standard for career and occupational testing. The profile that results from this process will form a valuable guide to the steps you take and the decisions you will make regarding the future direction of your career.

Members \$75 | Non-Members \$100

Contact YMCA Employment Services to learn more about our upcoming courses and register today!

[ymcaofceo.ca/employment-services/](https://ymcaofceo.ca/employment-services/)

[findwork@ceo.ymca.ca](mailto:findwork@ceo.ymca.ca)

705-748-4070



# Aquatics Programs



## SPECIALIZED PROGRAMMING

### SPLASH! ADAPTIVE SWIM SAFETY PROGRAM

Splash! Adaptive Swim Safety program is a 10-week tailored program focusing on water safety skills & principles. Half-hour lessons on Mondays or Thursdays. Must be able to attend the meet and greet session the week of January 8. Monday lessons will meet on January 8 and Thursday lessons will meet on January 11 at the same time as their session. Participants are off the second week so instructors can lesson plan, then they are in-pool for 8 weeks starting the week of January 22.

**Mondays 5:55pm, 6:20pm, 6:30pm, 6:55pm and 7:05pm**

**Thursdays 6:20pm, 6:30pm, 6:55pm and 7:05pm**

Members \$50 | Non-Members \$160



## ADVANCED CERTIFICATIONS

### 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.

**February 2,3,4 and 9,10,11**

Friday 5:00-9:00pm, Saturday & Sunday 9:00am-4:00pm

Members \$380 + tax | Non-Members \$480 + tax

### 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.

**February 11 from 11:00am-4:00pm**

Members \$100 | Non-Members \$150



# Aquatics Programs



## ADVANCED CERTIFICATIONS

### BRONZE MEDALLION, BRONZE CROSS AND STANDARD FIRST AID (Crash Course)

*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. *(cost includes pocket mask)*

**January 19, 20, 21 and 26, 27 & 28**

**Friday 4:00-9:00pm and Saturday/Sunday 9:00am-5:00pm**

Members \$365 + tax | Non-Members \$465 + tax

### STANDARD FIRST AID WITH CPR C AND AED

This course provides in depth training in all aspects of first aid and CPR. Participants will develop an understanding of the legal implications of first aid treatment and skills in the treatment of spinal injuries, bone and joint injuries, heat and cold emergencies, medical emergencies and much more.

**April 27 & 28 from 9:00am-5:00pm**

Members \$125 + tax | Non-Members \$160 + tax

### 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.

**April 28 from 9:00am-5:00pm**

Members \$75 + tax | Non-Members \$125 + tax

### CPR LEVEL C- CERTIFICATION

Audience for this course is Fitness Instructors who need CPR C to renew their Personal Trainer Certification. This course is combined with participants in a full first aid course. Instructors who need to recertify their trainer award can attend the second day of the full course to receive their CPR C certification.

**April 28**

## AQUATICS LEADERS IN TRAINING

### (BRONZE STAR AND ASSISTANT SWIM INSTRUCTORS)

*Prerequisite: Minimum 10 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 will 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. Hours can go towards high school volunteer hours.

**Tuesdays 5:15pm-7:15pm**

Members \$70 | Non-Members \$180



# Aquatics Programs



## ADULT AQUATICS

*Please note that pre-registration is required online each week for Aquafit classes. Registration opens at 1pm Thursdays.*

### GENTLE AQUA FIT

This gentle-paced fitness class is appropriate for all ages and focuses on range of motion, balance and mobility. This class will build your ability to accomplish everyday activities with greater ease. This class will be taught in the therapeutic pool. Offered 3 to 4 times a day during the week and once on Saturdays. New evening classes Wednesdays.

**Please see Aqua Fit schedule.**



### DEEP WATER 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.

**Mondays, Wednesdays and Fridays 12:05pm-12:50pm.**

### 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.

**Please see Aqua Fit schedule for class times.**

### ADULT SYNCHRONIZED SWIMMING

This is a great opportunity to practice and learn synchronized swimming and work together on a routine. Participants must be able to scull effectively and perform front and back somersaults. This program takes place in the deep end of the lap pool.

**Thursdays 11:00am-12:00pm**

Members \$40 | Non-Members \$140

### 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 10:30am-11:00am**

**Tuesdays 7:00pm-7:30pm**

Members \$50 | Non-Members \$160

### 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 10:00-10:30am, 7:00pm-7:30pm**

**Wednesdays 7:00pm-7:30pm**

Members \$50 | Non-Members \$160

## YOUTH/TEEN AQUATICS

### YOUTH RECREATIONAL SWIM TEAM (AGES 10-14)

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 10-14 who have the ability to swim at least 2 lengths of the pool comfortably. Runs for one hour weekly.

**Wednesdays 5:45pm-6:45pm**

Members \$85 | Non-Members \$195

### YOUTH STROKE DEVELOPMENT (AGES 10-14)

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.

**Thursdays 5:45pm-6:15pm**

Members \$50 | Non-Members \$160



# 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. Member lessons work out to \$5/lesson for the 10 week session.

Members \$50 | Non-Members \$160

### PRIVATE & SEMI-PRIVATE LESSONS

The YMCA offers one-on-one swimming lessons for all ages, tailored to individual needs and ability. Contact Team Leader or Aquatics Supervisor; you must register for entire session.

1 child - \$30/lesson, 2 children - \$25/lesson, 3 children - \$20/lesson, 4 children - \$15/lesson. For more information, contact [shannon.hunter@ceo.ymca.ca](mailto:shannon.hunter@ceo.ymca.ca) or [jenn.cardona@ceo.ymca.ca](mailto:jenn.cardona@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-2yrs)

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 and swims 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 & front swim with leg and arm action, as well as front and back float in deep water.



## LEARN TO SWIM (6+)

### OTTER

This level is for beginner swimmers. To complete: submerge, holding breath, front and side and back glide 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 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 100m (4 lengths) throughout program; tread water 2min.

### STAR 3

To complete: back crawl advanced standard; elementary backstroke intermediate standard; breast stroke initial standard; endurance swim 200m (8 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 350m (14 lengths).

## STAR LEADERSHIP

One hour class focused on lifesaving, instructing, skill development and endurance.

### STAR 5

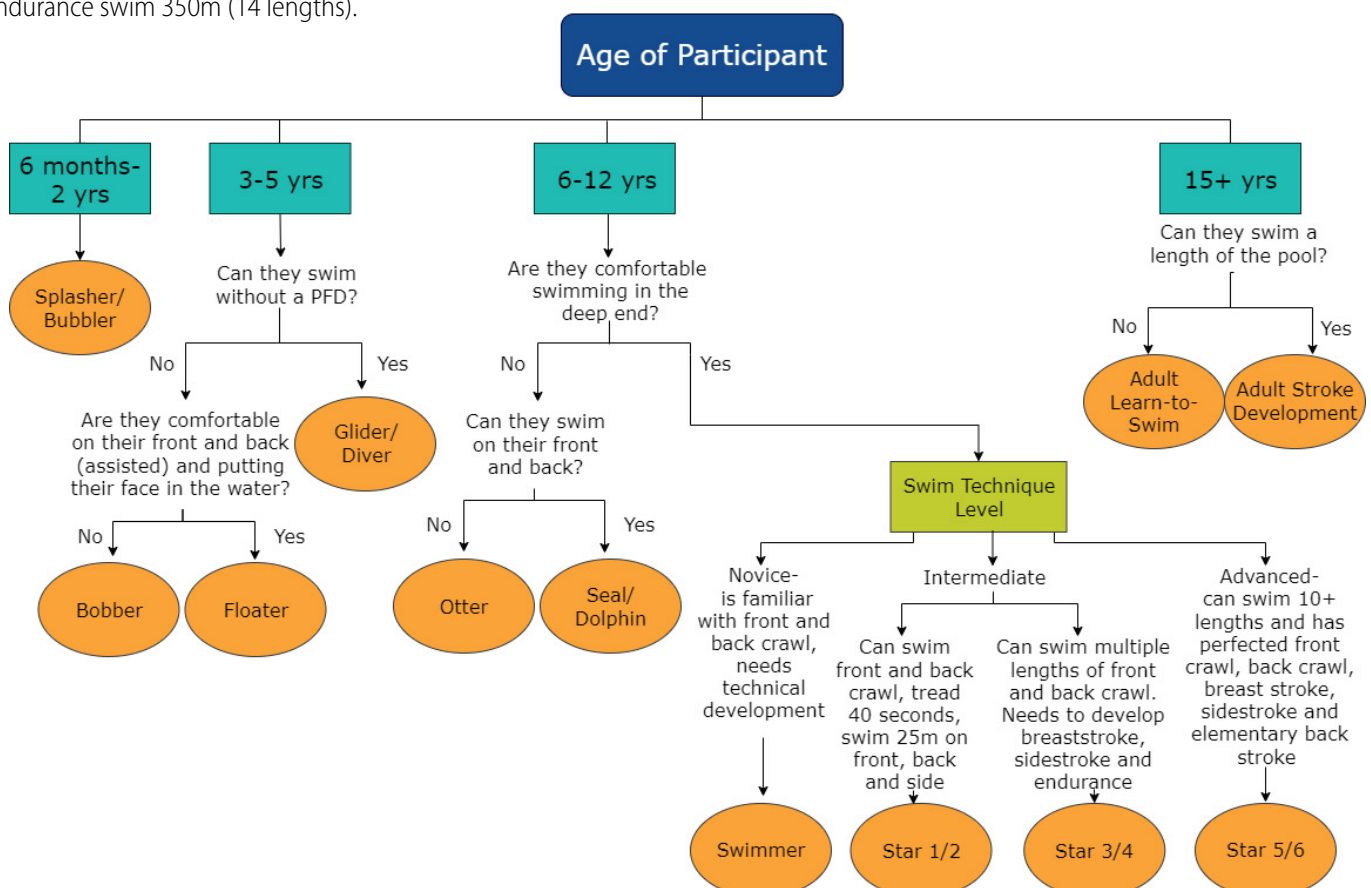
To complete: swim 200m in under 6min; eggbeater kick 2min; breast stroke 50m advanced standard; sidestroke 25m initial standard; endurance swim 500m (20 lengths).

### 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.

## FLOWCHART

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

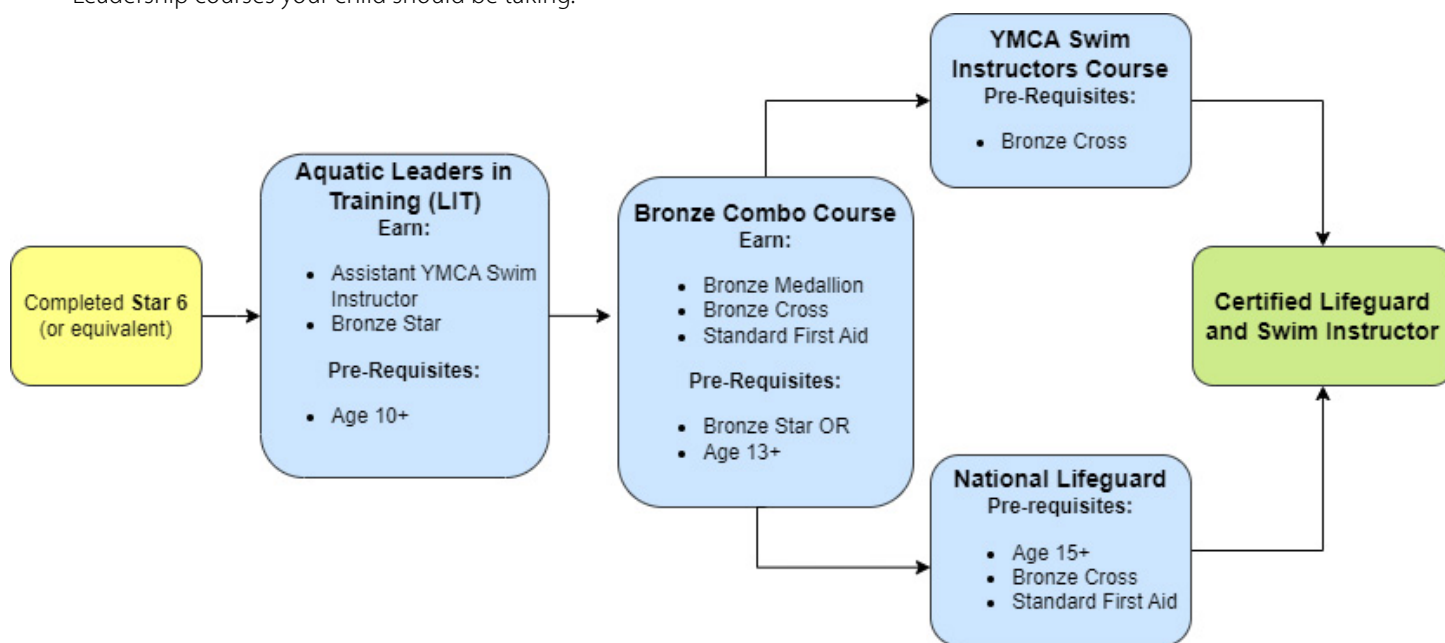


# Aquatic Leadership



## FLOWCHART

Use the flowchart to help determine which Aquatic Leadership courses your child should be taking.





# Adult Fitness



## REGISTERED PROGRAMS

### ZUMBA FITNESS

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Starts September 27.

**Wednesdays 7:00-8:00pm**

Members \$60 | Non-Members \$100

### ADULT SELF-DEFENSE TRAINING

Discover the skills and confidence to protect yourself in any situation with our comprehensive Adult Self-Defense Class. Designed for individuals of all fitness levels and backgrounds, this program focuses on practical techniques and strategies to enhance your personal safety.

In our classes, you'll learn effective self-defense maneuvers that draw from various disciplines, empowering you to stay safe and composed when faced with potential threats. Our experienced instructors create a supportive environment where you can practice and refine your techniques while building mental and physical resilience.

**Fridays 7:30-9:00pm**

Members \$60 | Non-Members \$170

### YOGA

Join this 10 week progressive Yoga class. This registered class will allow the instructor to lead you through a progression of postures and positions, challenging your skills each week. Improve your strength, balance and flexibility, reduce stress and improve your health with the practice of yoga.

Day and time: TBD

Members \$60 | Non-Members \$120

## DROP IN CLASSES (12+)

Please refer to Group Fitness Schedule for days and times of classes. Visit [ymcaofceo.ca/schedule](http://ymcaofceo.ca/schedule) to see current schedule.

### CHAIR YOGA

Chair Yoga is a gentle form of yoga that uses poses within a seated position or standing using a chair for support. This class will benefit those looking for relaxation and an increase in mobility and flexibility.

### YOGA

This yoga class combines specific postures in combination with controlled breathing. Release stress, improve strength and flexibility, re-enter your day with a more peaceful outlook. Suitable for beginner and advanced participants.

### INMOTION FITNESS

This class is designed with the older adult in mind. Join new and long-time friends for a fun, social and interactive fitness class to keep your mind and body active. You will get a full body workout, cardio and strength plus balance. Exercises can be modified for all levels.

### MEDITATION

Come learn and practice meditation and breathing to help alleviate stress and anxiety, while helping with concentration, mood, sleep, blood pressure, and digestion. In this quick and impactful 20-minute drop-in class, we will learn how to practice together with guided meditation, learn more about mindfulness and its benefits and explore other mindfulness practices like mindful eating, movement, self-compassion, and loving kindness. Everyone is welcome regardless of your meditation experience.

# Adult Fitness



## DROP IN CLASSES (12+)

Please refer to Group Fitness Schedule for days and times of classes. Visit [ymcaofceo.ca/schedule](http://ymcaofceo.ca/schedule) to see current schedule.

### STRETCH & STRENGTH

Build a lean body using resistance, core, pilates and yoga poses to develop your muscular endurance and balance.

### BOOTCAMP

A high-intensity class with complete body conditioning. Challenge your cardio, strength and endurance every session.

### COREFIT

Corefit is a muscle conditioning class to strengthen your core stabilizer muscles, abs and back. A strong core gives you a strong base for every movement.

### CARDIO CORE

This class will challenge and improve your cardio with a variety of hi and lo intensity moves and an extra focus on strengthening your core.

### CARDIO SCULPT

Challenge your cardio with a combination of traditional movements plus interval training. This is combined with full body strengthening sections. An overall workout.

### CYCLEFIT

A great cardio workout. The instructor will lead you through a set of drills on the bike designed to challenge you. All levels welcome. *\*bikes have SPD clips*

### CYCLE +

This class will provide an A+ workout. Let our instructor take you on a ride on our spinning bikes and give you a great workout. Cardio drills on the bike, resistance training off the bike, something different each week.

### SCULPT & TONE

This is a cardio based class with some traditional hi/lo moves plus strength. A great balance of aerobic and muscle conditioning.

### SIMPLY STRENGTH

This class focuses on building strength throughout your whole body. You will use body weight exercises plus dumbbells, mats and any other accessories the instructor may use that day. All levels welcome.

### TOTAL BODY BLAST

This class will incorporate both cardio and resistance training. TRX straps will challenge your whole body and compound movements will improve your muscular strength while challenging your cardio. A total body workout in one session.

### TURF TIME

Enjoy a challenge? Want to have fun while working hard? Try out this interval style class using the rig and turf. Experience a full body functional workout using TRX, battle ropes, sandbags, slam balls and more.

### HIIT

A high intensity interval class with short bursts of intense exercise alternated with lower intensity recovery periods. A great, effective and efficient workout!



# Adult Fitness



## COURT SPORTS

### OPEN PICKLEBALL

Drop in play. Change your game up and play with different players each game.

**Tuesdays 7:30-10:30am, 6:00-8:30pm**

**Wednesdays 12:00-2:00pm** (*competitive level players*)

**Wednesdays 2:00-4:00pm** (*recreational players*)



### PICKLEBALL

\* registration for a time slot is required through Picktime\*

One of the fastest growing sports in North America, Pickleball is a paddle sport that has very simple rules and is easy to learn and play.

**Mondays and Fridays 12:10-1:20, 1:30-2:40, 2:50 - 4:00pm**  
(16 bookings/time slot)

**Sundays 8:00-9:10, 9:20-10:30, 10:40-11:50am**

Members Included



**SQUASH** \*registration for court bookings are through Picktime\*  
A great racquet game that will help you, get fit, have fun, decrease stress, meet like-minded people, increase strength, flexibility, agility, and coordination. We offer lessons to beginners and a squash ladder to provide games and new people to play with.

### DROP IN VOLLEYBALL

All ages welcome. Come in and join us for a fun game of volleyball.

**Sundays 3:00-5:15pm**

### DROP-IN BASKETBALL

Gym is open and available for basketball. Please bring your own ball if you can.

**Thursdays 7:00-9:45pm**

**Fridays 8:00-9:45pm**

### DROP-IN BADMINTON

Everyone welcome to come in and play.

**Mondays 7:30-9:45pm**

*Day Pass options available for non-members to access drop in sports.*



# 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

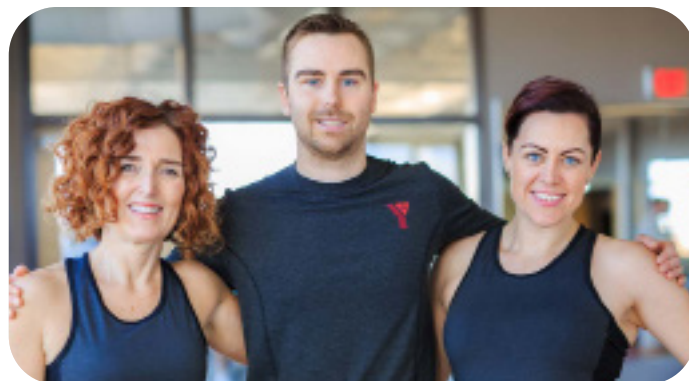
We understand that creating an effective exercise program can be overwhelming – that's why we have options to get you set up with a program that meets your goals and teaches you the best way to exercise. Work one-on-one with a certified personal trainer to meet your goals, stay on track or challenge 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

30 and 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 Miryam, Coordinator of Personal Training at 705-748-9642 x230 or by email at [miryam.buchahim@ceo.ymca.ca](mailto:miryam.buchahim@ceo.ymca.ca)



### FITNESS LEADERSHIP

Are you looking to become a YMCA nationally certified group fitness or YMCA certified personal trainer? Do you enjoy helping others with their health and wellness goals?

Each course has resources that provide a high-quality curriculum. Courses are a combination of online material, face to face sessions and practical skill development. Everyone will complete the YMCA Basic Theory course which includes anatomy, physiology, types of workouts and more, then stream in their certification of choice.

The Cardio/Strength stream certifies you to lead one of our group fitness classes. Learn about safe movements, music and how to put it all together to deliver a great and engaging class.

The Aquafit instructor stream provides the same material but specifically designed for the water.

The Cycle instructor stream is all about developing a group cycling class. Learn the drills, challenges and how to put them together to provide a class on the spinning bikes.

The Personal Trainer stream has a more in-depth Basic Theory course and then will include topics such as goal setting, meeting with clients, developing and progressing exercises, what are safe movements and exercises and so much more in this hybrid course. *Participants will be required to purchase Strength Training Anatomy, Third Edition by Frederic Delavier.*

Recommended prerequisite includes participation in a minimum of 50 hours in the stream of your choice. Please contact Jennifer Penhale, YMCA Trainer, for more information at [jennifer.penhale@ceo.ymca.ca](mailto:jennifer.penhale@ceo.ymca.ca) or 705-748-9642 x231.

# Family & Preschool



## FAMILY DROP-IN

### DROP-IN FAMILY GYM

Unleash the energy and enthusiasm of youth in our "Open Gym Adventure" program. Designed for independent exploration, this unsupervised drop-in gym experience provides a variety of equipment set up for participants to engage in fun and active play. In "Open Gym Adventure," young individuals have the freedom to choose from a range of equipment, from basketballs to jump ropes, allowing them to create their own play experiences. This program is perfect for those seeking to socialize, work on their physical skills, or simply enjoy unstructured playtime.

**Mondays, Wednesdays, Fridays 10:00-11:00am**

## PRESCHOOL (AGES 1-3)

**Child & Youth program fees unless otherwise noted are  
Members \$45 | Non-Members \$155**

### ACTIVE KIDS

This program will promote physical activity, staying active, learning new skills and having fun. Participants will take part in activities such as active games, sports, and obstacle courses.

**Tuesdays 11:30am-12:00pm**

### ART OF MOVEMENT

Unleash your inner rhythm and express yourself through dance in our "Art of Movement" program. This dynamic and inspiring program is all about discovering the beauty of movement, enhancing coordination, and building a strong sense of self-expression.

**Saturdays 11:30am-12:00pm**

### RHYME RHYTHM READ

Young participants will immerse themselves in captivating stories, explore the magic of poetry, and engage in interactive sessions that enhance language skills and ignite imagination. Through a blend of rhyme and rhythm, we'll unlock the joy of communication and open the doors to endless possibilities

**Thursdays 10:15-10:45am**

## PRESCHOOL (AGES 1-3)

### RUN AND FUN

Get ready for an exciting adventure of active play and endless laughter with our "Run and Fun" youth program. This dynamic and engaging program is designed to keep young minds and bodies energized through a variety of exhilarating games. From classic favorites like Octopus and Huckle Buckle to a plethora of other thrilling games, our program offers a fun-filled experience that promotes teamwork, respect, and active participation.

**Wednesdays 5:35-6:05pm**

### SPORTS OF ALL SORTS

Get ready to experience a whirlwind of excitement and athleticism in our "Sports of All Sorts" program. This dynamic youth sports program offers an incredible variety of sports experiences, allowing participants to explore and engage in different activities while having a blast. From basketball to soccer, from lacrosse to track and field, "Sports of All Sorts" covers it all. Our program is designed to foster teamwork, build physical skills, and instill a love for an active lifestyle. Whether your child is a seasoned athlete or new to sports, they'll find a welcoming environment that encourages growth and sportsmanship.

**Saturdays 10:45-11:15am**

### TUMBLING TOTS

This parent and tot program has a play environment that encourages balance and coordination. Jumping, rolling, stretching, climbing and tumbling are amongst the activities that will take place in this dynamic program.

**Mondays 5:35-6:05pm**

**Tuesdays 11:00-11:30am**

### MUSIC AND ME

"Music and Me" is the same fun as your Zumbini class, we have just changed the name. This Vibrant and engaging program designed to introduce toddlers to the magical world of music in a fun and interactive way. Through a series of age-appropriate activities, songs, and games, toddlers will explore fundamental musical concepts such as rhythm, melody, and dance.

**Thursdays 11:00-11:45am**

**Members \$60 | Non-Members \$170**

# Child Programs



## CHILD (AGES 4-6)

Child & Youth program fees unless otherwise noted are  
Members \$45 | Non-Members \$155

### ART OF MOVEMENT

Unleash your inner rhythm and express yourself through dance in our "Art of Movement" program. This dynamic and inspiring program is all about discovering the beauty of movement, enhancing coordination, and building a strong sense of self-expression.  
Saturdays 12:05-12:50pm

### GYMNASTICS

Learn the fundamentals of gymnastics in a non-competitive and fun environment. Participants will learn new skills, enhance their coordination, balance and self-confidence. Appropriate clothing for tumbling is required. Running shoes or bare feet are permitted.  
Mondays 4:45-5:30pm



### JUNGLE TIME

It's time for adventure in the Treehouse! Join one of our safari staff for some fun and exciting games, activities and exploration. Socks are required for this program. Dress-up is recommended!

Tuesdays 6:00-7:00pm

Saturdays 9:00-10:00am



### RUN AND FUN

Get ready for an exciting adventure of active play and endless laughter with our "Run and Fun" youth program. This dynamic and engaging program is designed to keep young minds and bodies energized through a variety of exhilarating games. From classic favorites like Octopus and Huckle Buckle to a plethora of other thrilling games, our program offers a fun-filled experience that promotes teamwork, respect, and active participation.

Wednesdays 4:45-5:30pm

### SPORTS OF ALL SORTS

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Saturdays 11:25am-12:05pm



# Youth Programs



## YOUTH (AGES 7+)

Child & Youth program fees unless otherwise noted are  
Members \$45 | Non-Members \$155

### ART OF MOVEMENT

Unleash your inner rhythm and express yourself through dance in our "Art of Movement" program. This dynamic and inspiring program is all about discovering the beauty of movement, enhancing coordination, and building a strong sense of self-expression.

Saturdays 1:00-1:45pm

### BALL HOCKEY (Ages 7-12)

Participants will learn passing, shooting, stick handling, teamwork and much more. A great sport to improve conditioning and hand-eye coordination. \*Helmets required for protection.

Thursdays 6:00-6:45pm

### GYMNASTICS (Ages 7-12)

Learn the fundamentals of gymnastics in a non-competitive and fun environment. Participants will learn new skills, enhance their coordination, balance and self-confidence. Appropriate clothing for tumbling is required. Running shoes or bare feet are permitted.

Mondays 6:10-6:55pm



### YMCA THEATRE GROUP

Improvisational theater groups for youth focus on spontaneous and unscripted performances. Participants learn to think on their feet, enhance their communication skills, and develop a quick wit through improvisation games and exercises.

Mondays 5:35-6:05pm (Ages 6-8)

Mondays 6:10-7:10pm (Ages 9+)

### KIDFIT FUN

Energize your young ones with our "Kid Fit Fun" Cardio Fitness class. This program is specifically crafted to inspire a love for physical activity while boosting cardiovascular health. Through a blend of upbeat exercises, games, and interactive challenges, participants will embark on a journey to improve their fitness levels in a fun and engaging way.

Thursdays 5:00-5:45pm



### RUN AND FUN

Get ready for an exciting adventure of active play and endless laughter with our "Run and Fun" youth program. This dynamic and engaging program is designed to keep young minds and bodies energized through a variety of exhilarating games. From classic favorites like Octopus and Huckle Buckle to a plethora of other thrilling games, our program offers a fun-filled experience that promotes teamwork, respect, and active participation.

Wednesdays 6:10-6:55pm

### SPORTS OF ALL SORTS

Get ready to experience a whirlwind of excitement and athleticism in our "Sports of All Sorts" program. This dynamic youth sports program offers an incredible variety of sports experiences, allowing participants to explore and engage in different activities while having a blast. From basketball to soccer, from lacrosse to track and field, "Sports of All Sorts" covers it all. Our program is designed to foster teamwork, build physical skills, and instill a love for an active lifestyle. Whether your child is a seasoned athlete or new to sports, they'll find a welcoming environment that encourages growth and sportsmanship.

Saturdays 12:15-1:00pm

# Youth Specialty



## SPECIALTY PROGRAMS

### KIWANIS ADVENTURE PROGRAM

KAP is a 10-week pilot program focusing on teambuilding and communication. Participants will enjoy a safe and inclusive environment where they will work on motor skills, communication skills and fitness. With support from Kiwanis Club of Scott's Plains we have developed opportunities to allow children with exceptionalities or disabilities to participate in many different sports, yoga and other great opportunities around the facility.

**Tuesdays 5:00-6:00pm**

### TEEN STRENGTH

*This program is required for Youth ages 10-14 years to access the workout area.* The goal of the Teen Strength program is to provide youth with a training program that will allow them to safely workout in the Conditioning Centre. During the program, youth will learn the components of a workout, how to create a safe workout, some basic anatomy plus etiquette and protocols for the Conditioning Centre. Sessions run for 4 weeks.

January 13 - February 3 or February 10 - March 9

**Saturdays 1:30-2:30pm**

January 16 - February 6 or February 13 - March 5

**Tuesdays 4:30-5:30pm**

Members \$60

### JUDO

Stephen Jaikaran is the head Sensei of the YMCA judo club, known as the Peterborough Hatashita judo club. This program will help participants develop self-discipline, concentration and fitness in a safe environment. Learn martial arts moves and techniques from our skilled and experienced instructors.

**Saturdays & Sundays 9:00am-11:00am** (Judo 5-14 years)

Members \$50 | Non-Members \$160

**Monday, Wednesday & Thursday 7:30-9:00pm** (Ages 15+)

Members \$75 | Non-Members \$185



### BABYSITTERS TRAINING COURSE

The Babysitters training course is aimed at youth turning 12 years of age or older within the calendar year. The Babysitters Course is loaded with special features such as child development, caring for a child, nutrition, safety, basic First Aid and handling emergencies.

**January 27, February 24 or March 30 from 8:30-5:00pm**

Members \$50 | Non-Members \$150

### HOME ALONE

The Home Alone program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home for short periods of time. It will help them understand how to prevent problems, handle real-life situations and keep them safe and constructively occupied. Ages 10+

**February 17 or March 16 from 9:00am-3:00pm**

Members \$40 | Non-Members \$140

# Youth Specialty



## CHILD MINDING & PA DAYS

### 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, in arts and crafts and in reading stories.

Infants ages 0-9 can stay with us for up to 1.5 hours per day. Member cost is Daily Drop-In \$5 or Bi-Weekly \$12.50 for the 1st child, \$7.50 for any additional children.

**Monday-Friday – 8:30am-12:00pm**



### PA DAY CAMPS

Participants will play active games, complete arts and crafts and will be going for a swim! Please bring healthy snacks, healthy lunch, waterbottle, bathing suit, towel and socks and running shoes. Camp runs from 8:00am-5:00pm each day.

**February 2, March 8, April 26, June 7, and June 28**

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

### CHRISTMAS HOLIDAY CAMP

**December 27- December 29**

**January 1- January 5**

### MARCH BREAK CAMP

**March 11-March 15**



## AFTER SCHOOL PROGRAM

### AFTER SCHOOL PROGRAM

Together with various community partners, the YMCA offers recreational After School programming to children ages 4-12. This program provides families with a safe and secure after school location for their children accompanied by caring, active staff who lead fun and original programming focused on physical activity, nutrition and wellness. Please contact [robert.labreche@ceo.ymca.ca](mailto:robert.labreche@ceo.ymca.ca) for more information and locations available.



# Treehouse & Parties



## BIRTHDAY PARTIES

Looking for the ultimate birthday party experience? Look no further than YMCA, where the celebration reaches new heights and makes a splash!

### *Features:*

**Swimming Extravaganza:** Make a splash with a birthday bash at our fantastic swimming facilities. Whether it's a pool party or swimming games, our aquatic area guarantees a wet and wild time for all.

**Treehouse Adventure:** Take the festivities to new heights with our whimsical treehouse. Perfect for imaginative play, the treehouse adds a touch of magic to your celebration.

**Gym Games Galore:** Let the kids burn off energy in our fully equipped gym. With many sports activities to choose from, our gym is a playground for all ages.

**Multipurpose Spaces:** Our versatile indoor areas are perfect for all your party's needs.

### *Perfect for:*

**Water Enthusiasts:** Ideal for those who love to make a splash and enjoy aquatic adventures.

**Unique Indoor Experience:** The treehouse brings an element of nature to the celebration, perfect for the little explorers.

**All Ages:** From toddlers to teens, our facilities cater to all age groups, ensuring everyone has a blast.



**Option A:** 3-hour Pool & Treehouse party, Available Saturday & Sunday  
1:00pm - 4:00pm (1:00-2:00 private swim, 2:00-3:00 Y Treehouse or Gym and 3:00-4:00 party room)  
3:00pm - 6:00pm (3:00-4:00 party room, 4:00-5:00 Y Treehouse or Gym(only available on Saturday) and 5:00-6:00 private swim)  
\$225 Members | \$275 Non-Members

**Option B:** 2-hour Treehouse party, Available Saturday & Sunday  
11:00am-1:00pm (11:00-12:00 Y Treehouse and 12:00-1:00 party room)  
12:00pm-2:00pm (12:00-1:00 Y Treehouse and 1:00-2:00 party room)  
2:00pm-4:00pm (2:00-3:00 Y Treehouse and 3:00-4:00 party room)  
\$170 Members | \$220 Non-Members

[Click here](#) for more information. [Click here](#) to book your Y party!

Fee to be paid in full at time of booking. Cancellation up to 14 days prior (\$10 admin fee applies). For more information, contact [robert.labreche@ceo.ymca.ca](mailto:robert.labreche@ceo.ymca.ca)

## TREEHOUSE

The Treehouse is our multi-level indoor play area that allows children to slide, climb, explore, swing and more! Private bookings, group bookings and drop in times are available!

Socks are required for anyone accessing the Treehouse space. Parent/guardians are required to be inside the play structure to actively supervise their child(ren). Birthday Parties available!

See our website for more information on policies and usage guidelines and to see the Treehouse schedule.





